

4th Virtual National Town Hall On Mass Violence



October 13, 2022

RECOVERY and RESILIENCE

4th Virtual National Town Hall On Mass Violence

Sponsored by the
National Mass Violence Victimization Resource Center

with support from
U.S. Department of Justice, Office for Victims of Crime

Housekeeping Announcements

- This National Town Hall will be recorded, with the recording, slide deck and resources featured in the “chat function” available at www.nmvvrc.org.
- Thanks to many of you who sent questions for our presenters in advance – we will save time at the end to answer as many as possible.



Learning Objectives

- Identify the long-term impact of mass violence crimes on victims, survivors and communities.
- Identify the mission, goals, and scope of programs and services of a Resiliency Center.
- Identify sustainability strategies to support ongoing resiliency efforts.
- Define effective resiliency strategies to support communities in long-term recovery.
- Describe “lessons learned” from the NMVVRC’s Forums of Resiliency Center Directors and Administrators, including the role of Victim/Survivor Navigators.

National Town Hall Presenters

Eugenia Pedley, Senior Program Manager

USDOJ Office for Victims of Crime

Alyssa Rheingold, Ph.D., Director

NMVVRC Preparedness, Response & Recovery Division

Tennille Pereira, Director

Vegas Strong Resiliency Center

Jesse Arias, Program Director

Orlando United Resiliency Services

Maggie Feinstein, Director

10.27 Healing Partnership

Anne Seymour, NTH Moderator

NMVVRC Associate Academic Program Director

Welcoming Remarks

Eugenia Pedley, Senior Program Manager
USDOJ Office for Victims of Crime



Office for Victims of Crime
OVC

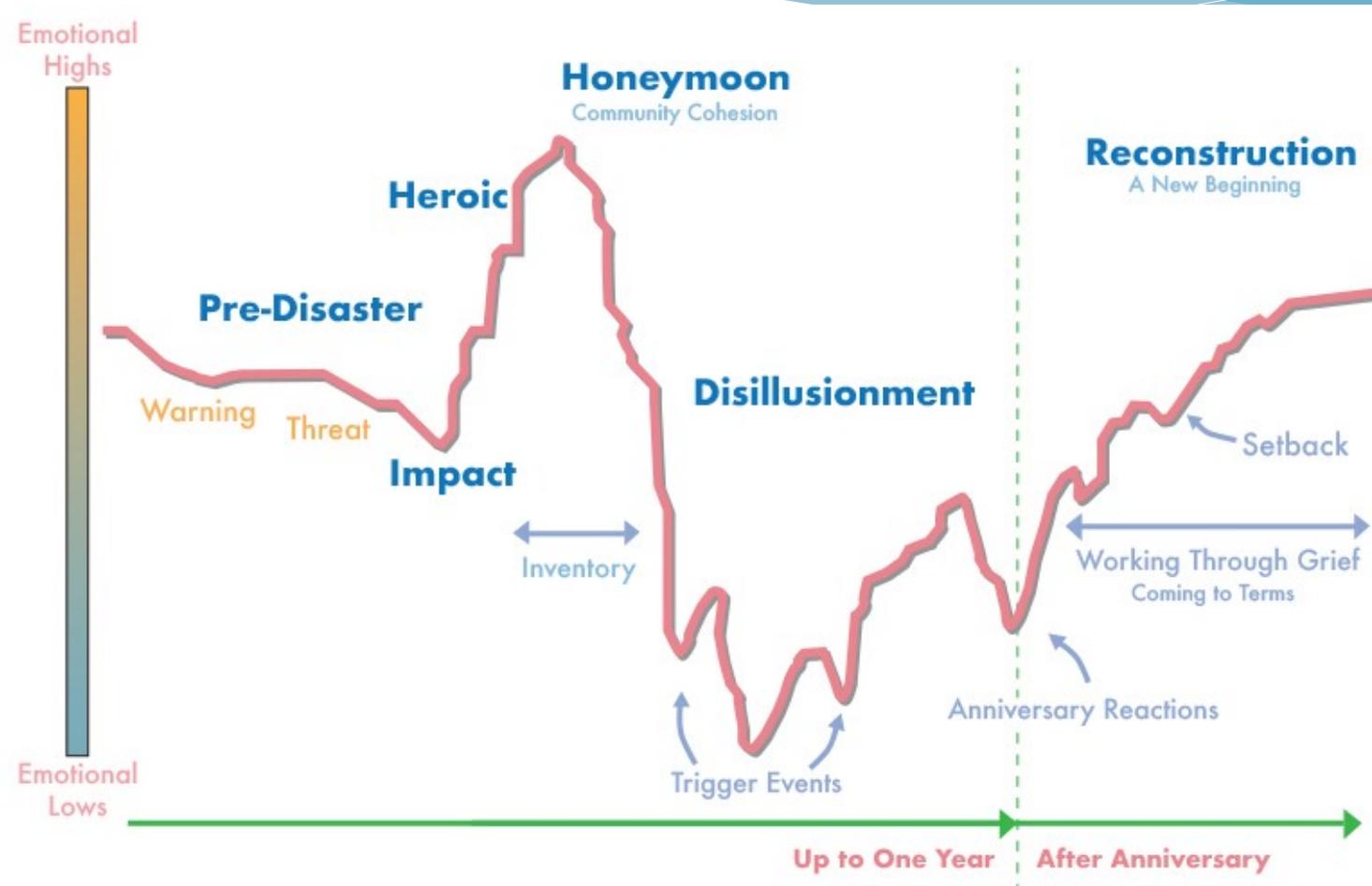
Alyssa Rheingold, Ph.D., Director
NMVVRC Preparedness, Response & Recovery Division



