

# Healing the Invisible Wounds: Mental Health Counseling and Hospital-Based Violence Intervention Programs



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# Disclosures

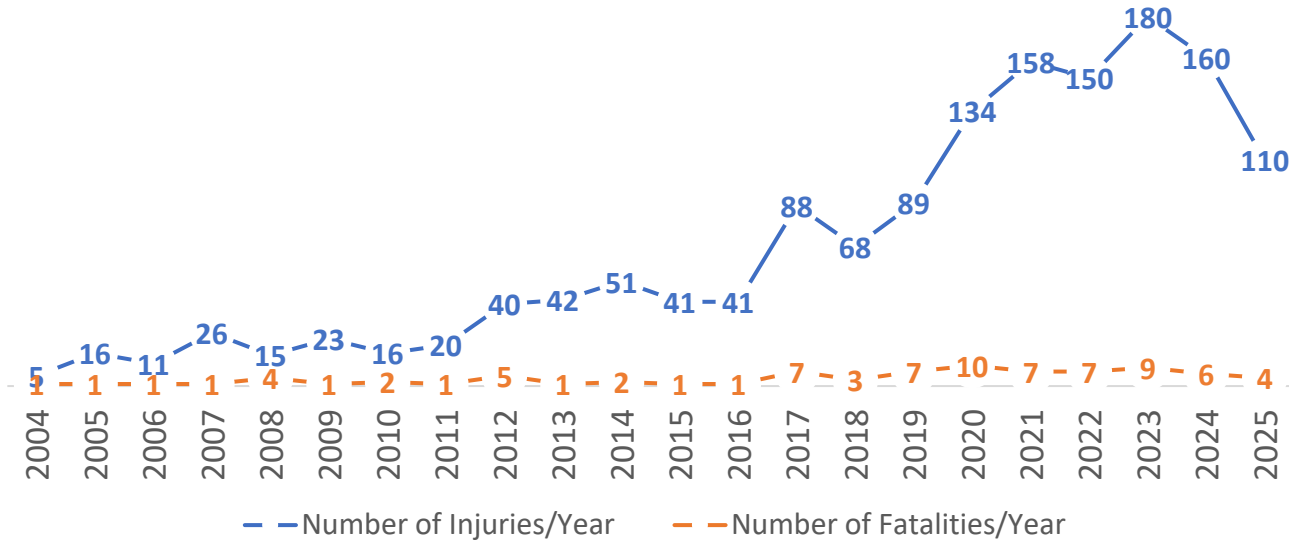
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  - Shelby County Health Department
  - Memphis Police Department
  - City of Memphis
  - Urban Child Institute
  - Philanthropic funding





# Pandemic within a Pandemic - Memphis

### FIREARM INJURIES AND FATALITIES PER YEAR



# TIME

U.S. • GUNS

## On Top of the Pandemic, Hospitals Face Another Crisis: Children and Teenagers Are Being Shot in Record Numbers

12 MINUTE READ

The New York Times

### How the Pandemic Reshaped American Gun Violence

By Robert Gebeloff, K.K. Rebecca Lai, Eli Murray, Josh Williams and Rebecca Lieberman  
May 14, 2024

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# Behavioral Health - 2021





# Trauma Mental Health Counseling Program

- Partnership with University of Memphis
- Provides screening and counseling for all pediatric trauma patients and their families
- Educates masters and doctoral level counseling students on the Hurt 2 Healing program
  - Developed at Le Bonheur during the first years





# Trauma Mental Health Counseling Program

- 4,126 patients and families served
- 5,730 counseling sessions
  - 72% in the hospital
  - 84% new to counseling
- 63 graduate students trained
  
- Provides evidence-based, neuroscience-informed counseling services both inpatient and at outpatient trauma clinic



Kiersten Hawes, PhD



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Open access

Original research

Trauma Surgery  
& Acute Care Open

## Examining the incidence of acute stress in pediatric trauma patients

Eraina Schauss ,<sup>1</sup> Kiersten Hawes,<sup>1</sup> Sydnie Roberts,<sup>1</sup> Joseph Mitchell Clayton,<sup>2</sup> Chi Li,<sup>1</sup> Alexandria Littlejohn,<sup>1</sup> Debra Bartelli,<sup>1</sup> Regan Williams,<sup>2</sup> The BRAIN Center at the University of Memphis

