



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

—MARTIN LUTHER KING, JR.

THINGS THAT CAN HELP

- Talk about your experience with a professional that is non judgmental and who is positive and understanding.

It's very natural to want to talk to someone when you're feeling down or after 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 and violence, and can assist you in recovering and healing.

BUILD RESOURCES

- Stay connected to positive family members, friends, teachers, coaches, siblings, faith based resources, and other supportive community members.
- Ask for help when needed
- **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, remember you don't have to have answers for everything. Silence is okay.
- **VALIDATE** — the event and your loved one's feelings about it.



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FAMILY SUPPORT SERVICES

The Violence Intervention Advocacy Program (VIAP) assists 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 are affected by violence, and contribute to building safer and healthier communities.

HOW DOES VIAP WORK?

VIAP assigns a Family Support Advocate for any identified family member. Your advocate can:

- Be a liaison between your family and BMC staff to ensure appropriate communication.
- 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 plans as your loved one returns to the community.
- Help secure transportation and/or go with you to appointments.



WHAT ARE THE FAMILY SUPPORT SERVICES?

1. Crisis intervention, support, and advocacy including:

- Safety Planning
- Mental Health services
- Substance Abuse services

2. Ongoing case management and connections to community resources 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 connections

3. Other Support Services

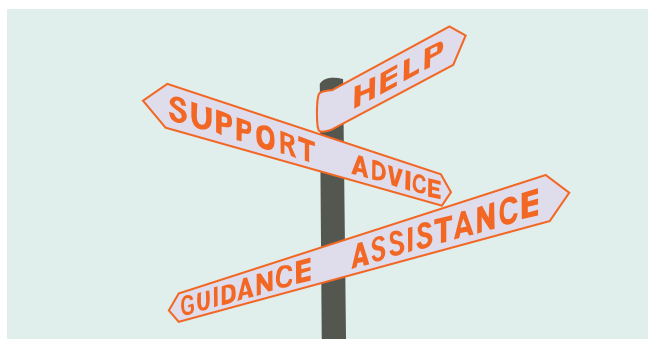
- Support at school meetings (Individual Education Plan (IEP) and tutoring)
- Systems support and navigations (hospital, DYS, housing)



Family members are also impacted by violence. The road to healing can be challenging. Some of the things you 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 your loved one
- 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



ALL VIAP services are free & confidential

Please Call 617.414.4926 to reach the Violence Intervention Advocacy Program