

# HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

March 2019

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

Issue 3

## 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

**Wednesday April 3rd, 2019 @ 6:30 pm**

**Guest Presenter: Mike Young- CDCR Victim Services  
New laws and impacts on defendants in closed and  
current cases.**

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

### March Dates of Birth

Manuel Parra	03/07/1971
Thomas Swafford	03/31/1980
Conrad Sanchez	03/23/1970
Kimberly Ray	03/24/1965
Albert Proctor	03/22/1968
Michael A. Menzies	03/21/1978
Julianna Lacefied	03/25/1994
Tony Galati	03/14/1979
Robert _____	03/03/1966
William A. Broady	03/28/1953
Anthony Jon Casteel	03/20/1968
Billy Champ, Jr.	03/23/1997
Mark Contreraz	03/23/1994
Theron LaMortoe Hopkins-Hollis	03/02/1976
Kelly Dyan Hendershot	03/23/1979
David Crawford	03/09/1948
Maurice Taylor	03/07/1983
Wesley Hunter	03/05/1979
Stevan Stewart Santistevan	03/30/1960
Howard Turley	03/31/1973
Princella Walker	03/24/1979
Homero Estrada Perez	03/30/1971
Augusto E. Lopez-Garcia	03/24/1986
Nina Guess	03/12/2005
Damien Louis King	03/13/1989
Michael Lamar Barron	03/17/1979
Jerimi Millican	03/17/1986
Marquis R. Richmond	03/22/1976
Joseph Zacaria Gomez	03/15/1989
Joseph Roneel Dutt	03/14/1985
Patrick Moore	03/15/1968
Robert Grimes, III	03/30/1982
Marie Buchanan	03/27/1952
Leo Fletcher III	03/17/1986
Evelyn Wash	03/01/1952
Dominic D. Campos	03/28/1988
Anthony Lamar Barnett	03/01/1983
Michael Sanderson	03/14/1957
Nichole Riolo	03/24/1983

### March Dates of Loss

LaVelle Grays	03/20/2001
La'Ronda Marie Johnson	03/26/1998
John E. Sullivan	03/29/2003
Zephriah Johnson	03/21/2003
Vincent Estrada	03/25/2003
Tony Galati	03/14/1998
Larry Carrisosa	03/01/2000
Tad Shaw	03/13/1998
Randy Peterson	03/28/1999
Andre Duran Whittaker	03/26/1999
Crystal Johnson	03/29/1994
Anthony Keith Robinson	03/16/1999
Nickolas Contreaz	03/02/1998
Beverly Jean Horne	03/06/1995
David Sarget III	03/26/1998
Glenn C. Whitten	03/01/2000
Jackie Madera	03/28/1999
Joie Armstrong	03/26/1999
Ricky J. Collier	03/29/1994
Tomek Ordon	03/02/1998
Andres Martinez, Jr.	03/13/1998
Wilfredo Ochoa	03/27/2004
D. Johnson	03/10/2004
Julie Ann Carrera	03/12/2005
Linda Louise Avila	03/12/2005
Jesse Rodgers, Jr.	03/10/2005
De'Antwan T. Thomas	03/11/2005
Hector Manuel Barrera Jr.	03/26/2006
Carlos Morales	03/06/2006
Phuong Van Le	03/14/2006
Ralph Reynoso, Jr.	03/26/2006
Michael Lamar Barron	03/09/2007
Cleveland H. Scott	03/30/2007
Gregory Cabrera	03/28/2007
Jelissa Office	03/23/2007
John Johnson	03/25/2006
Arlo Ligi	03/13/2008
Jack Maurice Lawrence	03/15/2006
Fernando Lorenzo Munoz	03/21/2009
Raul Velasquez	03/13/2010
Salvador Heredia-Arriaga	03/26/2010
Marque Alexander Johnson	03/17/2010
Jeremiah Josiah McRath	03/25/2010
Monica Anderson	03/13/2010
David Valdez	03/20/2011
Jessica Haslam	03/06/2012

## Grief: Coping with the Loss of Your Loved One

<https://www.apa.org/helpcenter/grief>

Coping with the loss of a close friend or family member may be one of the hardest challenges that many of us face. When we lose a spouse, sibling or parent our grief can be particularly intense. Loss is understood as a natural part of life, but we can still be overcome by shock and confusion, leading to prolonged periods of sadness or depression. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one.

