

Understanding the Toll of Gun Violence: Implications for Early Intervention

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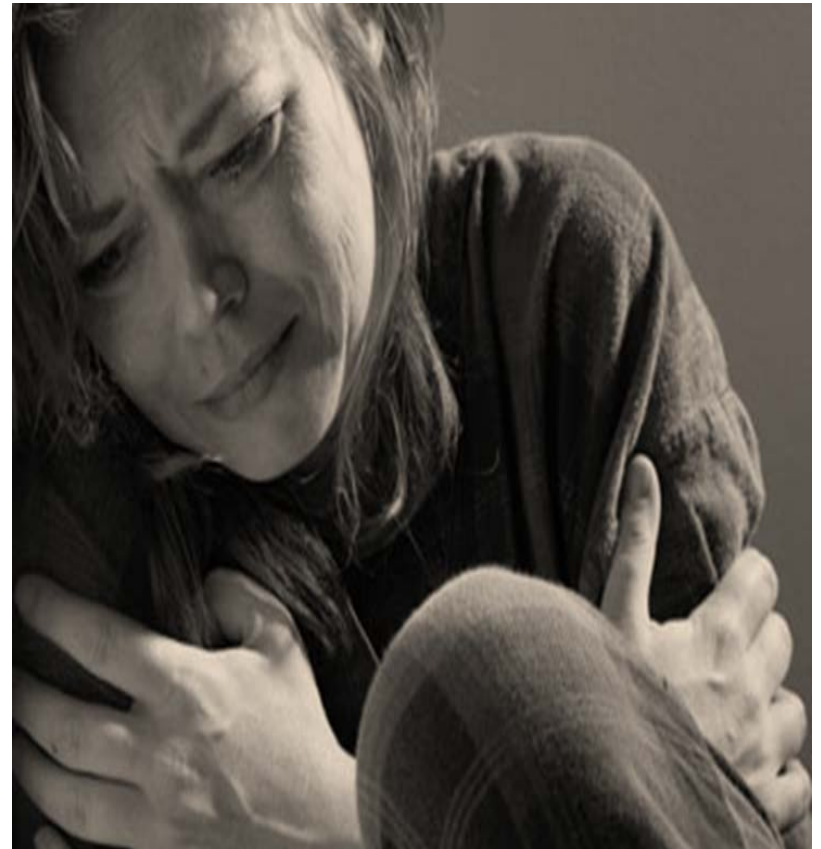


Gun violence takes a toll on our entire community...



Posttraumatic Stress

- Intrusive, unwanted images of the shooting
- Avoidance
- Changes in mood and beliefs about the world
- Arousal



- Victims, witnesses, and those who lose a loved one have greatest risk for PTSD
- As many as **30%** of adults and **40%** of children exposed to or bereaved by gun violence will develop severe PTSD symptoms



