

# 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**

[fresnoeoc.org/lgbtq/](http://fresnoeoc.org/lgbtq/)  
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

## ***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

## **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

## **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

## **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

## **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



## *Funeral Directors*

### **Salsler 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](http://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

**Sterling & Smith Funeral Home**

139 W. Mariposa  
Dinuba, Ca. 93618  
(559) 595-7940  
[www.sterlingsmithfd.com](http://www.sterlingsmithfd.com)

**Thomas Marcom Funeral Home**

2345 McCall Ave,  
Selma CA  
559-896-2261  
[www.thomas-marcom.com](http://www.thomas-marcom.com)

***AFFORDABLE CASKET PURCHASE OPTION***

**Titan Casket**

[titancasket.com](http://titancasket.com)  
501-298-4295

# *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](http://www.webhealing.com)

### **GRIEFSHARE-**

[www.griefshare.org](http://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](http://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

# ***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**

[fresnoeoc.org/lgbtq/](http://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

**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

## ***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: Breaking the Chains: (559) 402-3955*

*Report Human Trafficking: (866) 347-2423*

*CalVCB-California Victim Compensation Board  
800-777-9229  
[online.victims.ca.gov](http://online.victims.ca.gov)*

*The James Rowland Crime Victim Assistance Center (CVAC)  
559-600-CVAC. Fresno County*

***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 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.



## *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 unexplained 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

ashleyphelelan@gmail.com

**The Fresno Resiliency Center**

(for Children Impacted by Emotional Trauma)

559-621-2121



# *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:

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