

Community Resource Guide

Help for the Hurting

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/>

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Fresno County

Coroner's Office

3150 E Jefferson Ave
Fresno, CA 93725
(559) 600-3400

Department of Public Health

1221 Fulton St
Fresno, CA
(559) 600-3200

Department of Behavioral Health

4441 E Kings Canyon Rd
Fresno, CA 93703
(559) 6009180

24/7 information connecting to Mental Health Services

(800) 654-3937

District's Attorney's Office

2220 Tulare St #1000
Fresno, CA 93721
(559) 600-3141

Children's Mental Health

3133 N Millbrook Ave
Fresno, CA 93703
(559) 600-8918

Fresno EOC LGBTQ Resource Center

<https://fresnoeoc.org/lgbtq/>

[559-325-4527](tel:559-325-4527)

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
(559) 636-5494

King's County

Coroner's Office

1470 N Dr
Hanford, CA 93230
(559) 852-4362

***Resources and Information
Dial 2-1-1***

HOSPITALS

Adventist Health Selma

1141 Rose Ave
Selma, CA 93662
(559) 896-1000

Alta Family Health Clinic

888 N Alta Ave
Dinuba, CA 93618
(559) 591-4171

Community Regional Medical Center- Fresno

2823 Fresno St
Fresno, CA 93721
(559) 459-6000

Adventist Health Reedley

372 W Cypress Ave
Reedley, CA 93654
(559) 638-8155

Adventist Health Hanford Hospital

115 Mall Drive
Hanford, Ca. 93230
(559) 582-9000

Sierra View Medical Center

465 W. Putnam Avenue
Porterville, Ca. 93257
(559) 784-1110

Clovis Community Medical Center

2755 Herndon Ave
Clovis, CA 93611
(559) 324-4000

Kaiser Permanente Medical Center

7300 N Fresno St
Fresno, CA 93720
(559) 448-4500

Valley Children's Hospital

9300 Valley Children's Pl
Madera, CA 93636
(559) 353-3000

Veterans Affairs Medical Center

2615 E Clinton Ave
Fresno, CA 93703
(559) 225-6100

Kaweah Health Hospital

400 W. Mineral King Avenue
Visalia, Ca. 93291

Adventist Health Tulare Hospital

869 N. Cherry Avenue
Tulare, Ca. 93274
(559) 688-0821

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

Palm Village Retirement Community

703 W. Herbert Avenue
Reedley, Ca. 93654
(559) 638-6933

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

Dinuba Healthcare

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

Kingsburg Care Center

1101 Stroud Avenue
Kingsburg, Ca. 93631
(559) 897-5881

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 Sanger Funeral Home

1524 9th Street
Sanger, CA. 93657
559-875-6555
<https://www.wallinfuneralhomes.com>

Abbey Funeral and Cremation Service

1010 T St
Fresno, CA 93721
(559) 237-4400

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

Thomas Marcom Funeral Home

2345 McCall Ave
Selma CA
<https://www.thomas-marcom.com/>
559-896-2261

Sterling & Smith Funeral Home

139 W. Mariposa
Dinuba, Ca. 93618
(559) 595-7940
<https://www.sterlingsmithfd.com/>

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

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.
- 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.

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

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

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

<https://fresnoeoc.org/lgbtq/>
559-325-4527

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

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

ServiceMaster by Benevento

4780 W. Jennifer Avenue
Fresno, Ca. 93722
(559) 266-4357
844-907-2828

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 Avenue
Visalia, Ca. 93292
(559) 266-4357
844-907-2828

VETERAN'S BENEFITS

You can apply for benefits online at <https://www.vets.gov>. If you have questions, call 1-800-827-1000 (TTY 711), Monday through Friday, 8:00 a.m. to 9:00 p.m. (ET), or call your VA regional benefit office.

Service-related Death - VA will pay up to \$2,000 toward burial expenses for deaths on or after September 11, 2001, or up to \$1,500 for deaths prior to September 11, 2001. If the Veteran is buried in a VA national cemetery, some or all the cost of transporting the deceased may be reimbursed.

