

Network of Neighbors Responding to Violence

Who We Are: The Network of Neighbors Responding to Violence (The Network) is an initiative out of the Department of Behavioral Health and Intellectual disAbility Services and Philadelphia’s free, citywide trauma response network. A group of DBHIDS staff and trained community members make up the Network, which has been providing trauma-informed, evidence-formed, and community-directed support to Philadelphia’s neighborhoods, schools, and communities since June of 2016.

What We Do: The Network provides support to any community (i.e. neighborhood, social group, workplace, rec center, block, library branch, school, etc.) in Philadelphia that has been impacted by any experience of overwhelming stress. This experience is defined by the community—it could be a result of an incident of violence or trauma, a loss, and/or ongoing circumstances causing heightened stress within the community.

Post-Trauma Impact & Needs Assessment

In collaboration with the community point-of-contacts, as well as partner organizations, Network staff assist with processing the impact of the incident or situation on the community, identifying resources, and organizing a response that is tailored to the experience of the community.

Psychological First Aid

An evidence-based, one-on-one intervention to stabilize an individual in distress and assess immediate needs.

Post-Traumatic Stress Management Community & Group Interventions

PTSM is an evidence-informed continuum (i.e. series) of community and group level meetings and discussions appropriate for ages 9 years and older. Different PTSM interventions are appropriate for different stages in the healing process, types of exposure, and expressed needs. PTSM is designed to reduce stress, promote peer connection and healthy coping, and safely identify community members who may benefit from additional support or behavioral health care. See below for additional information.

Ongoing Technical Assistance & Support

The Network provides ongoing assistance to the school or community, including non-incident specific supports, referrals to additional resources, and free training to school staff, parents, and surrounding community members.

The Network ONLY responds when invited to do so by the impacted community.

In other words, a point-of-contact within the community must connect with Network staff to plan a response for their community. The Network also works collaboratively with the Philadelphia School District’s Office of Prevention & Intervention, Uplift Center for Grieving Children, and other community partners. Call or email the Network of Neighbors staff at **267 233 4837** or networkofneighbors@phila.gov.

Post-Traumatic Stress Management Community & Group Interventions

All PTSM Interventions are confidential, voluntary, and designed to protect the natural tendency for people to group together with those they know and trust to seek safety, calming, and connection.

Orientation Session/s

1-1.5-hour long community meetings that provide 1) ongoing, accurate information about the incident and its aftermath, 2) information about resources and supports available to the community, and 3) psychoeducation about survivor reactions to overwhelming stress and ways to take care of oneself and one's body. Orientation sessions are open to the entire impacted community.

Stabilization Group Discussion/s

45 minute-1.5-hour sessions with similarly impacted community members (e.g. best friends, witnesses, neighbors, colleagues, bystander first responders, etc.) to discuss immediate safety and self-care plans.

Coping Group Discussion/s-

2-2.5-hour sessions with similarly impacted community members to tell their story, share their thoughts and reactions, explore coping strategies as a community, and start the healing process.

Compassion Care Discussion/s

2-2.5-hour sessions with members of the same community, or with those who do the same "work" (e.g. teaching, providing services, being a student, living or working in a school or community, etc.). Compassion Care discussions can happen at any time. Participants tell their story, discuss how their work impacts them, share information and coping strategies, and strengthen communication and community.

Visit dbhids.org/networkofneighbors for more information, or contact the Network via email at networkofneighbors@phila.gov and phone at 267 233 4837.