

***MENTAL HEALTH AFTER GUN
VIOLENCE: SUPPORTING THE
HOLISTIC NEEDS OF GUN
VIOLENCE SURVIVORS***

Sydney Timmer-Murillo, PhD

AIMS

1. Mental health after firearm violence
2. Understand risk factors for poor mental health
3. Review comprehensive care model for recovery

GUN VIOLENCE & DISPARITIES

Trauma Disparities

- Recovery after gun violence is different from other injuries (e.g., car crash)
- Communities with structural & racial discrimination experience more gun violence
- Certain communities carry greater burden



MENTAL HEALTH AFTER GUN VIOLENCE

Ongoing trauma reaction

- Gun violence survivors experience prolonged traumatization
 - Threat of loss of life
 - Loss of autonomy
 - Physical injuries
- Sense of heightened threat to safety

Mental Health Risk

- 20-40% develop PTSD and/or depression in the first year after **any** injury
- population estimate >400K annually

DEPRESSION

- Depressed mood or **anhedonia**
- Slowing of cognition and physical movement
- Fatigue or loss of energy
- **Worthlessness** or excessive inappropriate guilt
- Recurrent suicidal ideation



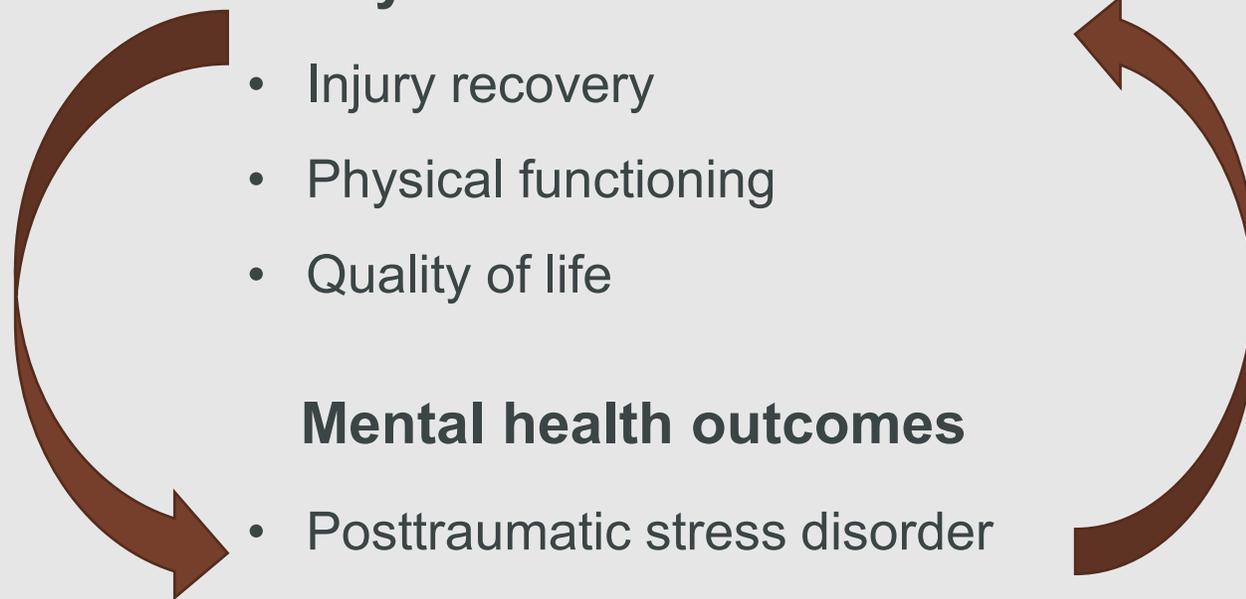
HEALTH AFTER GUN VIOLENCE

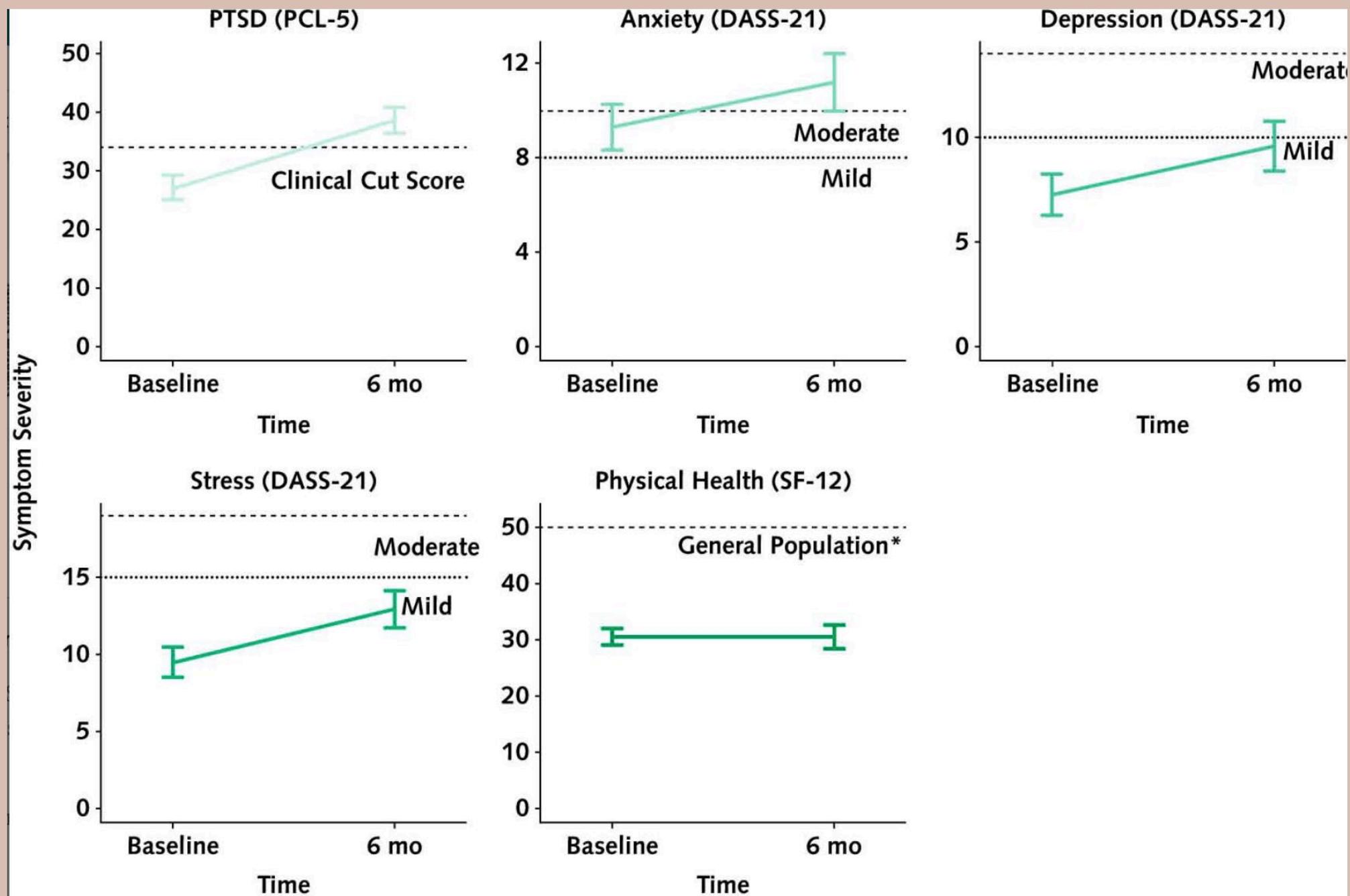
Physical health outcomes

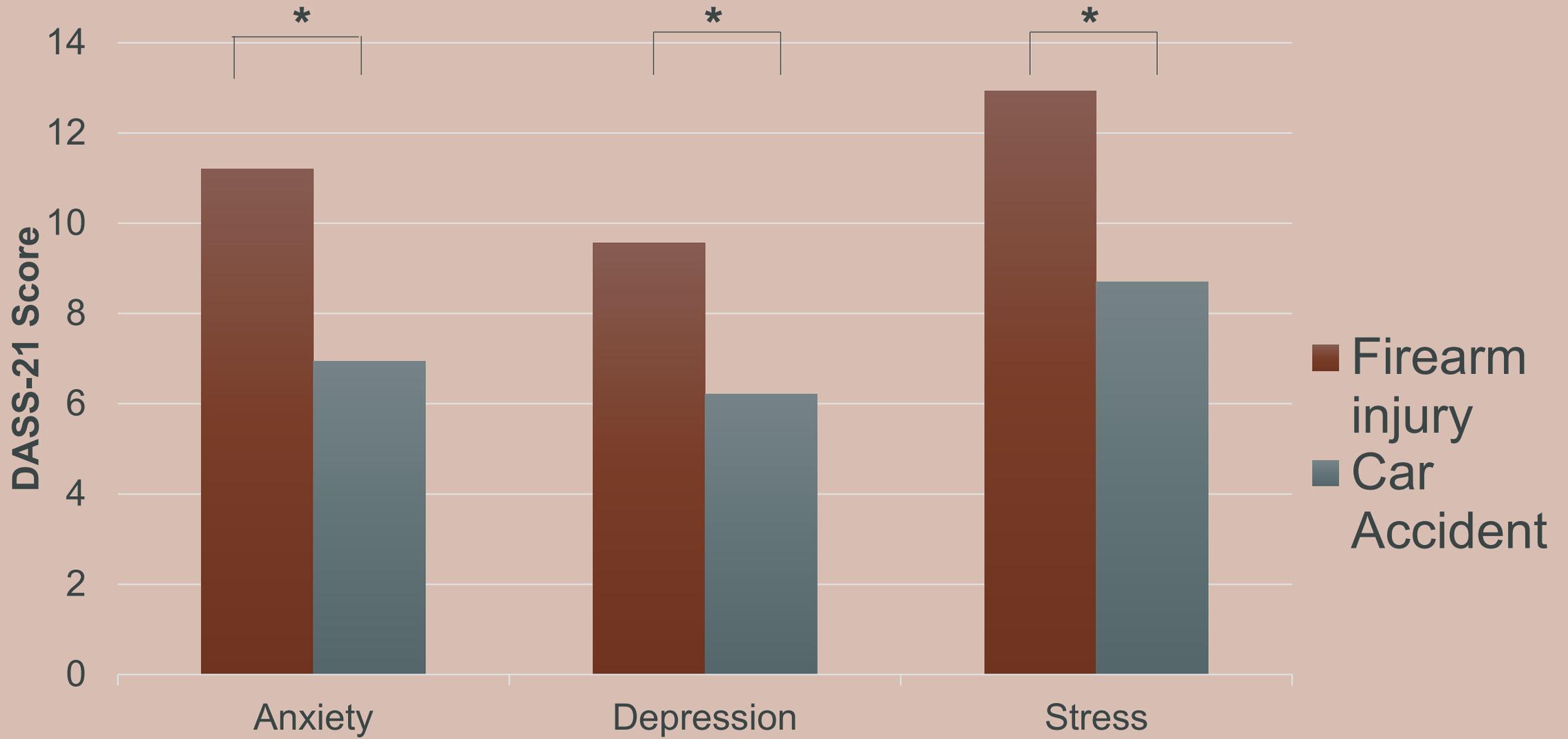
- Injury recovery
- Physical functioning
- Quality of life

Mental health outcomes

- Posttraumatic stress disorder
- Depression
- Anxiety







WHAT INCREASES RISK FOR POOR MENTAL HEALTH?

CONTEXT TO RECOVERY



PRE-GUN VIOLENCE

Pre-injury Cumulative Life Stress

Social Determinants of Health

Neighborhood resource
deprivation

Threats to safety



Lifetime Exposure to Trauma

Witnessing



Experiencing

IMPACT OF DISCRIMINATION

Journal of Traumatic Stress
XXXX 2021, 0, 1-11



Racial Discrimination is Associated with Acute Posttraumatic Stress Symptoms and Predicts Future Posttraumatic Stress Disorder Symptom Severity in Trauma-Exposed Black Adults in the United States

