

# VIOLENCE INTERVENTION PROGRAM



The Violence Intervention Program at Children's Hospital of Philadelphia (CHOP) promotes a "trauma-informed" approach to helping patients who come to CHOP's Emergency Department or Trauma Unit for treatment after being involved in a fight or being assaulted and suffering traumatic stress.

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## WHAT WE DO

A component of CHOP's Center for Violence Prevention, the Violence Intervention Program (VIP) provides client-centered, family-focused intervention services for assault-injured youth and their families during and after a hospital visit to promote physical and emotional healing and prevent reinjury.

After an upsetting event, youth may be more easily excited, re-experience the event in their heads, or avoid situations or locations where the event occurred. These feelings can be a normal response to a traumatic event.

However, if they last too long (more than a month) and impair functioning in everyday activities, then the youth may benefit from receiving treatment for their post-traumatic symptoms.

## KNOW THE SYMPTOMS

Post-traumatic stress symptoms may be triggered by experiencing or witnessing an upsetting event.

Post-traumatic stress disorder symptoms include:

- Intrusive, unwanted thoughts about the event
- Re-experiencing the event through nightmares or flashbacks
- Distress at reminders of the event
- Having trouble concentrating or sleeping
- Feeling "jumpy" or "on edge"
- Avoiding things related to the event
- Feeling emotionally numb or detached

Other symptoms can include new fears, bellyaches, headaches, or feeling in a daze or "spacey."

## OUR TEAM HELPS WITH:

- Medical follow-up
- Victim's assistance
- Peer support groups
- Emotional support for traumatic stress
- Trauma-focused therapy
- School advocacy
- Legal advocacy
- Housing referrals
- Parenting education and resources
- Enrichment activities
- Life skills training
- Substance abuse assistance

## HELPFUL RESOURCES

- CHOP Center for Violence Prevention  
[chop.edu/violence](http://chop.edu/violence)
- Victims Compensation Assistance Program (VCAP)  
**800-233-2339**
- Penn Center for Youth and Family Trauma Response and Recovery > **215-829-5467**  
[med.upenn.edu/traumaresponse](http://med.upenn.edu/traumaresponse)
- School District of Philadelphia Bullying Hotline  
**215-400-SAFE (7233)**
- Pennsylvania Department of Education Office for Safe Schools > **877-730-6315**
- National Child Traumatic Stress Network  
[ncts.org](http://ncts.org)

**"VIP HELPED ME SO MUCH. I USED TO BE SO ANGRY AND FIGHT ALL THE TIME. THEY HELPED ME LEARN TO TALK ABOUT MY FEELINGS INSTEAD OF FIGHTING. THEY HELPED ME FEEL LIKE I BELONG AND HAVE GOALS FOR MY LIFE."**

— 15-YEAR-OLD VIP CLIENT

