

Responding to Community Violence, Bullying and Suicide: Prevention and Intervention

Program Description

Violence in our society has unfortunately become common in our daily lives. Large scale mass casualty incidents present significant challenges in both the immediate response to and in the aftermath of these occurrences as communities recover. Human service professionals play multiple roles throughout these processes. It is essential that the human service professional recognize and is prepared to respond to complex issues encountered in practice as well as internally as he or she works within these charged traumatic environments.

In addition, Violence and bullying are very common with 1 in 5 high school students report being bullied on school property in the last year and 1 in 7 being electronically bullied (texting, Facebook, Instagram and other social media). Homicide is the 3rd leading cause of death for young people ages 10-24 according to the Center for Disease Control. Violence is an adverse childhood experience that can have lifelong consequences. Every 28 seconds, someone attempts suicide, making it the 10th leading cause of death in the United States. Teen suicide rates are climbing, and suicide is the second leading cause of death in people between the age of 10 and 34. In order to prevent suicide, practitioners need to know the risk and protective factors, effective prevention strategies, and best practices to intervene.

This interactive workshop will be divided into three parts. Participants will explore the roles that human service professionals may play in the aftermath of a mass casualty or violence incident. Bullying behavior among school age youth will be discuss and participants will be provided with recent trends and research in adolescent suicide. Content of all sessions will focus on potential strategies and preventative measures to impact these widespread problems.

Program Objectives

Upon completion of this program participants should be able to:

- Identify multiple roles that human service professionals may play in responding to incidents of mass violence in a community.
- Describe possible signs and symptoms of traumatic stress that may present in individuals.
- Describe secondary trauma and compassion fatigue.
- Examine strategies that can be utilized for self-care when working within emotionally charged traumatic environments.
- Examine the importance of an organizational continuity of operations plan (COOP) and the challenges presented to them by mass casualty violent incidents.
- Define bullying and the characteristics of bullying behavior
- Describe the psychological effects of bullying
- Employ effective strategies and preventative measures when encountering bullying behavior
- Describe recent trends and research findings related to adolescent suicide
- Discuss interventions and strategies in adolescent suicide prevention
- Discuss lessons learned from recent responses to suicide

Target Audience

- Licensed Professional Counselors
- Public Health Professionals
- Psychologists
- Marriage and Family Therapists
- School-based personnel
- Care Coordinators
- Substance Use Professionals
- Psychiatric nurses
- Psychotherapists
- Case Managers
- Mental Health Practitioners
- Counselors
- Social Workers
- All interested mental health professionals

Program Agenda

8:30 a.m.	CHECK-IN
9:00 a.m.	Aftershock Part I
10:30 a.m.	BREAK
10:45 a.m.	Aftershock Part II
12:00 p.m.	LUNCH (On your own)
1:00 p.m.	Bullying
2:00 p.m.	BREAK
2:15 p.m.	Adolescent Suicide
	Preventative Strategies and Interventions
3:15 p.m.	Wrap Up/Discussion
3:30 p.m.	ADJOURNMENT

Credit Hours

5.0 hours

Faculty

Matthew Sullivan served the Town of Chapel Hill in several roles over a 32-year career. His last appointment was as Fire Chief, where he was responsible for Town and Departmental leadership and oversight. As a member of the Town's executive staff, he participated in the development and implementation of the Town's strategic vision. Other positions that Matt held during his career include Emergency Management Coordinator, Interim Director of Planning and Sustainability, Staff Legal Advisor, Interim Police Attorney, Police Crisis Counselor, Narcotics Investigator, Departmental Hostage Negotiator., Community Police Officer, Crime Prevention Officer and DARE Officer. Matt received his undergraduate degree in Political Science from UNC-Chapel Hill in 1989 and Master of Social Work Degree from UNC-Chapel Hill in 1997. He received a Degree in Law from North Carolina Central University in 2006 and is a member of the North Carolina State and Judicial District 15-B Bars. From 1995 to 1999, Matt was

appointed Coordinator of Substance Abuse Programs at The University of North Carolina at Chapel Hill. In this capacity, he had the responsibility of administering the day-to-day operations of the campus alcohol and other drug treatment and prevention efforts. Much emphasis was also placed on environmental interventions directed to altering campus social norms surrounding dangerous student drinking and life skill development in student athletes. Matt is an adjunct faculty member to the University of North Carolina School of Social Work. He is a certified North Carolina Criminal Justice Instructor and is certified in Critical Incident Stress Management. He previously served as Chair of the Judicial District 15-B Criminal Justice Community Partnership Adult Services Advisory Committee and on the UNC-CH General Alumni Association Board of Directors. He currently serves on the Board of Directors for the NC Governor's Institute (on Substance Abuse) and for the South Orange Rescue Squad. Matt is a recipient of North Carolina's Order of the Long Leaf Pine, the 2019 Chapel Hill Chamber Town and Gown Award, The Chapel Hill Police Department's Herman Stone Award for Community Service, and a Distinguished Alumnus Award from the UNC-School of Social Work. In 1994 he was named Chapel Hill Police Officer of the Year.