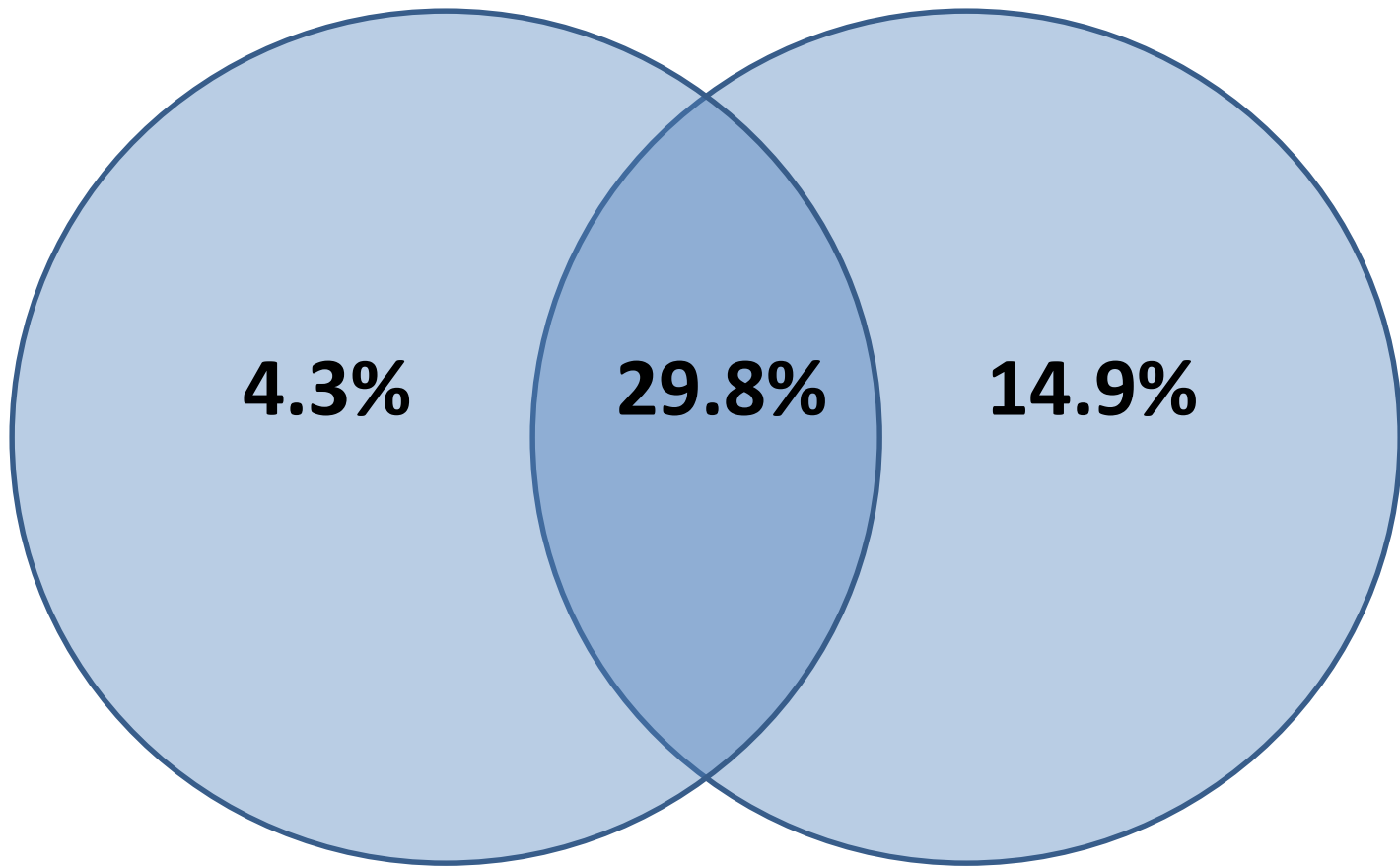
Depression



- Pervasive sadness
- Loss of interest
- Somatic and physical complaints:
 - Sleep
 - Sexual functioning
 - Appetite

PTSD

Depression



Severely distressed victims are likely to perceive their interactions with law enforcement and the criminal justice system more negatively than less distressed victims



Supporting Victims of Violence

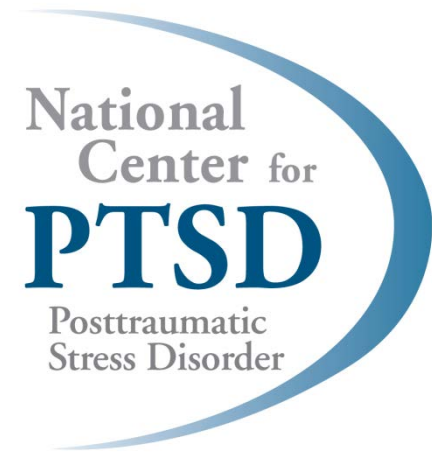
- Educate yourself
- Understand the impact of triggers
- Encourage self-care
- Support getting help and facilitate linkage to care



Skills for Psychological Recovery

- Evidence-informed intervention
- Identify needs and teach skills to address those needs
- Generally 3-5 sessions

