

# ***HEALING HURT PEOPLE*** **DREXEL UNIVERSITY**

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Department of Emergency Medicine  
18 November 2015  
OJJDP  
Youth Violence Prevention Communities of Practice  
Fall Convening

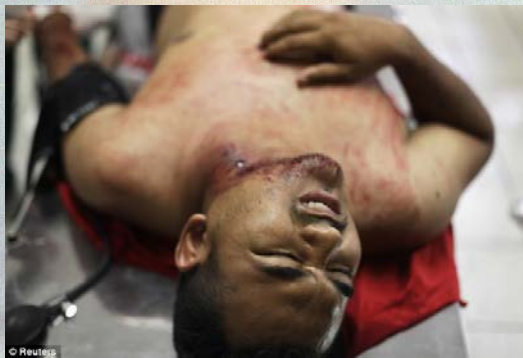


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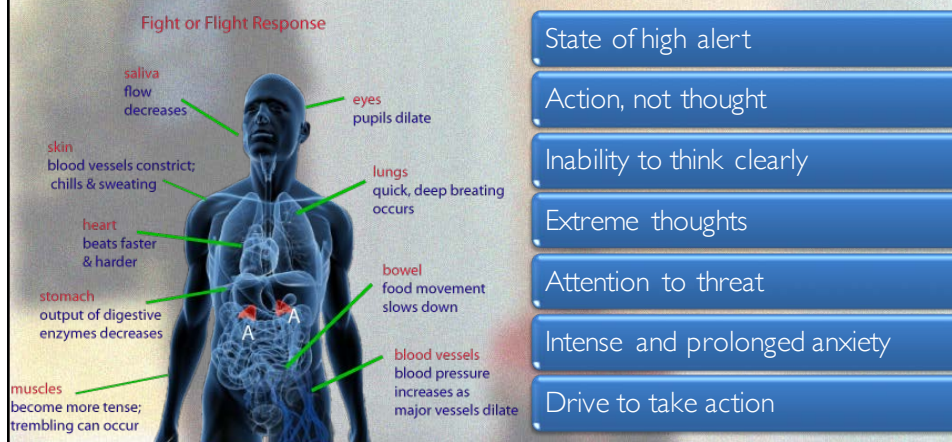
**5 YEAR  
RECURRENCE  
44%**

**5 YEAR  
MORTALITY  
20%**





## FIGHT OR FLIGHT







# STRESS

The set of changes in the body and the brain that are set into motion when there are overwhelming threats to physical or psychological well-being.”

From *Neurons to Neighborhoods*, National Research Council and Institute of Medicine, 2000.

## TYPES OF STRESS

### Positive stress

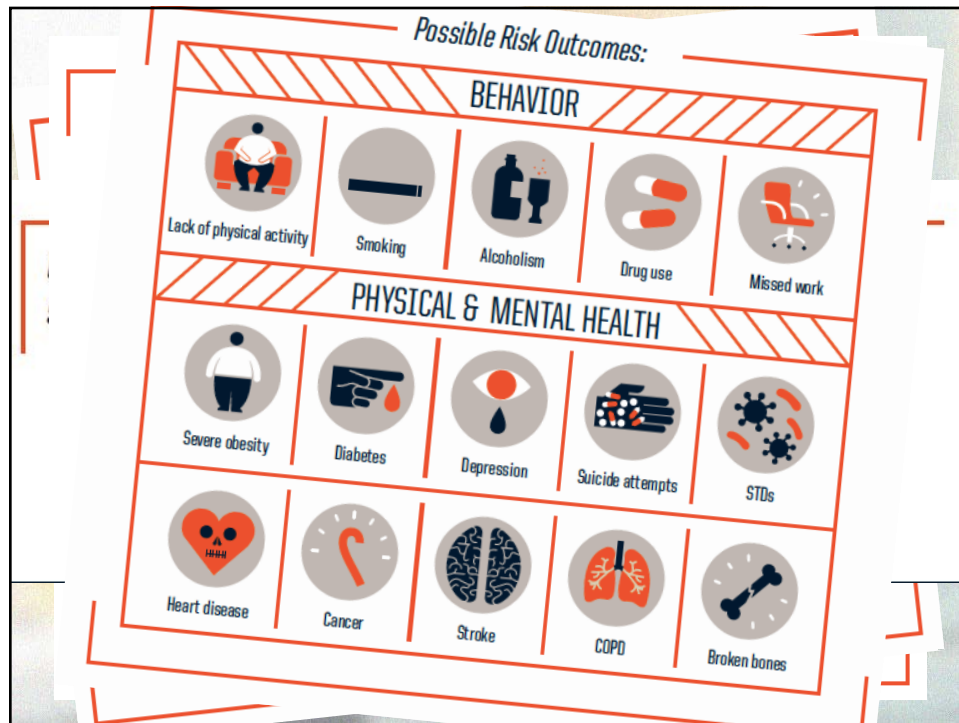
- Adverse experiences that are short-lived
- Normal and part of developmental processes