- 617 pediatric trauma patients
- Patients screened with Childhood Stress Disorder Checklist- Short form
- Average age 10.3 years, 65% African American
- 65% scored  $\geq 1$  indicating acute stress disorder
- Females, MVCs and firearm injured patients had higher scores and were more likely to develop PTSD
- Families educated on symptoms of PTSD and contact info



LeBonheur  
Children's Hospital



## Call to Action: The Rise of Pediatric Gun Violence During the COVID-19 Pandemic

Eraina Schauss<sup>1</sup> · Haley Zettler<sup>2</sup> · Kiersten Hawes<sup>1</sup> · Jihan Rashed<sup>1</sup> · Sydnie Roberts<sup>1</sup> · Brian Ahern<sup>1</sup> · Debra Bartelli<sup>1</sup> · Chi Li<sup>1</sup> · Melanie Burgess<sup>1</sup> · Regan Williams<sup>3</sup>



Traumatic Childhood Experiences

# Correlates of Intentional and Unintentional Firearm-Related Injuries Among Pediatric Hospital Patients

Haley R. Zettler , Eraina Schauss , Regan Williams, Kiersten Hawes, Anne Conway, Sydnie Allen, ...show all

Pages 645-661 | Received 28 Apr 2023, Accepted 26 Nov 2023, Published online: 10 Dec 2023

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Medical  
Research  
Archives



Published: May 31, 2023

RESEARCH ARTICLE

**Mental Health 911: Advocating for the Integration of Behavioral Health Services in Pediatric Hospital Emergency Departments**

**Eraina Schauss, PhD<sup>1</sup>, Sydnie Allen<sup>1</sup>, Chi Li, PhD<sup>1</sup>, Kiersten Hawes, PhD<sup>1</sup>, Mary Neal<sup>1</sup>, Courtney Loveless<sup>1</sup>, Nicole McHugh<sup>1</sup>, Haley Zettler, PhD<sup>2</sup>, Melanie Burgess, PhD<sup>1</sup>, Jihan Rashed<sup>1</sup>, Brian Ahern<sup>1</sup>**

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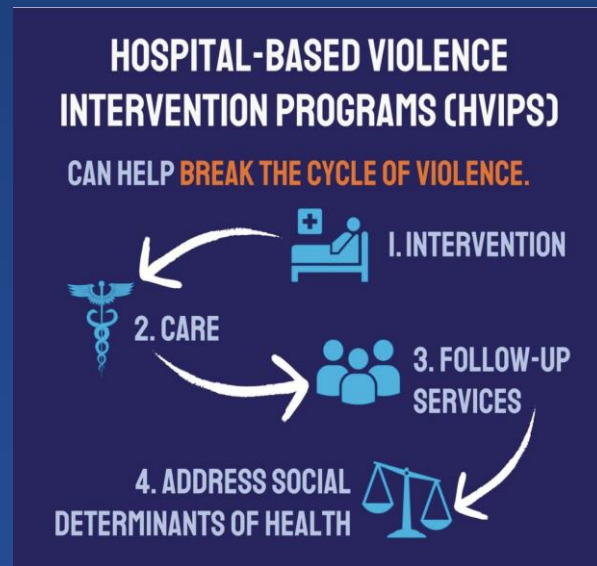
# Hospital-based Violence Intervention Program - 2022





# Hospital-based Violence Intervention Programs

- Multidisciplinary programs that combine the efforts of medical staff with trusted community-based partners
  - Provide safety planning
  - Wraparound services
  - Trauma-informed care to violently injured people
- Bring trauma-informed practices to the patient while in the hospital
  - Increased risk of re-injury and violence perpetration
- Teachable moments





# Supporting and Healing Individuals from Trauma (SHIFT)

Le Bonheur Children's Hospital's Hospital-based Violence Intervention Program (HVIP)

- assists patients and families who have been impacted by violence
- After needs assessment, the SHIFT team provides:
  1. Long-term case management services to clients and their families
  2. Mental health counseling to clients and their families post-injury
  3. Connecting clients and their families to wrap-around services at partner organizations



# Supporting and Healing Individuals from Trauma (SHIFT) Participant Demographics

- 364 patients and families enrolled over 4 years
- Age (Mean) - 12.6 years
- Gender - 68% Male
- Race - 94% African American
- Insurance - 80% Public insurance
- 85% enrolled in school with only 58% attending school regularly
- Injury - 66% GSW, 30% assault, 4% knife stab





