Community RESOURCE Guide

Help for the Hurting

Together, a better community...
This booklet was prepared by the Kingsburg Police Department Chaplaincy. It is intended for free distribution to the citizens of surrounding communities. Information for the material of this book was obtained from Critical Incident Stress Management (CISM): Grief Following Trauma by the International Critical Stress Foundation. Inc. The information in this booklet was deemed reliable at the time of printing. Suggestions or corrections should be submitted to the following address:

Kingsburg Police Chaplaincy
1300 California Street
Kingsburg, CA 93631
(559) 897-4418
First Printing – 2021

If you need assistance with anything in this booklet, please contact us:

**Kingsburg Police Chaplaincy**
1300 California Street
Kingsburg, CA, 93631
(559) 897-4418

[https://www.cityofkingsburg-ca.gov/](https://www.cityofkingsburg-ca.gov/)
PLAN FOR YOUR SAFETY

If you feel you’re in danger:

• Move away from the kitchen, bathroom, or any location where there are dangerous or sharp objects.
• Determine the easiest escape route; select a door or window to exit through quickly and safely.
• Find a neighbor, friend, or family member you can trust to help you and your children or call 9-1-1.

If you decide to leave your partner:

• Every situation is different. Leaving your partner may be risky for you and your children.
• Decide now where you will go and how you will get there.
• Hide away some money. Even if you only save a little bit every week, it will help to have some money of your own.
• Make copies of keys and important papers, and leave them with a trusted friend, neighbor, or church.
• Stow away important items, including copies of birth certificates, legal papers, prescription medications, baby formula, and special toys for children.
• Let your child’s teacher and principal know enough about the situation to respond appropriately in a crisis.

Ways to be safe on your own:

• Have the locks changed on your doors.
• Learn about your legal rights. If you have legal papers to protect you, ALWAYS keep them with you.
• Tell neighbors, friends, landlords, and/or co-workers that your partner no longer lives with you. If your former partner is dangerous, tell them to call 9-1-1 if they see your former partner come around.
• Keep a safety plan for coming and going and share it with the people you trust. Teach your children about the safety plan.

For help with referrals, creating a personalized safety plan,
CHARACTERISTICS OF ABUSERS

**Jealousy**— Even at the beginning, abusers will say it’s a sign of love.

**Controlling Behavior** – Trying to control the decisions in a relationship, as well as where the partner goes and who they see.

**Short Engagements**— Abusers may want to get married or move in quickly with their partner, even though they do not know their partner well.

**Isolation**— Abusers may try to isolate their partner from anyone who may provide support.

**Blaming**— Abusers may blame their mistakes on their partner.

**Overly Sensitive**— Abusers may believe they are being constantly insulted, taking everything as an attack on them.
CYCLE OF VIOLENCE

TENSION-BUILDING
Batterer may be moody; may nitpick; may put down; may yell; may drink / use drugs; may threaten; may withdraw affection; may criticize.
Victim may be nurturing; may agree with the batterer; may try to reason; may try to please; may stay away from family/friends; may keep children quiet; may feel as though “walking on eggshells;” may attempt to soothe.

ACUTE EXPLOSION
Batterer may hit; may strangle; may humiliate; may falsely imprison; may rape; may use weapons; may be verbally abusive; may destroy property.
Victim may protect themselves; may call police; may try to calm batterer; may fight back; may leave.

“HONEYMOON”
“Batterer may apologize / beg for forgiveness; may cry; may declare love for the victim; may promise to get help / go to counseling / go to church; may enlist the family’s support; may promise to “never do it again;” may want to be intimate or make love.
Victim may agree to stay; may return or take back the batterer; may attempt to stop legal proceedings; may set up counseling; may feel happy/hopeful.

Tulare County
Coroner’s Office
1225 S O St
Tulare, CA 93724
(559) 687-7000

Tulare County Health and Human Services
5957 S. Mooney Blvd. Visalia, Ca. 93277 (559) 624-8000

Tulare County Children’s Mental Health Services
138 S. L Street
Dinuba, Ca. 93618
(559) 591-1576

24-hour Mental Health Crisis Line
1-800-320-1616

24-hour Child Abuse Reporting Hotline
1-800-331-1585

Tulare County District Attorney’s Office
221 S. Mooney Blvd. Room #224
Visalia, Ca. 93291

King’s County
Coroner’s Office
1470 N Dr
Hanford, CA 93230
(559) 852-4362

Resources and Information
Dial 2-1-1
Abuse Prevention

TYPES OF DOMESTIC VIOLENCE

EMOTIONAL
Name calling, put-downs, blaming, isolation from friends and family, threats to kill or harm, threats of deportation, making the victim feel worthless, threatening to “out” the victim, stalking, mind games, insulting the victim’s spiritual beliefs. Gaslighting and invalidation, manipulation or control of information to others outside the relationship.

PHYSICAL
Pushing, holding, trapping, restraining, blocking movements, pinching, slapping, shoving, punching, kicking, biting, burning, hair-pulling, strangulation, and use of weapons.

SEXUAL
Forcing sex or sexual acts, pressuring, coercion, drugging, and any non-consensual act. Includes religious belief of duty and full submission to spouse.

DESTRUCTION OF PROPERTY
Smashing walls or doors, breaking furniture or dishes, physical abuse of pets, destroying victim’s personal belongings, documents, or keepsakes.

ECONOMIC
Withholding money, keeping, or taking victim’s paycheck, prohibiting the victim from working.

If you experience some or most of these actions, you are most likely in an abusive relationship!
• Lose interest in hobbies and interests
• Have suicidal thoughts

**Trust Based Relational Intervention**

Ashley Phelan, MS  
1948 18th Avenue  
Kingsburg, CA 93631  
(559) 305-3111  
ashleyphelan@gmail.com  

**The Fresno Resiliency Center**  
(for Children Impacted by Emotional Trauma)  
(559) 621-2121

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**Hospice and Long-Term Care**

**Hinds Hospice**  
2490 W Shaw Ave  
Fresno, CA 93711  
(559) 226-5683

**Bristol Hospice Visalia**  
2439 W Whitendale Ave  
Visalia, CA 93277  
(559) 741-7220

**Valley Healthcare Center**  
4840 E Tulare Ave  
Fresno, CA 93727  
(559) 251-7161

**Saint Agnes Home Health and Hospice**  
6729 N Willow Ave #103  
Fresno, CA 93710  
(559) 450-5112

**Sierra View Home**  
1155 E Springfield Ave  
Reedley, CA 93654  
(559) 638-9226

**Palm Village Retirement Community**  
703 W. Herbert Avenue  
Reedley, Ca. 93654  
(559) 638-6933

**Dinuba Healthcare**  
1730 S. College Avenue  
Dinuba, Ca. 93618  
(559) 591-3300

**Kingsburg Care Center**  
1101 Stroud Avenue  
Kingsburg, Ca. 93631  
(559) 897-5881
Listen attentively and allow the child to talk about their experiences at their own pace.
- Allow the child to make choices where it is appropriate. This can help them develop a sense of control.
- Provide consistent, predictable patterns for the child. If something new is about to happen, prepare them for what is coming in advance so they can know what to expect.
- Be tolerant and patient. As with adults, no set timetable exists for children to complete their grieving process. Do not compare them to other children, even if they experienced the same event.
- Protect the child from the media. This applies to media at the scene of the trauma, as well as news coverage of the event. Turn off TVs or radios if necessary.

