

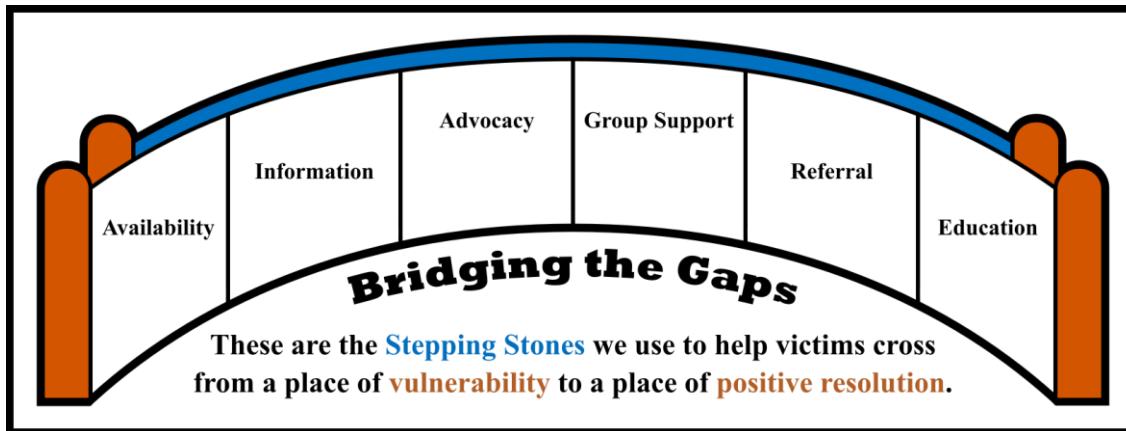


Bridges for Victims of Violent Death

We serve the many "living victims" left behind after violent death as a "bridge" between the gaps of victim services with our stepping stones:
Availability, Information, Advocacy, Referral, Education, and Grief Support

Our Mission

Our **mission** is to **BRIDGE** gaps in availability of information and services that often impede and discourage victims/families trying to manage in the aftermath of a violent death.



Our **goal** is to *be a RESOURCE* to:

- ❖ **Individuals** — those left behind after violent death (parents, spouses, children, friends, neighbors, coworkers, and witnesses to violence);
- ❖ **Businesses** — by making information, referrals, and support available at the workplace for staff/employees;
- ❖ **Agencies** — by collaborating with and being a resource to others so we can add to and complement the services we all provide;
- ❖ **Community organizations** — making available information about how a community can be of help after a violent death in their neighborhood;
- ❖ **Legislators and decision makers** — making available information and specifics to help guide policy as new laws are created, adapted, and decided on.

Our **method** is to provide **STEPPING STONES** to cross that bridge over the troubled waters



AVAILABILITY — *We are here for you*
INFORMATION — *We know information that can help*
ADVOCACY — *We can speak for you when you can't*
GROUP SUPPORT — *Others who have gone through the same experience can help you, and you can help them*
REFERRALS — *We can seek out those who may be of help to you*
EDUCATION — *We work to ensure those around you and the community understand what you are going through.*

Cómo podemos ayudarle durante estos tiempos difíciles?

There are no charges for our services!

The Atrium at 10701 Lomas NE, Suite 118, Albuquerque, New Mexico 87112

Telephone: 505-243-2222 Toll Free: 855-430-2232

Email: ResourceCenterAbq@gmail.com Website: BridgesForVictimsOfViolentDeath.org

THE IMPACT OF A VIOLENT DEATH



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505-243-2222

**We are here
to help you —
and we can
help you
help others.**

The impact of a violent death is immediate, personal, long-term, and forever. The finality makes this unique and so very difficult to comprehend.

***WITHOUT WARNING — WITHOUT PREPARATION —
and IMMEDIATELY....***

- You DISCOVER / or are NOTIFIED of the VIOLENT DEATH of a family member or loved one.
- You go into IMMEDIATE SHOCK — with stress, and perhaps fear.
- Your ROLE and your RESPONSIBILITIES change.
- LAW ENFORCEMENT enters your life / possibly the media enters too.
- You or someone close must make IDENTIFICATION OF THE VICTIM (or identification is not possible or is unclear — leaving doubts that never go away).
- You must make NOTIFICATIONS of family / work / school / etc.
- There are IMMEDIATE FINANCIAL ISSUES: change of or lack of income and new and unexpected costs — safety, vehicle, housing, burial, funeral, medical, etc.
- GRIEF SETS IN - the shock has protected your mind and now all the tasks you had to are done and you have the time to grieve.
- You return to work / school or find a job & and you must CONTINUE CARING FOR OTHERS — but who is caring for you?
- An ARREST IS MADE — this can good and / or bad. OR, NO SUSPECTS can be identified, and no arrests can be made.
- Holidays, birthdays, anniversary dates RENEW the LOSS AND GRIEF.
- PROLONGED INVOLVEMENT with LE / DA / Media / Court (a trial may not occur for 2 years) and the question: will there be JUSTICE or NOT?
- The grief and loss are ONGOING; and there are the SECONDARY LOSSES (financial and life changes, divorce, suicide, and stigma)

That loved ones and families return to their work, schools, communities, and life is a tribute to them.



