

## NVAA LEARNING ACTIVITY

# CHAPTER 6.1: MENTAL HEALTH NEEDS, TRAUMA ASSESSMENT AND INTERVENTION

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### 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)
3. Basic interventions for traumatized victims. (6.1-16 to 6.1-22)

#### *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.

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**RESOURCES NEEDED** *(Please check all that apply)*

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

### **FIVE INDICATORS OF POSSIBLE VICTIM TRAUMA**

1.

2.

3.

4.

5.

### **THREE REFERRAL RESOURCES FOR MEETING THE MENTAL HEALTH NEEDS OF VICTIMS IN MY COMMUNITY**

1.

2.

3.

## FACULTY REFERENCE SHEET

### 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.).