

WHAT HELP IS AVAILABLE?

WE HAVE TRAINED
ADVOCATES STANDING
BY TO HELP YOU

1-800-833-1161

OUR ADVOCATES CAN PROVIDE:

- ♦ One on One Support
- ♦ Information and Referral
- ♦ Safety Planning
- ♦ Advocacy with Other Agencies
- ♦ Group Support
- ♦ Education and Information for Friends and Family

**DVS Advocates
are eager to help
you with your
safety needs!**

We serve all persons without regard to race, color, national origin, ethnic background, religion, gender, sexual orientation, age, socio-economic status or physical or mental abilities.

Advocacy Center Locations

Pendleton

Administrative Office
1103 SE Court Place
Mon-Fri ~ 8am-5pm

Milton-Freewater

722 S Main St
(City Hall Basement)
Call for appointment

Ione

365 W 3rd St
Call for appointment

541 - 276 - 3322

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Hermiston

1050 W Elm Ave, Suite 250
Mon-Fri ~ 8am-5pm

Boardman

200 City Center Circle
Call for appointment

541 - 567 - 0424

www.dvs-or.org



The Organization

Domestic Violence Services, Inc. (DVS) is a non-profit agency that provides Emergency Services to victims of Domestic and Dating Violence, Sexual Assault, & Stalking and works toward ending this violence in the communities we serve. The service area is all of **Umatilla and Morrow Counties.**

TRAUMA WHAT IS IT?

Domestic Violence Services, Inc.

*Serving Umatilla & Morrow
Counties Since 1977*



Safety, Help, & Hope

**24 - HOUR CRISIS LINE
1 - 800 - 833 - 1161**

WHAT IS TRAUMA?

**TRAUMA is a
NORMAL RESPONSE to an
ABNORMAL SITUATION**

It is a type of damage to the mind that results from a severely distressing & overwhelming event that is more than one can cope with at the time.

THE BRAIN

When the brain is in trauma, it changes the way it normally functions. This is a normal reaction to trauma and is actually the way that the brain helps us survive in times of danger.

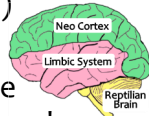
Different parts of the brain have different functions. When trauma occurs, the brain will respond based on the survival need that is sensed.

NORMAL BRAIN

Neo Cortex is the most used part of the brain, it controls every day conscious thinking, logic, & decision making, the Limbic System is recording memories, collecting data, & senses danger, and the Reptilian Brain controls breathing & pumping blood (keeps you alive)

TRAUMA BRAIN

Neo Cortex slows way down, the Limbic System is now more focused on the immediate danger than it is on recording memories, now the Reptilian Brain takes control and it's only goal is to stay alive.



TRAUMA RESPONSES

During trauma each person's response can vary greatly, and throughout recovery. There are no right or wrong responses to trauma. Someone who is in a state of trauma is being controlled by basic animal instinct and the brain has to decide if its going to fight, take flight, or freeze. Every decision is based on what will keep you alive. There are so many things that the brain is filtering in a just a fraction of a second to determine its best chance to survive at that exact time.

SOME FACTORS MAY INCLUDE

- ♦ Age
- ♦ Beliefs
- ♦ Frequency
- ♦ Values
- ♦ Life Experience
- ♦ Type of Trauma
- ♦ Emotional State
- ♦ Perceptions

TRAUMA SIGNS

It is common for victims of abuse, assault, and neglect to experience signs of trauma, even after the danger is gone.

SOME SIGNS MAY INCLUDE

- ♦ Depression
- ♦ Flashbacks
- ♦ Mood Swings
- ♦ Isolation
- ♦ Dissociation
- ♦ Shame
- ♦ Fatigue
- ♦ Fear
- ♦ Memory Loss
- ♦ Guilt
- ♦ Hate
- ♦ Anxiety

COPING

Trauma can also have residual effects that can impact the way a person may think about and respond to other events throughout their life. Even when the body is safe, and there are no signs of danger, a smell, a sound, something at random can remind the brain of the past danger and send the person back into a state of trauma. It is very important to find healthy coping strategies that help minimize the impact of trauma over time. Some of the best coping strategies are grounding techniques.

**Grounding techniques help
the brain move from the
survival mode of the
Reptilian Brain to the
conscious and logical mode
of the Neo Cortex.**

It can also help to be able to talk to others who can understand the dynamics of your trauma and can help you work through some of your traumatic responses.

**Advocates can provide information
about trauma, support services,
and grounding techniques.**