



DN Community Mental Health Services *We are in the Community to Serve the Community*

Urban Trauma Center

Support for Individuals & Families That Have Survived a Homicide

The Urban Trauma Center is a part of *Dixwell Newhallville Community Mental Health Services* and is located at **660 Winchester Avenue in New Haven, Connecticut.**

We offer effective out patient counseling services for trauma victims suffering from acute stress or post traumatic stress with Eye Movement Desensitization & Reprocessing (EMDR). This therapy is effective for the desensitization of trauma related to recent or past homicides. It is client centered, recovery oriented, uses numerical scales for the evaluation of progress and does not require the client to extensively talk about the trauma.

Services Offered to Family Members who Have Survived a Homicide

Services are designed to help the impacted family member work through the crisis of the loss of a family member and desensitize the painful images, thoughts and feelings caused by the homicide. This includes rapid case assignment, assessment by a highly trained, culturally sensitive clinician, and the use of EMDR trauma therapy to desensitize from the trauma generated by the homicide. Additional services can include crisis intervention, group therapy, psychiatric services and case management.

How To Make a Referral

Call the office of Dixwell Newhallville Community Services at **(203) 776-8390** and ask to set up an intake appointment for a homicide survivor. You will be asked a few questions related to demographics and then given an intake time with a trauma experienced clinician. Services are provided through a grant from the Connecticut Office of Victim Services and clients are offered ten (10) appointments at no charge. All services are confidential.

What is EMDR?

EMDR stands for Eye Movement Desensitization and Reprocessing and is an innovative, effective and research validated therapy. It is especially effective with the desensitization of trauma events and also offers many stress management tools that help victims develop individualized and effective coping strategies. EMDR was developed by psychologist Francine Shapiro, in 1987 and she has received both national and international awards for her pioneering work to help victims of trauma. Please see the recent article (September 2008) in the New Haven Independent at the website:

http://www.newhavenindependent.org/archives/2008/09/trauma_center_o.php, for information concerning Dr. Shapiro and the Urban Trauma Center at Dixwell Newhallville Community Mental Health Services.

How Does it Work?

According to Robert Stickgold, Ph.D. of Harvard Medical School : "We believe that EMDR induces a fundamental change in brain circuitry similar to what happens in REM sleep -- that allows the person undergoing treatment to more effectively process and incorporate traumatic memories into general association networks in the brain. This helps the individual integrate and understand the memories within the larger context of his or her life experience."

Dixwell Newhallville Community Mental Health Services is a private, non-profit organization that provides a range of outpatient mental health services including individual therapy, group therapy, psychiatric evaluations and psychiatric medications. Our neighborhood services include summer youth employment, referral services, food pantry, internet cafe and energy assistance.

Acknowledgment

DNCMHS, <http://www.dncmhs.org>, (203) 776 8390.

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We are in the community to serve the community.

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