

Mental Health Following Traumatic Events

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Need: To decrease the long term mental health burden following traumatic events in small communities

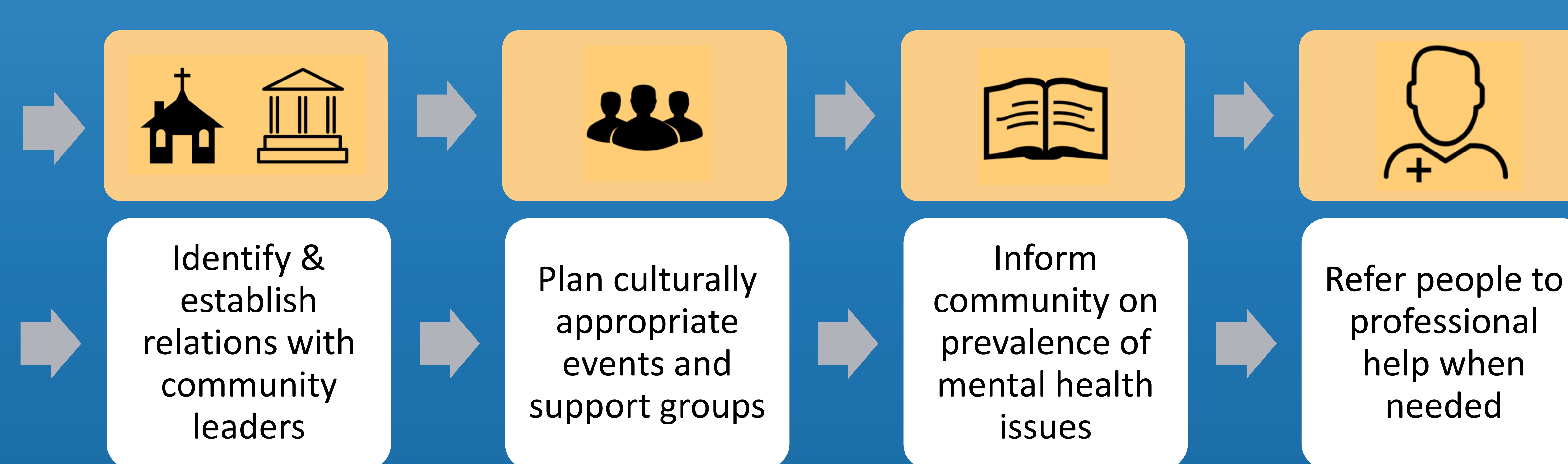
Goal

To promote communal support and the seeking of professional help when needed

