

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

July 2018

<http://www.sacda.org/helpingvictims/victim-witness/>

Issue 7

GROUP PURPOSE

Why are we here:

To support persons who survive the violent death of someone close as they seek to recover;

To provide contact with similarly bereaved persons and establish self-help groups that meet regularly;

To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide;

To communicate with professionals in the helping fields, about the problems faced by those surviving a homicide and to increase society's awareness of these issues.



Facilitating Victim Advocates

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UPCOMING MEETINGS

Summer Break July & August No Group

Sept 5th, 2018 @ 6:30 pm

Sacramento District Attorney's Office
901 G Street, Sacramento CA

Please park in the jury lot on 8th & G, or behind the building and enter through the back door.

In Loving Memory

July Dates of Birth

Nancy Jenkins-Smith	07/28/1959
Pavel Voskoboinik	07/03/1985
Nadine Reyes	07/02/1984
Jeromy K. Shinault	07/07/1980
Freddie Rodriguez III	07/04/1986
Jevon Cory Brown	07/01/1975
Andre Duran Whittaker	07/25/1974
Vicky Skanks	07/13/1975
Marvin Peterson	07/11/1960
Ivan Hodge	07/05/1967
Marc Heron	07/29/1974
John Heringer	07/25/1957
Anita Uribe	07/06/1947
William Rasica, Jr.	07/23/1969
Ricky Jouahan Collier	07/27/1969
Kenneth Hahn	07/26/1982
Phyllis Lewis-Elame	07/14/1947
La Velle Grays	07/03/1967
Horatio Lawrence	07/19/1980
Tommy Xiong	07/21/1982
Navnil Chand	07/03/1988
Jahh Aquell Henry Hoskins	07/26/1984
Terrell Anderson	07/09/1982
Raymond Villescaz	07/29/1967
Michael Anderson	07/25/1959
Johnny F. Nolasco	07/09/1983
Ralph Reynoso Jr.	07/06/1987
Victor Lima	07/22/1988
John Paul Martin	07/20/1968
Antonio Garnica	07/18/1975
Prince Ray Mills	07/04/1983
Martin Ramierz Jr.	07/30/1986
Braeden Gardner	07/28/2003
Perell Marquise Waters	07/04/1990
Manuel Maciel	07/13/2005
Jazzmyne Sharnae Bruner	07/12/1991

July Dates of Loss

Nadine Reyes	07/08/2002
Armondo Toro	07/17/2003
Jasmine Leon	07/14/2003
Jason Taylor	07/23/2002
James Robert Treiberg	07/17/1991
Agnes Elias	07/24/2002
Andres Martinez	07/19/1999
Glenn C. Whitten	07/24/1995
Fealofani V. Lopa	07/24/1996
Joie Armstrong	07/21/1999
Dina Linda Jimenez	07/07/2000
Peter Trujillo	07/27/2000
Michael Izell Brown	07/28/2001
Timothy Donaldson, Sr.	07/30/2003
Donnell Harden	07/08/2000
Joseph Dewayne Young	07/10/2005
Thomas Devon Vassar	07/17/2005
Timothy Tallman	07/15/1996
Clifford Owens	07/26/2005
Devin McWilliams	07/31/2005
Stephan Brophy	07/10/2005
Damon Moore	07/15/2005
Astin Lawrence	07/23/2005
Beverly Ann Smith	07/03/2005
Prem Chetty	07/07/2005
Tyesha Gallien	07/04/2006
Eddie Steele	07/31/2006
Daniel James Martinez	07/22/2006
Richard A. Bustillos	07/16/2006
Laura Steward	07/08/2007
Alexandra Maria Cerda	07/08/2007
Timothy Tallman	07/15/1996
Antwoan Dupree Williams	07/23/2007
Devin Marsean Crowder	07/28/2007
Avery Marie Polk	07/04/2007
Damon Perkins	07/19/2003
Arcelius Lee	07/28/2007
Everett A. Taylor	07/22/2009
Damon Moore	07/15/2005
Isaac-Michael Bartkovsky	07/15/2009
Lanajah Nachele DuPree	07/11/2010
Curtis Atkinson	07/22/2010
Michael Sanderson	07/29/2011

What are normal grief reactions after homicide?

(Information adapted from the Wendt Center on Loss and Healing)

When a loved one is murdered, family and friends often experience symptoms of trauma along with the grieving process. Homicide is so sudden, unanticipated and violent that it often shakes the survivors' sense of safety, control and trust in the world around them. They may feel shocked, angry, and guilty, or as if they failed to protect their loved one from harm. These intense emotional reactions are often further complicated by the involvement of the criminal justice system and sometimes the news media.

If you are a homicide survivor or experiencing grief, you may feel:

- Unable to understand or believe what happened to your loved one
- Helpless and powerless over your surroundings
- Preoccupied with your own personal safety and the safety of surviving loved ones
- As if you somehow could or should have protected your loved one from harm
- Haunted by images, nightmares, and flashbacks of the murder, even if you were not a witness
- Afraid of strangers and worried that the perpetrator, or any perpetrator, will strike again
- Intense rage toward the perpetrator(s)
- Distrustful of others and of the world around you
- A desire to avoid people and places that remind you of your loved one or of the homicide
- Physical symptoms, like head or stomach aches, difficulty sleeping, eating or focusing
- Blamed, isolated, exploited, or stigmatized by law enforcement, health care providers, news media, and your own friends and family
- Anger and blame in many different directions - toward yourself, other family members, witnesses of the homicide, law enforcement, spiritual leaders, and God

What Can I do?

