## Recovering from Traumatic Events

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harrowing events, but there are a number of organizations and individuals out there willing to extend a mon: "post-traumatic growth." helping hand.

changed the course of the life of Stasha Loosli took place in May 2009 when her husband, Everett, vived except for their son who was was murdered by a neighbor outside of her St. Helens home for reasons she still doesn't understand. Loosli was left alone to raise her two sons.

"I can't do this on my own," was Loosli of her first reaction, who said her life began to steadily unravel.

In addition to the loss of a second income and difficulties answering questions a father would traditionally answer, she had moments that were particularly straining. When her son graduated from pre-school, she was reminded of her loss looking at the other families. She felt the sting again when her 10-year-old son started playing football, which is something his father had always looked forward to seeing.

But with a little help, things got better. She started attending a support group at the Dougy designed. Center every other week with her alize that they weren't the only ones in their situation and learned ways to cope with their loss. Her father-in-law also moved in to help with the raising of the boys.

Loosli said her home is still decorated with images of her deceased husband, and still keeps his F250 truck. Johnny Cash, one of his favorite musicians, is often played at the house, which causes her older son's face to light up instantly.

Steadily she realized that she could do it.

Schuurman said that the public traumatic incidents while working often hears the term "post-traumatic stress disorder." But she wants another term to become more com- all over the city.

An event that dramatically she described one family of five that had a bad accident where the car they were in rolled. Everyone surriding in the back seat and didn't have a seat belt on, which was partly because of the way the vehicle was

## **Healing Hearts Event Saturday**

"One Voice, Healing Hearts," an event for people who are recovering from a traumatic event, will be held this Saturday, Sept. 11, at Holladay Park, at Northeast 11th Avenue and Holladay Street from 12 p.m. to 4 p.m.

The program will feature performances from Linda Hornbuckle and the Self Enhancement, Inc. Youth Choir as well as informational booths from organizations that deal with the issue.

The mother of the family chamboys, which helped the family re- pioned the issue and started lobby- and death on the other side of the ing car manufacturers to make cars that have seatbelts in the back seat that are more accessible.

> her own growth. She said that following her husband's death she is a stronger more independent person. Additionally, she said she's less likely to get upset about what she now knows are trivial things.

"It's hard for me to get mad about stuff," she said.

for the police bureau's Crisis Response Team, which has taken her

The team is composed of spe-Working at the Dougy Center, cially-trained volunteers who help defuse tense law enforcement situations, and are often the first people to contact a family that has lost a loved one.

> The idea behind the program is that crisis volunteers are better acquainted with certain communities

and help ease the shock someone might be experiencing, in hopes that they provide useful information to police.

"We may not have the answer to the 'why," said Ward of what she often tells victims, "but we are looking for the

She remembers in 2004 getting a call in church about an urgent situation in the St. Johns area.

Ward said she arrived still wearing her Sunday best to find that the police had already taped off five blocks.

Jahar Perez, an unarmed black motorist, had been shot dead by the police, and the crowd that had amassed was teetering toward becoming ri-

"There was death in the crowd, yellow tape," said Ward.

Working with other Crisis Response Team volunteers, she Loosli said that she underwent helped calm the crowd. Afterwards she ditched her high-heel shoes, and then made her way to the apartment of Perez's mother.

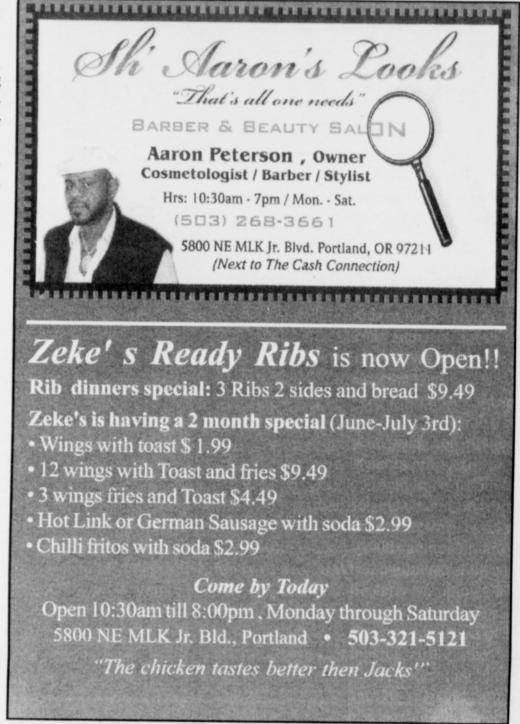
She comforted the woman who was still trying to understand the death. After the crowd steadily dispersed and under the cover of night, she escorted the mother to a nearby Rev. Renee Ward has dealt with Baptist church where she could say no shortage of people reeling from her final goodbyes to her son.

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## Acid Attack Victim Recovering

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burn unit in Portland Sunday. She had underwent surgery to remove dead skin from her face. Doctors say she probably will need more surgery in the future, although it is too soon to tell just how much she will need.

The Aug. 31 attack appears to be random and carried out by someone unknown to Storro.



Bethany Storro

Police have no suspect in the case and are continuing their investigation.

Storro, who said she could hear her skin bubbling as she hit the ground following the attack, when asked what would she say to her attacker, said "I would say, 'did you wake up and say 'I'm going to carry some acid in a cup and throw it on the first person I see?"