

## Who can help?

The Laramie County Sheriff's Office Victim Advocate 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 organizations according to your specific needs.



## Resources

### 2-1-1 Wyoming

2-1-1 or 1-888-425-7138

[www.wyoming211.org](http://www.wyoming211.org)

### VINE

(Victim Information and Notification Everyday)

1-877-894-8463

[www.vinelink.com](http://www.vinelink.com)

### Office for Victims of Crime

1-800-851-3420

[www.ovc.gov](http://www.ovc.gov)

## After An Assault

Laramie County  
Sheriff's Office  
Danny L. Glick  
Sheriff  
307-633-4700



Name/ID Number:

Direct Number:

Mailing Address:

1910 Pioneer Avenue  
Cheyenne, WY 82001

## Common Reaction

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

- Shock
- Panic
- Anger
- Helplessness
- Embarrassment
- Sense of vulnerability
- 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.

## Injuries

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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 Advocate can assist you locating available resources in the community.

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## Documentation

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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.

## What May Help

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**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
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## Judicial System

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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.

## Benefits of Counseling

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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.

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