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# Trauma Resource Guide

## Greater Boston 2017



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Brigham & Women's Hospital - Center for Community Health & Health Equity, C.A.R.E. Clinic (Coordinated Approach to Recovery & Empowerment)



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# Comprehensive Trauma Resource Guides offered by Boston Public Health Commission:

[http://www.bphc.org/whatwedo/mental-emotional-health/trauma-response-and-recovery/Documents/Trauma\\_Resource\\_Directory.pdf](http://www.bphc.org/whatwedo/mental-emotional-health/trauma-response-and-recovery/Documents/Trauma_Resource_Directory.pdf)

<http://www.bphc.org/whatwedo/violence-prevention/Documents/TraumaResourceGuide.pdf>

## Trauma Response Programs:

### **BRIGHAM & WOMEN'S VIOLENCE RECOVERY PROGRAM**

The program's goal is to reduce the burden of violence in Boston by providing comprehensive services to patients and families admitted to BWH after sustaining any violent intentional injury. The program is a collaboration between the Center for Community Health and Health Equity and the Division of Trauma, Burn and Surgical Critical Care Department. The Violence Recovery Specialist (VRS) works as part of a multidisciplinary team to offer support and ongoing advocacy for the patient and family during the hospitalization.

To reach the Violence Recovery Specialist, call 617-721-6034, pager #32063, or email [violenceintervention@partners.org](mailto:violenceintervention@partners.org).

### **CENTER FOR VIOLENCE PREVENTION AND RECOVERY (CVPR) AT BETH ISRAEL DEACONESS MEDICAL CENTER**

The Center for Violence Prevention and Recovery (CVPR) provides trauma-informed services. CVPR creates an atmosphere that is respectful of survivors' need for safety, acceptance, and respect. It emphasizes survivors' strengths, highlighting adaptations over symptoms, and resilience over pathology. Trauma-informed services strive to maximize a survivor's choices and control over his/her recovery.

All of CVPR direct service programs are:

- Offered at no charge to the individual or family receiving services;
- Available to everyone of any culture, gender, age, sexual orientation, gender identity, and religion;
- Available in multiple languages through BIDMC interpreters;
- Primarily offered in-person at sites in Boston, and can be accessed by telephone.

#### ***Description of Programs Offered***

##### **Safe Transitions: Domestic Violence Intervention Program**

Established in 1994, the Safe Transitions Program supports individuals experiencing threatening, coercive, and abusive relationships. Our services may be helpful to you if: you are experiencing abuse; you want to learn more about domestic violence; you are a provider seeking consultation; or you would like our staff to conduct a training session for your department or organization.

### Rape Crisis Intervention Program

Founded in 1974, the Rape Crisis Intervention Program was one of the first hospital-based rape crisis centers in the country. In 1997, this program became part of the newly formed CVPR. We provide services for survivors of sexual assault, their families, and friends. We also offer consultation to community organizations and public education.

### Community Violence Intervention Program

CVPR offers a range of counseling and advocacy services for those who have been a victim of or a witness to community violence, including those who have experienced the loss of a loved one due to homicide.

### Homicide Support Services Project

The Homicide Support Services Project (HSSP) is a unique collaboration among the CVPR, Bowdoin Street Health Center and the Louis D. Brown Peace Institute. Our program provides support services to family members, friends, and community members who have lost a loved one to homicide.

### The Advocate Education and Support Project

The CVPR supports the advocate Network in the victim services field through its innovative program, the Advocate Education and Support Project (AESP). AESP promotes staff and organizational resilience by addressing the impact of secondary trauma on advocates and providers. It works to improve staff performance and prevent burnout through facilitated education sessions.

Contact: 617-667-8141

330 Brookline Avenue

Boston, MA 02215

## **BOSTON MEDICAL CENTER'S VIOLENCE INTERVENTION ADVOCACY PROGRAM (VIAP)**

Boston Medical Center's VIAP Program helps guide victims of community violence through recovery from physical and emotional trauma. Using a trauma informed model of care, VIAP empowers clients and families, facilitates recovery by providing services and opportunities. VIAP presents options for families that bring hope and healing to their lives. In turn, this guidance helps strengthen others who are affected by violence and contributes to building safer and healthier communities. VIAP assigns victims of community violence and their family member(s) a Violence Intervention Advocate and a Family Support Coordinator to assist in providing comprehensive, trauma informed, 360 degree care.

### ***VIAP Service Areas***

- Violence Intervention Advocates (VIAs)
- Crisis intervention support, and advocacy
- Case management and community resources
- Family support services

Contact: (617)-414-4454

Boston Medical Center

Department of Emergency Medicine

Menino Pavilion

Dowling Building Ground Floor

771 Albany Street, Boston, MA 02118

## **BOSTON TRAUMA RESPONSE AND RECOVERY PROGRAM**

During his third State of the City address, Mayor Martin J. Walsh announced the establishment of five new neighborhood-based trauma response and recovery teams that will strengthen efforts to support Boston residents impacted by violence. The Neighborhood Trauma Teams (NTT) in Dorchester, Jamaica Plain, Roxbury, Mattapan, and East Boston will be managed by the Boston Public Health Commission (BPHC) and co-led in each neighborhood by teams consisting of a community health center and a community partner.

