

# Violence, Injury, and Trauma (VIT)

Community violence, domestic violence, unintentional and intentional injuries, Adverse Childhood Experiences (ACEs), and the trauma associated with these factors can affect a person's health and well-being. Interventions to prevent different types of violence, injury, and trauma are key to creating safe, healthy, and resilient communities.

This section outlines the **Violence, Injury, and Trauma Objectives** which will be monitored over time by HSMP in order to measure local health improvement as well as examples of evidence-based strategies that can be or are currently being implemented to address and prevent violence, injury, and trauma in the St. Mary's County community and among St. Mary's County residents.

## Violence, Injury, and Trauma Objectives

**VIT 1:** Reduce the number of adults who report 3 or more adverse childhood experiences.

	County Baseline	County 2026 Target
Percentage of adults reporting 3 or more adverse childhood experiences	29.2%	26.3%

Source: Adverse Childhood Experiences (ACEs) in Maryland: Data from the 2018 Maryland BRFSS

**VIT 2:** Reduce violent crimes.

	County Baseline	County 2026 Target
Number of violent crimes	231	208

Source: Uniform Crime Reporting Program, 2019

**VIT 3:** Reduce the suicide rate.

	County Baseline	County 2026 Target
Suicide rate (per 100,000 population)	11	9.9

Source: Maryland Vital Statistics Administration, 2014-2018

**VIT 4:** Reduce suicidal thoughts among adolescents.

	County Baseline	County 2026 Target
Percentage of middle school students who ever seriously thought about killing themselves	19.4%	17.5%
Percentage of middle school students who ever made a plan about how they would kill themselves	12.2%	11%

Percentage of high school students that seriously considered attempting suicide during the past 12 months	20.8%	18.7%
Percentage of high school students that reported they had made a plan about how they would attempt suicide in the past year	16.4%	14.8%
Percentage of gay, lesbian, or bisexual high school students that reported having seriously considered attempting suicide during the past 12 months	50.8%	45.7%

Source: YRBS, 2018

**VIT 5: Reduce bullying.**

	<b>County Baseline</b>	<b>County 2026 Target</b>
Percentage of middle school students who were ever bullied on school property	44.1%	39.7%
Percentage of high school students who were bullied on school property	21.8%	19.6%
Percentage of gay, lesbian, or bisexual high school students who were bullied on school property	35.7%	32.1%

Source: YRBS, 2018

**VIT 6: Reduce domestic violence.**

	<b>County Baseline</b>	<b>County 2026 Target</b>
Rate of domestic violence (per 100,000 population)	768.6	691.8

Source: MD SHIP, The Maryland Uniform Crime Reporting Program, 2013-2017

**VIT 7: (Developmental) Reduce sexual assault and contact sexual violence.**

**VIT 8: Reduce the proportion of people who are homeless.**

	<b>County Baseline</b>	<b>County 2026 Target</b>
Number of homeless individuals	85	76

Source: Point in Time Survey, 2019

## Violence, Injury, and Trauma Strategies

### Action Team Level

- Conduct a local study to compare the Philadelphia ACE survey and the original ACE survey.
- Conduct trauma/resiliency assessment with local agencies and community partners.
- Expand community training on ACEs.
- Support the implementation of targeted outreach and support to the LGBTQIA+ community around suicide prevention
- Expand community education and training on mental health and suicide (e.g. Mental Health First Aid).
- Decrease social stigma associated with mental illness treatment and support through communications campaigns, public outreach, and anti-stigma training.
- Develop a resource guide for suicide prevention and mental health resources.
- Host suicide prevention learning series.
- Develop suicide prevention resource guides for youth regarding where and when to go for help.
- Support public and private schools in suicide prevention and intervention measures.
- Promote peer education around suicide prevention and intervention (e.g. Teen Mental Health First Aid).
- Develop a resource guide for SMCSO to provide to homeless individuals.
- Establish a local baseline for the cause of motor vehicle accidents (distracted driving, intoxication, etc.).

### Organization-Specific Strategies

- Provide trauma-informed care training for clinicians. (*SMCHD*)
- Promote and facilitate safe storage of medications and firearms. (*AFSP, SMCHD, SMCSO, MSP*)
- Expand campaigns focused on suicide prevention and education. (*AFSP, SMCHD*)
- Support communication between organizations for youth who are at risk. (*SMCSO, SMCPs, Private Schools, SMCHD*)
- Develop an online form for parents to notify schools of an event involving their child. (*SMCPs, Private Schools, SMCSO, SMCDSS*)
- Support connection between LGBTQIA+ student groups at local colleges and local high school students. (*SMCPs, SMCM, CSM, SMCHD*)
- Expand outreach/education to youth and adults on safe & healthy relationships. (*SMCPs, SMCM, CSM, Family Violence Coordinating Council, Commission for Women*)
- Expand local study on youth interpersonal relationships. (*Commission for Women*)
- Raise awareness of the Family Violence Coordinating Council and establish a support group for survivors of domestic violence. (*Family Violence Coordinating Council, Southern Maryland Center for Family Advocacy*)

- Support targeted education around behavior modification and healthy communication skills through the expansion of the “A Call to Men” initiative. *(SMCM)*
- Expand St. Mary’s College's One Love Peer Educator program. *(SMCM, CSM, SMCPs, Private Schools)*
- Increase the number of youth participating in community-based or school-based life skills training/mentoring. *(SMCPs, Private Schools, Youth Mentoring Programs, SMCHD)*
- Expand hot spot policing efforts. *(SMCSO, MSP)*
- Expand wrap-around programs for homeless individuals. *(SMCDSS, Shelters, SMCHD)*

### Community Member Strategies

- Promote connectedness and community engagement activities.
- Advocate for more funding for community training such as mental health first aid.
- Promote the Trevor Project.
- Increase awareness of available suicide intervention resources.
- Increase awareness of available domestic violence resources.
- Provide opportunities to empower and support girls and women.
- Host neighborhood National Night Out events.