

# Individual & Family Advocacy

## Services Include

- Crisis Intervention
- Individual & Family Counseling
- Support Groups
- Case Management
- Court Advocacy
- Resource Coordination (transitional assistance, victims' compensation, food stamps, housing, and transportation)
- Program Referral Support Services



Our Individual & Family Advocate provides services to you at a location of your choice, including one of our multiple on-site office locations or within your home or community.

*Position funded by the Drunk Driving Trust Fund (DDTF) under Massachusetts Office for Victim Assistance (MOVA).*

*"Grief is not a disorder, a disease or sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve." - Earl Grollman*



Who is a survivor? A survivor is anyone who has been directly or indirectly affected by a driver who was under the influence of drugs and/or alcohol.

Have you or a loved one been involved in an accident that was the result of an impaired driver?

Did you witness an accident, or the aftermath thereof, that was the result of an impaired driver?

Did you experience some type of loss as a result of an impaired driver?

We are here to provide a variety of services to you and/or your family.



## Advocacy for Those Affected by Impaired Driving

Providing free & confidential support services to family, friends, witnesses & survivors who have been affected either directly or indirectly by an incident involving an impaired driver.

*"What lies behind us & what lies before us are tiny matters when compared to what lies within us."*

- Ralph Waldo Emerson

### South Shore Women's Resource Center

(508) 746-2664

P.O. Box 6237

N. Plymouth, MA 02362



Whether you are the survivor, a family member who has experienced a loss, or a witness to an upsetting accident caused by an impaired driver, you may be experiencing grief as a result. The following is a list of symptoms you or someone you care about may be experiencing following a trauma or loss...

#### **Disrupted Sleep Patterns**

*Difficulty falling and/or staying asleep*

#### **Changes in Eating Habits**

*Over and/or under-eating*

#### **Reduced Concentration**

*Preoccupation with the emotions of the loss and/or an inability to concentrate*

#### **Sense of Numbness**

*This is often confused with what some refer to as denial. Feelings of numbness can be either physical, emotional, or both*

#### **Feelings of Hopelessness**

*Negative thought processes, lack of future insight, including goals and other life plans*

#### **Overwhelming Waves of Emotion**

*Consistent fluctuations in emotions and feelings can leave one feeling physically and emotionally drained*

## **How Can I Support a Grieving Friend or Family Member?**

### **Do...**

- Listen- Allow the individual to express what she/he is feeling.
- Be present, but understanding when the individual requests time alone.
- Help with any immediate needs, such as walking a pet, shopping for groceries, preparing a meal, etc.
- Ask the loved one what she/he needs at this time and be respectful of whatever that might be, within reason.
- Be patient!

### **Do Not...**

- Try to soothe or stifle the emotions the individual is experiencing.
- Say things such as "I know how you feel," "She/he's in a better place now," or anything along the lines of suggesting where one should be in her/his grieving process.
- Be afraid to be there for your friend and/or loved one in this time of need.

When it is a child experiencing grief, it is important to be honest with the child and include the child in the process, such as attending the funeral and other ceremonies. Additionally, suggesting that "Grandpa has gone to sleep," or that his sister has "gone to be with God" can be very confusing, as well as disturbing, for the child.

"Grief is the normal and natural reaction to loss of any kind. Therefore, the feelings you are having are also normal and natural for you. The problem is that we have all been socialized to believe that these feelings are abnormal and unnatural.

"While grief is normal and natural, and clearly the most powerful of all emotions, it is also *the most neglected and misunderstood experience, often by both the grievers and those around them.*

- J. W. James & R. Friedman  
(1998)



If you are the survivor or family member of a victim of an accident involving a driver that was under the influence of drugs or alcohol, you have a right to Victim Compensation to assist with the costs incurred in association to the crime. We can assist you in applying for and obtaining access to these funds. Call 508-746-2664 for more information.