**Signs of Trauma in Children**

**Infants under 2**
- May be fussier or be difficult to soothe
- Changes in sleeping or eating patterns

**Ages 2 to 5**
- Signs of fear
- Cling to parent or caregiver
- Cry, scream, or whine
- Revert to earlier childhood behaviors (thumb sucking or bed wetting)

**Ages 6 to 11**
- Lose interest in friends, family or favorite activities
- Struggling with school or homework
- Have nightmares or other sleeping problems
- Become moody, disruptive, or angry
- Develop unfound fears
- Feel depressed, emotionally numb, or guilty over what happened

**Ages 12 to 17**
- Flashbacks to the event, suffer nightmares, or other sleep problems
- Avoid disruptive, disrespectful, or aggressive
- Feel isolated, guilty, or depressed

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**Funeral Directors**

**Salser Dillard Creighton**
1588 Lincoln Ave
Kingsburg, CA 93631
(559) 897-2908

**Page Funeral Home**
2014 Arrants St
Selma, CA 93662
(559) 896-1240

**Cairns Funeral Home**
940 F St
Reedley, CA 93654
(559) 638-2233

**Dopkins Reedley Funeral Chapel**
1108 G St
Reedley, CA 93654
(559) 638-7005

**Dopkins Dinuba Funeral Chapel**
189 South J St
Dinuba, CA 93618
(559) 591-8634

**Wallin’s Parlier Funeral Home**
7942 S Mendocino Ave
Parlier, CA 93648
(559) 646-6685

**Wallin’s Parlier Funeral Home**
1524 9th St
Sanger, CA 93657
(559) 875-6555
wallinfuneralhomes.com

**Abbey Funeral and Cremation Service**
1010 T St
Fresno, CA 93721
(559) 237-4400
Children and Trauma

Children grieve differently than adults do because they are not as mentally or emotionally developed as adults are. Furthermore, they have less life experience to build upon or relate to when it comes to trauma. Younger children may not understand the permanence or meaning of death, nor may they comprehend what grieving is. Typically, children are only able to express strong feelings for short periods of time. They may cry for one minute, and then go play outside with their friends the next minute. Trauma and loss are overwhelming to a child’s undeveloped mind and are too much to absorb all at once, so children will adapt in smaller “chunks.” Consider the following advice when dealing with children who are involved in a traumatic event:

- Under normal circumstances, parents play a vital role in their child’s successful recovery from a traumatic event. If it is possible, reunite a separated child with their parent(s) as quickly as possible.
- Along these lines, it is very important that parents exhibit control in traumatic events. Children who sense that their parent(s) are themselves out of control will feel frightened and confused. If the parent(s) (YOU) need help, be sure to ask for it! Professionals who specialize in working with traumatized children can be very helpful.
- Reassure the child that they will be taken care of, loved, and cherished just as they were before the traumatic event.
- Nurture and provide for the child’s basic needs. If appropriate, provide physical contact with the child. Cuddling, rocking, massaging and reading quietly all help relieve stress and anxiety.
- Pay special attention to bedtime. Darkness and the night can be particularly difficult for traumatized children. It may help to read to the child, rub their back, play music, or leave a light on.
- Encourage the child to verbalize their story or experiences. Just like adults, children need to talk about what’s going on inside.

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Cherished Memories Memorial Chapel Funeral Home
3000 E Tulare Ave
Fresno, CA 93721
(559) 320-1111

Cremation Society of Central Cal
3037 Tulare St
Fresno, CA 93721
(559) 237-3579

Evergreen Cremation Service
920 S Parallel Ave
Fresno, CA 93721
(559) 233-3003

Neptune Society of Central Cal
1154 W Shaw Ave
Fresno, CA 93711
(559) 222-7764

Sterling & Smith Funeral Home
139 W. Mariposa
Dinuba, Ca. 93618
(559) 595-7940
www.sterlingsmithfd.com

Thomas Marcom Funeral Home
2345 McCall Ave,
Selma CA
559-896-2261
www.thomas-marcom.com

AFFORDABLE CASKET PURCHASE OPTION

Titan Casket
titancasket.com
501-298-4295
left behind. Anger can burn hotter, guilt is crippling, and hopelessness is overwhelming. Survivors may feel anxious, vulnerable, confused, and/or disorganized. These are all normal responses to grief.

- Nothing can be said or done to make things better or “fix” this situation. You may, however, want to consider the following suggestions:
  - Survivors did not choose for suicide to happen. The only choice they have is what they do in the aftermath of this tragedy. Know that you can survive after this loss, even if you feel like you cannot. Healing takes time, and this is frequently the hardest thing someone will ever have to do, so be patient with yourself.
  - Seeking assistance from trusted family members, friends, and support groups who can help is very important.
  - Follow the advice given previously to grieverers in general. Choose to recognize your loss for what it is and face your grief. Allow yourself to feel all the emotions you feel and deal with them.

Funeral Checklist

When planning a funeral, try not to do everything yourself; call on a family member or friend to help you make the following arrangements:

**You will need to select the following:**

- A Funeral Director (see previous pages for some options) – They will coordinate arrangements with the coroner and the cemetery or memorial park. They will also help prepare the Social Security Form and see that the number is retired, as well as determining the number of death certificates needed.
- Time and Place of Visitation (if having one)
- Time and Place of Funeral
- Burial or Cremation
- Cemetery Property
- Casket
- Clothing for Funeral
- Pallbearers
- Vault or Container for Cremation
- Flowers for Funeral Home/Cemetery Site
- Music for Funeral
- Handouts for Funeral
- Transportation for You and Family Members

**You will need to notify:**

- Relatives and friends (obtaining all contact information and help with making arrangements for out-of-town guests)
- Social Security (the funeral home can do this for you)
- Clergy
- Employer(s) (if the deceased still worked)
- Veteran’s Administration (if applicable)
- Utility Companies (if the deceased lived alone)
- Banks or Credit Unions
- Credit Card Companies
- Insurance Agents
- Lawyers
- Doctors
- Unions and/or Fraternal Organizations
**Survivors of Suicide**

The loss caused by suicide is very much like any other loss, bringing with its grief as described earlier in this book. However, suicide is set apart from other forms of death for a variety of reasons:

