CHAPTER 6.1: MENTAL HEALTH NEEDS, TRAUMA ASSESSMENT AND INTERVENTION

INSTRUCTOR GUIDELINES

Key Concepts/Objectives to Emphasize in Instruction and Learning Activities:

1. Psychological and medical/physical effects of trauma. (6.1-6 to 6.1-10)
2. Key elements of a core needs assessment to identify and address victims’ basic needs. (6.1-5)

Objectives:

1. Identify key behaviors, affects, or words that might indicate trauma in a victim as well as a need for a mental health referral.
2. Identify and compare mental health referral resources for victim assistance and justice professionals.

Description of Activity and Faculty Guidelines:

The instructor divides students into groups of ten. Utilizing the worksheet, students are instructed to spend five minutes on their own to:

- Identify five behaviors, affects, or words that might indicate trauma in a victim, and/or the need for a mental health referral.
- Identify three resources in their community for mental health services for victims.

A faculty reference sheet with samples of behaviors/affects/words is attached.

Following small group discussions of their ideas, the instructor facilitates a “round robin” report-back to the full group, with each group identifying one behavior/affect/word that might indicate victim trauma. The instructor can record each group’s response on a tear sheet.

Can Be Utilized As:

___X___ Individual Activity ___X___ Small Group Activity ___X___ Large Group Activity
Anticipated Amount of Time Required: 15 Minutes

- 03 minutes for small group divisions.
- 03 minutes for individual worksheets.
- 07 minutes for small group discussion.
- 02 minutes for “round robin” reports from each small group.

RESOURCES NEEDED (Please check all that apply)

- [X] Tear sheets and felt pens
- [X] VCR/monitor (for additional resource below)
- [ ] Overhead projector and screen/LCD and laptop
- [ ] Blank overhead transparencies and overhead pens
- [ ] Masking tape
- [ ] Index cards
- [X] Individual or group worksheets
- [X] Timer
- [X] Other (please describe): Faculty reference sheet
  (Additional resource: NVAA videotape “Meeting the Mental Health Needs of Crime Victims”)
### STUDENT WORKSHEET

<table>
<thead>
<tr>
<th>FIVE INDICATORS OF POSSIBLE VICTIM TRAUMA</th>
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<tbody>
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<td>1.</td>
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<tr>
<th>THREE REFERRAL RESOURCES FOR MEETING THE MENTAL HEALTH NEEDS OF VICTIMS IN MY COMMUNITY</th>
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WORDS/VERBAL (Including statements of:)

- Continual fear.
- Anger.
- Hostility.
- Guilt.
- Depression.
- Self-deprecation.
- Denial.
- Loss of faith.
- Loss of control.
- Rumination about the event or losses.
- Fixation.

AFFECT

- Extremely negative emotions (fear, anxiety, hostility, guilt, feelings of revenge, etc.) that do not subside but remain or become even more intense.

BEHAVIORS

- Isolation from family, friends, co-workers, etc.
- Withdrawal.
- Getting too little or too much sleep.
- Nightmares and flashbacks.
- Decreased control (hitting things or people, angry outbursts, etc.).
- Overuse or abuse of alcohol/other drugs.
- Avoidance of certain people and places.
- Generalizing about people that remind them of the offender.
- Hyper-arousal (jumpy or fidgety, inability to concentrate, etc.).