# Screening

## Violence Intervention Screen

- Safety concerns at discharge 36%
- Conflict unresolved 40%
- Acquaintance of perpetrator 47%
- Close person (family, friend, classmate) harmed 26%

## Social Determinants of Health

School attendance  
55%

Food insecurity  
27%

Paying bills  
32%

Utilities  
20%



Unsafe neighborhood  
44%

Transportation  
25%

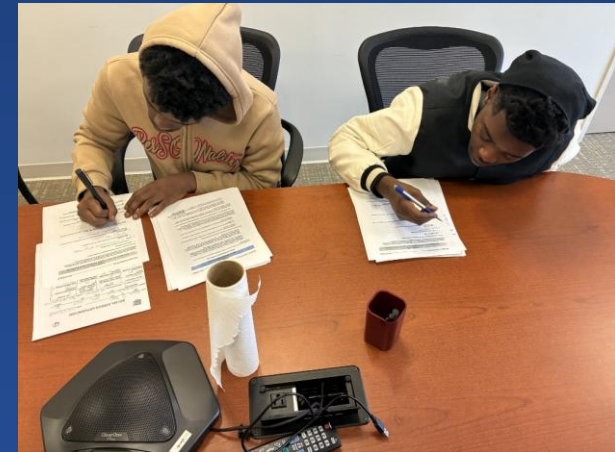




# Services



- Mental Health Counseling – 236
- Mentoring – 183
- Academic Support/school advocacy – 90
- Other common resources
  - Emergency Rent – 85
  - Food/Clothing Assistance - 105
  - Address Home needs - 88
  - Transportation – 96
  - Utility Assistance – 48
  - Court Advocacy





# Outcomes – COPE Assessments at Entry & Exit

COPE Screen	Pre-SHIFT	Post-SHIFT	Difference	P value
<b>Positive Resiliency Questions</b>				
I've been getting emotional support from others.	2.88 (1.18)	3.04 (0.96)	(+) 0.16	0.490
<b>I've been taking action to try to make the situation better.</b>	<b>2.38 (1.02)</b>	<b>3.31 (0.74)</b>	<b>(+) 0.93</b>	<b>&lt;0.001</b>
I've been trying to see it in a different light, to make it seem more positive.	2.12 (1.17)	2.68 (1.14)	(+) 0.56	0.095
<b>I've been trying to come up with a strategy about what to do.</b>	<b>2.08 (1.14)</b>	<b>3.00 (0.98)</b>	<b>(+) 0.92</b>	<b>0.001</b>
I've been looking for something good in what is happening.	2.04 (1.17)	2.36 (1.25)	(+) 0.32	0.212
<b>I've been accepting the reality of the fact that it has happened.</b>	<b>2.62 (1.24)</b>	<b>3.54 (0.86)</b>	<b>(+) 0.92</b>	<b>0.003</b>
I've been expressing my negative feelings.	2.46 (1.14)	2.69 (1.12)	(+) 0.25	0.387
<b>I've been trying to find comfort in my religion or spiritual beliefs.</b>	<b>2.16 (1.11)</b>	<b>2.84 (1.03)</b>	<b>(+) 0.68</b>	<b>0.007</b>
<b>I've been trying to get advice or help from other people about what to do.</b>	<b>2.36 (1.11)</b>	<b>2.92 (0.91)</b>	<b>(+) 0.56</b>	<b>0.020</b>
I've been praying or meditating.	2.35 (1.23)	2.73 (1.08)	(+) 0.38	0.077

Neutral Resiliency Questions				
I've been turning to work or other activities to take my mind off things.	2.52 (1.00)	2.76 (0.97)	(+) 0.24	0.298
I've been making jokes about it.	1.21 (0.66)	1.42 (1.02)	(+) 0.21	0.203
I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	2.56 (1.08)	2.68 (1.07)	(+) 0.12	0.671
Negative Resiliency Questions				
<b>I've been saying to myself 'this isn't real.'</b>	<b>2.20 (1.12)</b>	<b>1.68 (0.90)</b>	<b>(-) 0.62</b>	<b>0.040</b>
I've been using alcohol or other drugs to make myself feel better.	1.24 (0.52)	1.28 (0.68)	(+) 0.04	0.714
I've been giving up trying to deal with it.	1.58 (0.86)	1.31 (0.68)	(-) 0.27	0.244
I've been criticizing myself.	1.79 (1.06)	1.79 (1.06)	0.00	1.000

1=I haven't been doing this at all.  
 2=I've been doing this a little bit.  
 3=I've been doing this a medium amount.  
 4=I've been doing this a lot.





