

**WE ARE COMMITTED  
TO CREATING A  
CULTURE OF  
COMPASSION,  
ADVOCACY, SOCIAL  
JUSTICE, AND  
CULTURAL  
HUMILITY.**

Our program is run by a multidisciplinary team comprised of a psychiatrist, a psychologist, and licensed social workers.



**Program Staff:**  
**Erin Zerbo, MD**  
**Medical Director (973) 972-9684**  
**Cathy Cho, LCSW**  
**Program Coordinator (973) 972-9684**  
**Ashley Garcia, LSW**  
**Social Worker (973) 972-0352**  
**Shakia Wyche, LSW**  
**Social Worker (973) 972-0912**

# Trauma Recovery Center

**FOR MORE INFORMATION FIND US  
AT:**

**Trauma Recovery Center**  
**University Hospital - Cancer Center**  
**205 S. Orange Avenue, Level A-1020**  
**Newark, NJ 07103**

**Contact us at:**  
**Main #: (973) 972-0643**  
**E-mail: [trc@uhnj.org](mailto:trc@uhnj.org)**



## WHO WE ARE

---

The University Hospital (UH) Trauma Recovery Center is a 16 week program (that may be extended for those who need it) aimed at healing survivors' injuries holistically by addressing them emotionally, physically, and socially. We aim to support survivors in restoring their daily functioning that was disrupted by victimization through targeted trauma-informed mental health services. The goal is for survivors of trauma to successfully regain independence in all areas of their lives.

## ELIGIBILITY REQUIREMENTS

---

Applicant is:

- 18 years old or older
- A survivor of violent crime in the past 5 years
- Physically and mentally able to participate in treatment
- Experiencing symptoms affecting daily functioning
- Not in need of hospitalization or acute detoxification
- A resident of Essex county or surrounding area

## EXAMPLES OF VIOLENT CRIMES

---

Sexual assault, Intimate partner violence, Physical assault, Vehicular assault, Gang violence, Human trafficking, Hate crimes, Immigration related violence, and Family members of homicide victims

## OUR SERVICES

---

Services provided by Licensed Social Workers aimed at fostering a supportive therapeutic relationship:

- Therapeutic Case Management
- Trauma Informed Individual and Group Therapy
- Peer Mentorship and Advocacy Support
- Employment Support and Job Training
- Legal Advocacy and Assistance
- Housing Advocacy and Assistance
- Socialization via Community Based Activities
- Linkage to Resources in Community
- Medication Management by Licensed Psychiatrist