

## Benefits of Counseling

Some of the benefits of seeking counseling are:

- Reviewing the incident and processing the event can help you clarify what actually occurred.
- Legal and judicial decisions can be discussed and utilized as part of the promotion of healing and resolution.
- Counseling can help develop coping skills and strategies allowing for the continuance of school, work or relationships.
- Establishment of a support network can help to decrease the negative physical, psychological and emotional effects that often result from traumatic experiences.

You can utilize the traumatic experiences as an opportunity to build and practice assertiveness, confidence, and even protective instinct skills.

## Judicial System

For many, this may be the first involvement with law enforcement or the judicial system. It's very common for people to expect what they have seen on television or movies to apply to their current circumstances. Unfortunately, these expectations are often unrealistic or a distorted snapshot of how things truly operate.

Wyoming has laws and regulations in place aimed at protecting victims. For cases involving prosecution, court advocates can provide you with information, education, and support that will help reduce fears and uncertainties.

Criminal case resolution by plea agreement is a practice that is often utilized. Through both negotiation and agreement, this approach to resolution can prevent the need for testifying in court.

Education and information regarding how the judicial system operates can assist victims and their family in the reduction of trauma.

## Who Can Help?

The Casper Police Department's Victim Services Unit can assist you with information regarding your case status, Victims' Rights, Crime Victim Compensation, navigation of the criminal justice system and referrals to the appropriate community helping professionals or organizations according to your specific needs.



## Resources

**Casper Police Department**  
**Victim Services**  
**1-307-235-9278**

**Central Wyoming Counseling**  
**237-9583**  
**Therapy Associates 277-6473**



Federal Civil Rights laws prohibit employers from discriminating because of a person's age, race, gender, sexual orientation, religion, ethnicity, disability or national origin. It also prohibits discrimination of those affiliated with associations or individuals covered in protected categories.

## After an Domestic Assault



**Victim Services Unit**  
**201 N David, First Floor**  
**Casper, WY 82601**  
**307-235-8347**

**Case Number:**  
**VINE: 1-866-994-8463**

**Detective:**

**Victim Advocate:**

## What May Help

**Although reactions to a traumatic event can be expected, the following tips may help:**

- Refrain from excessive substance use
- Exercise regularly
- Maintain a proper diet
- Rest regularly
- Continue contact with colleagues, friends, and family—people who will listen supportively
- Be honest with yourself regarding your stress level and your ability to cope

## Common Reactions

Common reactions of victims of assault are similar to those who survive other traumatic events and may include:

- Shock
- Fear
- Panic
- Anger
- Helplessness
- Embarrassment
- Sense of vulnerability
- Sense of isolation
- Sense of violation
- Desire to seek revenge

When we have no familiarity or connection to the offender, the ability to manage our feelings and make decisions will be made with more clarity and confidence. When the offender is a relative, friend or acquaintance the decision to report the crime can be difficult.

## Documentation

You may consider obtaining all treatment records resulting from this incident ambulance, hospital, physician, pharmacy. It is also good practice to save all receipts and bills related to or resulting from the incident.

These items may become important in the process of seeking restitution a process through the court system in which a defendant is ordered to pay for the expenses related to the crime. A defendant must either plead or be found guilty before restitution will be considered.

Receipts and documentation may also become important when applying for assistance through Crime Victim Compensation a program that may assist with out-of-pocket medical expenses that result from a crime.

## Injuries

You may have received injuries as a result of this incident that were not immediately noticeable. Seeking medical attention for injuries resulting from a crime is always good. Taking photographs of the injuries is also encouraged.

Interruption of your attendance at work or your inability to work resulting from injuries should be reported to your employer.

If you currently do not have a physician or medical insurance, it's possible that Victim Services personnel can assist you locating available resources in the community.

## Get Help

**Being a victim of violence is not your fault.**

## The Wyoming Victim Bill of Rights

- The right to be treated with compassion, respect and sensitivity within the criminal justice system.
- The right to know the whereabouts of the defendant and the current status of the case.
- The right to receive restitution from offenders.
- The right to know all rights under this law including information about services and victim assistance at the local level.
- The right to know about victim compensation.
- The right to reasonable protection and safety and the right to know of legal recourse if threatened.
- The right to prompt return of property.
- The right to preservation of employment while participating in the criminal justice system.
- The right to be informed about the opportunity to make a victim impact statement at sentencing and parole hearings.
- The right to be present at trial.