Non-service-related Death - VA will pay up to \$780 toward burial and funeral expenses for deaths on or after October 1, 2018 (if hospitalized by VA at time of death), or \$300 toward burial and funeral expenses (if not hospitalized by VA at time of death), and a \$780 plot-interment allowance (if not buried in a national cemetery). For deaths on or after December 1, 2001, but before October 1, 2011, VA will pay up to \$300 toward burial and funeral expenses and a \$300 plot interment allowance.

Benefits Information

SOCIAL SECURITY BENEFITS

If you need to report a death or apply for benefits, call **1-800-772-1213 (TTY 1800-325-0778)**. You can speak to a Social Security representative between 7 a.m. and 7 p.m. Monday through Friday. You can also visit your local Social Security office. An appointment is not required, but if you schedule one, it may reduce the time you spend waiting to speak to someone.

In most cases, the funeral home will report the person's death to Social Security. If you want them to do that, you will need to give the deceased's Social Security Number to the funeral director so they can make the report.

If you are getting benefits on your spouse's or parent's record:

- You generally will not need to file an application for survivors' benefits.
- Social Security will automatically change any monthly benefits you receive to survivors benefits after they receive the report of death.
- Social Security may be able to pay the Special Lump-Sum Death Payment automatically.
- If you are not getting benefits, you should apply for survivor's benefits promptly because, in some cases, benefits may not be retroactive.

- 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.

Victim Services

FRESNO COUNTY PROBATION DEPARTMENT THE JAMES ROWLAND CRIME VICTIM ASSISTANCE CENTER (C.V.A.C.)

The James Rowland Crime Victim Assistance Center (CVAC) assists crime victims and witnesses with several specific services and referrals identified in the information below.

You may be eligible if you are...

- Injured because of a crime
- Dependent upon the victim for support or are the primary caretaker
- In need of financial assistance for medical, mental health, or funeral/burial expenses
- A family member who resides with the victim and in need of services because of the crime
- A child residing in a home where domestic violence occurs
- A "*Good Samaritan*" who is injured or suffers a loss while assisting a victim during a crime
- A witness to a crime, under 18 years old, and not related to the victim

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

Offices locations:

- Business Hours (all sites): Monday-Friday 8:00-12: Main Office, serving victims of all crimes – 2233 Kern St., Fresno.
- Serving seniors (65 yrs. or older) and Dependent Adults – 2025 W. Dakota Ave. #156, Fresno, CA 93705
- Serving Victims of Juvenile Offenders – 890 S. Tenth St., Fresno. 00 and 1:00-5:00.

It is best to call and make an appointment; HOWEVER, an appointment is not required to receive immediate assistance. The Advocate will need to know the type of crime, the police department who handled the case and report number if possible. All services are FREE and can be provided at ANY TIME.

Services available for victims and their families:

- Crisis intervention services
- Community referrals for emergency services like food, shelter, clothing, counseling, other community referrals
- Intervention services with employers, schools, creditors
- 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.
- Funeral/Burial (through the State Compensation Program for victims of violent crime and for those who qualify)
- Other services available

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)

Victims of Crime Resource Center, Pacific/McGeorge School of Law: (800) VICTIMS (842-8467)

National Center for Victims of Crime: (855) 4-VICTIM (484-2846)

National Organization for Victim Assistance: (800) TRY-NOVA (879-6682)

Report HOAX Threats: (888) 884-8383

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

California Partnership to End Domestic Violence: (800) 524-4765

National Domestic Violence Hotline: (800) 799-SAFE (7233)

Rape Counseling Services of Fresno: (559) 222-7273

Rape, Abuse, Incest, National Network: (800) 656-HOPE (4673)

Psychological Services Center: (559) 253-2277

Centro La Familia, Advocacy: (559) 237-2961

Central California Legal Services: (559) 570-1200

Victim Offender Reconciliation Program of the Central Valley, Inc.: (559) 453-3472

Sex Trafficking: Break the Chains: (559) 402-3955

Report Human Trafficking: (866) 347-2423

Report suspicious activity to local law enforcement agency or

CCIC/SACRTAC (888) 884-8383

Hope for the Hurting

We all experience pain in life, whether it be emotional or physical pain. A sudden loss or trauma may cause feelings of overwhelming hurt. Perhaps you have had some life circumstance that has caused such hurt that you do not know where to turn. Many people look to the Bible to seek words of wisdom and a ray of hope in their darkness. Whatever the circumstance may be, it is our prayer that these comforting Bible verses can be used to find a peace that passes all understanding.