The Justice Resource Institute's (JRI) SMART Team will provide a 24-hour hotline for residents seeking support and will provide citywide trauma response services for neighborhoods that do not have a funded team. This mobile team will also support the five funded teams with backup care as needed.

### ***Currently Funded Neighborhood Trauma Teams***

Dorchester: Bowdoin Street Health Center and Greater Four Corners Action Coalition

Jamaica Plain: Brigham & Women's Hospital, Brookside Community Health Center Southern Jamaica Plain Health Center and Jamaica Plain Coalition: Tree of Life / Árbol de Vida

Roxbury: Whittier Street Health Center and Madison Park Development Corp

East Boston: East Boston Neighborhood Health Center and North Suffolk Mental Health Association

Mattapan: Mattapan Community Health Center

### ***Trauma Team Services***

- Immediate crisis response (to be offered within 12-24 hours of an event, or as soon as is feasible), including:
  - Psychological first aid
  - Home and community-based grief counseling
- Connection to community supports
- One-on-one support for individuals and families during community events, vigils, memorial and funeral services
- Referral to ongoing behavioral health services
- Follow up at 3, 6, 12, and 18-month intervals, and at key time point

### ***JRI Boston Trauma Response Team***

The team provides emotional support; helps arrange for shelter, food, clothing, transportation, and other basic needs; assists in notifying family and friends; serves as liaison between the victims and emergency and hospital authorities; helps arrange follow-up services; and provides information and referrals to appropriate agencies for ongoing assistance.

*Contact:* Charlene Luma, LICSW

555 Amory Street

Suite 300

Boston, MA 02130

Phone: (617)-548-4876 / Hotline: (617)-431-0125

Fax: 617-522-0904

e-mail: [cluma@jri.org](mailto:cluma@jri.org)

*Neighborhood Trauma Team Contact Information:*

**Dorchester**

Bowdoin Street Community Health Center  
Primary Contact Information:  
Mary Kate Little, LICSW  
Phone: 617-754-0109  
Email: [mlittle@bidmc.harvard.edu](mailto:mlittle@bidmc.harvard.edu)  
and  
Susan Young, Family Partner  
Phone: (617) 908-7876

Greater Four Corners Action Coalition  
Marvin Martin, Executive Director  
Phone: 617-436-0289 x206  
Cell: 617-620-0025  
Email: [marvin@gfcac.org](mailto:marvin@gfcac.org)

**Jamaica Plain**

Brigham & Women's Hospital  
Mardi Chadwick, Director  
Phone (617) 264-8751, Pager 36161  
Email: [mchadwich1@partners.org](mailto:mchadwich1@partners.org)

Jamaica Plain Tree of Life  
Bashier Kayou  
Phone: (617) 877-3174  
Email: [bashier.kayou@yahoo.com](mailto:bashier.kayou@yahoo.com)

**Roxbury**

Whittier Street Community Health Center  
Christine Pajarillo, LICSW  
Phone: 617-989-3212  
Email: [Christine.Pajarillo@wshc.org](mailto:Christine.Pajarillo@wshc.org) and  
[Kimberly.M.Iraheta@gmail.com](mailto:Kimberly.M.Iraheta@gmail.com)

Madison Park Development Corp.  
Stanley Dominique  
Phone: (774) 274-6792  
Email: [sdominique@madison-park.org](mailto:sdominique@madison-park.org) and  
[aforrester@madison-park.org](mailto:aforrester@madison-park.org)

**Boston Trauma Response Team**

**24 Hour Hotline:** (617) 431-0125

## **JUSTICE RESOURCE INSTITUTE (JRI) TRAUMA CENTER**

The Trauma Center provides outpatient mental health services as a satellite clinic of the Metrowest Behavioral Health Center of Justice Resource Institute. Clinic services are reimbursable through self-pay, Victim's Compensation Fund (visit [mass.gov](http://mass.gov) for details), and MassHealth administered through the Massachusetts Behavioral Health Partnership (MBHP). Clients with out-of-network insurance benefits may also qualify for services.

### ***JRI Clients***

JRI serves children and adults impacted by the continuum of trauma exposure, from acute incidents such as accidents and assaults to chronic experiences of child abuse, neglect and traumatic loss. Many clients come to us after significant periods of unsuccessful treatment, complex clinical profiles and diagnostic uncertainty. Our services address a wide range of posttraumatic symptoms, disorders and functioning impairment:

- Simple & complex PTSD
- Dissociative disorders
- Anxiety & mood disturbance
- Problematic substance use
- Sleep & eating disturbances
- Memory & attention problems
- Problems with relationships
- Emotional numbing & upheaval
- Anger control problems
- Somatic complaints
- Sexual problems & sexually reactive behavior
- Problems with self-care
- Impulsive & self-destructive behaviors
- Hopelessness
- Complicated adjustment to foster & adoptive placements

### ***JRI Services***

- Screening and referral
- Brief and long-term individual therapy for children and adults
- Family and couples therapy

For information and referral, contact the JRI Clinical Intake Coordinator at (617) 232-0687.