Background

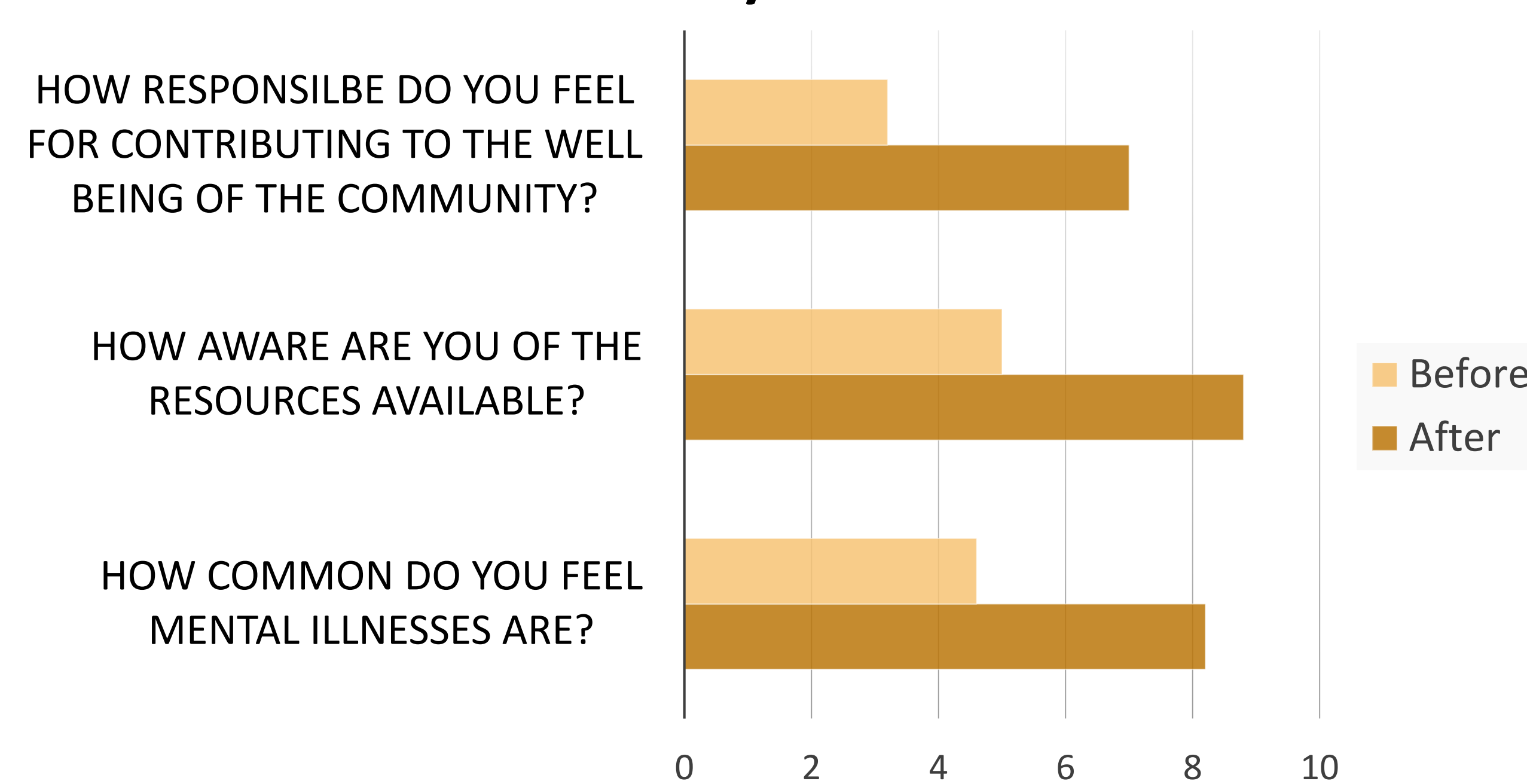
- Group activities help people open up²
- Peak in need for mental health services occurs 2 years after traumatic event³
- Reasons people don't seek professional help¹: 76% low confidence – 53% negative stigma – 47% lack of knowledge

