

March 2008



# Victim Services Newsletter

## Spring Forward

### Survival Strategies

Every grief journey is unique. While you need to find coping strategies that work for you, you might keep in mind the things listed below, which have been helpful for many other grieving victims.

- There is no "right" or "wrong" way to grieve.
- Seek ongoing support.
- Accept help when it's offered.
- Tell your story over and over again.
- Find out what helps you work through grief: reading books, keeping a journal, talking aloud or writing a letter to the person who died, or engaging in physical activity.
- Postpone major decisions until you feel strong enough to make them.
- Anticipate difficult times—holidays, birthdays, anniversaries—and plan how to deal with rekindled memories and feelings.
- Seek out good legal and financial advice.
- Attend support groups.
- If needed, reach out for professional counseling for additional support.



We help survivors survive.™

## Court Monitoring

The Court Monitoring Program (CMP) is pleased to announce the addition of Kimberly Shafer. Kimberly is monitoring the Adams, Hall, Gage, Saunders and Saline locations. Additionally, Kimberly is working on collecting data from focus groups, pre-test data on our new counties: Sarpy and Otoe and prepare for the first annual CMP report to be released around Labor Day.

The CMP continues collecting and analyzing data, establishing working partnerships in each county and working on community presentations to the public to increase visibility in the community. MADD has also been fortunate to work with many other likeminded coalitions and presenting data collected by the CMP to them.

## RALSTON FORUM

MADD Nebraska held a forum in Ralston at the Baright Public Library on March 4<sup>th</sup> for community members who share an interest in carrying out MADD's mission in the greater Omaha area. The MADD Nebraska State Office staff, along with First Lady, Sally Ganem, gave an overview of MADD, the programs offered, and services provided.

MADD is excited to work with community members of the Omaha area to start a new Community Action Site! The next meeting will be held on April 1<sup>st</sup> at 6pm at the Baright Public Library in Ralston. For more information, please contact the State Office at 1-800-444-6233.

## Children, Our Most Precious Cargo

Children should be taught to never get into a vehicle if they are afraid for their safety. Strategies should be discussed for managing uncomfortable situations. Teach your children techniques for keeping themselves safe by instructing them to:

- Sit in the back seat;
- Buckle-up tight and use their booster seat, if needed;
- Put all of their belongings on the floor;
- Do not bother the driver and stay quit.
- Tell a trusted grown-up immediately about the unsafe ride.

## Companion Memory Quilt

Due to the interest of many families we have been asked to move our completion date for the quilt squares to be in our office. We will still display the original Memory Quilt at the State Capital for Victims Right week during the week of April 7 through April 11, 2008.

Once the Companion Memory Quilt is completed, we will be able to announce where the quilts will be on display. With your help, your quilt square will become one of many to form one. I will need to have all squares in our office by **March 28, 2008**.



We help survivors survive.™

145 North 46th Street  
Lincoln, NE 68503



Notes from the Victim Services Department:

**Connect with other Victims from the Comfort of your own Home!**

MADD National Victim Services hosts a **live online chat** for victims and survivors. The Live online chats take place every Monday night at 6:00 PM MST and every Thursday night at 7:30 PM MST. These chats are a great way for you to connect with others whose lives have also been impacted by impaired driving.

- Please visit the website—<http://www.madd.org/Victim-Services.aspx>
- Be connected with other Victims/Survivors Nationwide
- Create a User Name and Password and you can begin talking