

STAR | STRESS, TRAUMA AND RESILIENCE



Reclaim your sense of safety. We help trauma survivors heal.

*Arianna Galligher, Acacia Cook, Yoseph Araya, Nicole Willis,
Bridget Henebry, and Sara Leonard*

OSU STAR Trauma Recovery Center Can Help

- Grant-funded through the Ohio Office of the Attorney General with federal funds from the Victims of Crime Act (VOCA) to provide treatment and care for adult survivors of crime-related violence with a qualifying event within the last 3 years
- Original grant was awarded in 2017
- Since that time, the program has received nearly 900 referrals

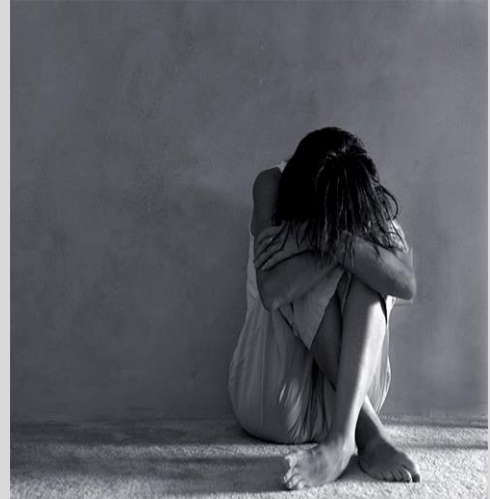


Our Model of Care

- OSU STAR Trauma Recovery Center offers:
 - Crisis intervention & bedside support when a patient is hospitalized
 - Clinical case management to provide emergency assistance to meet basic needs such as food, shelter, clothing, safety, and support to gain or re-build stability
 - Advocacy & education about victims' rights and the legal process
 - Assistance in communicating with law enforcement (as applicable)
 - Trauma-focused psychotherapy & psychiatric evaluation/medication management
 - Assertive outreach in the community to build relationships, earn trust, and offer education & support to those most vulnerable and at-risk in underserved populations and neighborhoods

Who Qualifies for Services?

- Adult (18+) survivors of:
 - Interpersonal violence
 - Sexual assault
 - Domestic violence
 - Physical assault
 - Gun violence
 - Stabbings
 - Gang violence
 - Human trafficking
 - Hate crimes
 - Hit & run or DUI-related car accidents
 - Identity theft
 - Elder abuse
 - Arson
 - We also offer services to family members of homicide victims, and other individuals indirectly impacted by crime



*Note: patients may have survived multiple traumas and other life stressors that extend beyond the last 3 years timeframe. The presence of previous exposure to trauma or violence is not an exclusionary criteria.

Services

Crisis Intervention



- Support when a person is hospitalized with injuries (physical, emotional, or both) related to trauma
- Education about common experiences in the aftermath of trauma
- Emergency linkage with resources to ensure safety
- Information about next steps, including the option to link with outpatient Trauma Recovery Center services

Services

Trauma-focused Psychotherapy



- Dialectical Behavioral Therapy (DBT) skills
- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization & Reprocessing (EMDR)
- Motivational Interviewing (MI)
- Psychiatric Medication Evaluation and Management
- Group therapy (in development)

Services

Clinical Case Management



- Individualized needs assessment
- Referral and linkage with resources and support
- Advocacy and coordination of care
- Empowerment-based psychoeducation support to assist with readiness for trauma-focused psychotherapy

Services

Community Outreach & Engagement



- Listening, learning and connecting with various individuals, agencies, organizations, and offices to best understand the needs of the community and to build a stronger system of support for survivors

Services

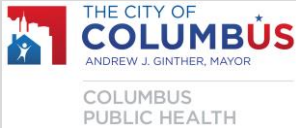
Other Support Services



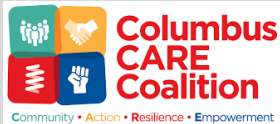
- Support Group for Survivors of Violence
 - Every Wednesday 6:00-7:30pm
 - Open to all survivors, regardless of whether or not they're accessing other services

3650 Olentangy River Rd., Suite 310
(First Merchants Bank Building)
Columbus, OH 43214
- Support with Legal Advocacy
- Survivors Speakers Bureau (in development)
- EMBER Yoga (in development)
 - Mindfulness-Based Emotional Resilience Program

We're working towards a collaborative grid approach...



OHIO CRIME VICTIM
JUSTICE CENTER



OFFICE OF STUDENT LIFE
**COUNSELING AND
CONSULTATION SERVICE**



What is our Referral Process?

- STARTraumaRecoveryCenter@osumc.edu
- (614)293-STAR (7827)
 - Voicemail system only at this time
- Necessary Referral Information:
 - Name
 - Contact Information
 - including whether or not it's safe to leave a message
 - Type of Crime
 - Date of offense (approximate is acceptable)
 - Immediate needs/services sought

Questions?

OSU STAR Trauma Recovery Center:

(614) 293-STAR (7827)

STARTraumaRecoveryCenter@osumc.edu

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Thank You



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