

About the VOCAL Program

We provide specialized therapies and support for adult victims of crime and trauma, including homicide, assault, sexual assault and domestic violence (see the complete list in this brochure). During individual and/or group therapy, we help victims to manage trauma symptoms, to build self-esteem and to develop healthy coping skills.

There is no fee for our services.

Contact us at:

978.927.4506 ext. 2

800 Cummings Center

Suite 266T

Beverly, MA

or

298 Washington Street

Gloucester, MA

978.283.0296 ext. 314

About Lahey Health Behavioral Services

We provide a range of outpatient, inpatient and residential care, including mental health clinics; addiction treatment; family services; mobile crisis teams; psychiatric treatment and school-based programs for children and teens.

We serve communities in Greater Boston, the North Shore and the Merrimack Valley, Massachusetts.

NebHealth.org



**Lahey Health
Behavioral Services**

**Victims
of Crime
and Loss
(VOCAL)**



Victims of Crime and Loss (VOCAL) Adult Program

Clinical services and community outreach for adults who have been victims of crime and loss.

Who We Serve

VOCAL provides free services to adults who have been victims of or who have witnessed a violent crime (see list below). We help the survivors to restructure their lives; understand and accept the changes brought about by the trauma; reopen channels of feelings that may have been repressed; and learn to manage the impact of distressing, invasive thoughts or flashbacks.

Types of crimes or victimization with which we can help:

- Homicide (not vehicular)
- Stalking
- Motor-vehicle homicide
- Assault
- Robbery
- Domestic violence
- Adult sexual assault/abuse
- Child physical abuse
- Elder abuse (ages 60+)
- Abuse of disabled person
- Violation of a protective order (209A)
- Crime related to DUI/DWI
- Hate-motivated crimes
- Political trauma

Our program serves 24 communities north of Boston and is partially supported by MOVA, the Massachusetts Office for Victim Assistance, through a Victims of Crime Act of 1984 grant from the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice.

Our Services

Individual Counseling and Support

- Stabilization during a crisis
- Intensive, one-on-one support with trauma-trained clinicians
- Tools to reduce stress and increase coping skills and self-esteem
- Help filing for victim compensation and/or support with legal involvement.

Therapies

- Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- Emotional Freedom Therapy (EFT)
- Art Therapy
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy

Group Counseling and Support

- Group for adult women who have experienced sexual abuse, including rape/ incest, and/or physical abuse
- Trauma-sensitive yoga group for adult women who are trauma survivors or victims of crime

VOCAL Children's Services

VOCAL also provides community outreach and clinical services to children, adolescents and non-offending family members who have been victims of crime and trauma. Through the use of creative therapeutic tools, children are able to heal in a soothing and supportive environment. VOCAL Children's Program provides a comprehensive system of evaluation, crisis intervention, short and long-term treatment and referral.

Ask for our VOCAL Children's brochure or call 978.927.4506 ext 2.

Other Emergency Services

North Shore Emergency Services

24-Hour Emergency Line

978.744.1585 or

1.866.523.1216 (toll free)

Northeast Massachusetts

Rape Crisis Hotline

1.800.922.8772