

Common Grief Reactions/Feelings

Denial of the death

Presence of strong emotion

Intense longing for the deceased

Absence of emotion or feeling/detachment and numbness

Plagued by anger, blame, guilt, bitterness about loss

Being dominated by memories

Depression

Disturbed eating/sleeping

Withdrawing from social activities

Experiencing fear, disorientation, and confusion

Inability to concentrate

Irritability or agitation/unable to sit still

Lack of trust in others

Hypervigilant; easily startled

Emotional outbursts

Feeling life has no meaning or purpose/hopeless about the future

Personal Community Resource Reference

Contacts	Phone Number
Case Number	_____
Clergy	_____
Coroner's Office	<u>916.874.9320</u>
District Attorney	<u>916.874.6218</u>
Employer	_____
Funeral Home	_____
Hospital	_____
Insurance Co.	_____
Juvenile Center	<u>916.875.6908</u>
Police	_____
SIRENS <small>(Sheriff's Inmate Release Elective Notification System) Register @ sacsheriff.com</small>	<u>916.874.6752</u>
School	_____
Sheriff	<u>916.874.5115</u>
Victim Advocate	_____
Victim Witness	<u>916.874.5701</u>
Miscellaneous	_____

901 G Street - Sacramento, CA 95814
916.874.6218
CA Relay Service 800.735.2929 TDD or 711

@SacCountyDA    

Sacramento County
District Attorney's Office

Homicide Support Network



Victim Witness Assistance Program

916.874.5701

District Attorney
Thien Ho
Sacramento County
District Attorney's Office
sacda.org



Homicide Support Network

The Network is a homicide survivor support group that provides emotional support to individuals and families facing the trauma of having a loved one murdered.

The Network provides a safe, caring, non-judgemental response to those who have been personally touched by the trauma of having someone close die under violent circumstances.

The Network recognizes how hard it can be to express feelings associated with a sudden and violent death. All too often, members in the community feel alone in their pain.

Homicide Support Network Meetings are hosted monthly by the Victim/Witness Assistance Program, at the Sacramento County District Attorney's Office. All homicide survivors are invited to join the Network. Some people come to share and others just come to listen. Supportive friends and family are welcome. There is no pre-registration, and there are no fees.

The Network is not a therapy or religious group. It is a self-help/discussion group where healing is slowly and gently promoted as you gain insight and understanding in dealing with traumatic grief.

A Support Group is here for you

**Where: District Attorney's Office
906 G Street
Sacramento, CA 95814**

When: First Wednesday of each month

Time: 6:30 p.m. – 8:30 p.m.

**For complete information, contact the
Victim/Witness Program at (916) 874-5701**

Are you a Homicide Survivor?

"Homicide survivors" is a phrase used to describe family members of homicide victims; however, the term encompasses many more people with a seemingly more distant relationship, such as neighbors, co-workers, and friends. All may feel the need for support.



Things to Think About

Homicide survivors may suffer a wide range of initial responses including: shock, disorientation, numbness, disbelief and denial. Any of these responses can shut down everyday rational thinking. To compound this emotional struggle, various decisions and arrangements must be made. Here are a few suggestions that may be helpful:

- Keep in touch with authorities for updated information.
- Inform family and friends about the homicide.
- Make appropriate funeral and burial arrangements.
- Consider the housing of relatives during the funeral, and possibly longer.
- Contact the Coroner's Office regarding victim identification, release of the deceased, and death certificate.
- Secure the deceased person's residence.
- Arrange for a "house-sitter" during funeral services, and change locks.
- Recognize the possibility of media coverage.
- Contact your employer and deceased person's employer or school (as appropriate).
- Keep track of medical and funeral expenses for possible reimbursement.
- Locate the deceased's will and medical/life insurance policies.
- Advise deceased's creditors and financial intuitions.

Immediate Support Services Available

An advocate from the Victim/Witness program is available to assist you regarding your immediate needs.

- Assistance in making rational decisions during the immediate crisis and beyond.
- Emotional support/crisis intervention.
- Guidance in making funeral arrangements.
- Assistance in applying for victim compensation for funeral/burial and other crime related expenses.
- Peer support group.
- Liaison between you and the District Attorney's Office and law enforcement.
- Information regarding the release of victim's personal property.
- Assistance in coping with the criminal justice system.
- Information on pending court proceedings.

Realistic Grief & Recovery Expectations

When a loved one is murdered, each member of the family goes through an intense period of grief. This period of grief may be complicated and prolonged, not only by the violence, suddenness and public nature of the death, but also by the many intrusions that a homicide brings to a family—namely from the criminal justice system. Grief often has a series of stages of mourning, but it is important to realize that grief is a very personalized and individual journey. There is no set time to mourn. The most difficult times may not occur immediately, because the grieving person is in a state of shock or numbness. Friends and supporters may expect the grieving person to be getting "better" just at the time acute pain is setting in. Remember that it is important to trust one's own feelings and intuitions and to be gentle and patient with oneself.