### ***JRI find a clinician***

**In-State Referrals:** The Trauma Center provides outpatient mental health services **only through self-pay, Victim's Compensation Fund (visit [mass.gov](http://mass.gov) for details), and MassHealth administered through the Massachusetts Behavioral Health Partnership (MBHP)**. Clients with out-of-network private insurance benefits may be eligible to seek reimbursement from their insurance company; clients would need to speak with their insurance company to see if they are eligible, self-pay at the Trauma Center and submit to their insurance company on their own. We are unable to accept any other insurance plans. For help finding a trauma-informed clinician outside of the Trauma Center, please visit the resources below.

**Out-of-State Referrals:** For individuals who live more than 50 miles from the Trauma Center who are seeking help finding treatment, please visit the resources below. We are unable to return calls regarding help finding

services or to provide additional assistance. The resources below can help you locate help in your area.

### National Clinician Finders

To find clinicians who identify as trauma specialists:

- [HelpPro](#)
- [Psychology Today](#)

To find specialists in approaches used by the Trauma Center:

- EMDR: [EMDR Institute, Inc.](#)
- Sensorimotor Psychotherapy: [Sensorimotor Psychotherapy Institute](#)
- Internal Family Systems (IFS): [The Center for Self Leadership](#)
- Accelerated Experiential Dynamic Psychotherapy (AEDP): [AEDP Institute](#)

### Local Clinician Finders

The William James College INTERFACE referral service provides a free referral service for individuals living in participating communities in the Boston area. For information, click here:

[http://www.traumacenter.org/clients/Find\\_A\\_Clinician.php](http://www.traumacenter.org/clients/Find_A_Clinician.php)

### *Trauma Center Trauma-Sensitive Yoga Classes*

JRI currently runs women-only and men-only Trauma Center trauma-sensitive yoga classes at the Trauma Center.

**PARTICIPANTS ARE REQUIRED TO BE IN THERAPY, EITHER AT THE TRAUMA CENTER OR ELSEWHERE. INTERESTED CLIENTS (OR TC CLINICIANS) WILL FIRST NEED TO CONTACT JENNIFER TURNER, LMHC, RYT FOR A SCREENING TO DETERMINE ELIGIBILITY.**

The main objectives are for JRI to use yoga forms as opportunities to notice what we feel in our bodies and to practice making choices about what to do with our bodies.

- No experience necessary.
- JRI strives to make the classes accessible to everybody regardless of physical ability.

Trauma-sensitive yoga is a way for us to safely experiment with having a body. Through yoga we can experiment with:

- Breathing
- Moving
- Strengthening
- Stretching
- and, Resting

JRI classes are set up so that students are in control over what they are doing with their body at all times and the teacher is there to provide safe, professional guidance and to help students focus on particular dynamics (what muscles they are using, what it feels like to have their feet on the ground, what it feels like to breathe, etc.)

Participants will not have to talk to other participants, making this class more comfortable for those individuals who find it difficult to be in groups.

Classes are open enrollment. If you are a therapist and would like more information about what your client can expect, please contact David Emerson and he will be glad to answer any questions you have.

For all inquiries, please contact Jenn Turner, [jturner@jri.org](mailto:jturner@jri.org)



## **RIVERSIDE TRAUMA CENTER**

Reactions to traumatic events vary widely, but can include extreme fear, shock, helplessness, and physical symptoms. We offer support services, including grief counseling and referrals to help people after critical incidents and respond on-site by helping individuals identify healthy coping strategies. For some people, extreme stress following a trauma can be overwhelming and cause lasting psychological effects if left untreated. Examples of incidents at which we have provided emergency response and crisis management include:

- Schools where students have died by suicide, homicide, medical, or accidental causes
- Communities affected by tornadoes, floods, or other natural disasters
- Violence in a school, workplace, or community
- Highly stressful events in a workplace (e.g., assault, arrest, reduction in workforce, etc.)

Riverside Trauma Center coordinates the statewide [Riverside-Massachusetts Trauma Response Network](#). Our role is to respond to disasters and traumatic events throughout Massachusetts. We partner with the Commonwealth and FEMA to implement community disaster recovery plans. We also train and partner with other organizations to develop locally-based response teams.

**For help after a traumatic event**, first responders and authorized representatives can call us 24 hours a day, 7 days a week at **888-851-2451** and ask for a Trauma Center Manager.

## **CAMBRIDGE HEALTH ALLIANCE VICTIMS OF VIOLENCE PROGRAM (VOV)**

The VOV program provides comprehensive psychological services to adult victims of recent and/or prior crimes of physical and sexual violence. The program also extends services to survivors of war-related political trauma and to family and friends of victims.

