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**Gun Violence Aftermath: The Approach to Holistic Nursing Care**

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## History of Violence in Schools



- 1984 Los Angeles 49<sup>th</sup> Street Elementary
- 1988 Winnetka, IL Hubbard Woods Elementary
- 1998 Springfield, OR Thurston High
- 1999 Columbine, CO Columbine High
- 2012 Newton, CT Sandy Hook Elementary
- 2018 Parkland, FL Stoneman Douglas High



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## Aftermath

- Los Angeles: close proximity displayed significant levels of posttraumatic stress after 14 months
- Illinois: increased levels of posttraumatic stress disorder for children when compared to adults
- Oregon: post-graduation questionnaires revealed that proximity altered posttraumatic stress; alexithymia
- Columbine: survivors guilt a few weeks after
- Sandy Hook: students, families, teachers, and community
- Parkland: self-advocacy

*Those directly involved reported feeling nervous, anxious, and weary of their surroundings in their day to day lives on a higher level than those involved in shootings (Lowe, 2017)*



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## Individual Reactions

- Four domains of response:
  - Posttraumatic stress
  - Posttraumatic growth
  - Resiliency
  - Gratitude
- Benefits of care
- Time
- Gradient Exposure



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## Past and Present Policies

- 1994 Gun Free Schools Act
- Zero Tolerance
- Increased security/corporal punishment
- Profiling
- Threat assessment



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## Resources

- Department of Education
- Department of Justice
- Department of Homeland Security



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## Communication with state legislators

- Referred to individual districts for best policies
- Communication between two school districts



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**Strategies to provide better, more personalized, holistic care for survivors of school shootings, their families, and faculty members**

Reaction to event

First responders, specialty training

Resources available; disparity in institutions

Communication



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- Comments/Questions



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