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CORE NEEDS OF VICTIMS OF VIOLENT CRIME

<p>SAFETY Needs (Actual & Perceived)</p> <ul style="list-style-type: none">✓ Being safe from fear✓ Access to safe shelter✓ Using protective orders✓ Emergency contact access✓ VINE — Victim Information Notification Everyday. You can register to receive notification of the jail release status of the offender in your case: http://www.vinelink.com 877-551-8463	<p>HEALING Needs (Emotional, Medical, & Spiritual)</p> <ul style="list-style-type: none">✓ Resources - at the scene and hospital✓ 24-hr crisis line availability✓ Medical evaluation✓ Counseling services✓ Support groups✓ Spiritual outreach <p>We recommend a visit with your family physician or urgent care center to be sure your blood pressure and other levels are OK.</p>
<p>JUSTICE Needs (Fairness & System Treatment)</p> <ul style="list-style-type: none">✓ Being heard & believed✓ Case progress information✓ Victim Impact statements✓ Advocacy thru the process✓ NM SAVIN — State Automated Victims Information Notification system. Provides court event information to crime victims, families, and witnesses, with upcoming court proceedings in Metro Court, Magistrate Court and District Courts in NM. http://nmsavin.com	<p>RESTITUTION Needs (Financial issues)</p> <ul style="list-style-type: none">✓ Access to emergency funds✓ Court ordered restitution✓ Civil reparations✓ Advocacy for loss of income, burial and funeral costs✓ State victim compensation✓ CVRC — Crime Victims Reparation Commission - provides compensation for victims of crime in New Mexico. https://www.cvrc.state.nm.us 800-306-6262

WE ARE HERE TO HELP YOU GET THESE NEEDS MET



505-243-2222 / 855-430-2232 (toll free)

**Source Notes: Nov 2014 Webinar training – Measuring the Impact of Victim Services National Center for Victims of Crime / David Voth, Crime Victim Services

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"G-R-I-E-F — More Than Just a Five Letter Word"

For years, Dr. Paul T. Clements, PHD, RN, CS, an assistant Professor at the UNM College of Nursing, provided help to families of murder with his information about grief. He produced a paper entitled "*G-R-I-E-F — More than Just a Five Letter Word*" which we still use to help families understand and heal from the grief of the loss of someone to violent death. Here are some key points from his article:

In the beginning: "Shock and numbness are normal reactions in the very beginning of the grief process. You may feel alone and the grieving and mourning can be a roller coaster ride of emotions. Grief can affect you mentally, emotionally, physically and spiritually. The only way to get through grief is to go all the way in and to go all the way through it – which can be a frightening thought." Here are some helpful hints on the path:

- ✓ Set goals for yourself – start with small short ones
- ✓ Accept that what you are feeling is real and painful
- ✓ Know that you must mourn the loss and allow yourself to do just that
- ✓ Cry when you feel like crying
- ✓ Don't try to do this process alone and don't avoid those who care for/about you
- ✓ Don't allow guilt or fear to set you back
- ✓ Experience your thoughts and feelings a day at a time

Responses to grieving: "Each person grieves differently and at his/her own speed. It is important not to try to rush through your grief. Don't be too hard on yourself by thinking you should be feeling well and be "over it" in a month or two. Grief related symptoms are typical for at least the first year, and may be considered normal for up to two years. Never feel it is a failure to seek or accept assistance. Getting/accepting help reveals strength and not failure."

- ✓ Don't let others define your loss for you
- ✓ Allow yourself to "backslide"
- ✓ Contact your health-care provider for help if the symptoms persist
- ✓ It is OK to repeat the story of your loss over and over again – this helps you explore what the loss means to you. Support groups will listen over and over again
- ✓ Don't allow others to talk you into making major decisions within the first year of your loss

A final thought: "The goal of good grief is not to try to forget the loss, but to remember your loved one, begin to put the loss into perspective in your own personal life history, and reinvest or find what in life you enjoy. You are not the same person you were before the loss. Know that life will go on and the "new" person you are now will learn to live the life that is now your future."