### *Cambridge Health Alliance Clinical Services*

#### Assessment and Trauma Treatment

Clinical care (psychological assessment, treatment planning and psychotherapy) for adult survivors of physical and sexual violence

#### Group Program

A wide array of groups, (including groups for adult survivors of childhood abuse and domestic violence and groups for parents, partners, siblings and children of murdered family members).

#### Acute Crimes Services

Crisis intervention and response (initial crisis assessment, treatment planning and episodic or time-limited crisis-focused psychotherapy) for acutely traumatized crime victims and their families.

#### The Center for Homicide Bereavement

The Center for Homicide Bereavement provides bilingual/bi-cultural services free of charge to those who have experienced the loss of a loved one to murder. In the life-altering aftermath of homicidal loss, the CHB staff offers crisis counseling and support, ongoing traumatic grief counseling with adults, children and families, advocacy and homicide bereavement support groups.

Location: 675 Massachusetts Avenue, Cambridge, MA 02139

Contact CHB: 617-591-6123

## Victim Resource Center (VRC)

Victim Services Specialists are experienced in the areas of trauma, victimization, victim advocacy and the criminal justice system. We work directly with victims to help them access community resources, medical services and the courts. Our services are always confidential and are provided at no cost.

Specialists assist with safety planning and needs assessment for you and your family. We make appropriate referrals to health, legal and other community services to ensure that each client gets the best possible care, advice, and support. We assist with filing for Victim Compensation. We offer training and consultation services to the community.

Contact: 617 665 2992

Please note: *we do not provide crisis services.*

For urgent matters involving Domestic Violence, call SafeLink's 24/7 hotline at 1-877-785-2020.

For urgent matters related to Sexual Assault, contact Boston Area Rape Crisis Center's 24/7 hotline at 617-492-7273 or 1-800-841-8371.

**The VRC is not the same as the Victims of Violence Program (VOV).**

### ***Links to Resources provided through the VRC:***

[Services Mental Health & Substance Use](#)

[Prevalence & Types of Violence](#)

[Risk Assessment in Domestic Violence](#)

[Safety Planning Resources for Domestic Violence](#)

[Common Reactions to Violence](#)

[Time Sensitive Information for Survivors of Rape & Sexual Assault](#)

[Recovery from Violence & Trauma](#)

[Local & National Hotline Resources](#)

[Information For CHA Providers](#)

[Mandated Reporting Resources](#)

[Legal Resources](#)

### ***VOV Contact:***

Central Street Health Center

26 Central Street Somerville, MA 02143

Patient Help Center: (617) 591-6360 F: (617) 581-6029

If patient has been a victim of a violent crime that occurred **within the past six months**, patient can call Central Intake at 617-591-6033 to request an appointment with the **Acute Crime Crisis Services**

If patient needs assistance **safety planning or connecting with community resources** related to the impact of the impact of violent crime, patient can talk to a **Victim Services Specialist** during regular business hours at 617-665-2992

If patient has lost a loved one to homicide, patient can call 617-591-6123 to find out more about their **Homicide Bereavement Services**.

If patient needs **individual psychotherapy** for trauma, patient can call Central Intake at 617-591-6033.

If patient is interested in **group psychotherapy services** for trauma, patient can contact the VOV Groups Coordinator at 617-591-6104.

## **FENWAY HEALTH'S VIOLENCE RECOVERY PROGRAM**

Fenway's Violence Recovery Program (VRP) provides counseling, support groups, advocacy, and referral services to Lesbian, Gay, Bisexual, and Transgender (LGBT) victims of bias crime, domestic violence, sexual assault, and police misconduct. VRP specializes in serving LGBTQ-identified people who have experienced partner abuse and domestic violence, sexual assault, hate violence and police misconduct (Anti-LGBT Discrimination).

VRP offers counseling and advocacy in both English and Spanish, Services are offered at Fenway's 1340 Boylston Street location, the Sidney Borum, Jr. Health Center, Western Massachusetts and Cape Cod. To access VRP services, call (617)-927-6250 or 800-834-3242 (toll free in MA).

Website: <http://fenwayhealth.org/care/behavioral-health/violence-recovery/>

## **LOUIS D. BROWN PEACE INSTITUTE**

The Louis D. Brown Peace Institute is a healing, teaching, and learning center for families and communities impacted by murder, trauma, grief, and loss.