“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.”

Psalm 9:9-10 (NASB)

“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.”

Psalm 23:4 (NASB)

“God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, though the earth should change and though the mountains slip into the heart of the sea; though its waters roar and foam, though the mountains quake at its swelling pride.”

Psalm 46:1-2 (NASB)

“Blessed are those who mourn, for they shall be comforted.”

Matthew 5:4

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.”

2 Corinthians 1:3-5 (NASB)

“The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness. ‘The Lord is my portion,’ says my soul, ‘therefore I will hope in Him.’ The Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should wait quietly for the salvation of the Lord... For the Lord will not cast off forever, but, though He cause grief, He will have compassion according to the abundance of His steadfast love; for He does not afflict from His heart or grieve the children of men.”

Lamentations 3:22-26, 31-33 (ESV)

“Jesus said to her, ‘I am the resurrection and the life; he who believes in Me will live even if he dies, and everyone who lives and believes in Me will never die. Do you believe this?’”

John 11:25-26 (NASB)

“But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from the wrath of God through Him.”

Romans 5:8-9 (NASB)

“But what does it say? ‘The word is near you, in your mouth and in your heart’—that is, the word of faith which we are preaching, that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation. For the

Scripture says, ‘Whoever believes in Him will not be disappointed’ ... for ‘Whoever will call on the name of the Lord will be saved.’”

Romans 10:8-11, 13

“But when the kindness of God our Savior and His love for mankind appeared, He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to the hope of eternal life.”

Titus 3:4-7 (NASB)

“But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in Jesus... Therefore comfort one another with these words.”

Thessalonians 4:13-14, 18 (NASB)

“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.”

Romans 8:18, 24-25, 38-39 (NASB)

Grief Following Trauma

Grief is the reaction to experiencing loss or trauma. Every person grieves differently, and it is often easier to describe than it is to define. It can be a physical feeling of pain or illness, an intense mental exercise that perhaps repeats itself repeatedly, an emotional roller coaster or feeling of freefall, or even a celebration of what once was. Those who mourn are experiencing and expressing their grief, and this is a healthy process to go through. However, not all normal reactions are healthy and may need to be changed, though they are still understandable and do not indicate “insanity.”

NORMAL REACTIONS

Every person grieves in their own unique way, even if it seems unusual to onlookers. Here are just a few examples of normal grief reactions:

- A physical feeling of burden or squeezing that can cause exhaustion
- Unconsciously holding one’s breath, or erratic breathing

- Inability to sleep, eat, or drink, or doing these things excessively
- Greater susceptibility to illnesses or physical ailments
- Inability to motivate yourself
- Inability to concentrate or remember things
- Forgetting and then remembering that the deceased is dead
- Impaired judgment or inability to problem solve or make decisions
- A questioning of one's faith or worldview
- Experiencing panic attacks
- Unnecessarily acting dangerously, driving recklessly, or taking risks
- Self-medicating, or turning to substances that "ease the pain"
- Negotiating over events that have already happened, playing the "what if" or "if-only" game, pleading to undo what cannot be undone
- Feeling guilty for moving on, or for living, or for enjoying life
- Feeling angry at the deceased for dying, or at others (i.e. doctors)
- 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 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.
- ***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.

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.
- ***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.

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.

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.

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 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.

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. 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 unfounded 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 (for kids and parents)

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

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, or other assistance, contact the Marjaree Mason Center.

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Kingsburg Police Chaplaincy

1300 California Street

Kingsburg, CA 93631

(559) 897-4418

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