- The victim made a choice to take their own life and, more than any other form of loss, it leaves the survivors asking “why?” This question, and the inability to answer it, brings with it an additional load that complicates grief even further than it already is. Likewise, finding meaning in a death by suicide often leads only to frustration.
- The world that existed is violently shattered, often without warning, and this was perpetrated by a dearly loved one. This complicates grief because it often causes the survivors to feel anger and/or betrayal towards the loved one that they are mourning.
- They will always fail in the face of a situation where the survivors had no choice or control. Due to this, the mind has difficulty understanding or absorbing the reality of the loss.
- Along with not making sense, survivors will often feel compelled to blame themselves for the loss, obsessing over details in the recent past to find ways they could have done things “better” or said things differently. It is important to understand that this mental exercise will not change the outcome because, like the previous point, the survivor had no control over the outcome.
- A death by suicide will usually leave the survivors without a chance to say goodbye or resolve any on-going issues. This lack of closure complicates grief.
- In addition, survivors will often focus on their most recent interactions with the deceased, blurring the established relationship and highlighting what was happening at the time of death out of realistic proportion. This may further compound feelings of guilt.
- A death by suicide can often exaggerate emotional responses due to the perceptions of and stressors on the survivors who are

You will need to provide the following information about the deceased:

- Birth date and place
- Father’s name
- Mother’s name
- Social Security Number (SSN)
- Veteran’s Discharge or Claim Number
- Education
- Marital status
- Surviving Family Members

**Information needed for the obituary:**

- Age at time of death
- Place of birth
- Cause of death
- Occupation (if applicable, before retirement)
- College Degrees
- Military Service
- Memberships held in organizations
- Charitable service
- Outstanding life work
- List of survivors in immediate family
- Date, time, and location of services
- Information for charitable or memorial contribution

**In addition, you may want to consider:**

- Finding a friend or family member to help answer sympathetic phone calls, cards, or letters, as well as to greet friends and relatives when they visit/arrive.
- Deciding appropriate memorials to which gifts may be made.
- (Church/Hospice/Institution/Deceased’s alma mater, favorite charity, or cause).
- Preparing a list of distant persons to be notified.
- Locating the will and contact the deceased’s lawyer and/or executor.
- Changing any property deeds to remove the deceased’s name. A certified death certificate is needed to do this.
DEALING WITH THE MEDIA

In instances where the circumstances of a loss may stir public interest, the media may arrive at the scene or try to make contact. It is important to know your rights regarding speaking with them and answering their questions.

• You DO NOT have any obligation to speak with the media. You have the right to refuse speaking to the media or answering their questions. You have the right to refuse to share certain details about the incident. You have the right to halt an interview at any time you begin to feel uncomfortable, even after granting one and sharing some information. You may prohibit children from being interviewed. You may choose to have your identity hidden.

• If you would like to share information but do not wish to do it yourself, you may designate a spokesperson or advocate. You may also choose to release a written statement.

• You have the right to dictate the terms of any interview, including location, date, and time. You may choose who you will allow interviews with and who you refuse an interview. You may dictat e the direction of the interview and what is released publicly, including offensive pictures or visuals.

Contact all health insurance companies to notify them of the death and stop all coverages and payments. A certified death certificate is needed to do this.

- Changing any vehicle titles and registration to remove the deceased’s name. A certified death certificate is needed to do this.
- Checking for all life and casualty insurance and/or death benefits, including social security, veterans, credit union, and fraternal.
- Checking promptly on all debts and installment payments, including credit cards and monthly household bills. Some carry insurance clauses that cancel balances upon death.
- Changing any bank accounts to remove the deceased’s name. A certified death certificate is needed to do this.
- Contacting all sources of retirement funds to notify them of the death and find out if any benefits might transfer to the survivors.
- Notifying utility companies and/or landlord. Inform the Post Office where to forward mail.

Contact all health insurance companies to notify them of the death and stop all coverages and payments. A certified death certificate is needed to do this.
BASIC NEEDS OF THE BEREAVED

If a friend or loved one is bereaved by a loss, please consider the following ideas:

- There will be a need for balance between companionship and privacy. Grieving requires time to think and reflect on their emotions, but they also need opportunities to share their feelings and re-tell their experience of loss. This expression of grief needs to be free from judgment or embarrassment. An active listener can dramatically influence the healing process. Patience will allow them to resolve their own issues and work to their own conclusions.

- Recognize that there are many outward symptoms that may manifest as a result from grieving. These symptoms sometimes appear to be a serious illness and can include the following:
  - Loss of sleep
  - Loss of appetite
  - Loss of strength
  - Loss of motivation
  - Inconsistent Behavior

Support becoming socially active again. Understand that readjusting to social situations can be awkward and may require time. They might need someone they can trust to help them in social situations.

Assistance might be needed regarding business and/or legal matters. Grieving inhibits clear thinking and judgment, and they may need help settling important issues and planning for the future.

Support Groups

LOSS/GRIEVING

New Path Center
1615 Draper St
Kingsburg, CA 93631
(559) 897-9225

Hinds Hospice Center for Grief & Healing/ Angel Babies
2490 W Shaw Ave
Fresno, CA 93711
(559) 248-8579

Crisis, Grief and Healing
www.webhealing.com

GRIEFSHARE-
www.griefshare.org

New Life Community
110 N Nichols Ave
Dinuba, CA 93618
(559) 591-1176

Church of God
1562 Mill St
Selma, CA 93622
(559) 896-0544

Fresno Survivors Suicide Loss
2490 W Shaw Ave
Fresno, CA 93711
(559) 322-5877

Bristol Hospice Visalia
2439 W Whitendale Ave
Visalia, CA 93277
(559) 741-7220

Grief Watch
www.griefwatch.com

Glad Tiding Assembly of Church
750 E Grangerville Blvd
Hanford, CA 93230
(559) 584-8565

Adventist Health Home Care Services
440 Greenfield Ave
Hanford, CA 93230
(559) 537-2860

Kingsburg Community Church
1532 Ellis Street
Kingsburg, CA 93631
559-897-2388
• **Take care of yourself physically:** Grieving is physically taxing on the body. If you want to cope well emotionally, it is essential that you eat well (even if the meals are small), maintain a regular sleep pattern, and exercise. Stay away from alcohol and drugs.

• **Try to maintain your hobbies and interests:** Do purposeful work that occupies the mind and brings you joy. Getting back into a routine and doing activities that you enjoy aid in healing but avoid frantic “busy work” activities.

• **Postpone major life decisions:** Grief can affect the way people think and view the world. Do your best to postpone major decisions (such as selling your home) until after you’ve cleared your head.

• **Draw comfort from your faith:** Religion can offer comfort and meaning in times of grief. If you are questioning your faith in the wake of a loss, talk to a clergy member or others in your religious community.

• **Get professional help if needed:** Grief involves a wide variety of emotions, which include ups and downs. Depression is a mixture of constant negative emotions that are oppressive. If you are experiencing constant, crippling grief, talk to a mental health professional right away.