What are Resilience and Recovery?

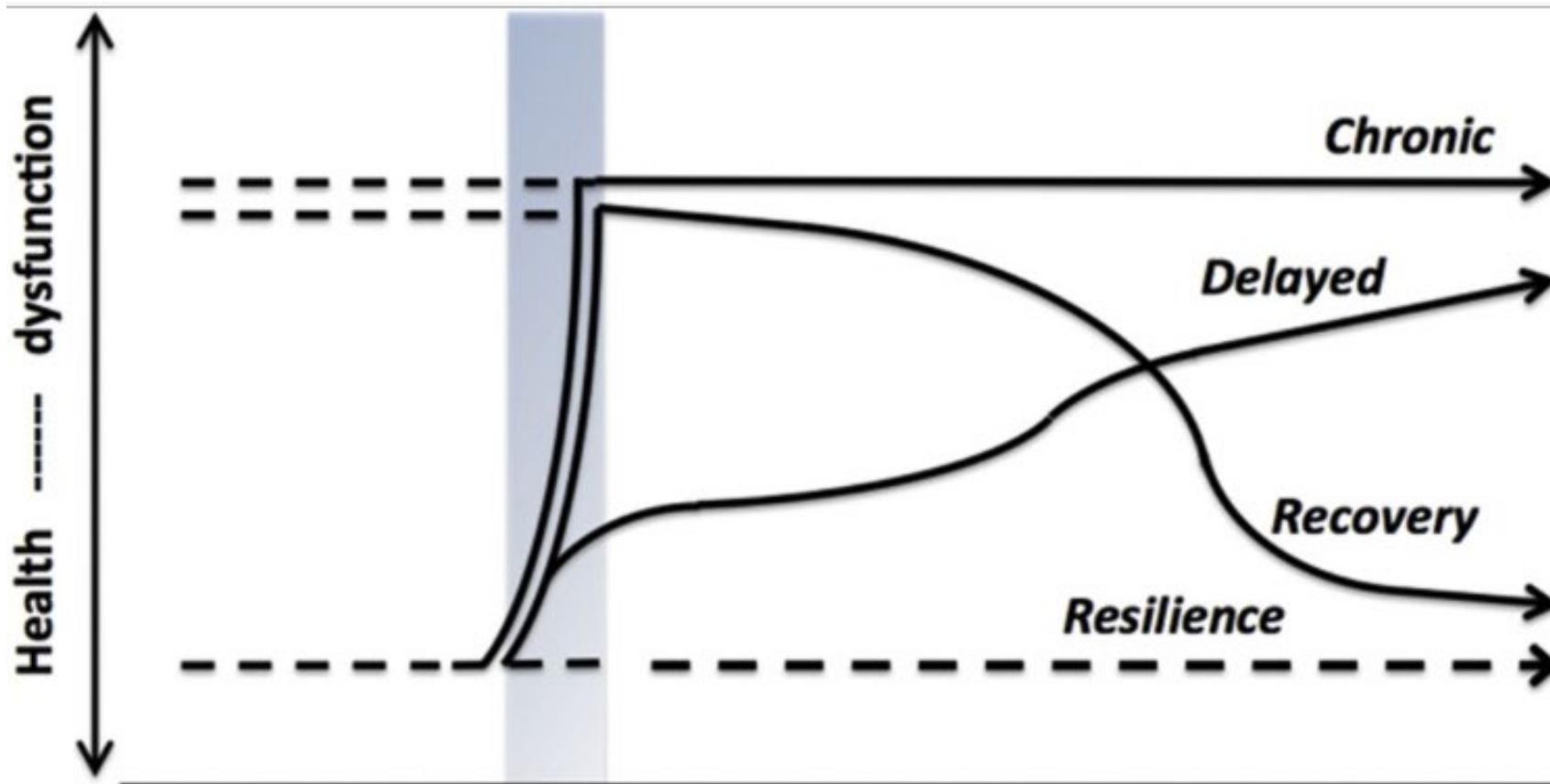
- No central definitions
- Resilience – the process of adapting in the face of adversity or stress
 - Managing change while carrying the challenges of trauma, stress, grief
 - Resilience does not mean the absence of difficulty or distress
- Recovery – restoration of safety and empowerment
- Considerations:
 - Communities are unique
 - Individuals are unique
 - Grief and trauma responses are unique
 - Context is important