Everyone reacts differently to death and employs personal coping mechanisms for grief. Research shows that most people can recover from loss on their own through the passage of time if they have social support and healthy habits. It may take months or a year to come to terms with a loss. There is no "normal" time period for someone to grieve. Don't expect to pass through phases of grief either, as new research suggests that most people do not go through stages as progressive steps.

If your relationship with the deceased was difficult, this will also add another dimension to the grieving process. It may take some time and thought before you are able to look back on the relationship and adjust to the loss.

Human beings are naturally resilient, considering most of us can endure loss and then continue on with our own lives. But some people may struggle with grief for longer periods of time and feel unable to carry out daily activities. Those with severe grief may be experiencing complicated grief. These individuals could benefit from the help of a psychologist or another licensed mental health professional with a specialization in grief.

### Moving on with life

Mourning the loss of a close friend or relative takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning that offers purpose and direction to life.

Grieving individuals may find it useful to use some of the following strategies to help come to terms with loss:

**Talk about the death of your loved one** with friends and colleagues in order to understand what happened and remember your friend or family member. Denying the death is an easy way to isolate yourself, and will frustrate your support system in the process.

- **Accept your feelings.** People experience all kinds of emotions after the death of someone close. Sadness, anger, frustration and even exhaustion are all normal.
- **Take care of yourself and your family.** Eating well, exercising and getting plenty of rest help us get through each day and move forward.
- **Reach out and help others dealing with the loss.** Helping others has the added benefit of making you feel better as well. Sharing stories of the deceased can help everyone cope.

## Grief: Coping with the Loss of Your Loved One Cont'd

- **Remember and celebrate the lives of your loved ones.** Possibilities include donating to a favorite charity of the deceased, framing photos of fun times, passing on a family name to a baby or planting a garden in memory. What you choose is up to you, as long as it allows you honor that unique relationship in a way that feels right to you. If you feel stuck or overwhelmed by your emotions, it may be helpful to talk with a licensed psychologist or other mental health professional who can help you cope with your feelings and find ways to get back on track.

### How psychologists can help

Psychologists are trained to help people better handle the fear, guilt or anxiety that can be associated with the death of a loved one. If you need help dealing with your grief or managing a loss, consult with a psychologist or other licensed mental health professional.

Psychologists can help people build their resilience and develop strategies to get through their sadness. Practicing psychologists use a variety of evidence-based treatments — most commonly psychotherapy — to help people improve their lives. Psychologists, who have doctoral degrees, receive one of the highest levels of education of any health care professional.

This Help Center article was adapted from a March 2011 post by Katherine C. Nordal, PhD on APA's Your Mind Your Body Blog.

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## CANCELLED

**2019 Crime Victims United- March on the Capitol**

**Dedications** to your loved ones can be featured in the newsletter. Please submit them to Michelle Husbands at [husbandsm@sacda.org](mailto: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:** April 3rd, 2019 @ 6:30 pm  
May 1st , 2019 @ 6:30 pm  
June 5th, 2019 @ 6:30 pm (Summer Potluck)  
Summer break Aug and Sept- No group

**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](http://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. Sessions are every other Tuesday Jan 22nd, Feb 5th & 19th; March 5th & 19th; April 2, 16th and 30th; May 14th.

**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.

# 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 4<sup>th</sup> 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 2<sup>nd</sup> 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.

**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](http://www.thecompassionatefriends.com)

[www.1800victims.org](http://www.1800victims.org)

[www.crimevictimsunited.com](http://www.crimevictimsunited.com)

[www.cvactionalliance.org](http://www.cvactionalliance.org) Crime Victims Action Alliance

[www.pomc.org](http://www.pomc.org)

[www.pomc.org/sacramento](http://www.pomc.org/sacramento)