### Tolerable stress

- More intense but relatively short-lived
- With adequate support, unlikely to cause long-term problems

### Toxic stress

- Sustained adversity
- Children unable to manage this by themselves



POST TRAUMATIC STRESS DISORDER:

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HYPERAROUSAL/HYPERREACTIVITY

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RE-EXPERIENCING/INTRUSIVE SYMPTOMS

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EMOTIONAL NUMBING/AVOIDANCE

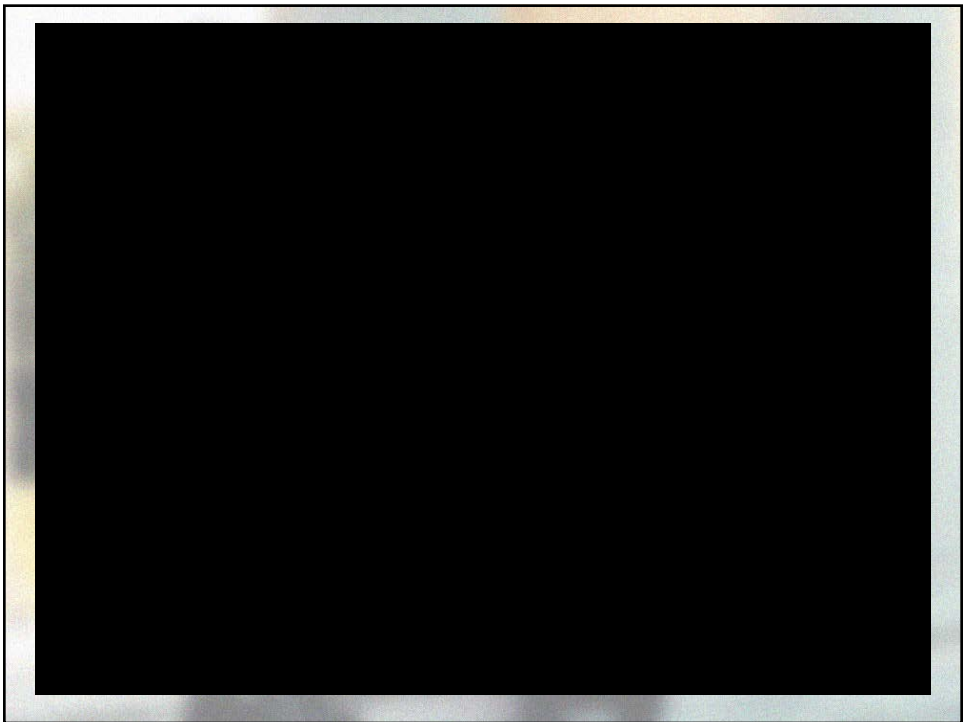
POST TRAUMATIC STRESS DISORDER:

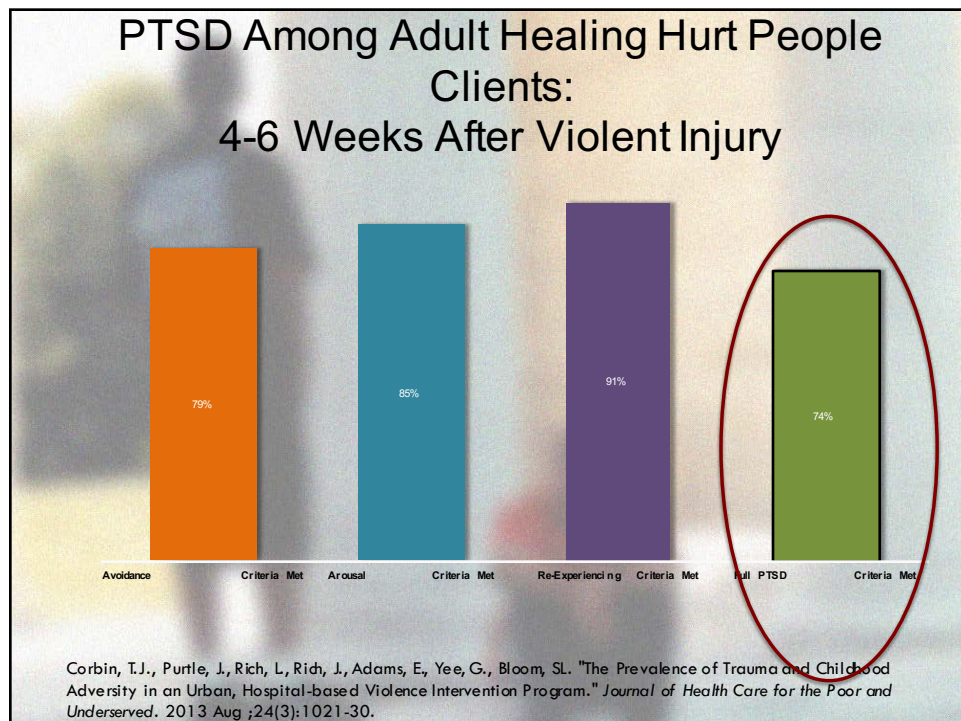
HYPERAROUSAL/HYPERREACTIVITY

RE-EXPERIENCING/INTRUSIVE SYMPTOMS

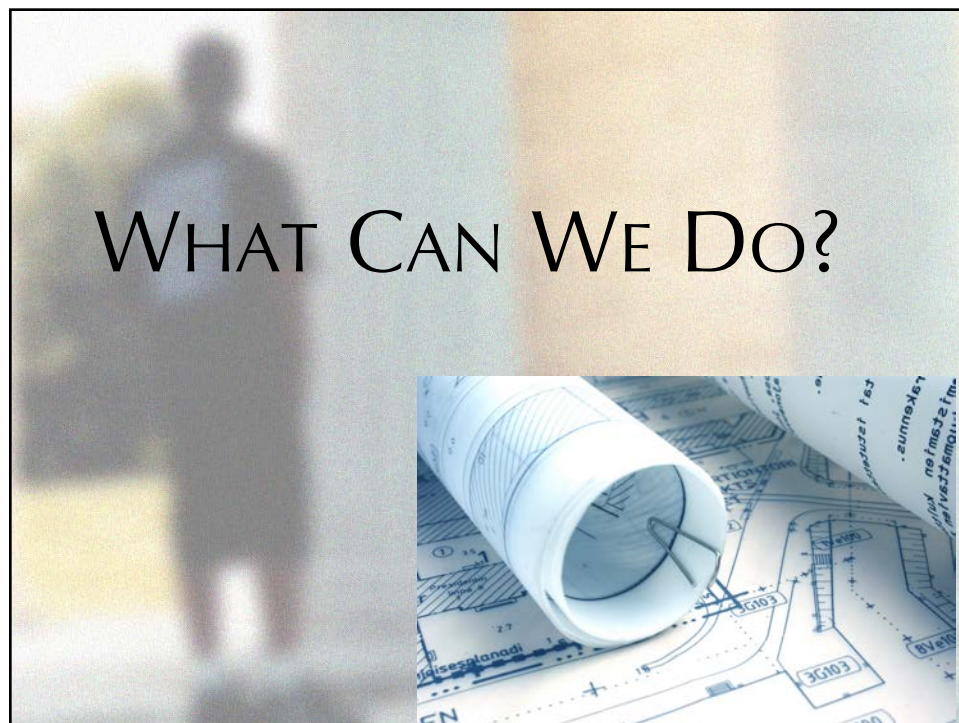
EMOTIONAL NUMBING/AVOIDANCE

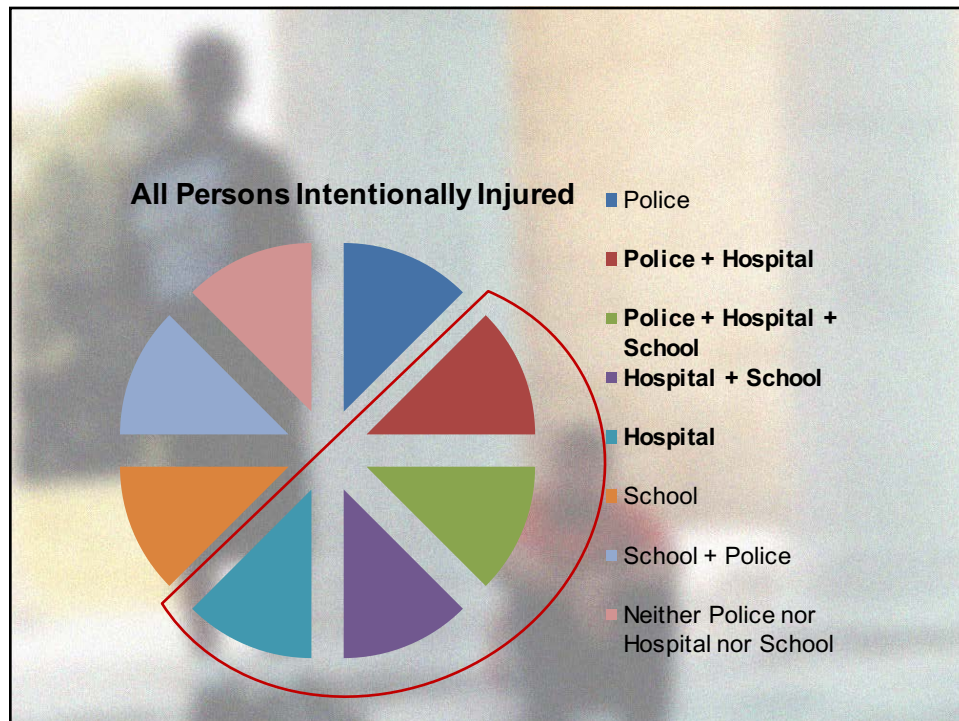
NEGATIVE ALTERATION IN COGNITION AND  
MOOD











**HEALING HURT PEOPLE:  
A HOSPITAL-BASED  
VIOLENCE  
INTERVENTION PROGRAM**

**Hahnemann University HOSPITAL**

**St. Christopher's Hospital for Children**

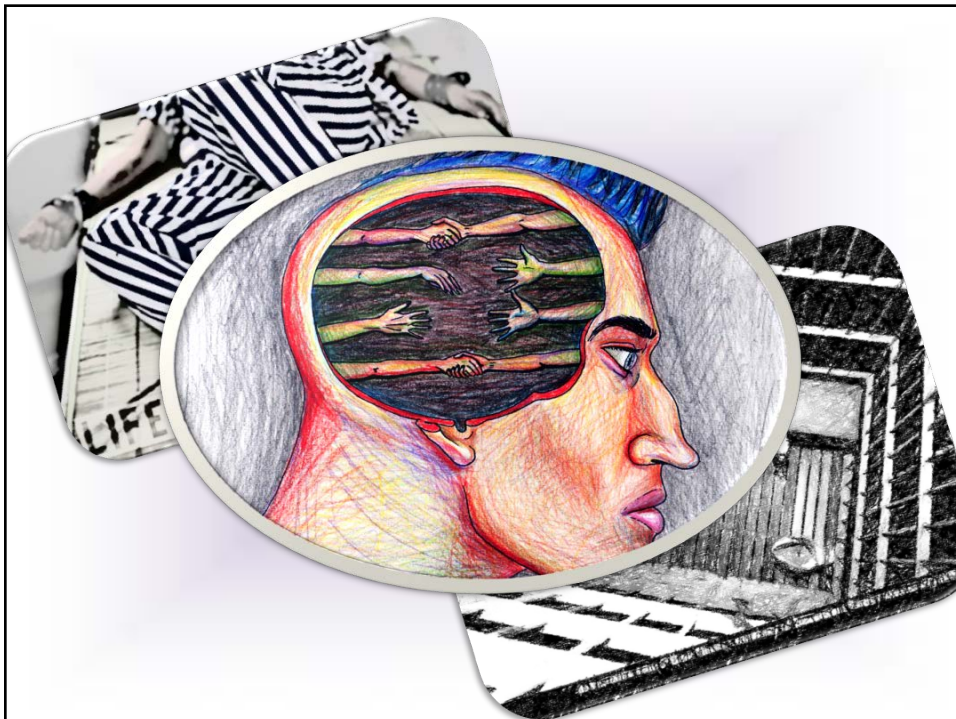
**Tenet**

Drexel University College of Medicine/School of Public Health



## Healing Hurt People (HHP): A Violence Intervention Program

- Clients are:
  - Victims of intentional injury (stabbing, shooting, assault)
  - 18-30 years old (Hahnemann University Hospital)
  - 8-21 (St. Christopher's Hospital for Children)
  - Not victims of intimate partner violence or sexual assault



## ***TRAUMA-INFORMED CARE***

- **Trauma-informed care:** This is a new form of evidence-based interventions and service delivery, implemented by multiple service providers, that identifies, assesses, and heals people injured by, or exposed to, violence and other traumatic events.

– Defending Childhood Task Force Report, 2012



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## ***TRAUMA-INFORMED APPROACH***

- (1) *Realizes* the prevalence of trauma
- (2) *Recognizes* how trauma affects all individuals involved with the program, organization, or system, including its own workforce
- (3) *Responds* by putting this knowledge into practice.
- (4) *Acknowledges* the past and present stress imparted by racism, discrimination, poverty and marginalization.
- (5) *Creates* ways for the *voices* of those affected by violence to be heard.

