

# COMMUNITY ISSUE BRIEF

## Community Profile



**In the future, we will be highlighting youth in the community. If you have a young member of the community doing positive activities that you would like to recommend for a community profile, feel free to contact us at 215.762.4067 or email at [pcvpcnews@drexel.edu](mailto:pcvpcnews@drexel.edu).**

**Please send suggestions of topics you would like to read about in future news briefs to the email address listed above.**

## What is the Philadelphia Collaborative Violence Prevention Center (PCVPC)?

The PCVPC is a new project that brings together community members, universities and hospitals to do research about the best ways to prevent youth violence. PCVPC is not a building or a place but rather, it is a gathering of people who want to learn more about preventing youth violence before it begins. The mission of the project is to plan, carry out and evaluate programs to reduce youth violence, injury and death in communities in West and Southwest Philadelphia.

### How did this project come about?

In 2005, the Centers for Disease Control announced that it wanted to fund a project on ways to prevent violence in Philadelphia. With the leadership of the Philadelphia Area Research Community Coalition (also known as PARCC) a number of institutions came together. They included the Children's Hospital of Philadelphia, the University of Pennsylvania School of Nursing, the Firearm Injury Center at Penn, Drexel University School of Public Health and Temple University School of Public Health to work together to design research in West and Southwest Philadelphia.

### What will the PCVPC do?

The main goal of the PCVPC is to do research to understand how to prevent violence. This will involve designing a research project with a lot of input and leadership from members of the community. The PCVPC will also work to get valuable information to members of the community that they can use in their own lives. Once results began to flow from the research, the researchers and PARCC will work together to make sure that information gets out into the community and that new programs are developed based on what is learned.

### How will I learn more about PCVPC?

Over the next few months, we will be printing more Community Issues Briefs like the one that you are reading right now. In addition, we plan to have meetings in the community, especially at Recreation Centers, to provide more information about what we are learning.

### Terms to remember:

**PARCC: Philadelphia Area Research Community Coalition**  
**PCVPC: Philadelphia Collaborative Violence Prevention Center**

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If you or a friend or a family member has been through something difficult like violence, then it is a good idea to reach out for help.

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## Community Resources

### The Consortium, Inc.

Phone: 215.596.8100

Email: [info@consortium-inc.org](mailto:info@consortium-inc.org)

Website: [http://www.consortium-inc.org/ourservices\\_childrensmntal.shtml](http://www.consortium-inc.org/ourservices_childrensmntal.shtml)

We are here to serve your behavioral health care needs regardless of income. We provide behavioral health care programs and services for children, adults, and senior citizens.

### Anti-Violence Partnership Counseling Center

Rebecca Thut Witmer

Phone: 215.438.9070

Email: [counselors@avpphila.org](mailto:counselors@avpphila.org)

Website: <http://www.avpphila.org/counsel.html>

AVP provides therapeutic counseling free of charge to co-victims of homicide and child victims and co-victims.

### Children's Crisis Treatment Center

Phone: 215.496.0584

Website: <http://www.cctckids.org/programs.htm#Trauma>

TAP and STTP provide specialized mental and behavioral health services in the clinic and in the community to children ages 2 to 13 who have recently witnessed/experienced a traumatic event or who have been the victims of sexual abuse/assault.

### We want to hear from you!!

We welcome your ideas about topics related to violence that you would like to see in future PCVPC Community Issue Briefs. If you have ideas or suggestions, please email them to us at [pcvpcnews@drexel.edu](mailto:pcvpcnews@drexel.edu).

For each Community Issues Brief, we will randomly select a person who has submitted a suggestion by email, to receive a \$25 gift certificate for groceries from The FreshGrocer.

## Understanding Trauma

### Being Injured by Violence

Many people in our communities have been affected by violence. In the recent months, too many young people have been shot, stabbed or beaten up.

Even after they recover from their physical injuries, many of these young people will still not feel normal. In the days and weeks after getting injured, many of them will feel jumpy, nervous and depressed. Some will have nightmares and trouble sleeping. Others will have flashbacks - this is the feeling that they are back in the same situation where they got injured, even though they are not.

These symptoms can be upsetting and can make young people scared or angry. Some may even be nervous to leave the house. Most of these feelings are normal. But when these feelings go on for a long time and when they interrupt day-to-day activities, then these young people need help.

### Witnessing Violence

But even young people who were not directly injured can have the same feelings. Young people who see violence or who hear about a friend or family member who was injured or killed can feel very upset. Sometimes whole communities affected by violence can have these symptoms. These feelings can be normal, but if they don't get better or go away, then everyone affected needs to get help and support.

### The Road to Healing

If you, a friend or a family member has been through something difficult like violence, then it is a good idea to reach out for help. Sometimes all that you need to do to heal is to surround yourself with

people who love you and who understand that you have been through a difficult time.

Other times, if the trauma was very great or resulted in a great loss then the symptoms can go on for much longer. If after several weeks, you or your family member are not sleeping or if you have not returned to feeling normal you need to seek help.

### Healing for Children

This is especially important for children. After having been through something traumatic children may act especially needy. They may cling to you or want to be around you all the time. This is normal and you should do everything you can to comfort them within their normal routine.

But if your child is showing signs that are more unusual - such as returning to behaviors that they used to do when they were much younger, like wetting the bed - then it is important to take them to see their pediatrician. Their doctor can help you to figure out what may be going on and suggest things that will help your child heal.

If you would like more tips on how to deal with trauma, please email us at [pcvpcnews@drexel.edu](mailto:pcvpcnews@drexel.edu) and read the pamphlet that talks about trauma. You can also call our office at 215.762.4067 and ask that the pamphlet be mailed to you.