### *Contact:*

Louis D. Brown Peace Institute

15 Christopher Street

Dorchester, MA 02122

(617)-825-1917

[info@ldpeaceinstitute.org](mailto:info@ldpeaceinstitute.org)

Website: <http://www.ldpeaceinstitute.org/>

## **Domestic Violence Services:**

### **BWH PASSAGEWAY- DOMESTIC ABUSE INTERVENTION AND PREVENTION**

Brigham & Women's Center for Community Health and Health Equity (CCHE) Passageway program works to improve the health, wellbeing, and safety of those experiencing abuse from an intimate partner. We offer the following support services to hospital and health center patients, employees, and community members:

- Free and confidential advocacy services\*
- Safety planning
- Individual counseling and support
- A safe place to talk
- Information about the health effects of domestic violence
- Support groups
- Medical advocacy
- Legal and court advocacy
- Referrals to community resources (health care, housing, shelter, lawyers, and others)

\*Services are flexible and designed to create safe access for individuals. A person does not need to leave a relationship to use our services. We support a person's individual choices and rights. **All services are free, voluntary, and confidential.**

### ***Passageway Contact Information***

Monday-Friday, 8:30am – 5pm (all locations)

To page an advocate, call (617) 732-6660, beeper #31808. After hours, call the pager number and ask to speak to the Emergency Department/on-call social worker. For more information, contact [passageway@partners.org](mailto:passageway@partners.org).

## **HAVEN AT MGH**

HAVEN at MGH works as part of the broader movement to end intimate partner abuse by improving and enhancing their health care response to patients, employees, and community members who have been impacted by abuse.

### ***Services offered:***

- Support Groups
- Ongoing counseling
- Advocacy
- Education Workshops
- Accompaniment to court or other appointments
- Safety Planning
- Referrals to Resources (within or outside of MGH)

### ***Haven contact:***

Boston: 617-724-0054

Chelsea: 617-887-3513

Revere: 781-485-6108

Email: [haven@partners.org](mailto:haven@partners.org)

## **BOSTON MEDICAL CENTER'S DOMESTIC VIOLENCE PROGRAM**

BMC's Domestic Violence Program is a resource for patients, employees, community members, and anyone who is seeking information or help with domestic violence. Services are available in English, Spanish, Haitian Creole and Arabic. For additional languages, the Program utilizes trained BMC Interpreters.

### ***Services may include but not be limited to:***

- Crisis counseling, risk assessment and safety planning;
- Understanding your options, help setting priorities and goals;
- Short- and long-term advocacy and counseling;
- Accompaniment to court and other appointments;
- Help finding resources for things like food, housing, child care, and other necessities;
- Help finding more specialized services such as mental health counseling and legal services;
- Applying for Victim Compensation if eligible

**DV Program services are free, voluntary, and confidential.**

Domestic Violence Program advocate will listen without judgment, without telling you what to do, while offering information and support in the areas you want help with.

*Contact: 617.414.5457* (press the number corresponding to your desired language) during business hours to speak with an Advocate and to learn more. Calls will be answered on the same day or within 1 business day.

## **CASA MYRNA VAZQUEZ, INC**

Casa Myrna is Boston's largest provider of shelter and supportive services to survivors of domestic violence, providing safety, resources, advocacy and information since 1977. They operate SafeLink, the statewide domestic violence hotline, and promote domestic and dating violence prevention through awareness and education.

### ***Casa Myrna Services/ Support include:***

- Safelink Hotline- 1-877-785-2020
- Residential Programs
- Community Advocacy
- Legal advocacy
- Housing advocacy
- Counseling
- Economic Stability
- Mary Lawson Foreman Emergency Program  
Casa Myrna's emergency shelter, which can accommodate up to 10 survivors and 13 children who have been made homeless by domestic violence
- Teen Parenting Program (TPP)
- Transitional Living program (TLP)  
The TLP program provides longer-term housing for 6 women and up to 9 children. Most participants have already lived in one emergency shelter, and are now working to secure permanent housing, improve their professional skills, and solidify the gains they have made that will sustain futures free of violence and abuse.

*Contact: phone-* (617)-521-0100

*Fax-* (617)-521-0105

38 Wareham Street, 2<sup>nd</sup> Floor

Boston, MA 02118

Email: [info@casamyrna.org](mailto:info@casamyrna.org)

Website: <https://www.casamyrna.org/>

## **RENEWAL HOUSE**

Renewal House is a domestic violence shelter for individuals and families who are fleeing violence or abuse. Renewal House was one of the first domestic violence shelters in the state to provide shelter for male survivors as well as female, and is sought out by other agencies for its expertise in attending to the spiritual needs of survivors. Renewal House works closely with other programs that serve the LGBTQ communities, as well as those that serve elders and individuals with disabilities to provide the best support we can to these under-served populations.

### ***Renewal House Services***

- 24-hour confidential hotline: 617-566-6881
- Emergency shelter for individuals and families
- Safety planning
- In-house support groups (Empowerment Group, Restorative Justice Circles, Art Therapy)
- Bilingual Spanish/English advocacy
- English as a second language (ESL) classes
- Individualized advocacy for survivors and families (includes housing advocacy, healthcare advocacy, children's advocacy and economic advocacy)
- Pastoral counseling
- Leadership Training
- Counseling
- Referrals for job training, legal assistance and educational programs
- Community outreach education

#### ***Contact:***

Phone: (617)-318-6010

Fax: (617)-318-6022

UU Urban Ministry

10 Putnam Street

Roxbury, MA 02119

Website: [http://www.uuum.org/?page\\_id=199](http://www.uuum.org/?page_id=199)

### **ELIZABETH STONE HOUSE**

The Elizabeth Stone House partners with adult and child survivors of domestic violence and related trauma – mental illness, housing instability and substance misuse – to achieve safety, stability, and overall wellbeing, thereby contributing to the strength, resiliency, and health of the community we serve.

