

Victim Services Unit

If you or a loved one has been a victim of a crime or traumatic event in the city of Littleton, the Victim Services Unit is here to help you.

We can provide

- 24-hour on scene crisis intervention
- Follow-up support, information and referrals
- Information and assistance through the law enforcement and court processes
- Information regarding victim rights
- Information regarding Victim Compensation and other financial resources
- Referrals for temporary, emergency housing
- Intervention with creditors, landlords, and employers
- Assistance with obtaining police records
- Information on how to obtain a protection order
- Assistance with property return when no longer needed as evidence
- Information on the status of your case prior to filing charges
- At the victim's request, accompany them to court appearances to provide support



Victims of certain crimes are entitled to rights that are guaranteed by the Colorado Constitution.

- To be treated with fairness, respect, and dignity
- To be informed of the availability of financial assistance and community services
- To be informed about what steps can be taken if there is any intimidation or harassment by a person accused or convicted of the crime, or anyone acting on that person's behalf
- To be informed of any rights which the victim has pursuant to the Constitution of the United States or the State of Colorado
- To receive a prompt return of property when it is no longer needed for evidence

If you feel your rights have not been provided to you, or for information on the status of your case prior to filing charges, contact the Victim Rights Specialist at

Colorado Department of Public Safety
Division of Criminal Justice
700 Kipling Street, Suite 1000
Denver, Colorado 80215-5865
303-239-4442
1-888-282-1080



Littleton Police Department
Chief Douglas Stephens
2255 West Berry Avenue
Littleton, Colorado 80120
303-795-3703

Trauma Information

*Littleton Police
Department*

Victim Services Unit



Emotional Reactions

- *Anxiety* • *Tenseness* • *Fear*
- *Hopelessness* • *Guilt* • *Depression*
- *Vulnerability* • *Anger* • *Over-Sensitivity*

Physical Reactions

- *Shortness of Breath* • *Sweating*
- *Nausea/Vomiting* • *Fatigue*
- *Increased Heart Rate*
- *Heightened Startle Response*
- *Increased Sense of Smell*
- *Change in Appetite*
- *Change in Sleep Patterns*
- *General Health Problems*

Thought Changes

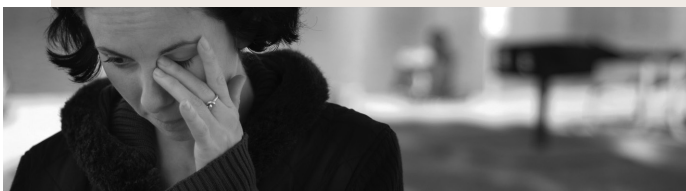
- *Recall of Similar Experience*
- *Frequent Thoughts of Events*
- *Memory Loss of Some or all of Event*
- *Confusion* • *Poor Concentration*

Relationships

- *Not Wanting to be Alone* • *Alienation*
- *Withdrawal From Family and Friends*

Sense of Loss

- *Safety* • *Trust* • *Hope*
- *Innocence* • *Personal Boundaries*
- *Power and Control*



Trauma

If you or someone close to you has experienced a trauma, this pamphlet is intended to help you understand and/or anticipate what to expect.

Trauma is a painful emotional experience or shock that can create lasting emotional effects for a victim or witness. The traumatic event is often sudden, arbitrary and/or unpredictable.

After such an event, you may experience a variety of feelings and reactions that may seem unusual for you. These are normal responses to abnormal situations. You may find yourself experiencing many different reactions. These reactions may occur immediately or may surface at a later date.

Healing After Trauma

While these reactions may be painful, they are part of the normal healing process. Below are some recommendations to help you through these uncomfortable and trying times.

Attempt to maintain your normal routine.

Maintain a good diet: eat well-balanced meals high in carbohydrates and low in sugar and drink plenty of water.

Avoid excessive use of caffeine or alcohol.

Take time for leisure activities. Exercise may help alleviate some of the physical reactions.

Spend time talking about the incident with supportive family, friends and co-workers.

Keep a journal as a safe place to process the feelings that may arise.

Expect that you will be bothered by "unusual" feelings that may not be "like you."

Give yourself permission to feel bad about the events that have occurred.

Allow yourself to recover from the shock.

Wait before you make any major life changes.

Be aware of your thinking and know that post-trauma effects are normal.

Ask for help if you need it.



The Littleton Police Department Victim Services Unit is dedicated to assisting victims of crime and their families. Depending on the circumstances, you may qualify for financial assistance from the Victim Compensation Fund.

Please call 303-795-3703 for more information.