

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

August 2021

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

Issue 5

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

Ahmanal Dorsey
DorseyA@sacda.org
916-874-6193

Michelle Husbands
Husbandsm@sacda.org
916-874-5430

Tatiana Morfas
MorfasT@sacda.org
916-874-6741

UPCOMING MEETINGS

WELCOME BACK TO IN PERSON MEETINGS

Wednesday August 4th, 2021 @ 6:30 pm

Wednesday September 1st, 2021 @ 6:30 pm

MASKS REQUIRED

Kaiser Building across from Sacramento's DA's office
906 G Street, Sacramento CA

Please park behind the DA's office for free or on G street which has metered parking.

In Loving Memory

August Dates of Birth

John E. Sullivan	08/06/1972
Jesus J. Morales	08/23/1961
Jim Bridges	08/02/1969
Tony Rocha	08/16/1979
Fealofani V. Lopa	08/29/1979
Crystal Johnson	08/17/1987
Pierre Fortier	08/08/1969
LaMeika K. Bullard	08/20/1976
Aaron Michael Bradney	08/13/1973
Brit C. Bahn	08/31/1971
Tomek Ordon	08/15/1975
David Ortiz, Jr.	08/08/1972
Juanita Johnson	08/21/1960
Edward C. Sanchez	08/09/1964
Damon Moore	08/11/1977
Donikos K. Jones	08/12/1982
Raymone Joseph Washington	08/07/1985
Abdullah Saud Almahri	08/28/1979
Eddie Steele	08/28/1966
Ramona Gonzales	08/31/1958
Gary James Maryland	08/30/1978
Anthony Lee Torrez Fuller	08/16/1980
Avery Marie Polk	08/12/1979
Otis Edward Passmore	08/31/1953
Arcelius Lee	08/15/1976
Vincente Segura	08/27/1969
Jack Maurice Lawrence	08/15/1987
Travis Smith	08/08/1972
Damon Moore	08/11/1977
Cindy Ramos	08/22/1950
James Arthur	08/29/1983
Jesus Garcia	08/19/1985
Kevin Burks	08/29/1963

August Dates of Loss

Tyreko Johns	08/19/2002
Kenneth Tannahill	08/06/2003
Carlos Enciso	08/06/2003
Allen Qualls	08/20/2003
Jevon Cory Brown	08/25/1998
Mary Ann Ligon	08/17/1993
Angel Evonn Dixon	08/15/1993
Vicky Skanks	08/14/1986
Ivan Hodges	08/24/1998
Raymond Munoz	08/1995
Tyler Tory Walkens	08/18/1992
Patricia Emerson	08/07/1999
Michelle Emerson	08/07/1999
Jamie Lee Reed	08/10/1998
Derek Morales	08/06/1995
Theron LaMortoe Hopkins-Hollis	08/12/2000
Earnest Talley	08/31/2000
David Ortiz, Jr.	08/12/1994
Mario Vidal	08/06/2004
Edward R. Sanchez	08/10/2002
Albert Alexander Sandoval	08/22/2005
Steve Morris Smith	08/12/2005
Steven Stewart Santistevan	08/28/2005
Navnil Chand	08/05/2005
Brandon Loomer	08/28/2005
James Burley Woulard	08/15/2005
Shauntea LaRain Coates-Johnson	08/01/2006
Deborah J. Williams Brown	08/06/2006
Robert Christopher Placencia	08/06/2006
Shanneel Singh	08/08/2006
Jerimi Millican	08/05/2004
Sylvia F. Guerrero	08/09/2006
Rudolph Haynes	08/28/1991
Lawrence Dean Lynn	08/22/2007
Sione Folau, Jr.	08/04/2007
Steven Clay	08/19/2007
Brandon Loomer	08/28/2005
Julian Maisonet	08/24/2007
Evelyn Wash	08/06/2006
Michael Branner Jr.	08/08/2009
Cindy Ramos	08/06/2009
William Goldsbury	08/23/2010

How Children Grieve

Grieving the loss of a loved one is difficult, especially for a child. When a child loses a loved one to death, the loss can have a serious effect on the rest of his or her life.

"Children grieve differently than adults, and their need to grieve in their own way is sometimes overlooked," said Vorsheck. 'Children don't just get over grief. They need time to learn to cope with their loss and the many other changes that often occur.' Grieving children are likely to feel different, and very alone.

The loss of a parent, grandparent, sibling or other significant person can be very troubling in childhood, but even in childhood there are age differences in relation to the loss. A very young child, under one or two, may appear to have no reaction if a loved one or caretaker dies, but this is far from the truth. At a time when trust and dependency are formed, a break in the cycle, even a break of no more than one day can cause problems in well being.

As a child grows older, death is still difficult to understand and this affects the way a child responds. For example, younger children will find the 'fact' of death a changeable thing: some may believe their deceased mother could be restored to wholeness with 'band-aids', and children often see death as curable or reversible, more as a temporary separation and not a permanent reality.

Reactions may manifest themselves in 'acting out' behaviors; a return to earlier behaviors such as thumb sucking, clinging to a toy or security blanket or angry behaviors. Children have not developed the maturity to mourn as an adult, but the intensity of the loss is there. As children enter pre-teen and teen years, there is a more mature understanding of the loss. Adolescents may respond with delinquency, or oppositely become 'over-achievers'. Children will make every effort to remain above or 'on top' of the grief.

How To Help

Encourage your children to talk with you.

Children need to know that there will always be someone to take care of them, tell them the plan for their care.

Get support from family and friends for yourself and your child.

Plan activities that the child can anticipate with excitement.

Create a memory box of the time the child shared with the lost loved one.

Avoid making promises that you cannot keep, such as declaring that the loved will return.

Turn off the news.

Keep it simple. Be honest about how you feel.

Mary M. Lyles, MSW, LCSW. All rights reserved. Children's Grief Education Assoc. www.childgrief.org

Breaking the Silence: A Guide To Help Children With Complicated Grief: Suicide, Homicide, Violence, and Abuse.

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: August 4th, 2021 @ 6:30 pm
Sept 1st, 2021 @ 6:30 pm
Oct 6th, 2021 @ 6:30 pm

Children's Support Groups: Sutter Memorial Children Bereavement Art group for ages 4-16 contact 916-887-5275 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.

SNOWLINE Healing All Together provides FREE groups for children, teens and their families at the Sacramento Children Museum, 2701 Prospect Park Dr, Rancho Cordova, CA 95670 Contact their Bereavement Services section at 530-621-7820 or 916-817-2338 to enroll in group. <https://www.snowlinehospice.org/our-services/griefsupportgroups>

REMEMBER 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. Here is a link of her sharing her journey <https://vimeo.com/353432975>

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. **They meet the first Saturday of the month from 1:00 to 3:00 pm, at Antelope Springs Church Roseville, CA** 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 7:30-9:30 pm at the St. Mark's United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Use the parking lot on Lusk in front of the Education Bldg. Meeting is upstairs in room E- 26 also accessible by elevator. Please contact the general number with questions pertaining to the group or email them at tcfsacvalley@gmail.com

Sacramento Valley Compassionate Friends Men's Sharing meeting is every second Tuesday of the month 7:30-9:00 pm at Christ Community Church 5025 Manzanita Ave, Carmichael in Rm 15. Parking is in the back.

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