

Anxiety after Mass Shootings and Violence – interview transcripts

SOT

Cheryl Crowe, Director of Behavioral Health, OSF HealthCare

“These are rare incidences. We don't want to be fixated on this all of the time. It's isolated, the numbers are small, but they do occur, but we still want to have healthy, happy experiences. And that's something we need to continue to focus on.” (:14)

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Cheryl Crowe, Director of Behavioral Health, OSF HealthCare

“Maybe it's ‘if we get separated...’ It could be something as simple as that; this is our plan. But we don't want to make this the point of focus all the time, because that, to them, is frightening. And these are isolated events, so we want to make sure that we put it in perspective and help them understand that.” (:21)

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Cheryl Crowe, Director of Behavioral Health, OSF HealthCare

“Have those discussions with your family. Have those discussions with your physician. If it's something that you're having difficulty shaking it may be time to talk to a counselor just to process through that and feel a little more secure, and feel a little more empowered.” (:16)

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Cheryl Crowe, Director of Behavioral Health, OSF HealthCare

“We don't want to be paralyzed by these things. We still want to find the joy in life and have those positive experiences, and have our children have those positive experiences. So that's what we focus on. Having a family meeting about ‘what do we do if...’ - there's nothing wrong with that, but we don't want to continue to ruminate on those negative points. There's a lot of joy and a lot of wonderful things in our environments and we want to make sure that we experience those.” (:24)