Community Phases After Disaster



Substance Abuse and Mental Health Services Administration

Individual Resilience Trajectories Following Potential Trauma



Galatzer-Levya, Huangb, & Bonanno (2018)

EFFECTS OF MASS VIOLENCE ON COMMUNITIES:

Findings from Parkland, El Paso, and Pittsburgh

Following mass violence incidents (MVIs) in Parkland (FL), El Paso (TX), and Pittsburgh (PA), a sample of 2078 adults from these communities completed a needs assessment survey to identify the prevalence of PTSD and depression. Beyond PTSD and depressive symptoms, additional questions assessed the degree of MVI exposure, social support, impact and history of prior physical or sexual assault, fear of subsequent violent crime and MVIs, and the adaptive and maladaptive strategies employed by respondents.

Based on a representative sample of 2,078 adults, rates of PTSD were...



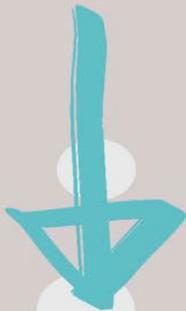
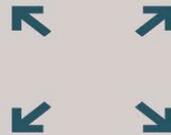
Compared to the national average (4.7%)

Social support plays a critical role in one's adaptation to an MVI

LESS THAN
50%
OF RESPONDENTS AT ALL
SITES REPORTED HIGH
LEVELS OF SOCIAL SUPPORT



THOSE WITH LOW
SOCIAL SUPPORT AT
SIGNIFICANTLY
GREATER RISK FOR
PTSD AND
DEPRESSION



THOSE WITH HIGH
SOCIAL SUPPORT &
NO PRIOR ASSAULT
HISTORY HAS LOWER
RISK FOR PTSD AND
DEPRESSION

12-20%
OF ADULTS WITH LOW
SOCIAL SUPPORT AND PRIOR
ASSAULT EXPOSURE HAD
PTSD

Components that Foster Resilience and Recovery

- Needs assessments – both individual and community-based
 - Identify and address basic needs
- Evidence-based early interventions (e.g., Psychological First Aid, Skills for Psychological Recovery)
- Support and connection
- Psychoeducation – e.g., trauma response, grief reactions, trauma cues
- Well-being strategies – complementary interventions
 - Sleep, nutrition, mindfulness, avoiding alcohol and other drugs
- Victim advocacy/navigation
- Community outreach and engagement – especially tending to marginalized groups
- Remembrances
- Evidence-based trauma and grief treatments
- Help the helpers – compassion fatigue and vicarious trauma

Tennille Pereira, Director

*Vegas Strong Resiliency Center
(Las Vegas Route 91 Harvest Festival)*

Jesse Arias, Program Director

*Orlando United Resiliency Services
(Pulse Nightclub)*



Resiliency Center Operations & Sustainability

PRESENTED BY:

Tennille K. Pereira, Esq.