#### ***Elizabeth Stone House Service Areas***

- Community Support Services
- Housing Services
- Support Groups
- Family and Children

#### ***Contact:***

Elizabeth Stone House

PO Box 300039

Jamaica Plain, MA 02130

Main line: 617-427-9801

Fax: 617-427-6252

Website: <http://www.elizabethstone.org/who-we-are/>

## DOMESTIC VIOLENCE HOTLINES AND DIRECTORIES

### *SafeLink*

**1-877-785-2020 (TTY 1-877-521-2601)**

A 24-hour live response to domestic violence in English, Spanish, and translation in 140 languages; Crisis intervention, safety planning, support, information and referrals; Access to emergency shelter statewide.

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

### *Respond Inc.*

**1-617-623-5900**

A Somerville-based 24-hour hotline that provides information, resources and referrals for local individuals and communities who are impacted by domestic violence. Free, confidential services are available in **English, Spanish, French and Portuguese** and include safety planning, advocacy, emergency shelter, individual counseling, support groups, outreach, and educational programming. [www.respondinc.org](http://www.respondinc.org)

### *The Network/ La Red*

**1-617-742-4911 (617-227-4911 TTY)**

The Network/La Red hotline provides emotional support, information, and safety planning for **lesbian, gay, bisexual, queer and/or transgender (LGBTQ/T) survivors**, as well as survivors in SM/kink and Polyamorous communities who are being abused or have been abused by a partner. They also offer information and support to friends, family, or co-workers on the issue of domestic violence in LGBTQ/T communities. [www.tnlr.org](http://www.tnlr.org)

### *HarborCOV*

**1-617-884-9909**

HarborCOV is based in Chelsea, MA and specializes in providing free safety and support services to **survivors of abuse who face additional linguistic, economic and/or cultural barriers to care**. Services include a free 24-hour hotline, case management, support groups for individuals and families, assistance with emergency, transitional and permanent affordable housing, and legal advocacy & resources for immigrant survivors.

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

### *National Domestic Violence Hotline*

**1-800-799-SAFE (TTY 1-800-787-3324)**

Hotline available to callers 24 hours a day, 365 days a year. Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands. Assistance is available in English and Spanish with access to more than 140 languages through interpreter services. [www.ndvh.org/](http://www.ndvh.org/)

### *Hot Peach Pages*

**(International Directory of Domestic Violence Agencies)**

Hot Peach Pages is an on-line directory of world-wide abuse hotlines, crisis centers, refuges, shelters, and women's organizations. Information on abuse is available in more than eighty languages.

## Sexual Exploitation Services:

### **EVA CENTER**

The EVA Center is a survivor led, social justice oriented program whose mission is to empower women (over 18) who have experienced sexual exploitation, (prostitution, sex trafficking), to find solutions to the issues they face and exit the commercial sex industry. They also work to challenge public perceptions and strongly advocate for specialized, survivor led, strength based programming that increases awareness of the many socio-economic and situational factors contributing to women's and girls' entry into the sex trade.

#### ***EVA Center Services:***

The EVA center assist women in creating their own exit plans, providing information and resources to the appropriate services, acknowledging that each woman has her own experiences, needs and cultural beliefs that can vary tremendously. This might include immediate access to safety since many prostituted and trafficked women find themselves caught in relational violence. For many women the Center represents the beginning of a new kind of connection and sense of community.

We offer financial assistance as well as long term consistent support in accessing health services, safe permanent housing, educational and employment opportunities; recognizing that education is a key component to economic security. The lack of meaningful employment that provides a living wage is a huge obstacle facing young women struggling to support themselves.

We partner with a number of community organizations to help women develop their own educational plans, getting reconnected back into school and work, GED, ESOL, life, job skills, and/or work readiness programs.

The Center is a caring space for women, all services are free and all women are welcome. The door to resources is always open; there is no cut off of support.

We provide court advocacy, support for women arrested on prostitution related charges, working with Boston area district courts. Our goal is to offer women who have been arrested on prostitution related offenses an opportunity to access services in lieu of jail time. We also offer pre-court diversion which enables law enforcement to intervene, breaking the cycle of court involvement, diverting them to community based programs.

The EVA Center provides a free legal clinic to assist women in navigating the court system. This clinic is a unique partnership with the Boston University School of Law and the EVA Center. Clinic students provide a variety of legal services - including direct representation of non citizens eligible for T Visas, as well as a variety of other legal services.