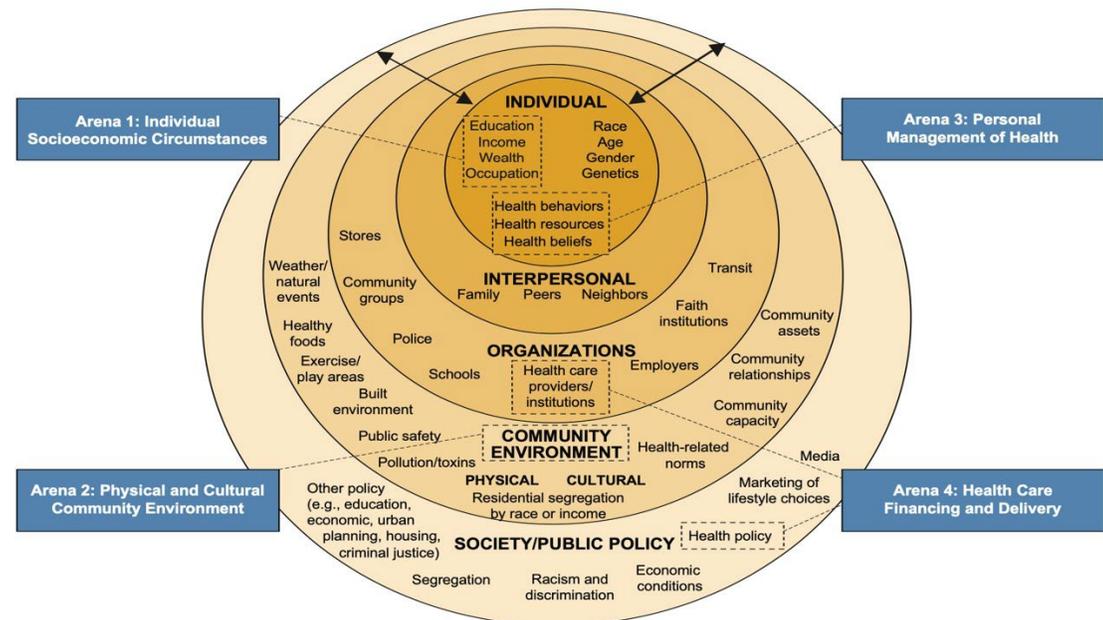
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Figure 1: Landscape of Influences on Health Disparities and Arenas for Policy Action



HOW CAN WE BETTER CARE FOR GUN VIOLENCE SURVIVORS?

TRAUMA CENTER COMPREHENSIVE CARE MODEL FOR FIREARM INJURY PATIENTS

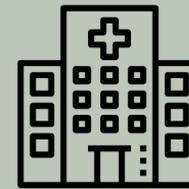
Firearm violence harms individuals and communities



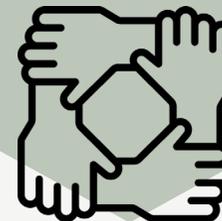
Racial disparities in violence and health necessitate changes to healthcare

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Comprehensive Multidisciplinary Care



- Trauma-informed care
- Mental health care
- Hospital-based violence intervention
- Integrated follow up



Improved Outcomes



- Increased quality of life
- Reduced disparities after firearm violence



COMPREHENSIVE CARE



Feasibility of a trauma quality-of-life follow-up clinic

Colleen Trevino, PhD, Timothy Geier, PhD, Sydney C. Timmer-Murillo, MS, Matthew Shawlin, MS, David J. Milia, MD, Panna Codner, MD, and Terri deRoon-Cassini, PhD, *Milwaukee, Wisconsin*

Annals of Internal Medicine®

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Letters | 23 May 2023

Mental Health and Health-Related Quality of Life After Firearm Injury: A Preliminary Descriptive Study FREE

Sydney C. Timmer-Murillo, PhD , Sarah J.H. Melin, MPH , Carissa W. Tomas, PhD , ... [View all authors +](#)

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Comprehensive Framework of Firearm Violence Survivor Care A Review

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INTERVENTION

Community

- Improve health of community with culturally informed programs

Trauma Centers

- Early access to mental health providers
- Reduce stigma and barriers to treatment

Long-term Care

- Holistic comprehensive care addressing ***whole health***
- Reduce social determinants

THANK YOU!

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MTOP
Milwaukee Trauma Outcomes Project