**RESOURCES**

**KCAPS**
1145 Draper St
Kingsburg, CA 93631
(559) 897-4567

**Selma Community Outreach**
1701 Whitson
Selma, CA 93662
(559) 318-9380

**Central California Food Bank**
4010 E Amendola Dr
Fresno, CA 93725
(559) 931-1444

**Fresno EOC Sanctuary Transitional Shelter**
1046 T St
Fresno, CA 93721
(559) 237-4706

**Marjaree Mason Center (Domestic Violence Shelter)**
1600 M St
Fresno, CA 93721
(559) 237-4706

**Poverello House**
412 F St
Fresno, CA 93706
(559) 498-6988

**Evangel Home, Inc. (Women’s Shelter)**
137 N Yosemite Ave
Fresno, CA 93701
(559) 264-4717
GUIDELINES TO HEALING

• **Acknowledge your pain:** Trying to ignore your pain or keep it from surfacing will only prolong the grieving process and might make it worse in the long run. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems. For real healing, it is necessary to face your grief and actively deal with it.

• **Accept that grief can trigger many different and unexpected emotions:** Experiencing denial, sadness, guilt, anger, or fear are all normal reactions to loss. All these reactions can ebb and flow like the tides of the ocean, and it is normal to be fine one day and overcome with grief the next. Crying doesn’t mean you are weak.

• **Express your feelings in a tangible or creative way:** Journaling, expressing yourself through art, writing a letter, or making a scrapbook are all ways to express what you feel about your loved one’s life and death. Find a way to help someone else.

• **Talk about your grief:** Share your thoughts and feelings with your family. You are not protecting them by staying silent. Seek out face-to-face support from people who care about you. If possible, find someone who has experienced a similar sorrow. Join a support group with others who can sympathize with you.

• **Express your feelings in a tangible or creative way:** Journaling, expressing yourself through art, writing a letter, or making a scrapbook are all ways to express what you feel about your loved one’s life and death. Find a way to help someone else.

• **Understand that your grieving process will be unique to you:** Every person thinks, feels, and experiences life differently. The same goes for grieving. Don’t let anyone tell you how to feel, and don’t tell yourself how to feel either. It’s healthy to be emotional, either sad or happy, and it’s healthy to let go when you are ready.

• **Plan for grief “triggers”**: Know in advance that it is perfectly normal for things in life to “trigger” memories that lead to grief. Sights, sounds, smells, anniversaries, holidays, and milestones can all cause this, so try to prepare in advance. Get help if you need it.

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Fresno Rescue Mission  
310 G St  
Fresno, CA 93706  
(559) 268-0839

Naomi’s House (Women’s Shelter)  
445 F St  
Fresno, CA 93706  
(559) 443-1531

St. Agnes Holy Cross Center for Women  
421 F St  
Fresno, CA 93706  
(559) 450-7800

Open Gate Ministries (Shelter Food & Thrift Store)  
511 N K St  
Dinuba, CA 93618  
(559) 591—1241

Fresno EOC LGBTQ Resource Center  
fresnoeoc.org/lgbtq/  
559-325-4527
seem overwhelming. Some people will try to minimize the loss or act indifferent; others may have dramatic changes in behavior. The pain will ebb and flow like the tides of the ocean, and it is normal to be fine one day and overcome with grief the next. Details must be worked out and questions must be answered as loved ones struggle with the reality of the death. The release of emotions is necessary and is only the beginning of the grieving process.

The next step in the phase the griever will begin to come to terms with the reality of the loss as they remember and mourn, and in the process will “unloosen” the ties and bonds formed with the deceased. The “unloosening” will cause a variety of feelings to surface, such as loneliness, physical distress and anxiety, panic, guilt, hostility, and weariness or lethargy.

All of this is necessary for the griever to be able to relinquish the old attachments to the deceased and their old assumptions about the world. There must be an eventual acceptance that tragic endings happen sometimes for a person to move forward and adapt.

The Accommodation Phase: The final phase involves a gradual overcoming of the grief as the griever readjusts and adapts into their new world, without forgetting the old. The old worldview and assumptions are revised to match reality, and the old relationship with the deceased is altered to make way for the griever’s new identity. The griever moves from feeling like a victim, to a survivor, and finally to thrive in their new reality. Brokenness is replaced by healing, anger is replaced by peace, and defeat is replaced by hope for the future.

The griever begins to reinvest in life, channeling their energy into new endeavors. The new is embraced while the old is remembered, and life is added on top of and covers the pain that was once overwhelming. Life is rebuilt and transformed.

**Trauma Scene Restoration**

**CAUTION!** When working with blood-borne pathogens, it is a state regulation that personal protective clothing be worn and that affected materials are disposed of properly. These regulations are meant to prevent possible contact with viruses and to avoid Government disposal fines.

**What YOU can do:**

1. Avoid the contaminated area unless necessary.
2. Do not touch or move any items until authorities have completed their investigation.
3. Leave air conditioning or heating at 70 degrees unless exposure to the outdoors prevents this.
4. Call a professional trauma restoration company to assist with returning the contaminated area to normal.

**What the Professionals can do:**

1. Secure the contaminated area from further damage.
2. Take an inventory of items broken or beyond repair for insurance records.
3. Professionally and legally dispose of contaminated items.
4. Clean and disinfect the contaminated area.
5. Remove odor from the contaminated area

**Trauma Scene Clean-up Providers**

**SERVPRO of Clovis**
972 Barstow Ave Suite C
Clovis, CA 93612
(559) 297-3429

**Crime Scene & Fatality Decontamination Co**
18636 Auberry Rd
Clovis, CA 93619
(559) 824-4642
- Blaming the deceased/others for your burden/misfortune/loneliness
- Unexplained irritability or frustration; screaming for no reason
- Experiencing uncontrolled weeping, wailing, and depression
- Feeling fearful of being alone, or of being around other people
- Wanting to talk about and remember the deceased; or, avoiding reminders and wanting to forget the deceased
- Feeling thankful; celebrating the deceased’s life and accomplishments
- Needing to find a sense of closure; confessing regrets; forgiving the deceased

**DEALING WITH GRIEF**

We grieve because we have formed attachments. Sometimes people are unprepared for the loss of this attachment and do not know how to respond or deny that it has occurred. While we may feel loss from the death of a loved one, there are often multiple kinds of loss that one experiences because of that death. One may sense a loss of familiarity; the loss of an opportunity to relate with, share experiences with, touch, or be in the presence of the deceased; the loss of dreams or “what might have been;” the loss of a specific role or self-image in life; a disruption of what “normal” life should be. Reacting to these losses is normal and, in many ways, a necessary part of the process of healing. According to clinical research, the grief process is often broken down into multiple steps or phases:

- **Avoidance Phase:** The news of someone’s death is almost always a shock. Shock is a natural coping mechanism and it is also a psychological buffer. Many people react differently to the news and may deny it due to inability to accept it or refusing to confirm it. The reality of the death may occur within minutes, days, or even weeks. To move forward, the situation must be acknowledged, and the loss must be recognized for what it is.

