



Bolton Refuge House, Inc

24/7 Crisis line
855-526-5866

Questions/ comments?
715-834-9578

Inquire about volunteering:
volunteer@boltonrefuge.org

www.boltonrefuge.org/

July Newsletter

Post Traumatic Stress Disorder

The National Center for PTSD (posttraumatic stress disorder) defines PTSD as a mental health problem that some people develop after experiencing or witnessing a life threatening event. These life threatening events could be a number of things, such as seeing combat, witnessing a natural disaster and even experiencing domestic violence and or sexual assault.

The question that someone may ask themselves who has been exposed to this type of event is how will PTSD affect me? There is one common symptom that people may experience with PTSD and that is intrusive memories i.e. flashbacks, dreams, or recurrent unwanted memories. This symptom takes the person back to that traumatic event. Another symptom that may affect someone with PTSD is by negatively affecting their mood and their way of thinking. This can show itself by making someone feel numb with their emotions, detached from family and friends and causing a feeling of hopelessness. The last form symptoms that PTSD can do to a body is known as the arousal symptoms. These symptoms can cause trouble with sleeping patterns, cause someone to be easily frightened and results in someone constantly having their guard up. One way that someone may try to lessen symptoms of PTSD is through avoidance. A person experiencing PTSD most likely will try to avoid any conversation or anything that may remind the individual of the traumatic event, they believe through avoidance they will not have to continue to relive the traumatic event.

If you are experiencing PTSD, what is something that you can do to take care of yourself and minimize these symptoms? There are a number of therapies and medications available for individuals suffering with PTSD. These therapies consist of cognitive processing therapy, prolonged exposure therapy and written therapy. Each one of these therapies involves dealing with the traumatic memory or memories, however, each therapy listed has its own way of processing the memory. Medications that are effective in treating PTSD are similar if not the same as ones used for anxiety and depression.

To sum everything up, remember that PTSD can be isolating, even scary at times and the best treatment for PTSD is prevention. Keep an open and honest line of communication with your support system after a traumatic event. Let yourself process what happened and heal from it, don't try avoiding it. The information contained in this article was retrieved from viewing the National PTSD website which can be found at <https://ptsd.va.gov>



"You are allowed to let go of all those who do not set you free"
-unknown

Lethality Assessment Protocol

The Lethality Assessment Protocol, or LAP, is a tool that helps police officers and other crisis responders to put victims in contact with us almost immediately after a domestic violence incident. Officers or responders use the lethality assessment to determine how much danger the victim is in their current situation. If they conclude that the risk of lethality is high, the responder will call us and an advocate will speak with the victim, inform them of our services, and set up a time to call back for a more in-depth conversation.

Last month's data

High Danger: 3

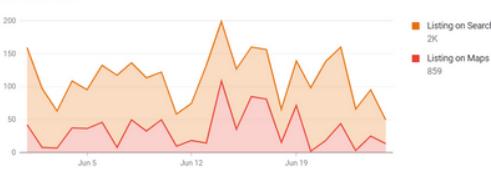
Not High Danger: 0

Total Calls: 3

Where customers view your business on Google
The Google services that customers use to find your business

1 month ▾

Total views 2.86K

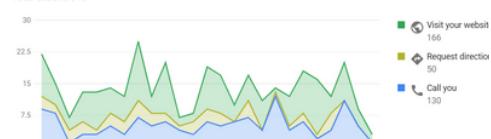


Customer actions

The most common actions that customers take on your listing

1 month ▾

Total actions 346



Donation suggestion:

- Thin Towels
- Disinfectant cleaning supplies
- Art supplies
- Landscaping supplies
- Food
- Disposable gloves

*We are not accepting clothing donations at the moment due to COVID