

Facts Relating to Trauma

- **Every 107 seconds**, somewhere in America, someone is sexually assaulted
- **60-80%** of sexual assaults are committed by someone the victim knows
- **Nearly 1 in 4** women will experience at least one physical assault by a dating partner during adulthood
- **1 in 5** high school students report being physically and/or sexually abused by a dating partner
- **Domestic violence** among gay & lesbian couples occurs in 30% of relationships: the same statistical frequency as in heterosexual relationships
- **28% of gay and bisexual** youth drop out of school due to bullying
- **60% of active duty women** and 27% of active duty men have experienced **Military Sexual Trauma (MST)** in a one-year period

Common Reactions to Trauma & When to Seek Service

- Disturbing memories / flashbacks of the trauma
- Anger, guilt, shame, and blame
- Difficulty with trust
- Grief
- Changes in self-esteem
- Isolation, feeling disconnected or numb
- Trouble with sleep or nightmares
- Reactions to trauma may be present immediately after trauma or may appear long afterward
- Reactions to trauma may start to interfere with relationships, work and/ or ability to function

Trauma Healing Services can assist survivors in healing and reclaiming personal power to live a more satisfying life



TRAUMA HEALING SERVICES

Where Healing Begins



Free | Confidential | 24-Hours a Day

- Trauma Healing Services Hotline: (480) 736-4949
- RAINN.org Hotline: 1 (800) 656-4673
- Crisis Line: (480) 784-1500
- THS Business Office: (480) 784-1514
- THS Fax: (480) 966-9291

TEMPE | THS OFFICE

914 S 52nd St, Tempe, AZ 85281

GLENDALE | THS OFFICE

4425 W Olive Rd, Suite 194, Glendale, AZ 85302

MARICOPA | THS OFFICE

21476 N John Wayne Pkwy, Suite C101, Maricopa, AZ 85139

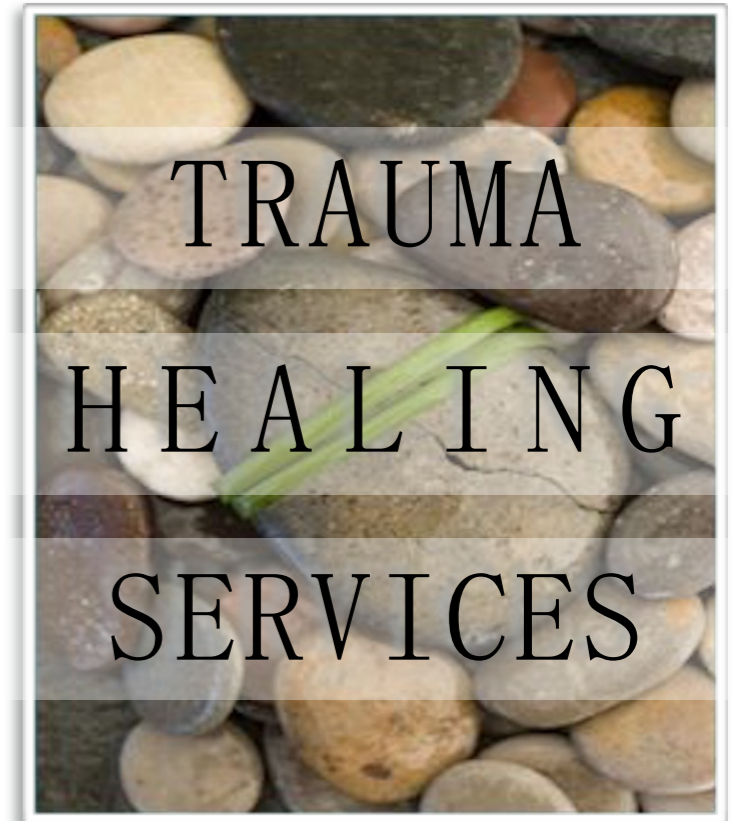
SAN TAN VALLEY | THS OFFICE

2474 E Hunt Hwy, Suite A100, San Tan Valley, AZ 85143

PHOENIX FAMILY ADVOCACY CENTER (co-location)

2120 N Central Ave, Suite 250, Phoenix, AZ 85004

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Free | Confidential | 24-Hours a Day

La Frontera EMPACT-SPC's

Hotline: (480) 736-4949

- *Sexual Assault*
- *Domestic Violence*

RAINN.org's

[Rape Abuse Incest National Network]

Hotline: 1 (800) 656-HOPE

We serve elder, adult, and child survivors of:

Physical abuse or assault; sexual abuse, assault, or exploitation; neglect, domestic violence, teen dating violence, hate crimes, labor and sex trafficking, identity theft, terrorism, arson, bullying, kidnapping, mass violence, robbery, stalking, survivors of homicide; anyone directly affected by someone else's victimization.