- **Confrontation Phase:** The reality of the loss is beginning to set in. Reacting to the separation is the first step in this phase. Most people experience a variety of thoughts and feelings that can
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“Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.”

Romans 15:13

“For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us… For in hope we have been saved, but hope that is seen is not hope; for who hopes for what he already sees? But if we hope for what we do not see, with perseverance we wait eagerly for it… For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.”

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- Depending on the benefits you are applying for, you may need certain documents. If you don't have all the documents you need, don't delay applying for Social Security. In many cases, your local Social Security office can contact your state Bureau of Vital Statistics and verify your information online at no cost to you. If they can't verify your information online, they can still help you get the information you need.
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Victim Services

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You may be eligible if you are...

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Main office: 559-600-2822. Request to speak to a Victim Advocate; have the police report number if possible.

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Hope for the Hurting

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“Lord, all my desire is before You; and my sighing is not hidden from You. My heart throbs, my strength fails me; and the light of my eyes, even that has gone from me... Do not forsake me, O Lord; O my God, do not be far from me! Make haste to help me, O Lord, my salvation!”

Psalm 38:9-10, 21-22 (NASB)

“The Lord also will be a stronghold for the oppressed, a stronghold in times of trouble; and those who know Your name will put their trust in You, for You, O Lord, have not forsaken those who seek You.”

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“Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.”

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Services available for victims and their families:

- Crisis intervention services
- Community referrals for emergency services like food, shelter, clothing, counseling, other community referrals
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- Restraining Orders
- Relocation for victims of violent crime
- Court support: Explanation of process, assistance/support with
  - Testimony, Victim Impact Statement, and restitution
- Financial Assistance through the State Compensation Program for violent crimes (not property crimes), assistance will be provided in the application process, application status, and advocating for approval.
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VICTIM RESOURCES

Victim Information & Notification Everyday (VINE):
(800) 491-5170

Jail Inmate Information: (559) 488-3031

Family Court Services: (559) 457-2100, option #4

Child Protective Services: (559) 600-8320

Adult Protective Services: (559) 600-3383

California Victim Compensation & Government Claims Board:
(800) 777-9229

California Attorney General's Victim Services Unit:
(877) 433-9069

California Dept. of Corrections and Rehabilitation, Office of Victim & Survivor Rights & Services:
(877) 256-OVSS (6877)

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Marjaree Mason Center: (559) 233-HELP (4357)

California Partnership to End Domestic Violence:
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Centro La Familia, Advocacy: (559) 237-2961

Central California Legal Services: (559) 570-1200

Victim Offender Reconciliation Program of the Central Valley, Inc.:
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Sex Trafficking: Breaking the Chains: (559) 402-3955

Report Human Trafficking: (866) 347-2423

CalVCB-California Victim Compensation Board
800-777-9229
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• Blaming the deceased/others for your burden/misfortune/loneliness
• Unexplained irritability or frustration; screaming for no reason
• Experiencing uncontrolled weeping, wailing, and depression
• Feeling fearful of being alone, or of being around other people
• Wanting to talk about and remember the deceased; or, avoiding reminders and wanting to forget the deceased
• Feeling thankful; celebrating the deceased’s life and accomplishments
• Needing to find a sense of closure; confessing regrets; forgiving the deceased

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Restoration Management Co
3525 W Holland Ave
Fresno, CA 93722
(559) 412-2380

California Trauma Tech
3241 N Marks Ave #110
Fresno, CA 93722
(559) 696-2220

Scene Cleaners
1865 Herndon Ave Suite K
Clovis, CA 93611
(559) 800-8880

Lighthouse Trauma & Fatality
4816 E Shields Ave
Fresno, CA 93726
(559) 456-3700

Bio-Clean Crisis Scene Management
444 N First St
Fresno, CA 93702
(559) 291-1254

West Coast Bio –Tech
3644 S Bagley Ave
Fresno, CA 93722
(559) 476-1350

ServiceMaster by Benevento
744 E. Douglas Ave
Visalia, Ca. 93292
(559) 266-4357
844-907-2828
Trauma Scene Restoration

CAUTION! When working with blood-borne pathogens, it is a state regulation that personal protective clothing be worn and that affected materials are disposed of properly. These regulations are meant to prevent possible contact with viruses and to avoid Government disposal fines.

What YOU can do:

1. Avoid the contaminated area unless necessary.
2. Do not touch or move any items until authorities have completed their investigation.
3. Leave air conditioning or heating at 70 degrees unless exposure to the outdoors prevents this.
4. Call a professional trauma restoration company to assist with returning the contaminated area to normal.

What the Professionals can do:

1. Secure the contaminated area from further damage.
2. Take an inventory of items broken or beyond repair for insurance records.
3. Professionally and legally dispose of contaminated items.
4. Clean and disinfect the contaminated area.
5. Remove odor from the contaminated area.

Trauma Scene Clean-up Providers

SERVPRO of Clovis
972 Barstow Ave Suite C
Clovis, CA 93612
(559) 297-3429

Crime Scene & Fatality Decontamination Co
18636 Auberry Rd
Clovis, CA 93619
(559) 824-4642
GUIDELINES TO HEALING

- **Acknowledge your pain:** Trying to ignore your pain or keep it from surfacing will only prolong the grieving process and might make it worse in the long run. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems. For real healing, it is necessary to face your grief and actively deal with it.

- **Accept that grief can trigger many different and unexpected emotions:** Experiencing denial, sadness, guilt, anger, or fear are all normal reactions to loss. All these reactions can ebb and flow like the tides of the ocean, and it is normal to be fine one day and overcome with grief the next. Crying doesn’t mean you are weak.

- **Express your feelings in a tangible or creative way:** Journaling, expressing yourself through art, writing a letter, or making a scrapbook are all ways to express what you feel about your loved one’s life and death. Find a way to help someone else.

- **Talk about your grief:** Share your thoughts and feelings with your family. You are not protecting them by staying silent. Seek out face-to-face support from people who care about you. If possible, find someone who has experienced a similar sorrow. Join a support group with others who can sympathize with you.

- **Express your feelings in a tangible or creative way:** Journaling, expressing yourself through art, writing a letter, or making a scrapbook are all ways to express what you feel about your loved one’s life and death. Find a way to help someone else.

- **Understand that your grieving process will be unique to you:** Every person thinks, feels, and experiences life differently. The same goes for grieving. Don’t let anyone tell you how to feel, and don’t tell yourself how to feel either. It’s healthy to be emotional, either sad or happy, and it’s healthy to let go when you are ready.