"Grief is love with no place to go."



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HOW SUPPORT GROUPS CAN HELP

Why attend a group? How can a group help? Groups give you:

- A place to tell your story... again and again... when others don't understand why you must repeat the story;
- Freedom to express negative feeling — when others may get upset when you say angry or negative things;
- Freedom to have a smile, even a laugh, with people who share the pain you are experiencing and may welcome a chance to occasionally smile too;
- Returning to Group for consecutive sessions lets you recognize growth (or the lack of growth) in yourself and in others;
- You see, reflected in others, the fact that life can and often does get better;
- You can learn and/or share skills, ideas, and coping techniques;
- Your story and your example will help others not to feel so alone;
- Helping others helps you as well;
- We have events, group projects, speakers, and sometimes *food* at group meetings. Believe it or not, such meetings can be *enjoyable*;
- We have Spanish-speaking grief support videos to view and Spanish-speaking people to help — just let us know your need.

Our agency offers a variety of groups: grief, support, education, family:

- ✓ Here at our office: Individual sessions — we have excellent informational videos in English & Spanish;
- ✓ Serving areas: We have groups in Albuquerque, Los Lunas and a group under development in Roswell;
- ✓ And home visits and with family-unit sessions

Other groups: Office of the Medical Investigator Grief Services: **(505) 925-0567** or **1-(800) 432-5239** and French's Mortuary Grief Center: **505-275-3500**.

Please know you are not alone in your grief and, with support, you can truly move beyond the immediacy of your grief.

Please call us at 505-243-2222 to find out more about our group times and locations.



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Victim Rights Information

You have the right to:

- Be treated with fairness and respect for your dignity and privacy throughout the criminal justice process;
- Timely disposition of the case;
- Be reasonably protected from the accused throughout the process;
- Notification of court proceedings;
- Attend all court proceedings the accused has the right to attend;
- Confer with the prosecution, especially if it involves a plea bargain of any kind;
- Make a statement to the court at sentencing and at any post-sentencing hearings;
- Restitution;
- Information about the sentencing, imprisonment, escape or release of the accused;
- Request that the prosecuting attorney notify your employer of the necessity of your cooperation and testimony in a court proceeding that may require absence from work;
- Prompt return of property held for evidentiary purposes unless there are compelling reasons for retention of the property (like court appeals by the offender);
- To be informed at sentencing that the offender is eligible to earn meritorious deductions from the sentence and the amount of deduction the offender may earn.

Usted tiene el derecho a:

- Ser tratado con justicia, respeto y dignidad durante el proceso criminal;
- Que su caso concluya puntualmente;
- Ser protegida(o) razonablemente de la persona acusada durante el proceso criminal;
- Recibir notificaciones de procedimientos que realiza la corte;
- Estar presente ante todo procedimiento criminal al cual la persona acusada tiene el derecho de asistir;
- Conferir con la fiscalía;
- Prestar declaración a la corte durante la audiencia de condena y durante audiencias posteriores a la condena;
- Restitución;
- Recibir información sobre sentencia, arresto, liberación, o fuga del acusado(a);
- Que la fiscalía notifique a su patrón sobre su cooperación y testimonio en ciertos procedimientos criminales si requieren que usted se ausente del trabajo;
- Recuperar sus pertenencias de haber sido detenidas como parte de la evidencia del crimen a menos que haya razones convincentes de haber sido detenidas como parte de la evidencia del crimen a menos que haya razones convincentes para retenerlas;
- Ser informado durante la condena sobre las deducciones meritorias (ej. Crédito por buena conducta, etc.) que la persona acusada puede obtener.



