Violence Prevention: Approaches for the Health Sector and Lived Experiences in Rural America

AHA Rural Health Care Leadership Conference 2017

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❖ Nation’s third largest nonprofit system; faith-based

❖ 18 states, 105 hospitals, four academic medical centers, 30 critical access hospitals, community health-services organizations, accredited nursing colleges, home-health agencies, living communities…and more.

**Mission**
The Mission of Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.

**Vision**
As a ministry of the Catholic Church, we will lead the transformation of health care to achieve optimal health and well-being for the individuals and communities we serve, especially those who are poor and vulnerable.
CHI Commitment to Violence Prevention

Rooted in...

- Mission, Vision and Values
- Healthy Communities
- Teachings of the Church
- Preference for persons who are most vulnerable
- Traditions and works of participating congregations
Formalized Commitment...

WORKING TOGETHER,
UNITED AGAINST
VIOLENCE,
we can make a difference
in this struggle against
one of the nation’s most
critical public-health
concerns.
2008
Violence Prevention System Approaches

Issues of Violence CHI is Currently Addressing Throughout the System

- Child Abuse and Neglect
- Dating Violence
- Domestic Violence
- Human Trafficking
- Multiple Forms (neighborhood)
- School Violence / Bullying
- Youth Violence
- Ongoing issue identification and attention
Violence Prevention System Approaches – Keys to Success

The Public Health Lens:

*Violence is contagious. Violence acts like any other public health threat. VIOLENCE IS PREVENTABLE.*

- Change behaviors through education
- Increase resilience / decrease risk
- Minimize contagion
- Treatment of the problem can lead to eradication
- Evidence-informed strategies
Violence Prevention System Approaches – Keys to Success

The Three Keys – The Prevention Institute

1. Risk and resiliency factors must be addressed

2. Violence is complex and requires a comprehensive approach

3. Violence prevention requires an integrated strategy for action

There is no “one” ________________ that will solve an issue of violence for any given community or for society as a whole.

✓ Assets nurtured while risks decreased
✓ Approaching the problem from multiple directions, using multiple approaches
✓ Using all forms of prevention (primary, secondary, tertiary)
Violence Prevention System Approaches – Keys to Success

The Spectrum of Prevention – The Prevention Institute

- Influencing Policy and Legislation
- Changing Organizational Practices
- Fostering Coalitions and Networks
- Educating Providers
- Strengthening Individual Knowledge and Skills
- Promoting Community Education
Violence Prevention System Approaches – Using the Spectrum at the System Level

Influencing Policy and Legislation

• Tracking, monitoring, sharing best practices in public policy

• Advocating at the federal level
  • *Justice for Victims of Human Trafficking Act (S. 178 – became law in 2015)*
  • *Business Supply Chain Transparency on Trafficking and Slavery Act (S. 1968/H.R.3226)*

• Regulatory Comments
  • *Federal Acquisition Regulation (FAR and DFAR) – Addressed Human Trafficking*

• Equipping state-based advocacy
  • Providing legislative trends and best practices for advocacy
Violence Prevention System Approaches –
Using the Spectrum at the System Level

Changing Organizational Practices

- **Workplace Violence Prevention Committee**
  - Integrating systems, providing policy guidelines, identifying areas of concerns and strategies for prevention

- **Socially Responsible Investing**
  - Social screens for violence
  - Activism (dialogues/resolutions) – Human Trafficking and Video Games

- **Supply Chain - Contracting**
  - Language in all contracts about human trafficking
Violence Prevention System Approaches – Using the Spectrum at the System Level

Fostering Coalitions and Networks

• Partnerships in multiple areas of violence – leadership participation
  • National Academies of Sciences Health and Medical Division – Forum on Global Violence Prevention
  • Cure Violence
  • Faiths United to Prevent Gun Violence
  • Catholic Health Association

• Partnerships in multiple areas of violence – alliances
  • Alliance to End Slavery and Trafficking, DHS Blue Campaign, United States Conference of Catholic Bishops, Catholic University of America
Violence Prevention System Approaches – Using the Spectrum at the System Level

Educating Providers

• Human Trafficking Initiative
  • *Internal and external educational webpages*
  • *YouTube Video – “Human Trafficking: Understanding a Complex Issue” and educational brochure*
  • *Clinical Educational Course: “Addressing Human Trafficking in the Health Care Setting,” Quick Reference Guide and educational brochure*
  • *Internal and external sharing – educating providers beyond our enterprise*
Violence Prevention System Approaches – Using the Spectrum at the System Level

Strengthening Individual Knowledge and Skills

- Educational Web Resources
  - Focus on internal education to impact workplace, community and individual
  - Multiple areas – 2 – 3 per year
Violence Prevention System Approaches – Using the Spectrum at the System Level

Promoting Community Education

- Supporting CHI’s Community-based Violence Prevention Initiatives
  - Mission & Ministry Fund Grants
  - CHI Violence Prevention Resource Guide
  - Reports featuring CHI’s Community-based Initiatives – promotional, educational materials for the communities they serve

The Costs of Violence

- 50,000
- 1,240,000

United Against Violence
Violence Prevention System Approaches – Supporting & Guiding the Community-based Efforts

CHI’s Violence Prevention Resource Guide

CHI’s Violence Prevention Model

1. Identify and involve community stakeholders.
2. Conduct needs and assets assessment.
3. Identify focus area of violence and establish baseline.
4. Define goals and objectives.
5. Develop the action plan.
6. Do the work.
7. Monitor, measure and modify.
8. Communicate the results.
ANGER IS NORMAL. VIOLENCE IS NOT.
About CHI Health St. Mary’s and Otoe County, Nebraska community.

