



Bibliography

The resources & research articles below have been referenced in the development and implementation of our direct service programs.

Resource Links

Crime Victims & Survivors

Arizona Attorney General's Office for Victim Services, Brochures & Videos

www.azag.gov/criminal/victim-services/ovs-brochures-and-publications

This web page has numerous resources to provide information about the criminal justice process, services, and victims' rights, including post-conviction.

California Attorney General's Office of Victims' Services

[A Victim's Guide to the Capital Case Process](#)

This resource details every step of the capital case process from the original trial through the entire post-conviction phase.

Louisiana Department of Public Safety & Corrections

[Victim Survivor Guidebook](#)

This resource provides helpful information about pardons, sentence commutation, and parole hearings in Louisiana.

National Center for Victims of Crime

[VictimConnect Resource Center](#)

victimconnect.org

1-855-4-VICTIM

This Resource Center operated by the National Center for Victims of Crime (NCVC) provides an anonymous phone, chat, and text-based referral helpline where crime victims can learn about their rights and opportunities for support.

[VictimConnect Resource Map](#)

victimconnect.org/resources/search-resources

This is a searchable tool with national and local resources commonly used by our visitors. The resources can be filtered by categories, services, location, and keywords.

National Crime Victim Law Institute (NCVLI)

[Victim Resources Database](#)

ncvli.org/victim-resources-database

This tool provides a searchable directory where individuals can find local and national victim service organizations that can provide them with information and support.

[Victims' Rights Law by State](#)

law.lclark.edu/live/news/23544-victims-rights-law-by-state

This webpage lists each U.S. state's victim's right laws, summarizing each jurisdiction's legal protections for crime victims.

Crime Victims & Survivors (continued)

Oregon Department of Justice: Post-Conviction Process & Victims' Rights

www.doj.state.or.us/wp-content/uploads/2017/03/pcvap_brochure.pdf

A pamphlet for crime victims and survivors that outlines the post-conviction process and applicable rights in Oregon.

Office for Victims of Crime, Directory of Crime Victim Services

ovc.ojp.gov/directory-crime-victim-services/search

This website helps users locate victim services in the United States and other countries.

RAINN - National Sexual Assault Hotline

www.rainn.org

1-800-656-HOPE

Immediate access to a trained support specialist via online chat, text or phone. They also lead national efforts in prevention, policy, justice, community education, and training.

Tips for Crime Victims and Survivors: Guidelines for Media Interviews

www.victimprovidersmediaguide.com/tips

This resource outlines what victims can expect and victims' rights with regard to media requests and interviews.

Exonerated Individuals

After Innocence

www.after-innocence.org

After Innocence is a national, non-profit organization that provides reliable, efficient re-entry assistance for the wrongfully convicted, and advocates for laws that provide them with meaningful compensation and effective reentry support. Learn more on the website or contact the organization directly at jon@after-innocence.org.

Council of State Governments Justice Center, Re-Entry Information

csgjusticecenter.org/topics/reentry

This CSG resource provides a list of organizations that work specifically with individuals returning home after incarceration.

STAR Center - Support, Technical Assistance, & Resources

[Self-Advocacy and Empowerment Toolkit](#)

This Toolkit was developed specifically for justice-involved individuals and can be helpful for those who have been wrongfully incarcerated. The toolkit provides helpful information, resources, and strategies for achieving personal recovery goals related to mental health consumers.

Witness to Innocence (WTI)

www.witnesstoinnocence.org

WTI is a national nonprofit organization for exonerees who served time on death row. The death row exoneree members of WTI use their powerful stories of being wrongfully convicted and sentenced to death to advocate for the abolishment of the death penalty.

Emotional Health & Wellness

Body Scan Meditation Video (Help Guide)

www.helpguide.org/mental-health/meditation/body-scan-meditation

A guided meditation to help focus your attention from one part of your body to another, observing sensations without judgement to promote relaxation and awareness.

Building Self-Esteem, A Self-Help Guide (prepared by Mary Ellen Copeland)

www.lrfoundation.com/wp-content/uploads/2020/06/Building-Self-Esteem-Booklet.pdf

This provides practical strategies and activities to help increase self-esteem by identifying strengths, changing negative self-talk, and building a positive self-image.

Coherent Breathing Meditation Video with Dr. Richard Brown & Patricia Gerbarg MD

www.youtube.com/watch?v=0XRPOmojZdQ

This video teaches a breathing technique to help harmonize body's rhythms, balance the nervous system, and promote both mental and physical well-being, with regular practice shown to improve heart rate variability.

EFT Tapping

What is EFT Tapping? Beginner's Guide to Emotional Freedom Technique (The Tapping Solution)

www.thetappingsolution.com/eft-tapping

This website discusses the Emotional Freedom Techniques (EFT) or "Tapping," explaining how it uses the body's energy meridian points like acupuncture and acupressure to reduce stress, anxiety, and other emotional concerns.