General Approach

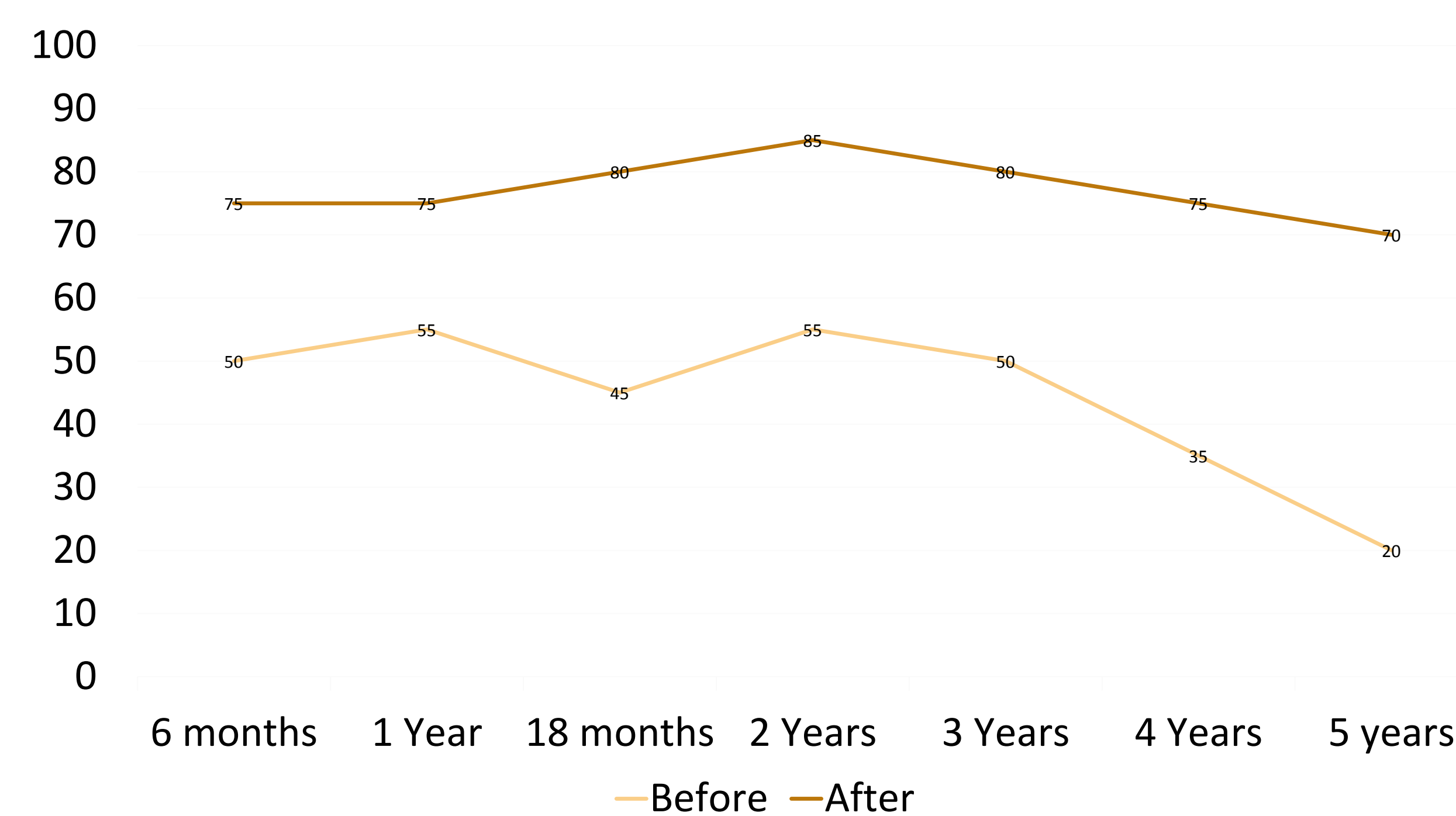


Anticipated Results

Community's Knowledge of Mental Health – Survey Results



Percent Involvement



30% increase in number of people who received professional support for mental health issues

Conclusion

- Increase in knowledge of mental health and number of people receiving treatment proved the success of the program
- Scalable and applicable to various situations

References & Acknowledgements

¹American Psychological Association. (1998). Communicating the value of psychology to the public. Washington, D.C.: American Psychological Association.
²Noorthoorn, E. O., Havenaar, J. M., Haan, H. A., Rood, Y. R., & Stiphout, W. H. (2010). Mental Health Service Use and Outcomes After the Enschede Fireworks Disaster: A Naturalistic Follow-Up Study. *Psychiatric Services*, 61(11), 1138-1143. doi:10.1176/appi.ps.61.11.1138
³Schüz, B., Czerniawski, A., Davie, N., Miller, L., Quinn, M. G., King, C., . . . Scott, J. L. (2015). Leisure Time Activities and Mental Health in Informal Dementia Caregivers. *Applied Psychology: Health and Well-Being*, 7(2), 230-248. doi:10.1111/aphw.12046
 (SDCC). Richey, K. (November 27, 2017). Interview.