



About the agencies that created this DVD and brochure . . .

The **Office for Victims of Crime (OVC)** was established by the 1984 Victims of Crime Act to oversee diverse programs that benefit victims of crime. OVC provides substantial funding to state victim assistance and compensation programs—the lifeline services that help victims to heal. The agency also supports trainings designed to educate criminal justice and allied professionals regarding the rights and needs of crime victims. OVC is one of five component bureaus and one program office in the Office of Justice Programs, U.S. Department of Justice.

The **National Crime Victims Research and Treatment Center (NCVRTC)** is part of the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina. NCVRTC has provided quality care for victims of crime since 1977. In addition to direct clinical services, NCVRTC is nationally and internationally known for its research productivity in the areas of crime victims' epidemiology, assessment, and treatment. NCVRTC faculty actively participate in both the development and evaluation of crime victim public policy.

Office for Victims of Crime
OVC
"Putting Victims First"

Office of Justice Programs
Partnerships for
Safer Communities
www.ojp.usdoj.gov

This document was prepared by the National Crime Victims Research and Treatment Center under grant 1998-VF-GX-0006 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this document are those of the author and do not necessarily represent the official position of the U.S. Department of Justice.

U.S. Department of Justice
Office of Justice Programs
Office for Victims of Crime



RECOVERING FROM CRIME:

Steps for the Physically Injured Victim



This brochure was created to accompany the DVD entitled *Recovering From Your Crime-Related Injuries*. Both the DVD and this brochure were developed by the National Crime Victims Research and Treatment Center with funding provided by the Office for Victims of Crime. Both a closed-captioned and Spanish version of this DVD are also available.

RECOVERING FROM CRIME

STEP 1: Heal Your Injuries

While in the hospital, and when you are discharged, your injuries can be painful reminders of the crime. Remember, be patient and easy on yourself. Give yourself credit for each small accomplishment. Ask your doctors questions about your health care. Most important, remember you are not at fault.



STEP 2: Apply for Crime Victim Compensation

You may be eligible for compensation for crime-related medical and mental health costs and for lost wages. It is crucial that you cooperate with the police, prosecutors, and crime victim compensation authorities in order to get this financial assistance. Remember to fill out your paperwork on time. If your request for compensation is denied, you may appeal the decision.

STEP 3: Understand Your Rights

- ◆ You have the right to protection from intimidation, harassment, and harm. If you feel threatened, call the police immediately.
- ◆ You have the right to be informed about your case, including being informed of bail, prison release, and trial or hearing dates.
- ◆ You have the right to be present during bond hearings and trials.
- ◆ You have the right to comment on plea bargains.

Criminal Justice Terms You May Hear

Grand Jury—a panel of individuals who recommend whether to hold a trial based on the evidence.

Indictment—charges brought against a perpetrator after a grand jury hearing.

Bond Hearing—determines whether and how much bail should be set.

STEP 4: Recognize Your Feelings

After a crime, you may experience the following:

- ◆ Fear, anxiety, nervousness, jumpiness, trembling.
- ◆ Sweating, racing heart, shortness of breath.
- ◆ Nightmares and upsetting thoughts.
- ◆ Avoidance and withdrawing from life and others.

Remember, these are normal feelings to have after a traumatic event.



STEP 5: Deal With Your Feelings

Here are some things you can do about these negative feelings and emotions:

- ◆ Do not avoid situations just because of fear and anxiety.
- ◆ Try to go out or do things with others. Go back to work if possible.
- ◆ Fight urges to use drugs or alcohol to calm down or feel better—pay attention to people and places that trigger urges and stay away from them.
- ◆ Keep busy. Your best weapon against becoming sad or depressed is keeping active.
- ◆ Make yourself get out of bed in the morning.
- ◆ Plan your day the night before.
- ◆ Ask others for help. They are there for you.

Crime victims may be eligible for crime victim compensation and assistance. To access compensation and assistance information for your state, call ____-____-____.