

# Victims Services Program

## Did you know?

We provide **free** and **confidential** services:

### Advocacy

We provide emotional support, victims' rights information, help in finding needed resources, and assistance in filling out crime victim-related forms.

### Emergency Shelter

We provide emergency shelter for men, women, and children in crisis who need a safe place.

### Crisis Intervention

We manage a 24-hour crisis phone line (907) 835-1144

### Transportation (case-related)

We provide transportation services for case-related needs.

### Referrals

We provide referral services for mental health, substance abuse, and legal services.

### Food, Utilities, and Rent Assistance

We assist with food, utilities, and rental assistance (case-related)

### Safety Planning

We brainstorm ways to stay safe that may help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and deciding your next steps.



24 Hour Crisis Hotline 907.835.1144

## Important Dates

### Halibut Derby

MAY 21 - SEPTEMBER 4

### 4th of July: Offices Closed

July 4

### National French Fry Day

July 13

### National Ice Cream Day

July 17

### Gathering Circle

July 20

### National Avocado Day

July 31

## Contact

### Samantha Rice, Director

(907) 255 - 7172

### Keristyn Weber, Advocate

(907) 255 - 7413

### Hazel Nevak, Advocate

(907) 255 - 7413

### Office Phone

(907) 835 - 8069

### Email

victims\_services@valdeztribe.org

### Mailing Address

PO Box 1634 Valdez, AK 99686



## Gathering Circle

July 20, 2022 | 6 - 8pm | VNT Community Hall

Join us **IN-PERSON**, as Keristyn Weber will teach how to gather Devil's Club stems and explain the healing benefits of the plant.

Come join and make your own healing balm and tea. Please **call or text 907-255-7413** to reserve your spot. There will only be 20 spots for this night. Refreshments and light food will be provided

## 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



## Food Bank Dates

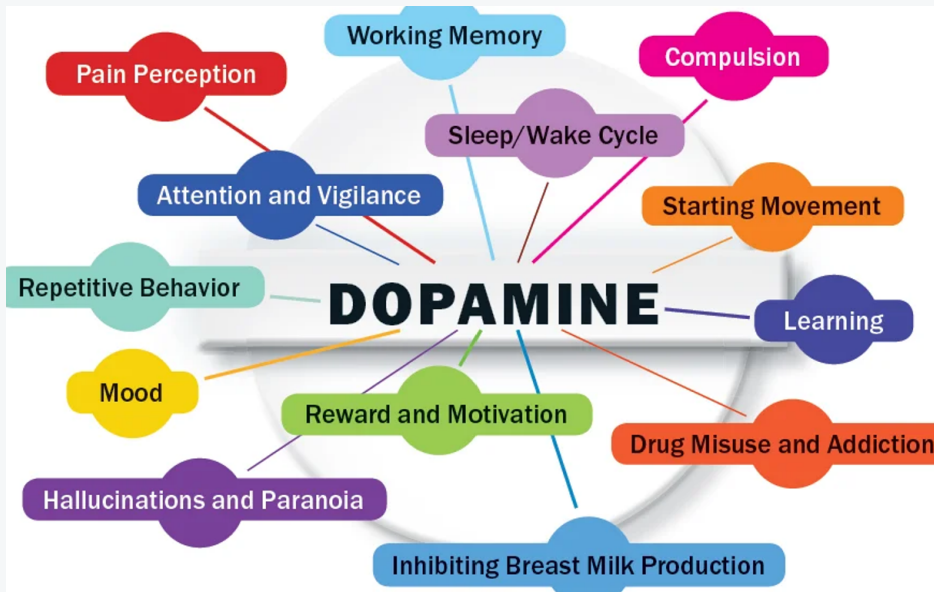
July 3 | 1-3pm

July 17 | 1-3pm

July 31 | 1-3pm



Scan the QR code for  
more information



## Dopamine

**Summertime** is the perfect time to engage in activities that increase dopamine levels. The human body is a complex system that takes in all the stimuli of our environment, such as the warmth of the sun, the smell of our favorite foods, or the words of an exciting story. It turns that information into the brain's language so that we can respond to the environment we're in.

Dopamine is a neurotransmitter that plays a role in motivation, the feeling of excitement, mood, and sleep, and has a role in various other health functions such as proper kidney function, lactation in nursing women, and pain processing. Dopamine is released as a result of positive stimuli in our environment, so the best way to increase dopamine is by doing things that excite you. Some of the best ways to encourage your body to increase its dopamine levels are physical activities like running, kayaking, or playing a game (i.e., soccer or frisbee). If running around doesn't sound appealing, consider just going out and being in the warmth of the sun. Grab your favorite book, pick your favorite spot, and then just enjoy your time soaking it in. Some other good ideas are to listen to uplifting music, eat a well-balanced nutrition, and secure some sound sleep for yourself at the end of that busy day.

## CONTACT

Dr. Tanya Bailey  
 Director of Social Services

907-461-7290

DrTanya.B@valdeznativetribe.org

