

Soundbites – Coping with the trauma of gun violence

Therasa Yehling, manager for the OSF Strive Trauma Recovery Center at OSF HealthCare Saint Anthony Medical Center in Rockford

“This is an issue that is going to affect someone the rest of their life. They will have to learn how to manage it like any other disease, and it can affect them not only emotionally but physically.”

Therasa Yehling, Manager, OSF Strive

“For anybody who hears about these stories – take, for instance, 9/11. We weren't all there, but it certainly impacted us thanks to constant media feed. I think after a while, people were like, I need to turn this off. So sometimes not seeing what's in the media is important.”

Therasa Yehling, Manager, OSF Strive Trauma Recovery Center

“It's okay to talk to somebody if you're not feeling right. If you're feeling off, you don't know how to put it to words, go talk to somebody. Maybe they'll help you sort that out. It's just when you're not able to function the way you used to, or it's just worse than it's ever been maybe before and there's been a shift.”

Therasa Yehling, Manager, OSF Strive Trauma Recovery Center

“Do what you can to manage this. Don't be afraid of it, and have that acceptance that you are fine. It's the event. Seek the help that you need and go for it. If you can manage it like anything else, you can live a very good life. It can be done.”