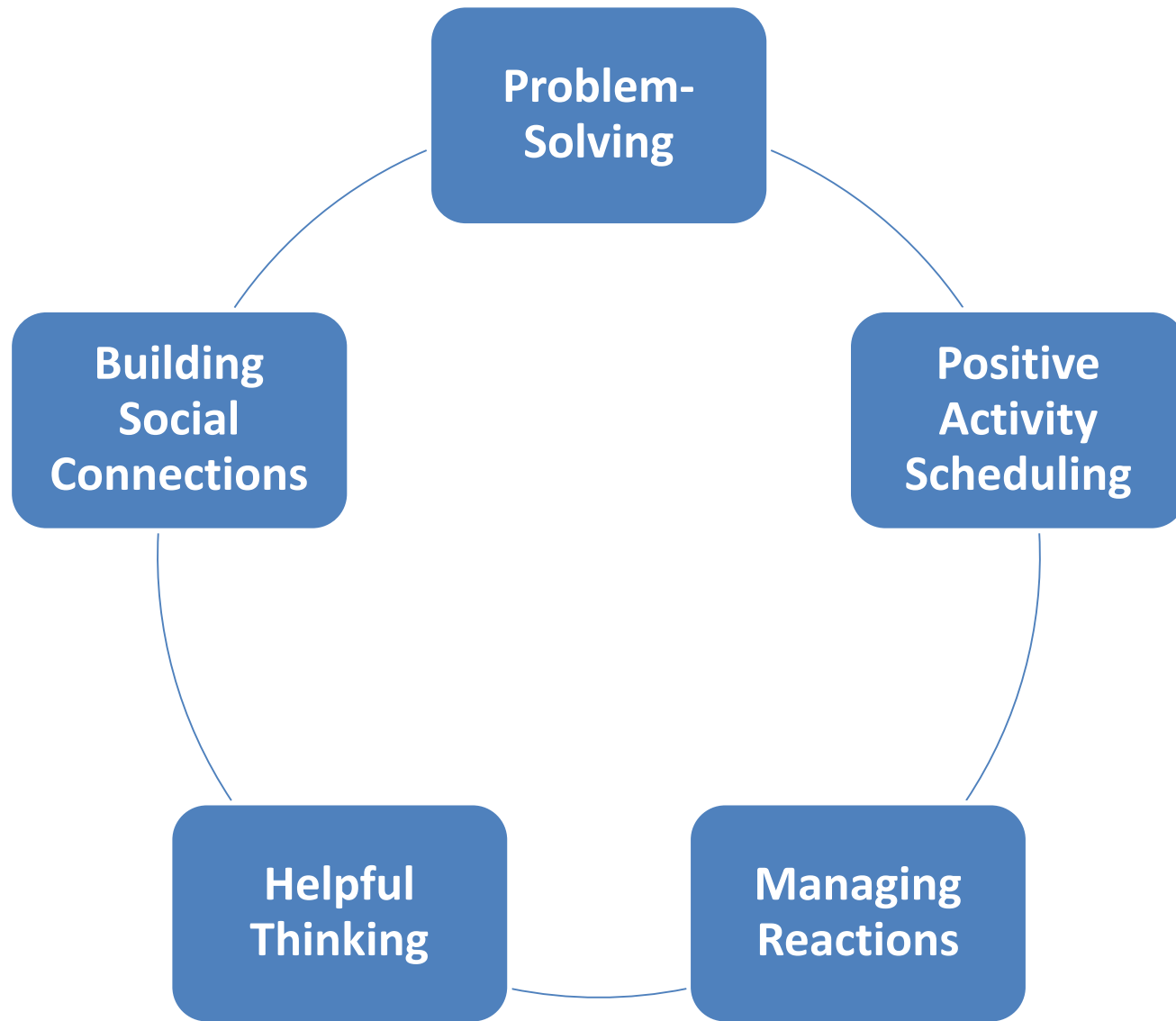
https://www.ptsd.va.gov/professional/materials/manuals/skills_psych_recovery_manual.asp