DOMESTIC VIOLENCE

...occurs among intimate partners of all socio-economic groups. No one is immune to the effects of DV regardless of gender, age, race, religion, or sexual orientation.

SEXUAL ASSAULT & ABUSE

...can be a life-changing experience that can affect men, women, and children. The effects are pervasive.

There are many different forms of sexual violence:

- Rape
- Incest
- Date / acquaintance rape
- Sexual abuse
- Sexual harassment
- Unwanted sexual touching
- Obscene phone calls
- Voyeurism

STALKING

...is a crime in all fifty states and can cause serious emotional distress.

If it would cause a reasonable person to fear for their own safety or that of their immediate family, it is reportable and can be prosecuted.

It could take the form of:

- Sending as few as two written or verbal messages
- Maintaining visual surveillance or physical proximity to person being stalked

HATE CRIMES

...are crimes committed against an individual, group, or property based on the victim's real or perceived:

- Race
- Gender
- Sexual orientation
- Disability
- National origin
- Ethnicity

The role played by these personal characteristics in motivating the offender is the key difference between hate crimes and other crimes

24-HOUR CONFIDENTIAL HOTLINE

...provides support and community information and referrals: (480) 736-4949

MOBILE CRISIS & ADVOCACY TEAMS

...professional counseling teams may be dispatched by calling the hotline

- Victims needing immediate crisis counseling & emotional support: (480) 736-4949

CASE MANAGEMENT & ADVOCACY

...our team will assist with:

1. Meeting the basic needs for survivors:
2. Navigating the legal system
3. Providing emotional support
4. Connecting individuals with community resources

COMMUNITY OUTREACH & TRAINING

...speakers are available to educate your agency or organization — our trauma-informed presentations will meet the needs of your organization for trainings on:

- The challenges facing those who suffer the effects of domestic violence and/or sexual assault
- The services that are available to them

...we also attend and organize community outreach events to raise awareness and provide support to survivors.

- Annually, we host our Take Back the Night Phoenix event, dedicated to
 - Hearing the voices of survivors in Phoenix
 - Connecting the community of agencies that support them
 - Find out more TakeBackTheNightPhx.com

INDIVIDUAL THERAPY

...trauma-informed & trained professionals will work with you and your loved ones to help guide you through the healing process.

All our therapists are specially trained in treating trauma.

- Up to 24 sessions in English and Spanish

GROUPS

...we provide trauma-focused coping-skills groups and support groups for men, women, and adolescents whose lives have been affected by trauma.

DBT & LIFE-SKILLS GROUPS (ENGLISH & SPANISH)

- Adult & adolescent
- Working through challenging emotions
- Being more mindful & able to cope effectively
- Improving quality of life & social relationships

PROCESSING SUPPORT GROUPS (MEN & WOMEN)

- An atmosphere where victims can
 - Share openly about their trauma
 - Relax in an accepting environment
- This can be incredibly healing:
 - To connect to others
 - Know that one is not alone in their experience

PARENTING GROUPS (ADULT CAREGIVERS / ALL GENDERS)

- Education for better understanding the behaviors of children who have experienced trauma
- Tools for effectively managing trauma behaviors in children
- Support from other caregivers who may experience similar challenges

TRAUMA-INFORMED YOGA GROUPS (ADULT FEMALES)

- Education on the practice of yoga, breathing, & mindfulness
- Tools for emotion regulation, mind-body awareness, stress management, & self-care

ALL SERVICES ARE PROVIDED AT NO COST

regardless of insurance or immigration status

"Wounding and healing are not opposites. They're part of the same thing. It is our wounds that enable us to be compassionate with the wounds of others. It is our limitations that make us kind to the limitations of other people. It is our loneliness that helps us to find other people or to even know they're alone with an illness."

— Rachel Naomi Remen