#### ***EVA Center Contact:***

To call or refer a woman, call our office number at 617-779-2133. If this is an emergency or you or someone you know needs immediate access to safe shelter call safe link at 1-877-785-2020.

### **MY LIFE MY CHOICE**

Through survivor- led programs, My Life My Choice works to end commercial sexual exploitation of children by empowering youth and their allies to fight back.



## ***My Life My Choice Services:***

### One on one mentoring

Our Survivor Mentor Program pairs exploited youth, or youth suspected of being exploited, with an adult female survivor of the commercial sex industry. This powerful relationship helps young victims of exploitation build the intangible skills that they need to be successful, healthy adults: self-worth, a positive self-image, the ability to trust, and the tools to know how and where to seek help when they need it.

### [REFERRAL FORMS →](#)

### Leadership Corps

In our strength-based leadership initiative, we aim to build the skills of girls who are often not seen as leaders or given access to opportunities to achieve excellence. We strive to involve girls in meaningful work that builds their skills as leaders within the organization and in the larger national movement against exploitation. Our Leadership Corps has advised service providers from law enforcement, forensic interviewers, the District Attorney's office, and Child Protective Services; created informational materials for parents, students, and exploited youth; and has met with city and state leaders to discuss commercial exploitation.

### Intensive Case Management

Mentees receive personalized case management support in the areas of educational and career planning, life-skills, health and wellness, and substance abuse.

### Community Building

Community is very important to exploited and marginalized youth. To build community among our mentees and staff, we host events and programs throughout the year including:

- Soul Food Dinner night, home cooked meal by MLMC staff for mentees
- Beach day – Mentees and staff spend the day at the beach
- Holiday Party for mentees and staff
- Annual Beyond Exploitation Girls Conference
- Other group opportunities that foster community and a sense of belonging.

### *My Life My Choice contact:*

For more information/ to learn more about the MLMC services, call 617-779-2179

Email: [mlmcfinfo@jri.org](mailto:mlmcfinfo@jri.org)

989 Commonwealth Avenue

Boston, MA 02215

## **NATIONAL HUMAN TRAFFICKING HOTLINE**



The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year in more than 200 languages.

Phone: 1-888-373-7888

The National Hotline can also be accessed by emailing [help@humantraffickinghotline.org](mailto:help@humantraffickinghotline.org), submitting a tip through the [online tip reporting form](#), and visiting the web portal at [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

## CHILD ABUSE AND NEGLECT REPORTING FORM (51A REPORT)

If you need to report potential or actual child abuse or neglect, please complete and send the two-page reporting form below to any of the Department of Children and Families offices located through Massachusetts. Reports may also be made orally by calling the *DCF Child-at-Risk 24-hour Hotline* at 1-(800)-792-5200. Please note that even if you have reported orally by telephone or in person, it is necessary to complete and send this written form to the DCF **within 48 hours** of making your oral report.

[Report of Child\(ren\) Alleged to be Suffering from Serious Physical or Emotional Injury by Abuse or Neglect](#)  

Link to DCF locations in Massachusetts: <http://www.mass.gov/eohhs/gov/departments/dcf/contact-us/dss-directory.html>

## General Trauma Resources:

### HANDOUTS

Healing after trauma for adults

- [\(Adults-English\)](#)
- [\(Adult-Haitian Creole\)](#)
- [\(Adults- Spanish\)](#)
- [\(Adults- Portuguese\)](#)

Coping with flashbacks

<http://www.firstpersonplural.org.uk/wp-content/uploads/2015/10/Ideas-for-coping-with-flashbacks.pdf>

Alternatives to self-harm

<http://www.firstpersonplural.org.uk/wp-content/uploads/2015/10/Alternative-coping-mechanisms-to-avoid-self-harm.pdf>

Ways for friends/loved ones to respond to traumatized people (includes DID)

<http://www.firstpersonplural.org.uk/wp-content/uploads/2015/10/Helping-when-survivors-is-triggered-or-switches.pdf>

Common Responses to Trauma- And Coping Strategies

[http://www.traumacenter.org/resources/pdf\\_files/Common\\_responses.pdf](http://www.traumacenter.org/resources/pdf_files/Common_responses.pdf)

Utilizing Trauma-Informed Approaches to Trafficking-related Work

[http://www.traumacenter.org/resources/H-O%20Trauma-Informed%20Case%20Study\\_final\\_2.pdf](http://www.traumacenter.org/resources/H-O%20Trauma-Informed%20Case%20Study_final_2.pdf)

Relaxation and Relaxation Exercises

[http://www.traumacenter.org/resources/pdf\\_files/relaxation\\_exercises.pdf](http://www.traumacenter.org/resources/pdf_files/relaxation_exercises.pdf)

How to Create a Trigger Record

<http://afterdeployment.dcoe.mil/sites/default/files/pdfs/client-handouts/pts-trigger-record.pdf>

