# Victim Services Information



# Forsyth County Sheriff's Office

24 hour Non-Emergency (336) 727-2112

www.fcso.us

### Victim's Rights

The Forsyth County Sheriff's Office (FCSO) is committed to serving the citizens of Forsyth County, especially those citizens who are the victims of crime. There is certain information that you are entitled to receive by law if you are a crime victim. The following is to ensure that you receive that information.

You have the right to be informed of:

- The availability of medical services, if needed.
- Your potential eligibility to receive financial compensation:
  - NC Crime Victim's Compensation Commission 4703 Mail Service Center Raleigh, NC 27699-4703 Phone Number: 1-800-826-6200 Website: www.nc-van.org
- How to contact the District Attorney's Office (21st Judicial District), which will handle the prosecution of your case:

Hall of Justice Building on Main Street P.O. Box 20083 Winston-Salem, NC 27102 Phone Number: 336-761-2214

- Contact persons within the FCSO who can assist with questions concerning notification of arrest, information about the accused opportunity for pretrial release, and whether the accused has been released from custody.
- If you wish to receive notices from the FCSO on the status of the accused during the pretrial process, you may fill out the attached form and mail, fax or deliver it to the FCSO.

This brochure is also available on our website at www.fcso.us.

Note: You will be responsible to notify the FCSO of any change of name, address, or telephone number.

## Important Contact Information

#### Forsyth County Sheriff's Office 301 North Church Street Winston-Salem, NC 27101

Emergency	911	
Non-emergency calls for service	336-727-2112	
For questions please call:	336-917-7001	
Domestic Violence	. 336-779-6563	

# For questions concerning offender custody status:

#### Forsyth County Clerk of Court's Office

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50-B Orders.	 	 		 	 . 3	36-	779-6320

#### Kernersville Police Department (toknc.com/pd)

Non-Emergency O	Only	996-3000
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Winston-Salem Police Department (www.wspd.org)

Non-Emergency Only.	773-7700
Domestic Violence Unit	773-7943
Victim Assistance	.773-7865

FIRST LINE Community Resource Guide <u>www.firstline.ws</u>

Gift from Within (for survivors of trauma and victimization) www.giftfromwithin.org

National Center for Victims of Crime <a href="http://www.ncvc.org/ncvc">www.ncvc.org/ncvc</a>

National Organization for Victims Assistance <a href="http://www.trynova.org">www.trynova.org</a>

NC Victims Assistance Network <u>www.nc-van.org</u>

Office for Victims of Crime www.ojp.usdoj.gov/ovc/help/welcome.html

Substance Abuse Treatment Facility Locator <u>http://findtreatment.samhsa.gov</u>

The Compassionate Friends (support for bereaved parents) www.compassionatefriends.org

#### **Domestic Violence**

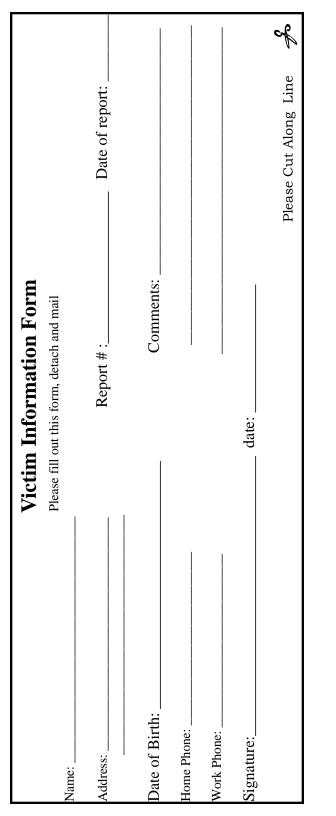
Family Services <u>www.familyserv.org</u>

NC Coalition Against Domestic Violence <u>http://nccadv.org</u>

Local Law Enforcement Forsyth County Sheriff's Office <u>www.fcso.us</u>

Kernersville Police Department www.toknc.com/pd

Winston-Salem Police Department www.wspd.com



# The Aftermath of Victimization

Traumatic events such as crime can result in many losses to survivor-victims and their families through direct physical injury and/or in the emotional aftermath.

#### The Emotional Response to Crisis

**Shock, Disbelief, and/or Denial** is experienced by many victims as they find it difficult to believe (or know) that they have been victimized. Once the feeling of shock begins to abate, many victims will experience a variety of strong, confusing emotions. These may include:

Anger or Rage may have multiple focal points including God, the offender, the criminal justice system, or even oneself. Anger may become confused with revenge. The intensity of the anger is often new to victims and is often disapproved of by society. Victims have the right to be angry after someone has hurt them. Given sufficient support, this anger can be vented in constructive ways.

**Fear or Terror** can result after a crime that involved a threat to one's safety or life, or to someone else a victim cares about. The fear may cause the person to experience "panic attacks" in the future if they are in situations that remind them of the initial traumatic event.

**Frustration** often results from feelings of helplessness and powerlessness during the crime. This is especially true if people were not able to fight off the offender or call out for help. After the crime, frustration may continue if the victim is unable to obtain information or help. **Confusion** often results when victims ask themselves "why did this happen to me?" Victims may be able to figure out "what" happened, but it is often impossible to explain "why" someone else wanted to cause them pain. Crimes often occur quickly and are chaotic, so confusion may also be caused when victims honestly are not clear about what actually happened.

**Guilt or Self-blame** is a common feeling for victims, especially if they think they were doing something wrong at the time or acted inappropriately while the crime was happening. Some victims experience "survivor guilt," questioning why they survived while someone else was injured or even killed.

**Shame and Humiliation** may be felt by some victims who think that they "deserved" to be hurt, particularly if the crime was degrading and perpetrated by someone the victim knew or trusted.

**Grief or Intense Sadness** is often the most powerful long-term reaction to a crime. It is important for friends and service providers not to be judgmental about a victim's emotional reactions to becoming the victim of a crime.

Many of these feelings diminish over time with adequate crisis intervention and support. However, certain "trigger" events can cause unpleasant emotions to return. Some of these triggers include: seeing the offender again, media coverage, legal proceedings associated with the incident, anniversaries and any other reminders of the incident.

### How To Help Ourselves & Our Loved Ones After Traumatic Events

All of us are potential victims and can help each other. Below are some suggestions for friends and caregivers of survivor-victims:

- Tell the survivor-victim that you are genuinely sorry for his pain and want to be of help.
- Encourage the survivor-victim to talk to you about how she is feeling. Provide a safe place for this ventilation and validation to occur.
- Remind the survivor-victim that he is not "going crazy." Confusing emotions are normal reactions to an abnormal event.
- Offer support to those close to the survivorvictims. Family, friends, and co-workers are often co-victims emotionally.
- Be alert to any unusual symptoms and behaviors that are interfering with the survivor-victim's daily routine.
- Help the survivor-victim feel safe. Offer to accompany her and family members to court proceedings to offer support.
- Try not to project your feelings onto others. Each survivor-victim and co-victim experience the trauma and its consequences differently.
- Remember victimization involves multiple losses (physical, emotional, financial, social) and can resurrect old grief. Be understanding of the unique pace at which each person grieves and heals.
- Encourage all those affected by the trauma to seek professional help when necessary. Making a responsible referral is often the best way to help those we care about.