

“VIP helped me so much.  
I used to be so angry and  
fight all the time. They  
helped me learn to talk  
about my feelings instead  
of fighting. They helped  
me feel like I belong and  
have goals for my life.”

— 15-year-old VIP member



### Contact Us

For more information, please contact  
Laura Vega, M.S.W., L.S.W., at **215-590-3118**.

The Center for Injury Research and Prevention  
3535 Market Street, Suite 1150  
Philadelphia, PA 19104

**chop.edu/violence**



The Children's Hospital *of* Philadelphia®  
Hope lives here.®

Founded in 1855, The Children's Hospital of Philadelphia is the birthplace of pediatric medicine in America. Throughout its history, a passionate spirit of innovation has driven this renowned institution to pursue scientific discovery, establish the highest standards of patient care, train future leaders in pediatrics, and advocate for children's health. A haven of hope for children and families worldwide, CHOP is a nonprofit charitable organization that relies on the generous support of its donors to continue to set the global standard for pediatric care.

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### Violence Intervention Program (VIP)



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## What is VIP?

The Violence Intervention Program (VIP) at The Children's Hospital of Philadelphia (CHOP) promotes a "trauma-informed" approach to helping patients who come to CHOP's Emergency Department or Trauma Unit for treatment after being involved in a fight or being assaulted and suffering traumatic stress.

## How Can We Help?

VIP provides client-centered, family-focused intervention services for assault-injured youth and their families during and after a hospital visit to promote physical and emotional healing and prevent re-injury.

After an upsetting event, youth may be more easily excited, re-experience the event in their heads, or avoid situations or locations where the event occurred. These feelings can be a normal response to a traumatic event.

However, if they last too long (more than a month) and impair functioning in everyday activities, then the youth may benefit from receiving treatment for their post-traumatic symptoms.

## Know the Symptoms

Post-traumatic stress symptoms may be triggered by experiencing or witnessing an upsetting event.

### Post-traumatic stress disorder symptoms include:

- Intrusive, unwanted thoughts about the event
- Re-experiencing the event through nightmares or flashbacks
- Distress at reminders of the event
- Having trouble concentrating or sleeping
- Feeling "jumpy" or "on edge"
- Avoiding things related to the event
- Feeling emotionally numb or detached

Other symptoms can include new fears, bellyaches, headaches, or feeling in a daze or "spacey."

## Our Team Helps With:

- Medical follow-up
- Victim's assistance
- Peer support groups
- Emotional support for traumatic stress
- Trauma-focused therapy
- School advocacy
- Legal advocacy
- Housing referrals
- Parenting education and resources
- Enrichment activities
- Life skills training
- Substance abuse assistance

## VIP Leadership Team

Joel Fein, M.D., M.P.H., *Program Director*

Ayana Bradshaw, M.P.H., *Administrative Director*

Brooke Paskewich, Psy.D., *Program Manager*

Rachel Myers, M.S., *Operations Manager*

Laura Vega, M.S.W., L.S.W., *Violence Prevention Specialist*

## Helpful Resources

- CHOP Violence Prevention Initiative  
[chop.edu/violence](http://chop.edu/violence)
- Victims Compensation Assistance Program (VCAP) > **1-800-233-2339**
- Penn Center for Youth and Family Trauma Response and Recovery > **215-829-5467**  
[www.med.upenn.edu/traumaresponse](http://www.med.upenn.edu/traumaresponse)
- School District of Philadelphia Bullying Hotline > **215-400-SAFE (7233)**
- Pennsylvania Department of Education Office for Safe Schools > **1-877-730-6315**
- National Child Traumatic Stress Network  
[www.nctsn.org](http://www.nctsn.org)

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