- **Plan for grief “triggers”:** Know in advance that it is perfectly normal for things in life to “trigger” memories that lead to grief. Sights, sounds, smells, anniversaries, holidays, and milestones can all cause this, so try to prepare in advance. Get help if you need it.

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Fresno Rescue Mission  
310 G St  
Fresno, CA 93706  
(559) 268-0839

Naomi’s House (Women’s Shelter)  
445 F St  
Fresno, CA 93706  
(559) 443-1531

St. Agnes Holy Cross Center for Women  
421 F St  
Fresno, CA 93706  
(559) 450-7800

Open Gate Ministries (Shelter Food & Thrift Store)  
511 N K St  
Dinuba, CA 93618  
(559) 591—1241

Fresno EOC LGBTQ Resource Center  
fresnoeoc.org/lgbtq/  
559-325-4527
Take care of yourself physically: Grieving is physically taxing on the body. If you want to cope well emotionally, it is essential that you eat well (even if the meals are small), maintain a regular sleep pattern, and exercise. Stay away from alcohol and drugs.

Try to maintain your hobbies and interests: Do purposeful work that occupies the mind and brings you joy. Getting back into a routine and doing activities that you enjoy aid in healing but avoid frantic “busy work” activities.

Postpone major life decisions: Grief can affect the way people think and view the world. Do your best to postpone major decisions (such as selling your home) until after you’ve cleared your head.

Draw comfort from your faith: Religion can offer comfort and meaning in times of grief. If you are questioning your faith in the wake of a loss, talk to a clergy member or others in your religious community.

Get professional help if needed: Grief involves a wide variety of emotions, which include ups and downs. Depression is a mixture of constant negative emotions that are oppressive. If you are experiencing constant, crippling grief, talk to a mental health professional right away.

**RESOURCES**

**KCAPS**
1145 Draper St
Kingsburg, CA 93631
(559) 897-4567

**Selma Community Outreach**
1701 Whitson
Selma, CA 93662
(559) 318-9380

**Central California Food Bank**
4010 E Amendola Dr
Fresno, CA 93725
(599) 931-1444

**Fresno EOC Sanctuary Transitional Shelter**
1046 T St
Fresno, CA 93721
(559) 237-4706

**Marjaree Mason Center (Domestic Violence Shelter)**
1600 M St
Fresno, CA 93721
(559) 237-4706

**Poverello House**
412 F St
Fresno, CA 93706
(559) 498-6988

**Evangel Home, Inc. (Women’s Shelter)**
137 N Yosemite Ave
Fresno, CA 93701
(559) 264-4717
BASIC NEEDS OF THE BEREAVED

If a friend or loved one is bereaved by a loss, please consider the following ideas:

- There will be a need for balance between companionship and privacy. Grieving requires time to think and reflect on their emotions, but they also need opportunities to share their feelings and re-tell their experience of loss. This expression of grief needs to be free from judgment or embarrassment. An active listener can dramatically influence the healing process. Patience will allow them to resolve their own issues and work to their own conclusions.

- Recognize that there are many outward symptoms that may manifest as a result from grieving. These symptoms sometimes appear to be a serious illness and can include the following:
  - Loss of sleep
  - Loss of appetite
  - Loss of strength
  - Loss of motivation
  - Inconsistent Behavior

Support becoming socially active again. Understand that readjusting to social situations can be awkward and may require time. They might need someone they can trust to help them in social situations. Assistance might be needed regarding business and/or legal matters. Grieving inhibits clear thinking and judgment, and they may need help settling important issues and planning for the future.

Support Groups

LOSS/GRIEVING

New Path Center
1615 Draper St
Kingsburg, CA 93631
(559) 897-9225

Hinds Hospice Center for Grief & Healing/ Angel Babies
2490 W Shaw Ave
Fresno, CA 93711
(559) 248-8579

Crisis, Grief and Healing
www.webhealing.com

GRIEFSHARE-
www.griefshare.org

New Life Community
110 N Nichols Ave
Dinuba, CA 93618
(559) 591-1176

Church of God
1562 Mill St
Selma, CA 93622
(559) 896-0544

Fresno Survivors Suicide Loss
2490 W Shaw Ave
Fresno, CA 93711
(559) 322-5877

Bristol Hospice Visalia
2439 W Whitendale Ave
Visalia, CA 93277
(559) 741-7220

Grief Watch
www.griefwatch.com

Glad Tiding Assembly of Church
750 E Grangeville Blvd
Hanford, CA 93230
(559) 584-8565

Adventist Health Home Care Services
440 Greenfield Ave
Hanford, CA 93230
(559) 537-2860

Kingsburg Community Church
1532 Ellis Street
Kingsburg, CA 93631
559-897-2388
DEALING WITH THE MEDIA

In instances where the circumstances of a loss may stir public interest, the media may arrive at the scene or try to make contact. It is important to know your rights regarding speaking with them and answering their questions.

- You DO NOT have any obligation to speak with the media. You have the right to refuse speaking to the media or answering their questions. You have the right to refuse to share certain details about the incident. You have the right to halt an interview at any time you begin to feel uncomfortable, even after granting one and sharing some information. You may prohibit children from being interviewed. You may choose to have your identity hidden.
- If you would like to share information but do not wish to do it yourself, you may designate a spokesperson or advocate. You may also choose to release a written statement.
- You have the right to dictate the terms of any interview, including location, date, and time. You may choose who you will allow interviews with and who you refuse an interview. You may dictate the direction of the interview and what is released publicly, including offensive pictures or visuals.

Contact all health insurance companies to notify them of the death and stop all coverages and payments. A certified death certificate is needed to do this.

- Changing any vehicle titles and registration to remove the deceased’s name. A certified death certificate is needed to do this.
- Checking for all life and casualty insurance and/or death benefits, including social security, veterans, credit union, and fraternal.
- Checking promptly on all debts and installment payments, including credit cards and monthly household bills. Some carry insurance clauses that cancel balances upon death.
- Changing any bank accounts to remove the deceased’s name. A certified death certificate is needed to do this.
- Contacting all sources of retirement funds to notify them of the death and find out if any benefits might transfer to the survivors.
- Notifying utility companies and/or landlord. Inform the Post Office where to forward mail.

Changing any vehicle titles and registration to remove the deceased’s name. A certified death certificate is needed to do this.

Checking for all life and casualty insurance and/or death benefits, including social security, veterans, credit union, and fraternal.

Checking promptly on all debts and installment payments, including credit cards and monthly household bills. Some carry insurance clauses that cancel balances upon death.

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Contacting all sources of retirement funds to notify them of the death and find out if any benefits might transfer to the survivors.

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Notifying utility companies and/or landlord. Inform the Post Office where to forward mail.

