

Things that can help

Talk about your experience with someone non judgmental and who is positive and understanding.

It's very natural to want to talk to someone when you're feeling down or a crisis has occurred. There are professionals who are trained to help you deal with stress and life changes. These professionals are experienced in working with people who have survived trauma, violence and can assist you in recovering and healing.

Build resources

This includes staying connected to positive family members, friends, teachers, coaches, siblings, faith based resources and other supportive community members.

Family members

Take care of yourselves — eat, drink plenty of fluids and try to get some rest.

Remain calm — in front of your loved one; remember he or she may be affected by your reactions.

Listen — let your loved one vent and don't try to have answers for everything.

Validate — the event and your loved one's feelings about it.

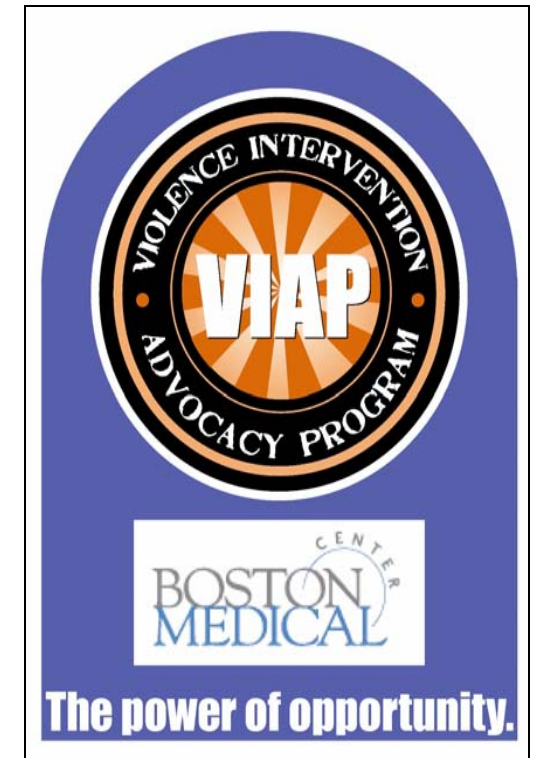
“Nonviolence means avoiding not only external physical violence but also internal violence of the spirit.”

Martin Luther King, Jr.

VIAP is supported by the following:



Violence Intervention Advocacy Program (VIAP)



Department of Emergency Medicine
Menino Pavilion
Dowling Building Ground Floor
Room G-09
771 Albany Street
Boston, MA 02118
Phone: 617-414-4454

*The **Violence Intervention Advocacy Program (VIAP)** helps victims of violence recover from physical and emotional trauma by empowering them with skills, services and opportunities. Empowerment enables victims to return to their communities, make positive changes in their lives, strengthen others who were affected by violence, and contribute to building safer and healthier communities.*

How does VIAP work?

1. VIAP assigns you a Violence Intervention Advocate who can be with you during your journey to recovery. Your advocate can :

- Be a liaison between you/your family and BMC staff to ensure your medical needs are met.
- Visit you daily and be someone to talk with who understands your experience.
- Help you make changes in desired areas of your life.
- Create safety plan as you return to your community so you can properly recover.
- Help secure transportation and/or go with you to appointments.

2. VIAP assigns a VIAP Family Support Coordinator for any identified family member.

What are the VIAP Services?

1. Crisis intervention, support, and advocacy including:

- Safety Planning
- Mental Health services
- Substance abuse services
- Access to Family Support services

2. Ongoing case management and connections to community resources for up to 1 year including:

- Medical Insurance
- Primary Care Physicians
- Financial assistance (food stamps, victim's compensation and SSDI)
- Housing application assistance
- Legal support
- Education and Job training programs
- Life skills training (financial literacy and effective communication)
- Recreational and Wellness program

3. Family Support Services

- Support at school meetings (Individual Education Plan (IEP) and tutoring)
- Support with legal issues.
- Systems support and navigations (hospital, DYS, housing)

ALL VIAP services are free & confidential

Please Call **617-414-4454** to reach the Violence Intervention Advocacy Program

You and/or your family members are victims of violence no matter how this injury happened to you. The road to healing can be challenging some of the things you and/or your family members might need to know are:

Common Feelings and Actions after Trauma

- Anger
- Nightmares
- Change in eating and sleeping patterns
- Wanting to hurt the person who hurt you
- Physical signs of stress: headache/stomachache, difficulty concentrating
- Being shocked or afraid
- Feeling guilty because you could not prevent the violent act
- Feeling embarrassed to tell your friends or family
- Loss of control or powerlessness
- Isolating yourself from friends or shutting down
- Feelings of hopelessness and helplessness
- Mood Swings, Depression and/or Anxiety