National
Center for
PTSD
Posttraumatic
Stress Disorder

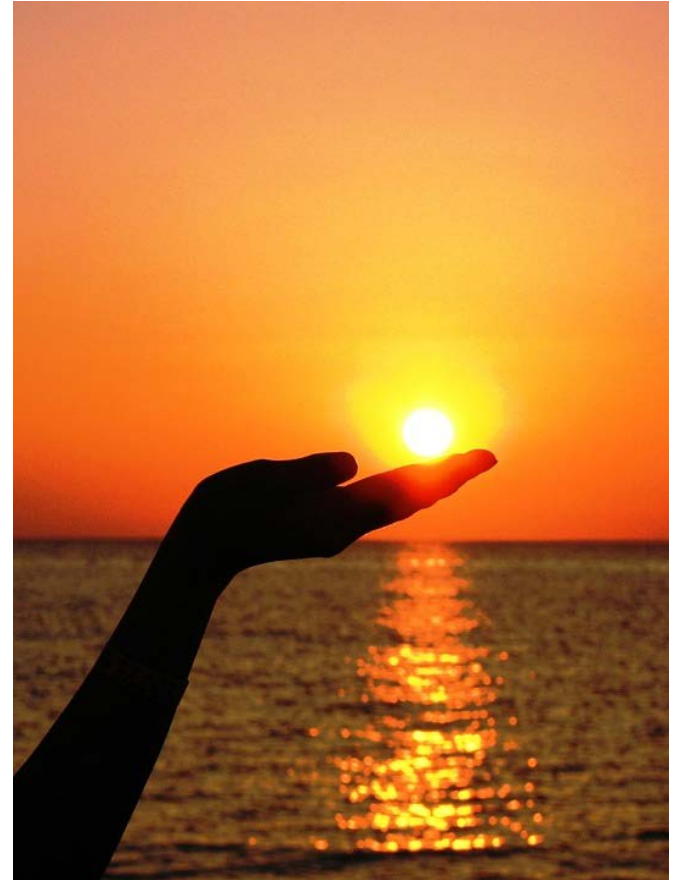


The National Child
Traumatic Stress Network
NCTSN

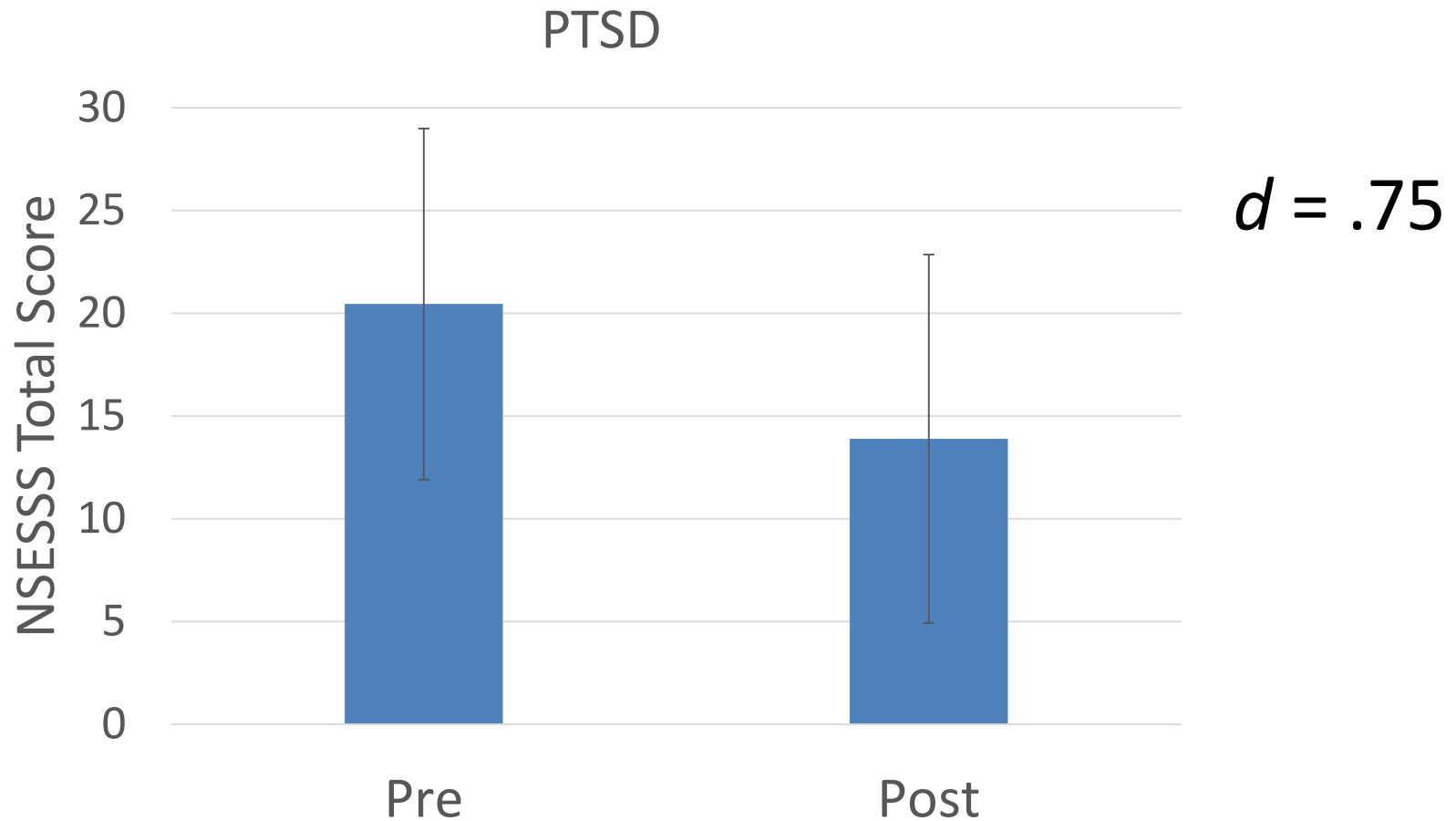


Project HOPE

- Pilot open trial of SPR
- Open to families within one year of a sudden, traumatic loss
- Intervention provided at UMKC or a mutually agreed upon location in the community