& Jesse Arias



VEGAS STRONG
RESILIENCY CENTER



Resiliency Center Operations

- Resiliency Centers are not “one size fits all.”
 - Incident-specific:
 - Victimized population, size, location, method, response, etc.
 - Community-specific:
 - Existing victim services/resources, dynamics, funding sources, local government
- General best practices have been emerging:
 - Invite key stakeholders or community “problem-solvers” to the table.
 - Identify available community resources.
 - Identify under-represented or vulnerable populations.
 - Need to keep entire community in mind, not just directly impacted.



Vegas Strong Resiliency Center was established to address long-term recovery needs of those impacted by 1 October.



Multi-Agency Collaborative Structure

MANAGED BY:

Since 1958
LEGAL AID CENTER
of Southern Nevada

PARTNER AGENCIES:



Goals: Community Resilience & Victim Assistance

- Foster healing and community resilience through:
 - Outreach to:
 - Reach impacted community members
 - Raise awareness
 - Services/ resources
 - Navigation/ case management
 - Mental & behavioral health
 - Judicial process support
 - Legal services
 - Emotional support



Services/ resources (*continued*)

- Education

- Programming/events

- Responder wellness (first- & long-term responders)

Remembrance

- Memorial services

- Memorial sites

- Annual remembrance

Advocacy

- Community wide trauma-informed practices and language

- Taking lessons learned and advocating for change

- Sustainability....



OURS Community Needs

- Community Needs Meet Trauma-Informed Care
 - Mental Health
 - LGBTQ Safe Spaces
 - Financial Support
 - Immigration



OURS Initial Response

- The Office of Victims of Crime (OVC) provides technical assistance to communities that are applying for AEAP funding. Under the Anti-terrorism and Emergency Assistance Program (AEAP) Grant (Federal funding), the City of Orlando, Orange County Gov't and HFUW created OUAC.
 - Primary impact group
 - Only serving survivors and families of the 49
 - Eligibility based on FBI vetting process.
- SERG- Substance Abuse & Mental Health Services Administration (SAMHSA Emergency Response Grant)
 - Offered services to others impacted by Pulse.
 - 146 Clients received direct counseling services.
 - First responders were served by University of Central Florida (UCF) Restores.
- No Wrong Door Policy
 - Andria Estrella-Roa (AER) Mental Health, Aspire Health, Hispanic Family Counseling, Park Place Behavioral Health, Total Health, and 26 Health

OURS Sustainability

Orlando United Resiliency Services (OURS) is unique, in that we are a program as part of a larger organization. Formerly as OUAC, when Orange County, United Way, City of Orlando and Osceola County, as the collective turned over daily operations, it was negotiated to have a multi-year funding strategy. Larger scale fundraising efforts are in place during June, which is Pride Month and coincides with the Pulse tragedy of June 12, 2016. Ongoing marketing efforts and fundraising efforts are a priority of the development team of the organization, specifically around finding and sustaining longer term advocacy and emergency financial assistance funding. If there is a departmental shortfall of fundraising, general operating funds can be used to sustain the program, at least short-term.

- Dr. Wallace (The Center Orlando, CEO)



A Call to Action...

- More Permanent Resiliency Centers
- Wrap-around services for victims as violence intervention
- Establish before other mass tragedies occur
- While domestic violence shelters & victim service centers are great, there are still many underserved communities:
 - Human trafficking survivors
 - Gun violence survivors
 - LGBTQ & other hate crime survivors/victims
 - Environmental justice crime survivors
 - Where do they go?

Maggie Feinstein, Director
10.27 Healing Partnership
(Tree of Life Synagogue, Pittsburgh)



10.27 Healing Partnership

- We serve those who seek comfort and community in the wake of communal trauma:
 - Families of deceased and survivors from October 27, 2018, as well as members of the three congregations and first responders
 - All who feel the effects of such a violating event
 - People who experience antisemitic trauma or traumatic grief
- How can we help?
 - We are counselors.
 - We are a gathering place.
 - We commemorate.
 - We share best practices of community resiliency.