Contact all health insurance companies to notify them of the death and stop all coverages and payments. A certified death certificate is needed to do this.
Survivors of Suicide

The loss caused by suicide is very much like any other loss, bringing with its grief as described earlier in this book. However, suicide is set apart from other forms of death for a variety of reasons:

- The victim made a choice to take their own life and, more than any other form of loss, it leaves the survivors asking “why?” This question, and the inability to answer it, brings with it an additional load that complicates grief even further than it already is. Likewise, finding meaning in a death by suicide often leads only to frustration.
- The world that existed is violently shattered, often without warning, and this was perpetrated by a dearly loved one. This complicates grief because it often causes the survivors to feel anger and/or betrayal towards the loved one that they are mourning.
- They will always fail in the face of a situation where the survivors had no choice or control. Due to this, the mind has difficulty understanding or absorbing the reality of the loss.
- Along with not making sense, survivors will often feel compelled to blame themselves for the loss, obsessing over details in the recent past to find ways they could have done things “better” or said things differently. It is important to understand that this mental exercise will not change the outcome because, like the previous point, the survivor had no control over the outcome.
- A death by suicide will usually leave the survivors without a chance to say goodbye or resolve any on-going issues. This lack of closure complicates grief.
- In addition, survivors will often focus on their most recent interactions with the deceased, blurring the established relationship and highlighting what was happening at the time of death out of realistic proportion. This may further compound feelings of guilt.
- A death by suicide can often exaggerate emotional responses due to the perceptions of and stressors on the survivors who are

You will need to provide the following information about the deceased:

- Birth date and place
- Father’s name
- Mother’s name
- Social Security Number (SSN)
- Veteran’s Discharge or Claim Number
- Education
- Marital status
- Surviving Family Members

Information needed for the obituary:

- Age at time of death
- Place of birth
- Cause of death
- Occupation (if applicable, before retirement)
- College Degrees
- Military Service
- Memberships held in organizations
- Charitable service
- Outstanding life work
- List of survivors in immediate family
- Date, time, and location of services
- Information for charitable or memorial contribution

In addition, you may want to consider:

- Finding a friend or family member to help answer sympathetic phone calls, cards, or letters, as well as to greet friends and relatives when they visit/arrive.
- Deciding appropriate memorials to which gifts may be made.
- (Church/Hospice/Institution/Deceased’s alma mater, favorite charity, or cause).
- Preparing a list of distant persons to be notified.
- Locating the will and contact the deceased’s lawyer and/or executor.
- Changing any property deeds to remove the deceased’s name. A certified death certificate is needed to do this.
left behind. Anger can burn hotter, guilt is crippling, and hopelessness is overwhelming. Survivors may feel anxious, vulnerable, confused, and/or disorganized. These are all normal responses to grief.

- Nothing can be said or done to make things better or “fix” this situation. You may, however, want to consider the following suggestions:
  - Survivors did not choose for suicide to happen. The only choice they have is what they do in the aftermath of this tragedy. Know that you can survive after this loss, even if you feel like you cannot. Healing takes time, and this is frequently the hardest thing someone will ever have to do, so be patient with yourself.
  - Seeking assistance from trusted family members, friends, and support groups who can help is very important.
  - Follow the advice given previously to grievers in general. Choose to recognize your loss for what it is and face your grief. Allow yourself to feel all the emotions you feel and deal with them.

**Funeral Checklist**

When planning a funeral, try not to do everything yourself; call on a family member or friend to help you make the following arrangements:

**You will need to select the following:**

- A Funeral Director (see previous pages for some options) – They will coordinate arrangements with the coroner and the cemetery or memorial park. They will also help prepare the Social Security Form and see that the number is retired, as well as determining the number of death certificates needed.
- Time and Place of Visitation (if having one)
- Time and Place of Funeral
- Burial or Cremation
- Cemetery Property
- Casket
- Clothing for Funeral
- Pallbearers
- Vault or Container for Cremation
- Flowers for Funeral Home/Cemetery Site
- Music for Funeral
- Handouts for Funeral
- Transportation for You and Family Members

**You will need to notify:**

- Relatives and friends (obtaining all contact information and help with making arrangements for out-of-town guests)
- Social Security (the funeral home can do this for you)
- Clergy
- Employer(s) (if the deceased still worked)
- Veteran’s Administration (if applicable)
- Utility Companies (if the deceased lived alone)
- Banks or Credit Unions
- Credit Card Companies
- Insurance Agents
- Lawyers
- Doctors
- Unions and/or Fraternal Organizations
**Children and Trauma**

Children grieve differently than adults do because they are not as mentally or emotionally developed as adults are. Furthermore, they have less life experience to build upon or relate to when it comes to trauma. Younger children may not understand the permanence or meaning of death, nor may they comprehend what grieving is. Typically, children are only able to express strong feelings for short periods of time. They may cry for one minute, and then go play outside with their friends the next minute. Trauma and loss are overwhelming to a child’s undeveloped mind and are too much to absorb all at once, so children will adapt in smaller “chunks.”

Consider the following advice when dealing with children who are involved in a traumatic event:

- Under normal circumstances, parents play a vital role in their child’s successful recovery from a traumatic event. If it is possible, reunite a separated child with their parent(s) as quickly as possible.
- Along these lines, it is very important that parents exhibit control in traumatic events. Children who sense that their parent(s) are themselves out of control will feel frightened and confused. If the parent(s) (YOU) need help, be sure to ask for it! Professionals who specialize in working with traumatized children can be very helpful.
- Reassure the child that they will be taken care of, loved, and cherished just as they were before the traumatic event.
- Nurture and provide for the child’s basic needs. If appropriate, provide physical contact with the child. Cuddling, rocking, massaging and reading quietly all help relieve stress and anxiety.
- Pay special attention to bedtime. Darkness and the night can be particularly difficult for traumatized children. It may help to read to the child, rub their back, play music, or leave a light on.
- Encourage the child to verbalize their story or experiences. Just like adults, children need to talk about what’s going on inside.

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**Cherished Memories Memorial Chapel Funeral Home**
3000 E Tulare Ave
Fresno, CA 93721
(559) 320-1111

**Cremation Society of Central Cal**
3037 Tulare St
Fresno, CA 93721
(559) 237-3579

**Evergreen Cremation Service**
920 S Parallel Ave
Fresno, CA 93721
(559) 233-3003

**Neptune Society of Central Cal**
1154 W Shaw Ave
Fresno, CA 93711
(559) 222-7764

**Sterling & Smith Funeral Home**
139 W. Mariposa
Dinuba, Ca. 93618
(559) 595-7940
www.sterlingsmithfd.com

**Thomas Marcom Funeral Home**
2345 McCall Ave,
Selma CA
559-896-2261
www.thomas-marcom.com

**AFFORDABLE CASKET PURCHASE OPTION**

**Titan Casket**
titan-casket.com
501-298-4295
Listen attentively and allow the child to talk about their experiences at their own pace.