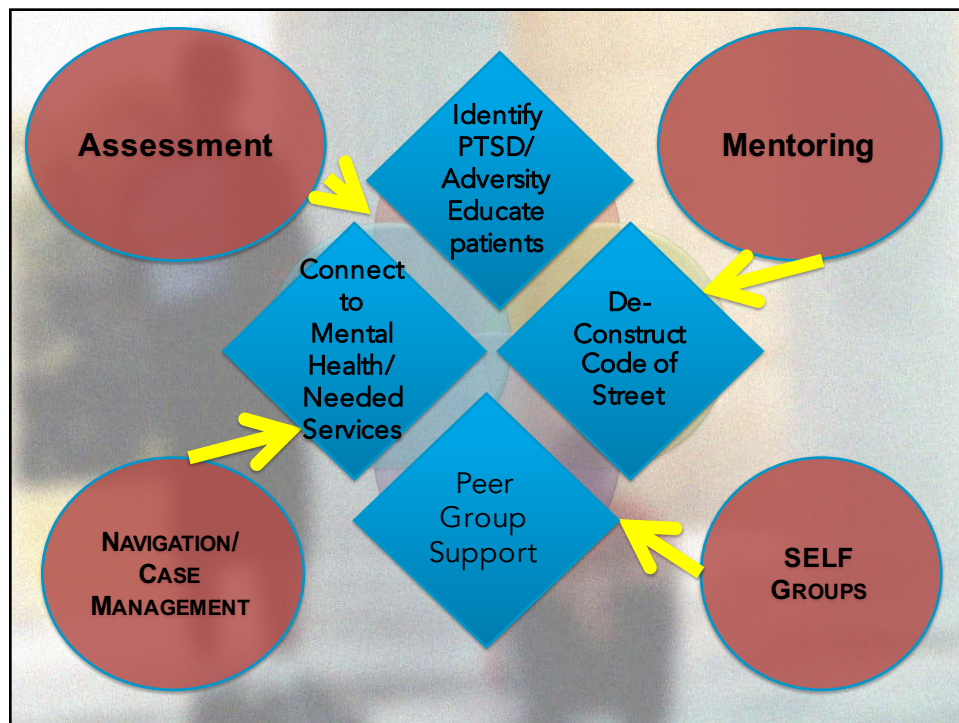
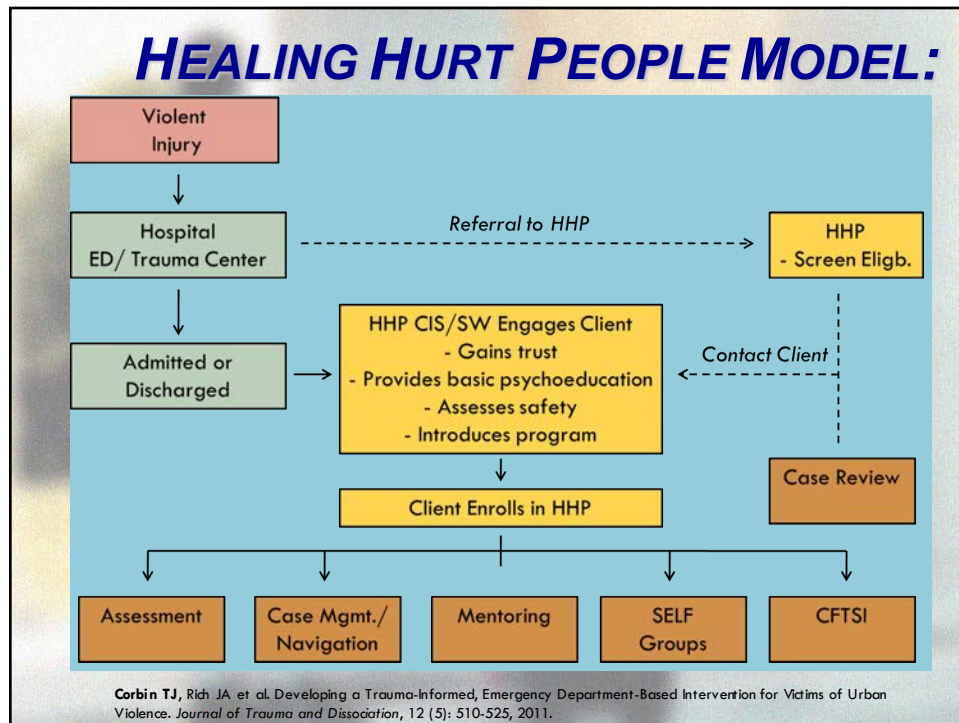
SAMHSA Trauma Definition:

[www.samhsa.gov/traumajustice/traumadefinition/approach.aspx](http://www.samhsa.gov/traumajustice/traumadefinition/approach.aspx)