Emotional and Psychological Trauma

www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm

This resource provides helpful information on trauma, explaining how traumatic events can impact lives and offers practical strategies to promote healing.

Feelings Wheel

feelingswheel.com

A tool for helping individuals identify their emotions by using a feelings wheel to verbalize how they feel.

Grounding Toolkit (Arizona Coalition to End Sexual and Domestic Violence)

arizonasurvivors.org/wp-content/uploads/Grounding-Toolkit.pdf

A resource offering grounding exercises and tools to help reconnect with the body and manage distress.

Emotional Health & Wellness (continued)

Mindfulness Tools

Mindfulness involves developing self-awareness to guide oneself toward improved emotional, mental, and physical health and improved relationships. There are numerous free phone apps and websites that provide mindfulness tools including meditation audio and video resources and guided breathing techniques. Some of these are listed below.

The Headspace App provides meditation information and guided practices.
www.headspace.com

The Free Mindfulness Project offers free downloadable meditation exercises.
www.freemindfulness.org

Mindful is a non-profit that seeks to promote mindfulness practices for all.
www.mindful.org

Insight Timer is an app that has hundreds of free meditation tracks that can be used for a variety of challenges such as anxiety, sleep problems, and anger management.
insighttimer.com

Mindfulness Coach is an app designed by the Veterans Administration to assist users in reducing stress, improving emotional reactions, and addressing anxiety and depression through the use of mindfulness techniques.
mobile.va.gov/app/mindfulness-coach

Stanley-Brown Safety Plan

[Safety Plan Worksheet](#)

A brief, structured worksheet that guides individuals in identifying warning signs of crisis, selecting coping strategies and supportive contacts, and planning how to make their environment safer.

Therapist Aid Values Clarification

www.therapistaid.com/therapy-worksheet/values-clarification

This worksheet helps individuals identify, rank, and reflect on their core values to better understand what matters most and how to live in alignment with those priorities.

National Crisis & Mental Health Support

National Center for PTSD (U.S. Department of Veterans Affairs)

www.ptsd.va.gov

This website provides research-based information, support resources, and treatment guidance. Under the “Get Help” link, it includes help finding a therapist as well as self-help and coping strategies for managing PTSD.

The National Suicide Prevention Lifeline

<https://988lifeline.org>

The Lifeline provides 24/7 free and confidential support for people in distress as well as prevention and crisis resources for individuals and loved ones.

Open Counseling

www.opencounseling.com

This website provides a searchable database of counselors providing local mental health support services. Many providers also offer remote counseling sessions via computer or telephone.

Psychology Today

www.psychologytoday.com

This website offers a searchable directory of local licensed therapists, treatment groups, psychiatrists, and support groups. Most specify whether or not they take insurance and provide information about their rate per session. Results can be filtered by type of insurance, issue one would like to address, language, gender, type of therapy, and whether they offer virtual therapy.

Substance Abuse and Mental Health Services Administration (SAMHSA)

findtreatment.samhsa.gov

SAMHSA is a federal government agency that provides a listing of low-cost or free emotional health services and local support groups facilitated by trained mental health providers.

SAMHSA’s National Helpline

1-800-662-4357

This helpline is available 24/7 for individuals or family members facing mental health or substance use issues.

Traumatic Events and Post Traumatic Stress Disorder (PTSD) (National Institute of Mental Health)

www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd

This webpage provides information about Post-Traumatic Stress Disorder (PTSD) and highlights ongoing research to understand its causes, symptoms, and treatments.

Substance and Alcohol Use

Alcoholics Anonymous (AA)

www.aa.org

855-325-8379

AA is an international organization for people with problem drinking behaviors. The 12 Steps of Alcoholics Anonymous are a set of principles that assist people with their behaviors to move toward recovery. Enter a zip code on the website to find a local chapter and the nearest AA meeting.

Al-Anon

al-anon.org

Al-Anon provides support for family and friends of alcoholics. They have meetings and resources for family members, including children, and have special services for teenagers, called Alateen. Meetings can be in person or virtual. Search by zip code, distance from a location, day of the week, and type of meeting via the website.

Narcotics Anonymous (NA)

www.na.org

NA is an international organization for people with narcotics addiction that uses a 12 step approach to guide people toward healing. On their website, you can search for local meetings and find information for NA helplines and websites.

Opioid Treatment Program Directory (SAMHSA)

dpt2.samhsa.gov/treatment/directory.aspx

SAMHSA offers a directory of state-based opioid treatment programs. Utilize the dropdown menu to select a state and find local program information.

Substance Abuse & Mental Health Services Administration

www.samhsa.gov

This website provides one-stop access to U.S. government mental health information and educational resources. The “mental health” tab provides basics about different mental health conditions, symptoms, and facts. While this is not a substitute for time with a trained mental health professional, the information has been vetted by research and experienced providers.

Research Articles

Emotional Health & Wellness

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