



*There are people who understand.
Talking to a therapist can help.*



Email gvbhrt@multco.us for more information.
Call 503-988-9883 to make a referral
or scan QR code to fill out the referral form.



 **Multnomah
County**
Health Department
Behavioral Health Division



GUN VIOLENCE IMPACTED FAMILIES BEHAVIORAL HEALTH RESPONSE TEAM

*Many of us have witnessed or experienced violence
in our communities. We can work together to heal.*



 **Multnomah
County**
Health Department

About Us

The **Gun Violence Impacted Families - Behavioral Health Resource Team (GVIF - BHRT)** combines culturally-responsive mental health therapy with support from peers who have lived experience to help those who have been impacted by gun violence.

Connecting. Healing. Supporting.

We are GVIF-BHRT

Multnomah County's Gun Violence Impacted Families Behavioral Health Response Team provides culturally responsive mental health therapy to those directly impacted by gun violence.

We are helping to heal

Our team aims to reduce symptoms of trauma, providing promising practices through a culturally responsive lens and approach.

We are creating supportive transitions

- Culturally-specific mental health treatment and support
- Trauma-informed home-based therapy sessions
- Peer support from Credible Messengers – community members who have successfully transitioned to life after involvement with gun and group violence



Outreach + Assessment + Resources = Recovery

Outreach and Engagement: Our team builds rapport with referred clients to ensure they feel supported, know full scope of services, and are ready to engage in the therapeutic process.

Program Intake Screening: Our Mental Health Consultants meet with clients to determine program enrollment eligibility.

Appropriate Resources: Our team assists in connecting mental health services to clients who do not meet program enrollment criteria or prefer another program.

Credible Messenger: Community members who bring lived experience with gun violence work closely with clients to complement mental health therapy.

Mental Health Assessment: Qualified Mental Health Professionals provide direct client support through conversations and questions to understand underlying sources of client's symptoms.

Treatment Plan: Mental Health Consultant and client meet to develop strategic goals to reduce symptoms by engaging in Individual, Family, or Group therapy.

Individual Therapy: Mental Health Consultant and client meet to provide client with a range of techniques to address client needs.

Family Therapy: Psychotherapy that involves working with multiple family members – typically immediate or extended – to address conflicts, improve communication, and enhance the overall family unit well-being by helping family members develop greater empathy and understanding for one another to build stronger, healthier relationships.

Group Therapy: Psychotherapy with a Mental Health Consultant and small group that meets regularly to address personal, emotional, or behavioral concerns. This approach is an opportunity for individuals to share experiences and receive support from others who may be facing similar issues.



Enroll. Refer. Access.

Enrollment:

- Ages 10 to 25
- Live in Multnomah County
- Impacted directly by gun violence

Make referral:

Email gvbhrt@multco.us for link to, or scan QR code to fill out the referral form.



Access crisis services:

Call Multnomah County Crisis Intervention at 503-988-4888.