

“The best way out of a difficulty is through it.”

*Anonymous*



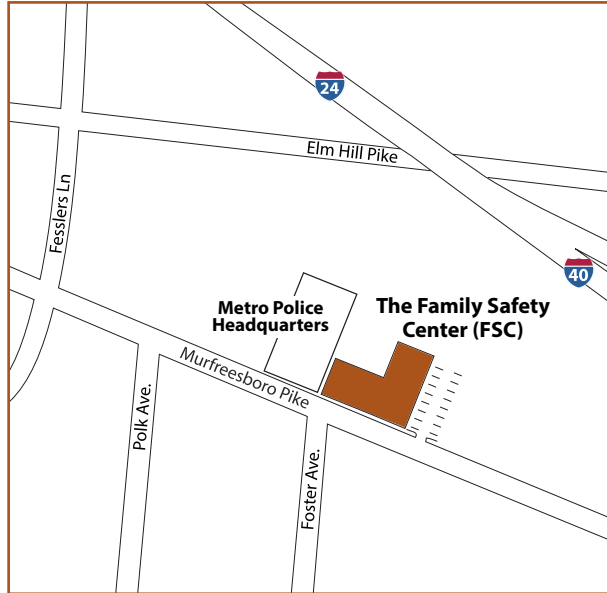
“What lies behind us and before us are small matters compared to what lies within us.”

*Ralph Waldo Emerson*



**OFFICE LOCATION:**

Family Intervention Program (FIP)  
(Family Safety Center)  
610 Murfreesboro Pike  
Nashville TN 37210



The Family Intervention Program (FIP) is located in the Family Safety Center. When you arrive, check-in with security.

**AFTER A ROBBERY:  
PUTTING YOUR LIFE  
BACK TOGETHER**



**For an appointment call  
(615) 862-7773**

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## WHAT IS ROBBERY?

Robbery is taking or attempting to take anything of value from the care, custody, or control of someone by force or by threat of force or violence. If a weapon is used, it is called armed robbery.

Robbery involves the loss of property and also the threat or use of violence. Because victims encounter robbers face-to-face or in close proximity, robbery victims often feel total and immediate loss of control. When a weapon is involved, the sense of helplessness and the fear of death can be strong which can lead to both short and long-term crisis reactions.

## HELP IS HERE

When a robbery occurs many people are affected: the victim, family members, friends, and the community. Since 1975, the Metropolitan Nashville Police Department (MNPD) has offered counseling and victim advocacy to those whose lives are impacted by violent crime. In 2016, two MNPD counseling and advocacy programs, the Victim Intervention Program (VIP) and Domestic Violence Counseling Program (DVP) united to become the Family Intervention Program (FIP). Although there was a name change, the services and commitment to help restore a sense of peace and balance to lives torn apart by violent crime did not.

The mission of the Family Intervention Program is to provide mental health services and criminal justice system advocacy whenever individuals, families, and/or the community have been affected by violent crime. All services are free, confidential, and provided in an environment which supports cultural diversity: with respect to race, religion, creed and sexual orientation.

Staffed by mental health professionals and specially trained advocates, FIP is available to victims of robbery.

## COMMON REACTIONS

- Anger
- Intense sadness & grief over stolen possessions
- Nervousness or anxiety in crowds
- Being suspicious of people you do not know
- Difficulty sleeping / nightmares
- Hypervigilance: Being hyper aware of your environment.
- Constant thinking about the robbery
- May startle easily at unexpected sounds
- Feeling vulnerable and not in control of your life
- Appetite changes
- Difficulty concentrating

*“I was robbed at gun point. They took my phone and wallet. I was not physically hurt, but I thought I was going to be killed. I was scared, couldn’t sleep, and stressed out. I talked with staff at FIP. They taught me skills to cope with my emotions and answered my questions”.*

*Mark, survivor of armed robbery*

## WHY COUNSELING?

You may feel angry at the robber or the police and court system. You may feel intense sadness and grief over possessions that you have lost. You may fear the robber will return or that another robbery might occur. You may feel guilt that perhaps something you did led to the robbery, even though you did nothing wrong.

How a victim reacts to robbery varies from person to person. Reactions can be immediate or delayed. Some reactions may decrease within a few days and other reactions will continue or increase with time. It is also common for reactions to resurface when triggered by another stressful event. Understanding the emotions and reactions you are experiencing is important. Although you may be reluctant to talk with a counselor, a FIP counselor knowledgeable of the trauma related to robbery is available to you.

## IT’S YOUR CALL

The main goal of the Family Intervention Program (FIP) is to help individuals and their families reclaim a sense of health and well being in the aftermath of victimization. If you are interested in learning more about our services please call.

**Family Intervention Program** (615) 862-7773

## OTHER CONTACT NUMBERS

District Attorney’s Office (615) 862-5500

TN Criminal Injury Compensation (615) 741-2734

REFER TO BACK PANEL FOR MAP AND DIRECTIONS

