



Post-incident Resources Following a Traumatic Event

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In the wake of recent mass shootings that left 10 victims dead and four others injured in a Buffalo, NY supermarket, and 21 dead and 17 injured in an Uvalde, TX elementary school, there has been large public outcry for solutions to avoiding these types of tragedies. Routinely, horrific massacres like these result in a national debate about how the nation and our institutions should respond to such violence but there seems to be little that stems these crimes from taking place.

According to the *Gun Violence Archive*, the occurrence of mass shootings (defined by four or more victims shot and/or killed) have eclipsed 600 incidents in 2020 and 2021, while as of June 7, there have been 251 incidents in 2022.^[1]

Additionally, the Federal Bureau of Investigation has tracked active shooter incidents where “one or more individuals actively engaged in killing or attempting to kill people in a populated area,” and a report of active shooter events in 2021 displays an uptick of more than 50% from 2020.^[2]

It can be disturbing and frustrating to see more of these violent incidents taking place with little or no corrective action. However, there are more options available to the public than just waiting for eventual legislative remedies. The following is an abbreviated but potentially useful list of post-incident resources for a variety of applications:

Resources for self-care:

[Tips](#) for coping with grief after a disaster or traumatic event

[Toolkit](#) for Mass Attacks Defense, which includes resources for preventing attacks

[List](#) of issues to learn about mass shootings as well as the Disaster Distress Helpline

Resources for parents/caregivers:

Parent guidelines for helping youth after the recent mass shooting: [English](#) and [Spanish](#)

[Article](#) with nine tips for talking with kids about trauma

[Flyer](#) for how to help teens with traumatic grief

Resources for educators:

Tips for Educators helping youth after community trauma: [English](#) and [Spanish](#)

[Document](#) for supporting children after mass violence events

In addition, there are a number of resources that we at DCJS provide to help the public stay prepared and get involved in mass casualty response:

1. First, the Civilian Response and Casualty Care (CCRC) team's virtual active attack training is a two-hour webinar, designed and built on the Avoid, Deny, Defend/Run, Hide, Fight strategy developed by ALERRT in 2004, that provides strategies, guidance and a proven plan for surviving an active attack event.
www.dcjs.virginia.gov/training-events/civilian-response-and-casualty-care-crcc-virtual-training
2. Second, for School Resource Officers, other law enforcement, and school safety stakeholders, there is a School Crisis Management webinar series from the DCJS Virginia Center for School and Campus Safety. This is a recording of the original series from May 2022 which includes lessons of first-hand experiences of school violence from school safety officials and school administrators. For this and other training opportunities:
www.dcjs.virginia.gov/virginia-center-school-and-campus-safety/training
3. Lastly, the [Victims Crisis Assistance and Response Team \(VCART\)](#), a team that includes trained volunteers throughout the Commonwealth that are able to respond to mass-casualty criminal incidents, is always looking to add members that are interested in serving individuals in crisis. If there are groups interested in learning more about the VCART, please contact Dawn Bush, the VCART Training and Outreach Specialist, at dawn.bush@dcjs.virginia.gov. For those interested in joining the VCART, please reach out to the author at andrew.kinch@dcjs.virginia.gov.

[1] "Gun Violence Archive." *Gun Violence Archive*, www.gunviolencearchive.org.

[2] "Active Shooter Incidents in the United States in 2021." (2022).