Trauma Defined

- Trauma is a given human condition.
- An incident is traumatic because it disrupts our *sense of self* and *safety*.
- Primary, secondary, and vicarious trauma are all important to attend to.
- Our sense of safety is directly linked with our sense of being able to protect ourselves:
 - Power over ourselves.
 - Education matters, appropriate psychoeducation is key.

Collective Trauma

- Collective trauma is an event, or series of events, that shatters the experience of safety for a group, or groups, of people.
- The shared experience alters the narrative and psyche of a group or community.
- The communal aspect also means that people are experiencing the impact and loss at the same time.
 - Results in mixed empathy



Acknowledging Trauma

- It is easier to identify people who experience primary trauma than secondary or vicarious trauma.
- Hate-motivated MVIs deepen the experience of secondary and vicarious trauma.
- Challenge to provide psychoeducation regarding trauma, normalizing the experience across the community:
 - Creative use of media in the way of op-eds, earned media, and advertisements in local papers.
 - Social media.
 - Finding opportunities to get in front of diverse groups of people likely impacted.

Moving With Trauma

- After a traumatic event, tension exists between a strong desire to “go back to normal” and fear that this is impossible.
- In the short term, you **MUST** remain responsive to the crisis needs
- In the long term, you **CANNOT** operate as though the next crisis is around the corner.
- This is a special challenge for collective trauma, as there is no definition of when to transition from short term to long term
 - Different grief reactions
 - Trauma cues from new mass violence crimes



AEAP Grant with Hate-motivated Crime

- The Antiterrorism Emergency Assistance Program (AEAP) gives support to communities impacted by communal trauma.
- The grant attaches a definition of who was victimized by the event, and funnels support with that lens:
 - Decreases the ability to attend to secondary and vicarious trauma survivors.
- Important to supplement the AEAP funding with a funding stream that can be more broadly focused.



Alyssa Rheingold, Ph.D., Director
NMVVRC Preparedness, Response & Recovery Division



“Lessons Learned” from the NMVVRC Resiliency Center Directors’ & Administrators’ Forums

Our Forums

- Beginning in 2017, NMVVRC provided consultation to Resiliency Centers.
- Since 2019, our Center has facilitated Resiliency Center Directors' Forum and Resiliency Center Administrators' Forum:
 - Both forums provide opportunities for exchange of ideas, problem-solving, improving services, and long-term sustainability.
 - Also, "what I wish I had known when I was just starting out..."
- Our Center and its Forums are developing a *Promising Practices for MVI Resiliency Centers* to document our extensive work.

We are grateful for our Forum members' contributions to our mission and goals, and to this webinar.

Long-term Sustainability: Five Factors for Success

1. Collaboration and partnerships
2. Structure of the Resiliency Center
3. Potential funding ideas and sources of funding
4. Victim/survivor services
5. Community and public awareness strategies

1. Collaboration and Partnerships

- Build upon preexisting relationships
- Identify community's existing strengths
- Identify the “key players” who have skills to help
- Enlist supportive leaders at the Federal, state, and local levels
- Identify and focus services while collaborating to fill in gaps
- Engage community early on to make *collaborative decisions*
- Enlist a recognized community leader to invite partners
- Develop job description and skills set for Resiliency Center team members

2. Structure of the Resiliency Center

- Share AEAP grant with RC leadership
- Create a Steering/Advisory Committee
- Identify a “natural landing spot” location for the Center (*not* at the physical location of the MVI)
- Select a sponsoring agency with a history of fundraising to administer the AEAP grant and other funds
- Center Directors can have different backgrounds – Build on this variety of experiences; and combine skill sets

3. Potential Sources of Funding: Foundation

- Need a clear mission, vision and strategic plan
- Find a grant-writer/development experience with *connections to the community*
- Develop a long-range plan
- Recognize the time limitations of AEAP funding and focus on the need for future funding *from the beginning*
- Seek opportunities for funding such as federal grants or legislation to provide funding and support to broaden scope

Potential Sources of Funding (*cont.*)

