

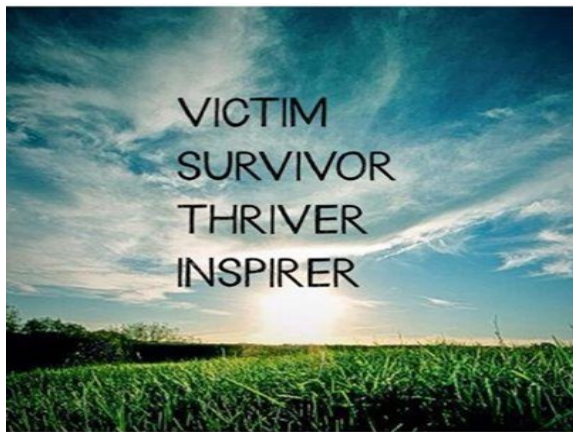
Stages of Recovery

Stage 1: Silence – For those who experience a traumatic event, it is common to refuse to talk about what happened. Survivors are faced with many challenges and may feel overwhelmed at first. They may experience isolation, shame, guilt, confusion and denial about the event.

Stage 2: Victimhood – One may start to look for change as there is often a tug-of-war between a need of safety and protection of emotions and a need to grow and confront the memories. Many people find support in counseling and groups as they begin to talk about the event.

Stage 3: Survivorhood – The survivor has had an opportunity to talk about the experience and gain some clarity. They begin to identify strengths, ways they persevered and feel hopeful of healing.

Stage 4: Thriving and Transcendence – The survivor transforms their experience into something meaningful and helps within the community.



Orange County Health Care Agency



Resources

OC Links

(855) OC-Links or (855) 625-4657

TDD Number: (714) 834-2332

www.ochealthinfo.com/bhs/about/pi/oclinks/

Monday - Friday, 8:00 a.m. to 6:00 p.m.

Centralized Assessment Team
(Emergency Psychiatric Evaluation)

(866) 830-6011

7 days a week, 24 hours a day

24-Hour Suicide Prevention
(877) 7 CRISIS or (877) 727-4747
www.suicidepreventionlifeline.org/

NAMI

National Alliance on
Mental Illness

(714) 544-8488

www.nami.org

Orange County Information Line

Dial: 211

www.211OC.org

**Orange County
Health Care Agency
Behavioral Health Services
Supporting Survivors**

2035 E. Ball Road, Suite 100C

<http://ochealthinfo.com/bhs>

Orange County Health Care Agency



Behavioral Health Services Supporting Survivors



2035 E. Ball Road, Suite 100C

Anaheim, CA 92806

(714) 517-6100

<http://ochealthinfo.com/bhs>



Mission Statement

Making Orange County a safe, healthy, and fulfilling place to live, work and play, today and for generations to come, by providing outstanding, cost-effective regional public services.

Who Are We?

Behavioral Health Services Supporting Survivors is a team of clinicians, trained in providing trauma informed care through evidenced based practices, such as Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization Reprocessing (EMDR) and Solution-Focused Therapies. Supporting Survivors offer a short term program for victims of crime and are here to assist clients in achieving their goals, providing clients with the utmost care and assisting clients in obtaining needed resources for their journey to safety, healing and recovery.

Our Staff

Variety of specialties:

- Older adults, adults, children
- Transitional aged youth (TAY)
- Substance use and mental health disorders
- Physical health needs
- Specialty populations

And have experience with diversity:

- Culture, ethnicity
- Sexual Orientation
- Socioeconomic status



Where Do I Begin?

In starting your journey, it can be overwhelming and full of uncertainties, fears and difficulties. Supporting Survivors is here to support you in your journey toward healing, safety and recovery.

By starting this process you are enacting courage. Every step you take toward improving your life: coming to your sessions, practicing your tools, etc. – these are all acts of courage that are going to help you on your journey.

You can start by making the call or talking to important people in your life about making this decision to heal.

If you feel you are not ready, be sure to continue reaching out to supportive individuals and/or refer to our resources on the back of this brochure for further assistance.

What Does it Mean to Be a Survivor?

A person who endures adversity, moves through it and perseveres, or a person with resiliency who remains undefeated (National Crime Victim Law Institute). This can include:

- Finding strength to move forward
- Healing in a slow and gradual manner, as it is not about quick pain relief
- Learning to take care of ourselves
- Encompassing both progress and backsliding

Survival for Survivors is diverse, complex and beautiful!

It can take the form of advocating for oneself and/or others, seeking legal assistance, confiding in a trusted individual, reaching out for help, learning about one’s strength to thrive, and find purpose.

Survival can look like:

- Waking up in the morning
- Starting your day
- Disclosing your experience to a loved one, trusted individual or journaling
- Engaging in self-care
- Learning and identifying triggers
- Seeking therapy or counseling
- Creating art
- Meditating
- Writing about your experience

“Although the world is full of suffering, it is also full of overcoming of it.”