

WE CARE Philadelphia

Philadelphia


C.A.R.E.S

Crisis Assistance Response & Engagement for Survivors

C.A.R.E.S NEWSLETTER

I am excited and honored to join the C.A.R.E.S Unit at the Philadelphia District Attorney's Office as the Director. I want to thank everyone for the warm welcome. Also, I want to thank District Attorney Larry Krasner, First Assistant Robert Listenbee, First Assistant Judge Carolyn Engle Temin, Chief of the Community Engagement Unit, G. Lamar Stewart, and Executive Director of Victim Support Services Division Myra Maxwell, in helping me transition into this position. Following in Myra's shoes will not be easy, but with the ongoing input, participation, and support, from the C.A.R.E.S Peer Crisis Responders you can be assured that this crisis support unit will have a bright future. In the coming months and years, I plan to do a lot of listening to better understand where we are as a Unit and where we need to be as the world around us changes every day.

The C.A.R.E.S Peer Crisis Responders are dedicated, and we are focused on making a difference in our city. Each C.A.R.E.S Peer Crisis Responder has a unique perspective on the needs of the different communities in our city, and I am eager for you to meet them.

We encourage you to be the change you want to see in Philadelphia.

Please feel free to reach out to me at any time at Melany.nelson@phila.gov or 267-808-0350.

Peace & Love

Melany P. Nelson, Director

Meet the C.A.R.E.S Peer Crisis Responders Team!

Shakina Deshazor
Administrative Manager

Yvonne Nelson
Lead Responder

Deshawna Williams
Responder

Andrea Rivera
Responder

Jacque Deshazor
Responder

Leonard Johnson
Responder

Mark Pittman
Responder



To all the co-homicide survivors:

The Philadelphia C.A.R.E.S Unit is extremely sorry for your loss. No words could ever cure your hurt or ease your pain. Time does not always heal all wounds and the void you now have will never be filled. What you have experienced will change you physically, mentally, and emotionally. The traumatic grief that you may feel in response to the sudden loss of your loved one can be devastating. Everyone may experience different feelings toward the same situation. The feelings may vary with each family member, and it is important to respect those differences. Everyone is trying to cope with the traumatic death of their loved one, and some may experience many different emotional and physical reactions. No one can tell you how you should feel. Be patient with yourself because you may feel differently every day. Take it one day at a time and some may have to take it minute by minute, or hour by hour.

Physical Reactions to Traumatic Grief

Some examples of physical reactions may be, but are not limited to:

Sleeping problems	Nightmares, inability to sleep, or sleeping too much
Health problems	Stomach aches, headaches, chest pain, frequent colds, or sensitivity to noise and sudden movements
Trouble with eating	Loss of appetite or over eating
Activity	The feeling that you are unable to stop and relax, or lethargy (<i>you just don't care</i>)

Reactions to Traumatic Grief

Some examples of other reactions may be, but are not limited to:

Flashbacks	Memories of your loved one or an event surrounding their death
Memory disturbances	Short-term memory issues or forgetfulness
Difficulty concentrating	Disorganized thoughts or the inability to focus
Difficulty making decisions	Feeling distracted and unable to evaluate situations confidently and clearly
	It is recommended not to make any big decisions

If you are in need of Victim Compensation Assistance or therapy, please contact the victim base agency in your community.

- ◆ Central Division Victim Services: 1538 Cecil B. Moore Avenue; 215-763-3280
- ◆ East Division Victim Services: **Concilio:** 141 E Hunting Park Ave, Philadelphia, PA 19124 - (215) 627-3100 and **Congreso:** 216 W Somerset St, Philadelphia, PA 19133- (215) 763-8870
- ◆ Northwest Victim Services: 6023 Germantown Avenue; 215-438-4410
- ◆ Northeast Victim Services: 8014 Castor Avenue; 215-332-3888
- ◆ Victim/Witness Services of South Philadelphia: 1800 Jackson St. Philadelphia, PA 19145; 215-551-3360
- ◆ West/Southwest Victim Services: 5548 Chestnut Street, Suite 2; 215-748-7780

C.A.R.E.S is a crisis response program that offers:

- On scene response
- Immediate needs assessment
- Emotional support to the Next of Kin and family members
- Crisis intervention: Assist individual in coping with future difficulties more effectively
- Education on how to file a victims compensation application and the requirements
 - Help prepare families for what is to come
- Referrals to community-based agencies and resources
 - 24-hour hotline **215-275-7937**
 - Follow up

Spanish Speaking Crisis Peer Responder needed: Interested candidates, please contact Melany Nelson at Melany.nelson@phila.gov.

Peer **Volunteer** Responders needed: Please contact Melany Nelson at Melany.nelson@phila.gov or at 267-808-0350. **All those interested will be contacted in April for a consultation.**

UPCOMING

National Crime Victims' Rights Week, April 24–30, 2022

Theme: "Rights, Access, Equality for all victims"

This year's Annual Crime Victims' Rights Rally will take place on Monday, April 25, 2022, from 11:00 AM to 12:00PM at the Capitol Fountain in Harrisburg.

Philadelphian's, please come and show your support to **Victim Assistance Officer Mecca Washington from the 14th police district**. Officer Washington will share her story about her sister being a victim of gun violence in the city of Philadelphia. PLEASE show your support to Officer Washington. The homicide of her sister has changed her life forever!

I HOPE to See YOU there.

If you see a C.A.R.E.S Responder in your neighborhood, Please know we are there because

WE CARE!

