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| **Who Can Help?**  [*Agency*] Victim Services can assist you with information regarding victims’ rights, Crime Victim Compensation, case status, navigation of the criminal justice system, and referrals to the appropriate community resources or helping professionals or organizations according to your specific needs.  **Resources**  Local Resources  [*Insert state Crime Victims’ Compensation information*]  [*Insert other relevant local resources*]  National Resources  **Victim Information and Notification Everyday (VINE)**  1-877-894-8463  [www.vinelink.com](http://www.vinelink.com)  **Substance Abuse and Mental Health Services Administration’s (SAMSHA) National Helpline**  1-800-662-4357  [www.samhsa.gov](http://www.samhsa.gov)  **National Center for Victims of Crime**  202-467-8700  [www.victimsofcrime.org](http://www.victimsofcrime.org) | |  | | --- | | This publication was produced under [*Grant Number*] awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this draft publication are those of the contributors and do not necessarily represent the official position of the U.S. Department of Justice.  [*Revision Date*] | | |  | | --- | | **After a**  **Residential Burglary**  **[*Agency*] Victim**  **Adult Grief and Loss**  **Adult Grief and Loss**  **Services**  **[*address*]**  **[*phone number*]**  **[*Insert Agency logo*]**  **[insert Agency logo]**  **[insert Agency logo]**  **[insert Agency logo]**  Name/ID Number:  Direct Number: | |
| **Common Reactions**  **Shock and Disbelief...**You may feel shock and disbelief that something like this has happened to you, that your home has been broken into and your belongings stolen.  **Sense of Violation...**A sense of violation is common after a burglary. This sense of violation and loss can be both financial and emotional. Your privacy and sense of personal security have been affected, in addition to your possessions being taken, searched through, or damaged.  **Anger and Frustration...**Anger at the intruders is very common. Because you may be unable to express this anger directly at those who committed the crime, you may feel frustrated with law enforcement and the court system—especially if the offenders and your property have not been found.  **Fear...**You may fear that your home is not a safe place anymore. You may feel uncomfortable being alone at home or worry when you are not there. Many people fear their home will be broken into again or that they are being singled out. Keep in mind that, most of the time, the thieves wanted your possessions and did not break into your home because of who you are.  **Suspicion...**Many victims of burglary find themselves full of suspicion about strangers in their neighborhoods. You are encouraged to report any suspicious persons or activities to your local police department.  **Stress...**You may experience an increase in your stress levels. You may even develop physical reactions, such as sleeping or eating difficulties.  **Guilt...**Victims often feel guilt, as if there might have been something, they could have done to prevent the burglary. Remember you are in no way to blame; when someone else breaks the law, it is not your fault. | **Children’s Reactions**  Children may have a hard time verbally expressing their thoughts and feelings. Their fear, anxiety, or anger may be expressed through changes in their behavior. They may revert to earlier childhood behaviors, such as bed-wetting. Some children might become more aggressive, and some might become quiet and withdrawn. All these responses are normal.  Children will often need special reassurance at this time. They may be frightened and need to know that their home can once again be a safe place. Encourage your children to express their feelings.  **What Can You Do?**  You have been through a frightening and disruptive experience. Remember that what you are feeling is perfectly normal and will likely pass in time. Meanwhile, there are some things you can do.   * If you are frightened, ask someone to stay at your home with you or stay with a friend or family member for a night or two. * Talk about your experience to help put your feelings in order. Family and friends can be a great support system. You may also want to seek professional counseling. * Take time to complete required paperwork thoroughly. This may become important if you file a claim with your insurance. * Monitor your bank accounts and credit scores if personal information was taken. * Consider becoming involved in a Neighborhood Watch Crime Prevention program. * Consider other ways to make your home more secure such as adding extra outdoor lighting or motion sensor detectors, installing deadbolt locks on doors, installing a security system, and making your home look occupied. | **Judicial System**  This may be your first involvement with law enforcement or the judicial system. It is very common for people to expect what they have seen on television or in movies to apply to their current circumstances. Unfortunately, these expectations are often unrealistic or a distorted snapshot of how things truly operate.  There are laws and regulations in place aimed at protecting victims. For cases involving prosecution, court advocates may be available to provide information, education, and support that will help reduce your fears and uncertainties (e.g., discussing what to expect when you go to court).  Education and information about how the judicial system works, your rights, and your role can help you navigate these processes.  **Benefits of Counseling**  Some benefits to seeking counseling:   * Coping skills and strategies can help you to continue daily activities and relationships. * Establishing a support network can help to decrease the negative physical, psychological, and emotional effects that often result from traumatic experiences. * In a confidential setting, you can discuss topics such as:   + Safety planning and options for the future.   + The event and how it made you feel.   + Legal and judicial decisions. |