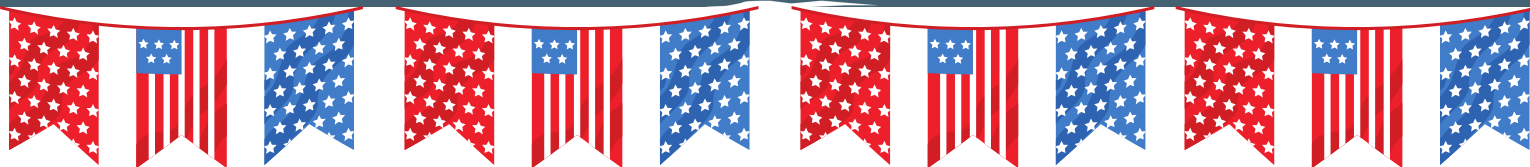


July 2021

Victims Services Program



Honoring Children By Honoring Traditions

Victims Services is excited to support this class for **parents** regardless of their kids ages. This opportunity will help you become a more confident parent as you learn **traditional ways** and strategies to stay close to your children.

July 11 - 17th

Please call **(907) 461-7290**
to reserve your place
Tanya Bailey, Ph.D.



Contact

Samantha Rice, Director
(907) 255 - 7172

Keristyn Weber, Advocate
(907) 255 - 7413

Office Phone
(907) 835 - 8069

24/7 Crisis Hotline
(907) 835 - 1144

Email
victims_services@valdeztribe.org

Mailing Address
PO Box 1634 Valdez, AK 99686

Community Needs Assessment

Tell Us How **Victim Services** Can Better Help Valdez

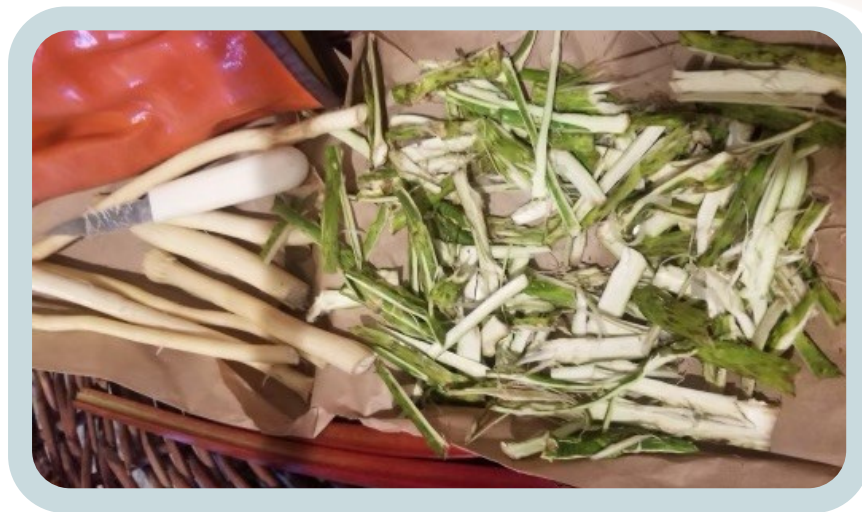


Scan code to complete questionnaire online. Submit your mailing address at the end and we will **send you a gift card**

If you or someone you know is a **victim of crime** and are in need of help call **(907) 835 - 1144**

Gathering Circle

Join us on **Facebook**, **July 21st from 6-8 pm**, for our monthly Gathering Circle, as **Keristyn Weber** shares how to harvest Devils Club. Learn from her how to make tea, gash salves, lip balm and massage oil.



24/7 Crisis Hotline

(907) 835-1144

- You need someone to talk to
- You need information & resources
- You don't know what to do next
- You are a victim of a crime of trauma
- You are a family member of a victim

Important Dates

Independence Day

July 4

Victims Services Office Closed

July 2

Gathering Circle

July 21

Valdez Salmon Derby

July 24

Valdez Kids Pink Salmon Derby

July 24

If you or someone you know is a **victim of crime** and are in need of help call **(907) 835 - 1144**



Valdez Native Tribe Social Services

June 27th, 2021 was **National PTSD Awareness Day**. Seven or eight out of 100 people will experience posttraumatic stress disorder (**PTSD**) symptoms during their life. PTSD can develop in people who have experienced shocking, **scary, or dangerous events**. Not everyone who experiences a traumatic event develops PTSD. Children, teens, and adults can experience PTSD but present with different symptoms. It is normal to experience increased **stress or fear** after traumatic events. Individuals who continue to experience distressing symptoms after a period may be diagnosed with PTSD. **PTSD symptoms** can develop anytime after a traumatic event. Individuals may start experiencing symptoms within days, months, or years after the event. Individuals can **recover** from the symptoms or others PTSD can become chronic. Depending upon the individual the severity of symptoms can vary on how much it affects the person's ability to function. PTSD can negatively impact and individuals developmental, social, physical health, and occupational functioning.

PTSD Symptoms Include

- Intrusive symptoms
- Recurrent, involuntary, intrusive memories
- Recurrent distressing dreams
- Flashbacks
- Psychological distress to stimuli
- Avoidance symptoms
- Avoidance of distressing memories, thoughts, or feelings
- Avoidance of external reminders
- Negative alterations in thoughts or mood
- Difficulty remembering events
- Negative beliefs of self, others, or the world
- Guilt
- Negative emotional state
- Feelings of detachment
- Inability to experience positive emotions
- Alterations in arousal
- Irritable or experience angry outburst
- Reckless or self-destructive behavior
- Hypervigilance
- Exaggerated startle
- Difficulty concentrating
- Difficulty sleeping

Rates of PTSD are higher in **Veterans and first responders**. The highest rates are found in survivors of sexual assault, military combat, and captivity. If you or someone you know is having difficulty after experiencing a traumatic event, you are not alone.

Contact Dr. Bailey at
(907) 461-7290 or drtanya.b@valdeznativetribe.org