- St. Mary’s is an 18-bed critical access hospital located in Nebraska City, Nebraska and served the area since 1927.

- Otoe County is largely rural population over 616 square miles and is the home to 10 communities with 4 school districts.

- Population of these communities range in population from 60 in Lorton to 1,600 in Syracuse and 7,265 in Nebraska City.
Why is CHI Health St. Mary’s involved in violence prevention?

What is Health?
Health care is *beyond the walls of the hospital.*
How was youth violence selected for Otoe County?

Healthy Communities Process

• Involve Community Stakeholders (initiatives are community driven)

• Identify community need and assets

• Launch programs or environmental strategies without duplication

• Evaluate, monitor and adjust current programming/strategies (measurement)
How was youth violence selected for Otoe County?

Involve community stakeholders

• Youth
• Parents
• Business community
• Media
• Schools
• Youth-serving organizations
• Law enforcement agencies
• Religious or fraternal organizations
• Civic and volunteer groups
• Healthcare professionals
• State and local agencies
How was youth violence selected for Otoe County?

Identify community need and assets.

- Data
- Surveys
- Key Informant Interviews
- Focus Groups

  - What are their concerns?
  - What’s working well?
  - What types of violence do they see?
How was youth violence selected for Otoe County?

**Risk factors**
- associated with increased violence among perpetrators and victims
- not necessarily direct cause of violence

**Protective factors (resiliency factors)**
- provide individuals or the community a buffer from violence and threats to their safety
- associated with positive development despite adverse and unsafe circumstances
Community Risk Factors

- Poverty and economic disparity
- Illiteracy and school failure
- Alcohol and other drugs
- Firearms
- Negative family dynamics
- Mental illness
- Incarceration/Reentry
- Community deterioration
- Discrimination and oppression
- Media violence
- Experiencing and witnessing violence
- Gender socialization
Community Resilience Factors

- **Meaningful opportunities for participation**
- **Positive attachments and relationships**
- **Ethnic, racial, and intergroup relations**
- **Emotional and cognitive competence**
- **Artistic and creative opportunities**
- **Good physical and mental health**
- **Services and institutions**
- **Economic Capital**
- **Media/marketing**
- **Social capital**
- **Built environment**
How was youth violence selected for Otoe County?

Does Otoe County, Nebraska have violence?

Assaults/domestic violence vs. Huskers
Juvenile Arrests
Youth 10 – 17 yrs. old . . .
Otoe County Schools
Building a Culture of Non-Violence

The Focus is on Prevention

“Moving Upstream”

… taking action before the problem arises in order to avoid it entirely … rather than treating or alleviating its consequences...

Prevention is Primary: Strategies for Community Well-Being, 2007
A Public Health Approach to Violence:

- Is population-based
- Works to increase protective factors
- Attempts to reduce risks
- Has a focus on primary prevention
Strategy for Otoe County

**GOAL:** By 2020, reduce reported incidents of youth violence (including bullying, assault, and physical aggression “attacking to harm”) among youth age 10-17 in Otoe County by 20%.
Objectives:

• Provide youth with skills and supports
• Increase the percentage of middle school youth who participate in extracurricular activities
• Increase the number of community leaders in Otoe County engaged in primary violence prevention
• Increase the number of new organizational practices or policies
• Strengthen community partnerships to promote primary violence prevention.
• Implement Community Impact Grants to align UAV goals and objectives with community partners.
Launch programs or environmental strategies without duplication

Second Step
Welcome to SDA
Where Sportsmanship Is An Expectation!
SO PLEASE
Let The Players Play.
Let The Coaches Coach.
Let The Officials Officiate.
Let The Spectators BE POSITIVE.

ROCKET PRIDE
Presented by UNITED AGAINST VIOLENCE

#BeTheChange
ANGER IS NORMAL.
VIOLENCE IS NOT.
www.p4oc.org
Launch programs or environmental strategies without duplication

Be the reason someone smiles today.

CALL A FRIEND, PAY SOMEONE’S BILL, DOUBLE YOUR TIP, VOLUNTEER YOUR TIME, BRING A COFFEE TO A FRIEND, SMILE, BAKE COOKIES AND SHARE, DONATE, LEAVE CHANGE IN THE VENDING MACHINE, GIVE A COMPLIMENT TO 5 PEOPLE, WRITE A NOTE OF APPRECIATION, TAKE FLOWERS TO THE NURSING HOME, PAY IT FORWARD

FEBRUARY IS RANDOM ACTS OF KINDNESS MONTH

NO ACT OF KINDNESS IS EVER WASTED

#OtoeCoUAV

For more information, call 402.873.8920 or email treuter@stez.org
Challenges:

• Reliable data collection due to small sample sizes among different populations and indicators.

• Community had vague awareness that violence existed in Otoe County.

• Change in leadership roles

• Growing Hispanic population in Nebraska City
Successes:

• Hospital leadership is engaged and values the violence prevention work as part of their population health management.

• Strong community coalition and engaged community members

• Four Otoe County school districts all agreed to implement the Second Step program.

• Education campaign has increased awareness.
“The ideas of one generation become the instincts of the next.”

- D.H. Lawrence
Questions