

## Problem

- Following the attacks on 9/11, the mental health of Millennials living in Downtown Manhattan was not well managed, due to the stigma surrounding mental health and the overwhelming abundance of physical injuries.
- Several mental health disorders are prevalent amongst Millennials that were directly affected by the 9/11 attacks. These disorders include Post-Traumatic Stress Disorder (PTSD), generalized anxiety disorder, panic disorder, major depression, substance abuse disorders and agoraphobia related to large crowds (6).
- Reportedly, those who suffered a loss as a direct result of the attacks on 9/11 were twice as likely to be diagnosed with depression, anxiety or PTSD. Individuals who knew people that were present during the attacks, or part of the rescue/recovery efforts were twice as likely to suffer from a variety of anxiety disorders (11).



## Resources

1. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
2. [Eaton WW, Liberman M, Greenberg M, et al. Posttraumatic stress disorder and depression in New York City residents after the September 11 terrorist attacks. JAMA. 2002;287\(12\):1588-1595.](#)
3. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
4. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
5. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
6. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
7. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
8. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
9. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
10. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)
11. [Journal of Nervous & Mental Disease 192, Supplement 2B, Special Double Community response to 9/11: Traumatic Stressors to prevent posttraumatic stress disorder. 1111. Stressors related to the World Trade Center attacks. 2004; 192\(2B\):1111-1112.](#)

# Mental Health Changes in Millennials Related to the 9/11 Terrorist Attacks in Downtown Manhattan



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## Introduction

- On September 11th, 2001, America was brutally attacked in several act of terrorism. Thousands of innocent peoples lives were taken in only a few hours (6). The impact of this devastating loss is still felt to this day throughout the United States.
- The most significant of this lasting impact is shown through the Mental Health changes Millennials faced, who lived in Downtown Manhattan.
- Millennials are grouped by those born from 1981-1996, meaning during these attacks they were between the ages of 20 and 5.
- Millennials living in the Downtown Manhattan area at this time have higher rates of PTSD, anxiety, depression, and agoraphobia (4). These mental illnesses had a lasting influence, leading to economic disparities, hypervigilance, relationship disturbances and alcohol and drug abuse.
- All of these disorders can be directly linked back to maturing Millennials witnessing the WTC attacks.



## Community Assessment

- Manhattan is a small island, only 33 sq miles, but holds hundreds of neighborhoods, that are huge in terms of population and density. To separate these several neighborhoods Manhattan is separated into three parts, Downtown, Midtown and Uptown (8).
- Downtown Manhattan is partitioned from the rest of Manhattan at 14th Street. This area is the home of several of Manhattan's most famous landmarks including Trinity Church, Wall Street, and the Freedom Towers.
- 20 years have passed since the WTC attacks and the Downtown area has evolved dramatically. This transformation can be best observed when comparing the Community Health Profiles of Downtown Manhattan from 2000 (7) and 2018 (3).

### 2000 Community Health Profile (7)

- Suicide rate of adults aged 25 to 64 is 17/100,000 residents, which is significantly higher than the rest of NYC.
- Mental Health Disorders in those aged 10-17 was 526/100,000 adolescents, higher than the 367/100,000 in NYC.
- Both drug and alcohol abuse was substantially higher in Downtown Manhattan.
- Drug abuse aged 18-24 was 183/100,000 and alcohol dependence raised to 46/100,000 people.

### 2018 Community Health Profile (3)

- In Downtown Manhattan 30% of adults report binge drinking which is significantly higher than the 17% reported in NYC.
- Binge drinking is directly linked to chronic health problems and high-risk behavior.
- In Downtown Manhattan 318 /100,000 adults were psychiatrically hospitalized.
- Psychiatric hospitalization rates, reflect challenges communities face related to high exposure to stress and decreased access to mental health screening.

## Proposed Solution: "Together We Can End Stigma Behind Receiving Mental Health Care"

- Hildegard Peplau's Interpersonal Theory of Nurse-Patient Relationships is the framework used to diminish the stigma towards receiving mental healthcare. This theory highlights the benefits of psychotherapy by developing a rapport between patients and nurses. In receiving psychotherapy, the nurse will analyze the patient's past and modify the patient's response to other events as well as other forms of violence (7).
- To achieve the goal of reducing the stigma of seeking mental healthcare, society must address the benefits from psychotherapy by:
  1. Attending trauma prevention programs (2) using individual discretion and establishing a mental health awareness week at work accessible to everyone. "Knowledge is power" and the more education provided about the psychological impact caused by this tragedy, more people can begin to accept the several types of mental illness directly correlated to traumatic events like this.
  2. Creating relationships with others who have the same mental health issues (1). This will serve as a strong support group which is beneficial and therapeutic. This objective is not time limited.
  3. Developing healthy coping mechanisms and attending fundraising events (Tunnel to Towers) (14). These events will connect others who dealt with the same emotional pain and trauma from the 9/11 terrorist attacks, and will allow them to build a network of support. The stigma of receiving mental healthcare will be reduced through attending events, listening to experiences, seeking help, and talking about mental illness.

## Conclusion

- Overall the goal is for Millennials to choose to seek mental healthcare help at their own discretion, without judgment or rejection from society. Through advocacy, we can achieve support, and through this support of individuals we can help reduce stigma.