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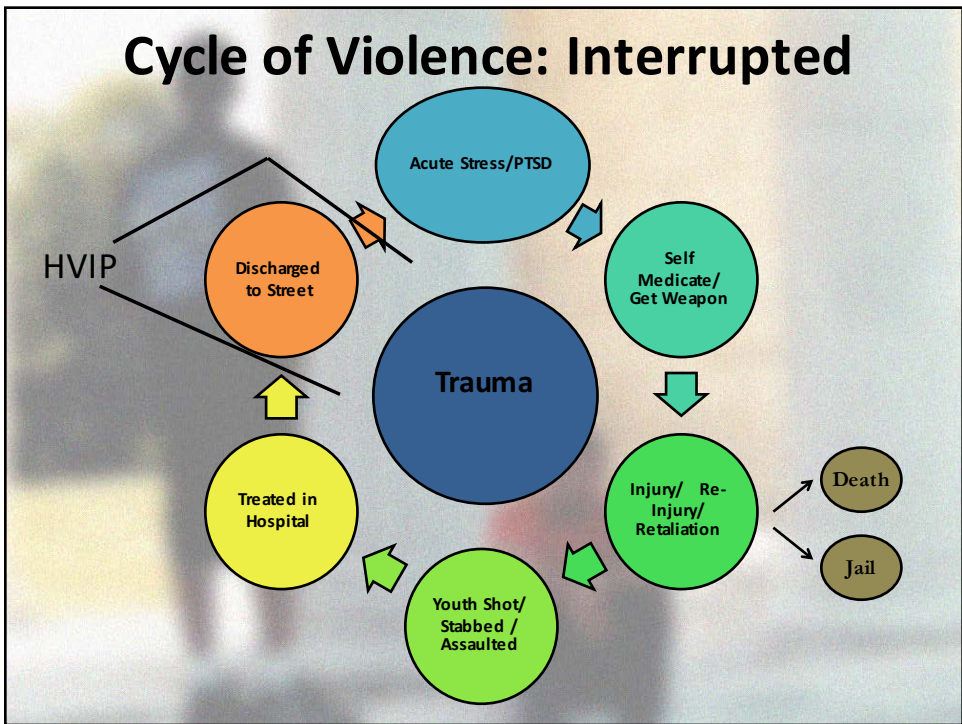
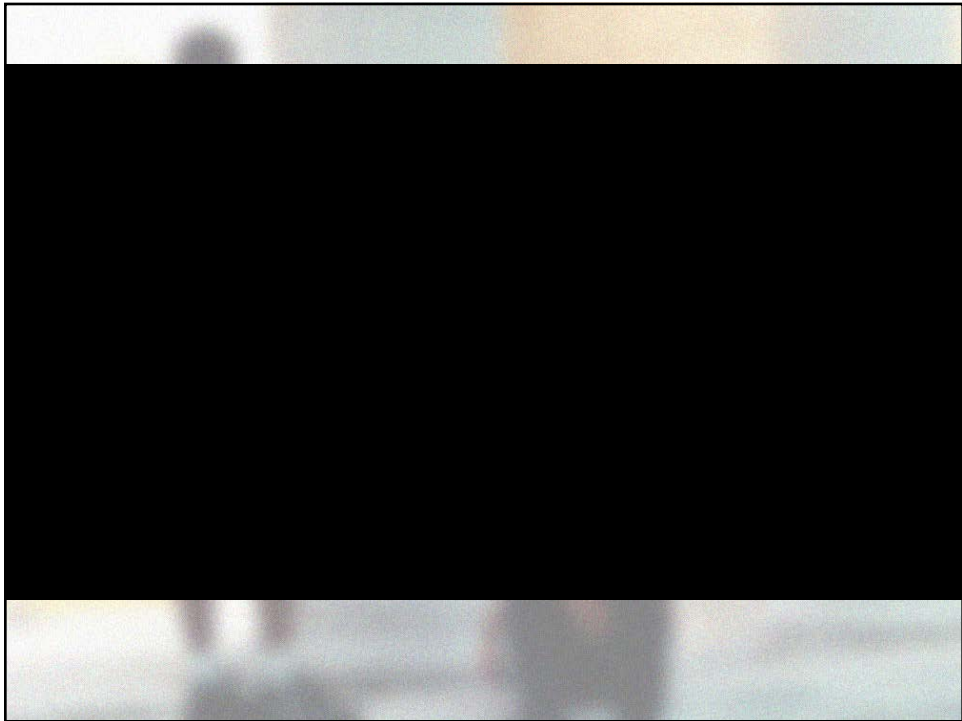