Helping Patients Cope With A Traumatic Event

[https://www.cdc.gov/masstrauma/factsheets/professionals/coping\\_professional.pdf](https://www.cdc.gov/masstrauma/factsheets/professionals/coping_professional.pdf)

Boston Public Health Commission Healing After Trauma Resource Guide

<http://www.bphc.org/whatwedo/mental-emotional-health/trauma-response-and-recovery/Documents/Fact%20Sheets%20Languages/HealingAfterTraumaEnglishAdults.pdf>

Grounding

[https://lifeafterwardotorg.files.wordpress.com/2015/04/grounding\\_techniques-1.pdf](https://lifeafterwardotorg.files.wordpress.com/2015/04/grounding_techniques-1.pdf)

<https://psychologytools.com/grounding-techniques-free-en-us.pdf>

[https://drpattilevin.com/educational/grounding\\_handout.pdf](https://drpattilevin.com/educational/grounding_handout.pdf)

Fight or Flight Response and the Body Diagram

<https://psychologytools.com/threat-system-free-en-us.pdf>

## **DIALECTICAL BEHAVIOR THERAPY (DBT) PROGRAMS**

DBT programs are designed for children (ages 9-12), teens (ages 13-18), and adults (age 18+) displaying symptoms of post-traumatic stress disorder, and/or major personality disorders. Originally developed by Dr. Marsha Linehan for the treatment of suicidal behaviors, DBT is an innovative, compassionate, and evidence-based treatment also proven effective for individuals struggling with emotional dysregulation, impulsivity, and interpersonal communication problems.

### ***List of DBT groups***

- South Shore Mental Health- Masshealth accepted

DBT for adults (18+) and adolescents (ages 13-18) is offered at the Marshfield and Quincy locations.

Children (ages 9-12) in DBT treatment are seen in the Marshfield office.

*Contact:* Marshfield- Lawrence (Larry) Kahn at 781.834.7433

769 Plain Street Unit I, Marshfield, MA 02050

Note: Patient must complete an intake first before a referral is made (intake can be done by the clinician if possible)

Quincy- Director Tom Faxon or Assistant Director Jessica Allen

617-847-1909 (front desk)

859 Willard Street Suite 430 Quincy, MA 02169

Building: 1 Adams Place

Link to DBT flyer: <http://www.ssmh.org/wp-content/uploads/South-Shore-Mental-Health-DBT-Flyer.pdf>

- Arbour Counseling Services, Jamaica Plain

Intake: 617-390-1295

157 Green Street, Jamaica Plain, MA 02130

- McLean Hospital

*Contact:* Elizabeth Murphy- 617-855-2186

115 Mill Street Belmont, MA 02478

- The Trauma Center

Brookline

Intake: 617-232-0687

Outpatient therapeutic services only

Accepts only Massachusetts Behavioral Partnership (MBHP) plan under MassHealth

Self pay options can be discussed during intake

There is no referral process. Patients have to call directly.

Link to TC brochure:

[http://www.traumacenter.org/about/TC\\_Brochure\\_2011.pdf](http://www.traumacenter.org/about/TC_Brochure_2011.pdf)

- Two Brattle Center

*Contact:* Joan Wheelis, M.D., Director (617) 441-7500 or email:

[joan.wheelis@twobrattle.com](mailto:joan.wheelis@twobrattle.com).

Two Brattle Center, which has been providing excellent clinical care in Cambridge since 1996, has undergone a transformation from a large clinic focused on intensive outpatient programs to a more streamlined clinical group focused on individual and group therapy, clinical consultation, referrals and training seminars. Currently, we offer a [DBT skills group](#), [Advanced DBT Skills Group](#), [psychopharmacology consultation](#), [psychotherapy consultation](#), [individual psychotherapy](#) and [adult ADD evaluation](#). All Two Brattle Center [clinicians](#) have intensive DBT training as well as broad clinical experience. For more information about how Two Brattle Center can address your needs, please contact

- North Charles, Inc

*Contact:* Jennifer Brill

617-491-1269

54 Washburn Avenue, Cambridge, MA 02139

<http://www.northcharles.org/default.htm>

- Riverside Outpatient Center

*Contact:* Kelsey who manages scheduling for Dr. Abigail Reynolds

5 Sacramento Street, Cambridge, MA 02138

Phone: 617-354-2275 ext. 4612

<http://www.riversidecc.org/>

- Cambridge Health Alliance

*Contact:* Matthew Leeds

26 Central Street, Somerville, MA 02143

Phone: 617-515-5377

<http://www.challiance.org/Services/PsychiatryMentalHealth.aspx>

- Mass Mental Health DBT

For non-DMH patients: including Masshealth

*Contact:* Jeffrey Woodworth

Phone: 617-626-9537

Patient being referred must be linked to the department of mental health as it is not an open referral process

- Boston University Center for Anxiety and Related Disorders (CARD)

Run by BU graduate students

617-353-9610

648 Beacon Street, 6<sup>th</sup> floor, Boston, MA 02215

<https://www.bu.edu/card/>

Has sliding scale fees