- No-cost extension of AEAP grant
- Statewide commemorative license plate bill/law, with fees going to the Center
- County Housing Authority (to hire a housing specialist)
 - County mental health authority, etc.
- State VOCA funding
- Other *state sources* of state-level funding, i.e., mental/behavioral health, justice, etc.
- County tourism tax
- Development plan that seeks individual donations, and donations from corporations and foundations

4. Victim/Survivor Services

- The needs of MVI victims and survivors do *not* end when AEAP funding ends, so it's important to focus on the long-term needs of MVI survivors, based upon:
 - Research
 - Survivors' lived experiences
- Identify and document 1) needs of impacted survivors, 2) gaps and challenges to victim services, and 3) existing and changing needs of the community
- Distinguish if the Center is a mental/behavioral health agency; a victim/survivor services agency; or a hybrid that incorporates both disciplines.
- Build upon the myriad "lessons learned" from other MVIs and Resiliency Centers (to be included in upcoming *Promising Practices for MVI Resiliency Centers*).

The Role of a Victim/Survivor Navigator

A Center's Navigator is one of the most important positions!

- Case management
- Help victims/survivors and clients to navigate, understand and access available resources
- Help improve and expand community outreach and community relations
- Contribute to program evaluation efforts and activities
- Perform other duties, as needed and assigned

Navigator Position Description & Skills Set:

<https://www.nmvvrc.org/media/zztml55a/victimnavigator-final-06-09-2021.pdf>

5. Community & Public Awareness Strategies

- Engage a public relations firm on a pro bono basis to help frame messaging
- Proactively engage the news media:
 - Special events, annual remembrance, survivor testimonials
- Have a *strong social media presence*
- Determine a strategy, if needed, for messaging about the scope of victims and survivors served

NMVVRC.ORG



We serve as the source for best evidence to achieve a social understanding of mass violence upon which civic leaders, mental health professionals, journalists, policy makers, and victim assistance professionals can rely. Our vision is to provide communities access to evidence-based information and resources needed to effectively prepare for and respond to mass violence incidents.

<https://www.nmvvrc.org/>

Facebook/Instagram/Twitter: @NMVVRC

The image is a promotional graphic for the 'Transcend NMVC' app. It features a teal background. On the left, there is a dark teal rounded rectangle containing white text: 'We developed Transcend NMVC to assist with recovery from the psychological and behavioral response that can occur following direct or indirect exposure to mass violence incidents.' Below this, another paragraph reads: 'Although the app was developed specifically for mass violence victims, people exposed to other types of stressful events are also likely to find the strategies and techniques in the app to be useful in their recovery, as well.' On the right side of the graphic is a smartphone displaying the app's interface. The app screen shows a purple gradient background with a large purple circle in the center. Below the circle, the text 'My Recovery' is visible. Underneath, there is an 'ABOUT' section with three buttons: 'About Mass Violence', 'Impact Of Mass Violence', and 'How to Recover'. Below that is a 'CALM YOUR BODY' section with three buttons: 'The Body's', 'Physical Effects Of', and 'Avoid'. At the bottom right of the graphic is the NMVVRC logo and name, with the tagline 'Readiness · Response · Resilience' below it.

<https://www.nmvvrc.org/survivors/transcend-nmvc/>

Upcoming Relevant Conferences

Leave No Victim Behind, Oct. 25-27, 2022, San Marcos, TX

<https://leavenovictimbehind.org/>

International Society for Traumatic Stress Studies (ISTSS) 38th Annual Meeting,
Nov. 9-12, 2022, Atlanta, GA

<https://istss.org/am22/home>

Association for Behavioral and Cognitive Therapies (ABCT) 56th Annual
Convention, Nov. 17-20, 2022, New York City, NY

<https://www.abct.org/2022-convention/>

To Request a Consultation or Technical Assistance:



info@nmvvrc.org

Questions from the Field

Thank you for submitting questions in advance to our presenters!



Next National Town Hall

JANUARY 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Topic:

“Hate-Motivated Mass Violence Crimes”

Date:

To be Announced Soon.....



<https://ovc.ojp.gov/>



<https://1027healingpartnership.org/>



<https://www.vegasstrongrc.org/>



<https://thecenterorlando.org/ours/>



<https://www.nmvvrc.org/>

Survey



<https://redcap.link/4thNTH>