While no one reacts to homicide or grieves in the same way, these steps may be helpful:

- **Stay Connected** - Try to allow trusted friends, family, and those who are also grieving to support you, just as you support them. Seek out a support group or online community designed for those coping with the homicide death of a loved one.
- **Create a Ritual** - Consider a religious or non-religious ritual, during which you can safely say goodbye to your loved one.
- **Maintain a Routine** - Regain a sense of control over your life by maintaining a basic structure and routine. Try to get enough rest, eat proper meals, and exercise regularly.
- **Record Your Thoughts and Feelings** - Keep a journal, write a poem, or write a letter to your loved one as a way of processing your grief.
- **Safely Release Your Anger** - Find a safe way to release your anger, perhaps in grief counseling or with understanding friends and family.
- **Set Boundaries** - The initial involvement of law enforcement officials, news media, and even friends and family, may be overwhelming. Setting boundaries about what you will discuss and when you will talk with them may help.
- **Address Your Trauma-related Reactions** - Common responses to homicide include nightmares, flashbacks, fear, avoiding people and places. Slowly begin to rebuild a sense of safety, most likely with the help of a mental health professional.
- **Grieve in Your Own Way** - Not all those affected by homicide react in the same way. Allow yourself to grieve at your own pace.

<https://victimconnect.org/crime-resources/homicide-and-grief/>

Contact the VictimConnect Resource Center by phone at 1-855-484-2846

Dedications to your loved ones can be featured in the newsletter. Please submit them to Michelle Husbands at husbandsm@sacda.org by the 10th of the previous month you would like the dedication to appear. Eg. Dedications for the May's newsletter should be submitted by April 10th

Memorial Quilts: If you are interested in having a picture of your lost loved one placed on a quilt, please contact your victim advocate for instructions on how to complete that process.

Meeting Dates & Times:

- No group July and August- Summer Break
- Sept 5th, 2018 @ 6:30 pm
- October 3rd, 2018 @ 6:30 pm
- Nov 7th, 2018 @ 6:30 pm
- Dec 5th, 2018 @ 6:30 pm ...Holiday Potluck

Children's Support Groups: Sutter Memorial Children Bereavement Art group for ages 4-16 contact Peggy Gulshen @ 916-454-6555 for various locations in Sacramento County. www.sutterchildrens.org/childbereavement

UC Davis Hospice young adult group for ages 17-24. Please contact Don Lewis @ 916-734-1139. Closed group which meets once a week for 8 sessions, **RE-MEMBER ME BEARS:** Anyone interested in having a bear made from an article of clothing, blanket etc that holds special memories of your loved one, may contact Ms. Sharon Bell at 707-678-3738. The cost is \$30 and she is willing to work with those who may have financial difficulty. The materials should be mailed to her at 1380 West F Street, Dixon CA 95620.

Grief Support and Resources

Parents of Murdered Children (POMC) is a national self-help organization designed solely to offer emotional support and information for anyone (not just parents) about surviving the loss of a loved one to murder. **Meetings are the 4th Monday of each month from 6:30 pm - 8:00 pm at 5770 Freeport Blvd, Sacramento CA 95822.** For additional info. call (916) 879-4541

Crime Victim's United of California sponsors a victim's support group **the 2nd Tuesday of each month** beginning at 6:30 pm at St. Teresa of Avila's Church in the preschool buildings at 11600 Atwood Road, Auburn CA. If you or someone you know is interested in attending, please call and confirm time and place at 530-885-9544.

Sacramento Valley Compassionate Friends meets **every third Friday of each month 7:30-10:00 pm** at the St. Mark's United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Please contact Pamela Amo @ 916-955-3180 for questions pertaining to the group.

VIVA—Volunteers in Victim Assistance is a full service center for victims of violent crime and trauma. It is located at 2020 Hurley Way, Suite 265 Sacramento CA 95825. Tel # 916-570-1690. They serve victims primarily in Sacramento County, but they can also serve victims in El Dorado, Placer and Yolo counties. Please contact them for additional information.

SUICIDE PREVENTION RESOURCES: DO NOT TRY TO DEAL WITH IT ON YOUR OWN
National Suicide Prevention Lifeline @ 1-800-273-8255 (1-800-273-TALK) or 1-800 784-2433 (1-800 suicide); Sacramento Suicide Crisis Prevention line @ 916-368-3111;
National Organization for People of Color Against Suicide: <http://www.nopcas.org>

The following members of the support group are willing to lend a listening ear during your time of grief.

Grace Beren: 916-730-5640; Earline Harris: 916-204-3399

www.thecompassionatefriends.com

www.1800victims.org

www.crimevictimsunited.com

www.cvactionalliance.org Crime Victims Action Alliance

www.pomc.org

www.pomc.org/sacramento