



**Is your career or school life being impacted by the 2013 Marathon Bombing Violence?
Are you worried about how it is impacting your child at school?
Are you having trouble sleeping?**

The Massachusetts Office for Victim Assistance (MOVA) is available to help with **free and confidential** services. If you or anyone in your family has been impacted by the 2013 Marathon violence, call the phone number below to access the support you deserve. It is very common for people to seek help years after they experience a violent event as the impacts are long lasting.

Call: 1-844-787-6641 (1-844-STRONG1)



CONNECT WITH SURVIVORS AND ACCESS SUPPORT through the Massachusetts Resiliency Center. The Center offers navigation services to assist with aspects of daily life impacted after mass violence and can connect you to other services that may help. Please call the number above, email: resiliencycenter@bmc.org, or visit: www.MAresiliencycenter.org. The Center can connect you to all the free services outlined here.

- Cognitive Behavioral Therapy for Post Disaster Distress (CBT-PD)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for Children and Parents
- Eye Movement Desensitization and Reprocessing (EMDR)
- Narrative Therapy/Writing for Recovery
- Group-Based Interventions for Post-Disaster Survivors

MOVA has developed these free, short term disaster specific behavioral health services for anyone impacted by the 2013 Marathon Bombings and the ensuing violence in Cambridge and Watertown (including survivors, witnesses, children, responders and family members). The above short-term treatments are available and have been proven by research to effectively reduce unwanted symptoms associated with trauma.

All treatments are free and confidential.
There are no forms to fill out or insurance required.
Neither your insurance nor your employer will be notified.
All services are available through MOVA contracted providers.

EMPLOYMENT OPTIONS: Services include career exploration, preparation for job search, and assistance securing meaningful employment. We also help negotiate accommodations within existing workplaces and can advise about career change. Services are provided at the Institute for Community Inclusion at UMASS Boston or in your community. For those who are not local, remote access is available via video conferencing, email, conference calls, and webinars. Please reach out to Carolyn Hall, MSW, Carolyn.Hall@umb.edu, (617) 287-4394.

HEARING LOSS & PEER SUPPORTS: The Massachusetts Commission for the Deaf and Hard of Hearing provides survivors with multi-disciplinary, holistic services as they relate to hearing loss, tinnitus, and peer support. Advocacy, clinical support, consultation, referrals and care are offered to survivors who have had their hearing compromised or who are suffering from Tinnitus. We also provide guidance to employers and school systems on hearing loss when needed. Please reach out to Shannon Silvestri, Hearing Loss Peer Support Counselor, Shannon.silvestri@state.ma.us, or text her at: (857) 202-7164.

VICTIM COMPENSATION AT THE MA ATTORNEY GENERAL'S OFFICE is able to provide financial assistance to eligible crime victims for medical/dental care, mental health counseling, funeral and burial costs, as well as security measures. We also assist victims in assessing what other resources are available to assist them. Please reach out to us at 617-963-2560 or visit: www.mass.gov/ago/public-safety/resources-for-victims.

CONCUSSION SUPPORT SERVICES at the Massachusetts Rehabilitation Commission help people understand the effects of blast concussion and PTSD and help impacted individuals better manage daily life activities. We screen people for signs of possible concussion and refer people to a neuropsychologist (at no cost) if needed. Please contact Beth Williams, Beth.Williams@massmail.state.ma.us, 617-204-3643, or Mary Roach, 781-979-0018.

You can access all the counseling services below thru the MA Resiliency Center: 1-844-787-6641.

Cognitive Behavioral Therapy for Post Disaster Distress (CBT-PD)

Website: <http://www.ptsd.va.gov/professional/provider-type/responders/index.asp>

This treatment last 8-12 session and focuses on identifying and challenging unhelpful disaster-related beliefs.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for Children and Parents

Website: <http://tfcbt.musc.edu/>

This short-term therapy for children and adolescents provides new skills to both children and parents to help process thoughts and feelings related to traumatic life events; manage and resolve distressing thoughts, feelings, and behaviors; and enhance safety, growth, parenting skills, and family communication.

Eye Movement Desensitization and Reprocessing (EMDR)

Website: <http://www.emdr.com/general-information/what-is-emdr.html>

EMDR is an integrative approach to trauma symptom reduction offering 6-12 sessions. During treatment, specific protocols are used. One protocol is “dual stimulation” using bilateral eye movements, tones, or taps.

Narrative Therapy/Writing for Recovery

Brief Description: Narrative therapy is a technique used with both adults and children. It focuses on writing about the distressing events in order to reduce the negative impacts of those memories.

Group-Based Interventions for Post-Disaster Survivors

Groups for disaster survivors are generally 8-12 sessions and are focused on ways that have allowed survivors to adapt to the effects of their trauma and learn from each other how to cope with life changing experiences.