# Outcomes



Re-injury 7%



Education 74%



Juvenile Court 10%

Vs 13% for unenrolled





# E-SHIFT



- Expands SHIFT services to at risk youth in juvenile court
- Ceasefire
- 73 enrolled – includes siblings
  - 84% male, 91% public insurance, mean age 16 years
  - 55% enrolled and attending school
  - Services
    - Mental Health Counseling
    - Substance Abuse Counseling
    - Mentoring
    - School Engagement
- 30 have completed the program
  - 81% active engagement in school
  - 70% improved mental health
  - 68% improved parent relationship



# Implementing Trauma Informed Care Training - 2023





# American College of Surgeons, Committee on Trauma Pilot

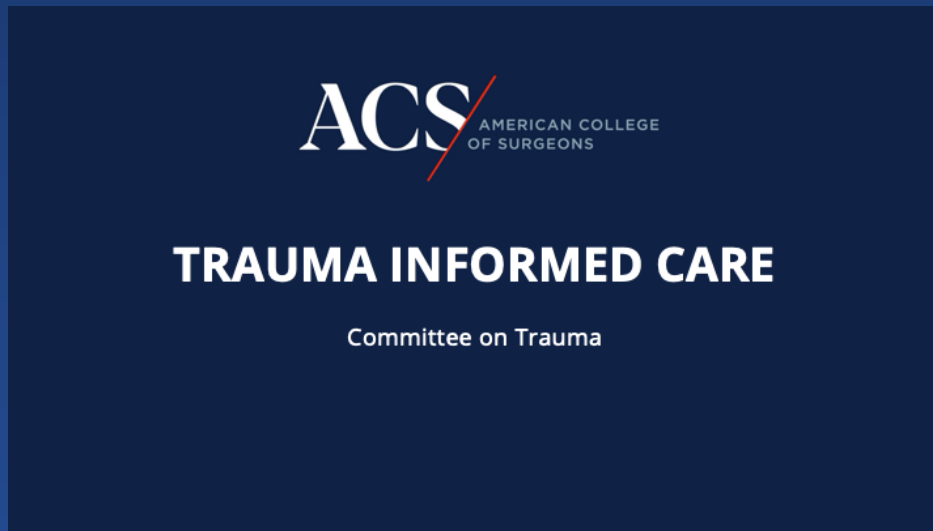
- **Vision:** Standard practice in a trauma center acknowledges that “trauma” is often multi-dimensional; it is physical, emotional, and psychological. This recognition on the part of personnel can foster a sense of empowerment, autonomy, and control in the victim and builds essential respect and partnership that helps our victims survive and thrive.
- **Mission:** Educate trauma center personnel and hospital administration in the practice of trauma informed care to transform the way we treat victims of violence. Personnel will learn that culture, the extensive history of trauma in our communities, and the way we deliver care can have profound effects on long term outcomes. A trauma informed approach can improve long term **outcomes**





# Training – 120 participants

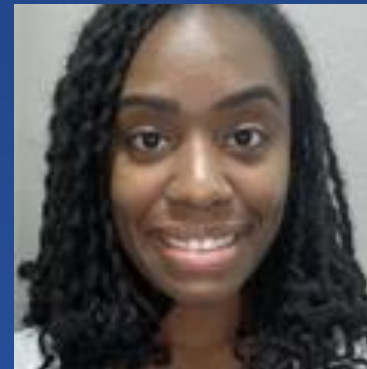
- 4-5 hours
- Trauma Informed Care Presentation
- Vignettes
- Lived Experience
- Vicarious trauma





# Key Personnel

- Member of the local community who is impacted by violence:  
Lived Experience Expert
- Mental Health Professional
- Facilitators/Instructors





# Conclusions

- Firearm Injuries are the leading cause of death in Memphis, Tennessee and the United States
- Collaborative approach to decreasing community violence and supporting children and families is necessary
- What can hospitals do?
  - Integrate behavioral health into inpatient/outpatient services
  - Implement hospital based violence intervention programs
  - Encourage trauma-informed care practices
- Next steps ...





Interested in volunteering to decrease community violence?



Public Health  
Prevent. Promote. Protect.

Shelby County Health Department





# Brain Trust



Anissa Cooper



Breyanna Dennis



Sara Burnett

