

# MARSY'S LAW



Under Marsy's Law, the California Constitution Article I, Section 28(b), Penal Code Section 679.026 Confers certain rights to victims of crime. Should this incident lead to a criminal case the following rights would apply to you:

1. Fairness and Respect
2. Protection from the Defendant
3. Victim Safety Consideration in Setting Bail and Release Conditions
4. The Prevention of the Disclosure of Confidential Information
5. Refusal to be Interview by the Defense Conference with the Prosecution and Notice of Pre-Trial Disposition
6. Notice of and Presence at Public Proceedings
7. Appearance at Court Proceedings and Expression of Views
8. Speedy Trial and Prompt Conclusion of the Case Provision of Information to the Probation Department
9. Receipt of Pre-Sentence Report
10. Information about Conviction, Sentence, Incarceration, Release, and Escape
12. Restitution
14. The Prompt Return of Property
15. Notice of Parole Procedures and Release on Parole
16. Safety of Victim and Public are Factors in Parole Release
17. Information about the 16 Rights.



DIVISION OF VICTIM SERVICES

## CONTACT US

Riverside: (951) 955-5450

Southwest: (951) 304-5680

Banning: (951) 922-7136

Blythe: (866) 217-3769

Indio: (760) 863-8363

Cal VCB (Claims): (951) 955-5460

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Your Advocate is:

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Telephone #:

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Email:

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Follow-Up (If Applicable):

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Division of *Victim Services*  
Riverside County District Attorney's Office



## CRISIS RESPONSE



MICHAEL A. HESTRIN  
DISTRICT ATTORNEY

# CRISIS RESPONSE TEAM



As a result of an incident that took place in your community, members of Riverside County District Attorney's Office, Division of Victim Services Crisis Response Team are here to assist you. This handout is meant to help provide you with an understanding of your reactions to this situation, as well as provide you with information for additional assistance, should

Our office can provide services and resources to help you. Please feel free to call our office and talk with an advocate and let us know how we can assist you. **YOU ARE NOT ALONE** and we are here to help.

## NORMAL STRESS REACTIONS FOLLOWING A TRAUMATIC EVENT

During the next few days, weeks, or months you may at some time experience one or more of these normal reactions to stress. The key to stress is to recognize these common symptoms.

PHYSICAL REACTIONS	COGNITIVE REACTIONS	EMOTIONAL REACTIONS	BEHAVIORAL REACTIONS
Fatigue/Exhaustion	Lack of Concentration	Fear	Change in Activity
Insomnia	Flashbacks	Guilt	Communication Changes
Sleep Disturbance	Difficulty with Decisions	Emotional Numbing	Withdrawal
Over/Under Activity	Memory Disturbance	Over Sensitivity	Suspiciousness
Nightmares	Forgetfulness	Anxiety	Hyper-Alertness
Change in Appetite	Confusion	Depression	Exaggerated Startle Reflex
Digestive Problems	Poor Problem Solving	Helplessness	Emotional Outburst
Physical Problems	Distrusted Thinking	Anger	Difficulty Sitting Still
Headaches	Change in Alertness	Irritability	Change in Sexual Behavior
Nausea		Frustration	

Remember these reactions to stress are normal. In order to cope with what you have experienced here are some things to try that are known to lessen or alleviate stress. **Within the first 24 to 48 hours:**

- Exercise to alleviate physical symptoms of stress.
- Structure your time and try to stay on schedule
- You are normal and are having normal reactions. Do not label yourself as crazy.
- Beware of numbing the pain with drugs or alcohol
- Talk to people. Talking is the most healing medicine.
- Accept help from others
- Help those around you as much as possible by sharing feelings
- Eat nutritious, well balanced meals and avoid excessive use of caffeine.
- Give yourself permission to feel bad, sad, angry, etc
- Keep a journal. Writing helps with sleeplessness and alleviates stressful thoughts.
- Don't make big decisions or life changes while you are experiencing stress
- Spend time with friends and family. Don't isolate yourself