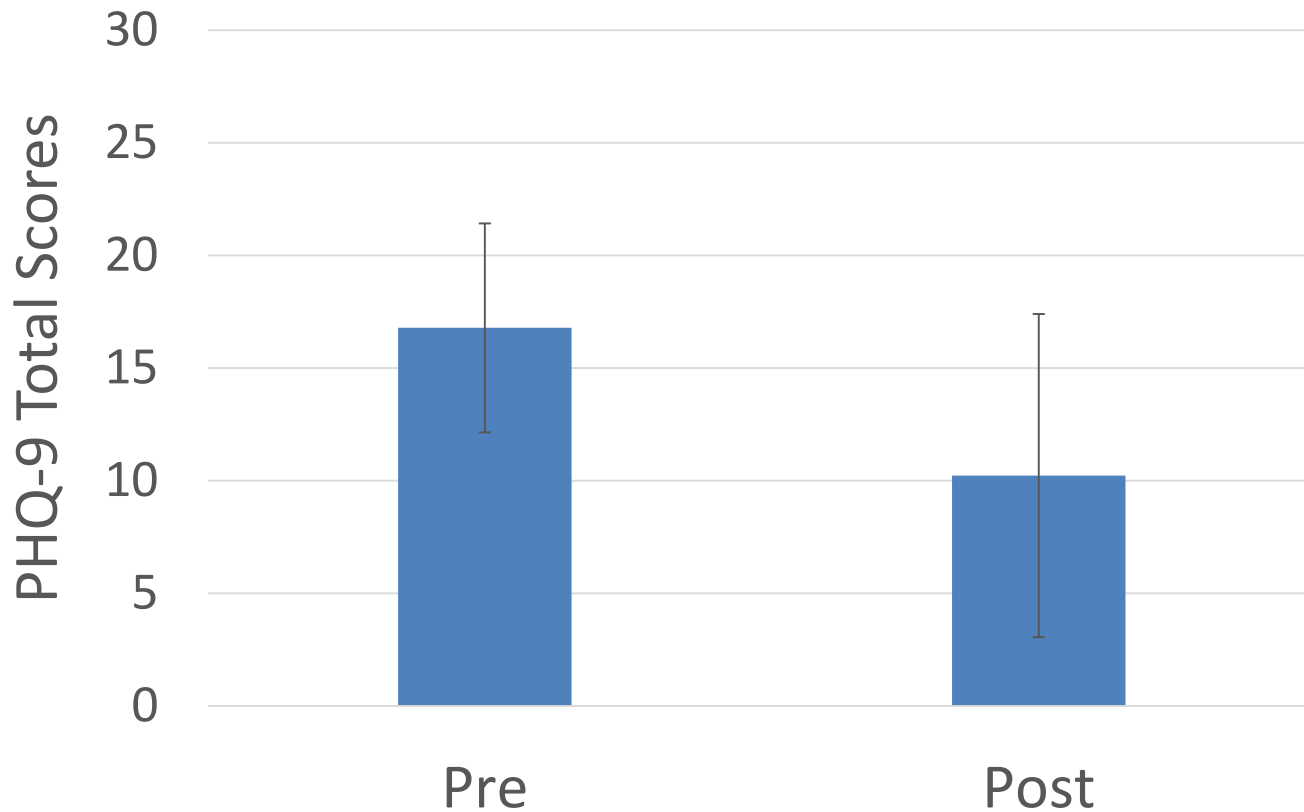


Preliminary Results



Preliminary Results

Depression

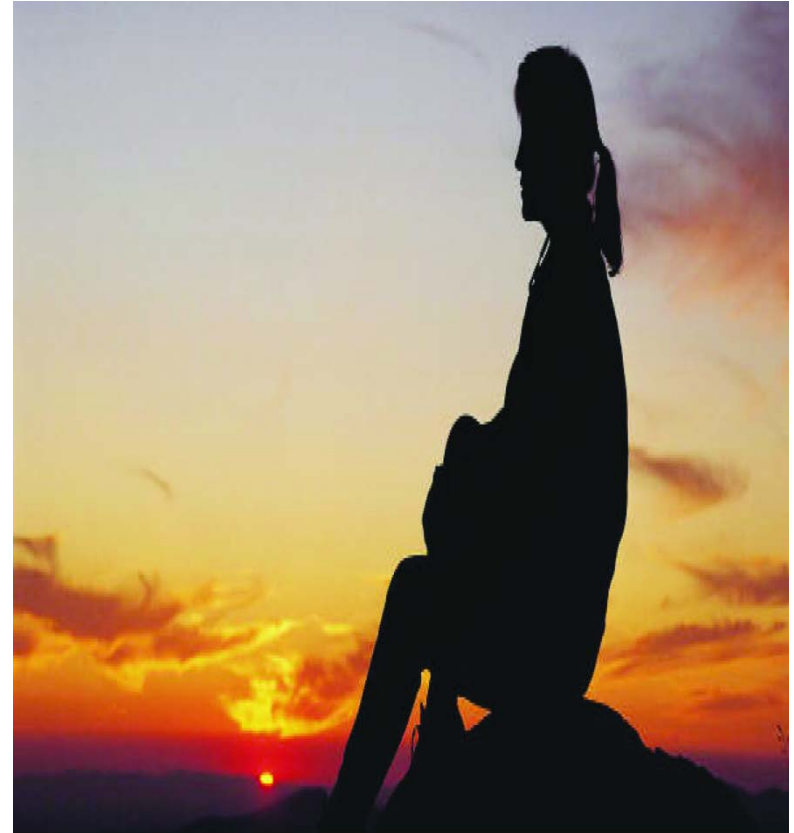


$d = 1.09$

Survivors are resilient...

Growth after violence may involve:

- Added meaning in social relationships
- Deeper spirituality



Contact Us

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