

Who can help?

The Mesa Police Department Victim Services Unit can assist with information regarding Victims' Rights, Victim Compensation, case status, navigation of the criminal justice system and referrals to other appropriate helping professionals or organizations according to your specific needs.

Resources

Crime Stop (Police)(480) 644-2211

Crime Prevention.....(480) 644-2300
Neighborhood Watch

City of Mesawww.mesaaz.gov

Community Information and Referral
.....(602) 263-8856

EMPACT Crisis Hotline(480) 784-1500

Arizona Criminal Justice Commission

1110 W Washington Ste#230

Phoenix, AZ 85007

acjc@azcjc.gov

.....(602) 364-1146

National Criminal Justice Reference Service

(NCJRS)1-800-851-3420

P.O. Box 6000

Rockville, MD 20849-6000

Office for Victims of Crime(202) 307-5983

U.S. Department of Justice

810 Seventh Street NW., Eighth Floor

Washington, DC 20531

www.ovc.gov

Victim Services Unit

Burglary Information



Mesa Police Department

Victim Services Unit

130 N Robson

Mesa, AZ 85201

(480) 644-4075

This brochure provides information for you and your family on dealing with a burglary.

Victims of a burglary can suffer more than the loss of their property. They may experience strong feelings, such as anger, fear, and a sense of personal violation.

Common Reactions

Shock and Disbelief — You may feel shock and disbelief that something like this has actually happened to you, that your home has been broken into and your belongings gone through and stolen.

Sense of Violation — Part of the shock of a burglary is the sense of violation you may feel. This sense of violation and loss is both financial and emotional. Your privacy and sense of personal security and trust have been taken away from you, as well as your possessions.

Anger and Frustration — Anger at the intruders is a very common feeling. You may feel frustration, because you are not able to express this anger directly at those who committed the crime. You may also feel frustrated and angry with the police and the court system, especially if police have not been able to return your property or find the people responsible.

Fear — After a burglary, you may fear that your home is not a safe place anymore. You may feel uncomfortable being alone at home, or worry when you are not there. Many people fear that their home will be broken into again. And some people fear that they are being singled out, but most of the time the thieves want your possessions and did not break into your home because of who or what you are.

Suspicion — Many victims of burglary find themselves full of suspicion about strangers in their neighborhoods. Police departments encourage citizens to report any suspicious persons or activities.

Stress — After a burglary you may experience an increase in your stress level. You may even develop physical reactions, such as sleeping or eating difficulties due to the increased stress.

Guilt — Victims often feel guilt, as if there might have been something they could have done to help prevent the burglary. Of course, you are in no way to blame — when someone else breaks the law it is not your fault.

Children's Reactions

Remember that children may experience the same feelings, and they may have a hard time expressing their feelings in words. Their fear, anxiety, or anger may be expressed in changes in behavior. They may go back to earlier childhood behaviors, such as bed-wetting. Some children might become more aggressive and some might become quiet and withdrawn. All of these responses are normal reactions to stress.

Children will often need special reassurance at this time. They may be frightened and need to know that their home can once again be a safe place. Encourage your children to talk about their feelings.

What You Can Do

You have been through an experience that is frightening and disruptive. Remember that what you are feeling is perfectly normal and that these feelings will pass in time. Meanwhile, there are some things you can do to make this time easier and to make things better for yourself in the future.

- If you are frightened, get someone to stay at your home with you, or stay at a friend's or with a member of your family for a night or two.
- Talking about the experience is a very good way to put your feelings in order. Family and friends can be a great support.
- Take enough time to complete the paperwork thoroughly. This may become important if you file a claim with your insurance.
- Monitor your bank and credit accounts in the event that personal information was taken.
- Consider becoming involved in your Neighborhood Watch Crime Prevention program — an excellent way to help safeguard your home.
- Adding extra outdoor lighting, getting deadbolt locks on doors, and seeing that sliding doors and windows cannot be forced or lifted out of their frames are ways that you can make your home more secure.

Judicial System

For many, this may be the first involvement with law enforcement or the judicial system. It is very common for people to expect what they have seen on television or movies to apply to their current circumstances. Unfortunately, these expectations are, more than often, a distorted and unrealistic snapshot of how things truly operate.

Arizona has laws and regulations in place to protect victims. For cases involving prosecution, a court advocate can provide information, education, and support that help reduce fears and uncertainties.

As with any situation, education and information about how the judicial system operates, can assist the victim and their family in the reduction of trauma.

Remember, involvement in a traumatic event can produce upsetting responses such as disturbed sleep, diminished appetite, and difficulty concentrating. These responses will likely subside with time. However, if reactions are especially long lasting or troubling, you may need to turn to a professional for assistance.

Benefits of Counseling

Some of the benefits of seeking counseling are:

- Reviewing the incident and processing the event can help victims clarify what actually occurred.
- Legal and judicial decisions can be discussed and utilized as part of the promotion of healing and resolution.
- The disruption due to trauma can make daily functioning difficult. Counseling can help develop coping skills and strategies, allowing for the continuance of school, work or relationships.
- Establishment of a support network helps to decrease the negative physical, psychological and emotional effects that often result from the traumatic experience.

Survivors can utilize the experience as an opportunity to build and practice assertiveness, confidence, and protective instinct skills.