- Allow the child to make choices where it is appropriate. This can help them develop a sense of control.
- Provide consistent, predictable patterns for the child. If something new is about to happen, prepare them for what is coming in advance so they can know what to expect.
- Be tolerant and patient. As with adults, no set timetable exists for children to complete their grieving process. Do not compare them to other children, even if they experienced the same event.
- Protect the child from the media. This applies to media at the scene of the trauma, as well as news coverage of the event. Turn off TVs or radios if necessary.

### Signs of Trauma in Children

#### Infants under 2
- May be fussier or be difficult to soothe
- Changes in sleeping or eating patterns

#### Ages 2 to 5
- Signs of fear
- Cling to parent or caregiver
- Cry, scream, or whine
- Revert to earlier childhood behaviors (thumb sucking or bed wetting)

#### Ages 6 to 11
- Lose interest in friends, family or favorite activities
- Struggling with school or homework
- Have nightmares or other sleeping problems
- Become moody, disruptive, or angry
- Develop unfound fears
- Feel depressed, emotionally numb, or guilty over what happened

#### Ages 12 to 17
- Flashbacks to the event, suffer nightmares, or other sleep problems
- Avoid disruptive, disrespectful, or aggressive
- Feel isolated, guilty, or depressed
• Lose interest in hobbies and interests
• Have suicidal thoughts

**Trust Based Relational Intervention**

Ashley Phelan, MS
1948 18th Avenue
Kingsburg, CA 93631
(559) 305-3111
ashleyphelan@gmail.com

**The Fresno Resiliency Center**
(for Children Impacted by Emotional Trauma)
559-621-2121

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**Hospice and Long-Term Care**

**Hinds Hospice**
2490 W Shaw Ave
Fresno, CA 93711
(559) 226-5683

**Bristol Hospice Visalia**
2439 W Whitendale Ave
Visalia, CA 93277
(559) 741-7220

**Valley Healthcare Center**
4840 E Tulare Ave
Fresno, CA 93727
(559) 251-7161

**Saint Agnes Home Health and Hospice**
6729 N Willow Ave #103
Fresno, CA 93710
(559) 450-5112

**Sierra View Home**
1155 E Springfield Ave
Reedley, CA 93654
(559) 638-9226

**Palm Village Retirement Community**
703 W. Herbert Avenue
Reedley, Ca. 93654
(559) 638-6933

**Dinuba Healthcare**
1730 S. College Avenue
Dinuba, Ca. 93618
(559) 591-3300

**Kingsburg Care Center**
1101 Stroud Avenue
Kingsburg, Ca. 93631
(559) 897-5881
Abuse Prevention

TYPES OF DOMESTIC VIOLENCE

EMOTIONAL
Name calling, put-downs, blaming, isolation from friends and family, threats to kill or harm, threats of deportation, making the victim feel worthless, threatening to “out” the victim, stalking, mind games, insulting the victim’s spiritual beliefs. Gaslighting and invalidation, manipulation or control of information to others outside the relationship.

PHYSICAL
Pushing, holding, trapping, restraining, blocking movements, pinching, slapping, shoving, punching, kicking, biting, burning, hair-pulling, strangulation, and use of weapons.

SEXUAL
Forcing sex or sexual acts, pressuring, coercion, drugging, and any non-consensual act. Includes religious belief of duty and full submission to spouse.

DESTRUCTION OF PROPERTY
Smashing walls or doors, breaking furniture or dishes, physical abuse of pets, destroying victim’s personal belongings, documents, or keepsakes.

ECONOMIC
Withholding money, keeping, or taking victim’s paycheck, prohibiting the victim from working.

If you experience some or most of these actions, you are most likely in an abusive relationship!
**CYCLE OF VIOLENCE**

**TENSION-BUILDING**
Batterer may be moody; may nitpick; may put down; may yell; may drink / use drugs; may threaten; may withdraw affection; may criticize.

Victim may be nurturing; may agree with the batterer; may try to reason; may try to please; may stay away from family/friends; may keep children quiet; may feel as though “walking on eggshells;” may attempt to soothe.

**ACUTE EXPLOSION**
Batterer may hit; may strangle; may humiliate; may falsely imprison; may rape; may use weapons; may be verbally abusive; may destroy property.

Victim may protect themselves; may call police; may try to calm batterer; may fight back; may leave.

**“HONEYMOON”**
“Batterer may apologize / beg for forgiveness; may cry; may declare love for the victim; may promise to get help / go to counseling / go to church; may enlist the family’s support; may promise to “never do it again;” may want to be intimate or make love.

Victim may agree to stay; may return or take back the batterer; may attempt to stop legal proceedings; may set up counseling; may feel happy/hopeful.
CHARACTERISTICS OF ABUSERS

**Jealousy**– Even at the beginning, abusers will say it’s a sign of love.

**Controlling Behavior** – Trying to control the decisions in a relationship, as well as where the partner goes and who they see.

**Short Engagements**– Abusers may want to get married or move in quickly with their partner, even though they do not know their partner well.

**Isolation**– Abusers may try to isolate their partner from anyone who may provide support.

**Blaming**– Abusers may blame their mistakes on their partner.

**Overly Sensitive**– Abusers may believe they are being constantly insulted, taking everything as an attack on them.
**PLAN FOR YOUR SAFETY**

If you feel you’re in danger:

- Move away from the kitchen, bathroom, or any location where there are dangerous or sharp objects.
- Determine the easiest escape route; select a door or window to exit through quickly and safely.
- Find a neighbor, friend, or family member you can trust to help you and your children or call 9-1-1.

If you decide to leave your partner:

- Every situation is different. Leaving your partner may be risky for you and your children.
- Decide now where you will go and how you will get there.
- Hide away some money. Even if you only save a little bit every week, it will help to have some money of your own.
- Make copies of keys and important papers, and leave them with a trusted friend, neighbor, or church.
- Stow away important items, including copies of birth certificates, legal papers, prescription medications, baby formula, and special toys for children.
- Let your child’s teacher and principal know enough about the situation to respond appropriately in a crisis.

Ways to be safe on your own:

- Have the locks changed on your doors.
- Learn about your legal rights. If you have legal papers to protect you, ALWAYS keep them with you.
- Tell neighbors, friends, landlords, and/or co-workers that your partner no longer lives with you. If your former partner is dangerous, tell them to call 9-1-1 if they see your former partner come around.
- Keep a safety plan for coming and going and share it with the people you trust. Teach your children about the safety plan.

For help with referrals, creating a personalized safety plan,
This booklet was prepared by the Kingsburg Police Department Chaplaincy. It is intended for free distribution to the citizens of surrounding communities. Information for the material of this book was obtained from Critical Incident Stress Management (CISM): Grief Following Trauma by the International Critical Stress Foundation, Inc. The information in this booklet was deemed reliable at the time of printing. Suggestions or corrections should be submitted to the following address:

Kingsburg Police Chaplaincy
1300 California Street
Kingsburg, CA 93631
(559) 897-4418
First Printing – 2021
Community RESOURCE Guide

Help for the Hurting

Together, a better community...