

## **PTSD and 4<sup>th</sup> of July (*Interview Transcripts*)**

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“In acute trauma victims, a lot of times what you’ll see is heightened fear, hypervigilance, fear of going anywhere near where the trauma happened, not wanting to talk about the trauma. A lot of times it will be anger or isolation.” (:21)

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“Complex trauma, or complex PTSD, is more something that is part of the person’s general functioning. They may have developed coping mechanisms to deal with ongoing anxiety. They also may experience hypervigilance. You see people that startle very easily or do not like to be in crowds.” (:24)

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“Be aware of when the firework shows are going to be happening in your neighborhood and try to keep the firework entertainment to that. And let anyone you know who is a veteran know that that’s what time they will take place so they can be prepared.” (:22)

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“The best thing you can do in a situation like that is – if you’re with other people – to let them know that ‘I am feeling very uncomfortable right now. I have had a trauma in the past and that event that just happened really triggered me and I need to feel safe.’ At times, I think you have to rely on the people around you.” (:24)

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“I think PTSD just by its very nature is something you have because you are not really dealing with the trauma. A lot of times people don’t deal with the trauma because they’re very fearful – they feel like they are back in the trauma when they talk about it.” (:16)

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“There are treatments that are effective, and I think if you ever want to feel like you are a part of your old life where you felt safe, then I think the best thing you can do is seek out somebody who knows how to treat it and help you feel more safe in your everyday environment and deal with some of the trauma that you’ve been through.” (:24)