Amalgam of Models of Care= HHP

HHP









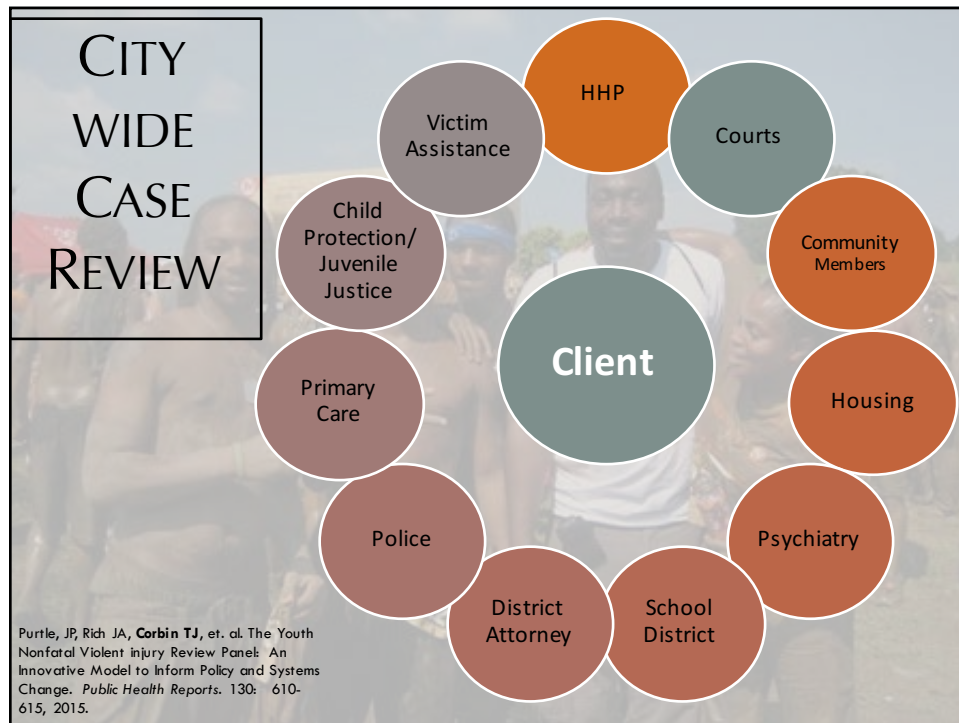
## ***HVIP's AND PHILADELPHIA VIOLENCE PREVENTION COLLABORATIVE***

- Creating a trauma-informed community is a key objective of Philadelphia's Strategic Plan
- Trauma-informed HVIPs are a key component
- What will this take?
  - Replication of HHP at Temple University, the main trauma center in 22<sup>nd</sup> district.
  - Sustain existing HVIPs
  - Training and support to organizations throughout the Community– Center for Nonviolence and Social Justice



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**DON'T ASK  
WHAT'S WRONG  
WITH ME.  
ASK WHAT  
HAPPENED  
TO ME.**

We can heal from violence.

[whatisSTSR.com](http://whatisSTSR.com)

CHANGING  
OUR  
PRACTICES

yeah  
HURT PEOPLE  
can  
HURT PEOPLE  
but  
HURT PEOPLE  
can also  
**HELP PEOPLE**

—

WE CAN HEAL FROM VIOLENCE.  
whatis**STSR**.com

CHANGING  
OUR  
NARRATIVE