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— ADDITIONAL RESOURCES —

<p>OMI (Office of the Medical Investigator) Grief Services The Grief Services Program is an integral part of the New Mexico Office of the Medical Investigator. The program is staffed by licensed, Master's Level mental health professionals who deal with the effects of traumatic grief at no cost. Contact: 505-272-3053</p> <p>French's Grief Resource Center Various types of support services are available: Short-term individual counseling, peer support groups, educational programs and workshops. Contact: 505-842-7166</p> <p>HELP-NM An agency that may be able to help with utilities, rent, and job placement – please call for further information. Contact: 505-265-3717</p> <p>NM Solutions Behavioral Health Services For children, adolescents, adults, and family members. Contact: 505-268-0701</p>	<p>Compassionate Friends: Abq Chapter A support organization offering group, friendship & understanding to families grieving the death of a child of any age — by any cause. 1ST & 3RD Thursdays 6:45 at the Church at 114 Carlisle SE 87106 Contact: 505-797-0133</p> <p>NM Crisis & Access Line If you are worried about yourself or about a loved one: Crisis Line: 1-855-662-7474 Or if you need someone to talk to who knows what you are going through: Peer to Peer Warline: 1-855-466-7100</p> <p>Suicide Prevention Lifeline 1-800-273-8255</p> <p>Albuquerque Survivors of Suicide Group: 505-890-4464</p> <p>NM Crime Victims Reparation Commission If you are a victim of crime in New Mexico and meet certain criteria, you may be eligible for monetary reparations. Contact: 800-306-6262</p>	<p>Children's Grief Center Provides support for young people and their families who have suffered the death of a loved one. Support groups for ages 5-25 years and support groups for caregivers. <i>"It was hard, but when I came here it got easier,"</i> - 12 year old boy whose dad died. Contact: 505-323-0478</p> <p>Other Specialized Agencies:</p> <ul style="list-style-type: none"> • New Mexico Asian Family Center: 505-717-2877 • Enlace Comunitario: 505-246-8972 • Community Outreach Program for the Deaf: 505-255-7636 • NM Victims' Right Project: 575-680-1988 • 2nd Judicial District Free Legal Help: 1-877-266-9861
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We can provide you with a list of professional grief counselors.

We can help you with your questions.



CALL 505-243-2222 / 855-430-2232

STATE OF NEW MEXICO CRIME VICTIMS REPARATION COMMISSION

You may qualify for financial assistance through New Mexico Crime Victims Reparation Commission, if you answer "YES" to the following questions:

- Have you been a victim of a violent crime?
- Did the crime take place in New Mexico?
- Was the crime reported to law enforcement within 30 days?
(Exceptions for minors, victims of sexual assault, and victims of domestic violence)
- Did the crime occur within the last two years?
- Did you cooperate fully with law enforcement?

If you answered "YES" to all of the above questions, please fill out the attached application and submit via e-mail, fax or US Postal Service. If you need help filling out the application please call New Mexico Crime Victims Reparation Commission at: (505) 841-9432 or toll free, (800) 306-6262. You have two years from the date of the crime to file an application.

State of New Mexico Crime Victims Reparation Commission

6200 Uptown N.E., Suite 210

Albuquerque, New Mexico 87110

Telephone (505) 841-9432 / Fax (505) 841-9437

Toll free 1-800-306-6262

Email: cvrc@state.nm.us

Applications may be accepted by FAX, EMAIL or US Postal Service

The maximum amount of compensation that can be awarded on any application is \$20,000.00.

Potentially eligible expenses include:

- Medical
- Dental
- Ambulance
- Funeral (Up to \$6,000.00)
- Counseling
- Loss of Wages
- Eyeglasses (Up to \$350.00)
- Medically Necessary Devices

There is NO award for loss or damage to property or for pain and suffering.

Expenses incurred as a result of the incident must first be submitted to all readily available collateral sources, such as your insurance company, local indigent program, Medicare, and Medicaid for payment. Those expenses not fully covered by collateral sources will be potentially eligible for payment.

The Resource Center for
Victims of Violent Death
can help you fill out
the form for reparations.
Contact the CVRC using
the info above or
call us with your
questions: 505-243-2222

www.cvrc.state.nm.us



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A note from Joan Shirley as a fellow victim and as the victim advocate for the Resource Center:

Hello,

My name is Joan Shirley and I, too, lost my son, Kevin, to violent death in 1999. I am here to support your family through the difficult grief and criminal justice system processes; including courtroom accompaniment. I am also a good source for referrals of many services for families who have lost loved ones to violence. I am so very sorry that you have lost your loved one so tragically and I stand ready to serve your family.

Respectfully,

Joan Shirley, Victim Advocate

A message from Gabino and Barbara Venegas: supporters and participants in our Bridges for Victims of Violent Death programs.

Like many of you, we too lost our loved one to violent death in 1998. We know and understand your feelings of shock, pain, loneliness, and despair when you first hear of a loved one's death. Our life came to a screeching halt and it was truly the end of our world as we knew it. We were angry that no one seemed to care except for family and friends. We had no one to turn to for advice and guidance.

Learning that we were not alone and of so many families experiencing tragedy, we were fortunate to meet and become involved in this organization. We have met others in need of help during their difficult time.

We are here to assist families, relatives and friends understand the services available to help you find justice for your loved one. We will have a Spanish speaking member to interpret and speak in Spanish if you prefer.

We send our deepest condolences for the loss of your loved one and look forward to being of help your family. **¿Cómo podemos ayudarle durante su tiempo difícil?**

Respectfully,

Gabino and Barbara Venegas