



**Trauma
Recovery
Center**

ARTICLE

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Southern Arizona's First Trauma Recovery Center Opens to Support Victims of Violent Crime; Grand Opening Event Held on 9/10/25

Pima County, Arizona adults now have access to comprehensive support and healing services through **CODAC's new Trauma Recovery Center (TRC)**, which serves individuals recently affected by violent crime — including gun violence, stabbings, physical assault, vehicular assault, sexual assault, domestic violence, human trafficking and other violent crime in the past three years as well as all homicide survivors. This is the **first and only TRC** in southern Arizona.

More than 100 community members, local dignitaries and survivors gathered to celebrate the **Grand Opening** of the CODAC Trauma Recovery Center on **Wednesday, September 10, 2025**, with a brief program, ribbon cutting ceremony and tours.

Based on the **nationally recognized model** developed by the University of California, San Francisco (UCSF) in 2001, CODAC's TRC offers a comprehensive range of free services to trauma survivors, including mental health counseling and therapy, psychology, psychiatry, and case management to help access resources for critical practical needs like food, housing and employment. These services are available at **no cost** for survivors through pilot funding from the State of Arizona, made possible by Arizona House Bill 2612 passed in 2023.

Survivors of violent crime often face challenges like financial strain, unstable housing and emotional trauma. The TRC helps **bridge gaps in care** for those who may not otherwise seek support, especially those in underserved and marginalized communities. Through client-centered, trauma-informed, evidence-based and culturally-responsive services, the CODAC TRC offers both immediate relief *and* long-term healing.

Addressing a Critical Local Need

Pima County faces violent crime rates that exceed both state and national averages, according to *U.S. News & World Report*.¹ Locally, there are consistently reports of higher rates of firearm-related deaths, suicides and homicides than the rest of Arizona.²

"These are not just numbers. They represent lives shattered, families grieving and communities

experiencing the devastating ripple effects of trauma,” says CODAC President and CEO, Dennis Regnier.

A Holistic, Survivor-Centered Approach to Healing

Eighteen-year-old Brynn C. is just beginning her healing journey after experiencing multiple violent crimes this summer. Since the events, she has been living with anxiety, insomnia, and a loss of motivation. After a few failed attempts at connecting to traditional mental health services, Brynn came to the CODAC TRC where she now receives therapy. Of her experience at the CODAC TRC, she shares, “This feels like it is going to help. I feel safe and comfortable here.” Brynn has learned grounding and breathing techniques to manage her panic attacks and is processing her trauma at a pace that feels comfortable.

“To truly support recovery, we must care for the whole person,” says Heather Brady, Director of the CODAC TRC. “We prioritize each survivor’s unique needs through personalized outreach, meeting them wherever they are — *physically and emotionally* — to build trust and begin healing *on their terms*,” she says.

With 55 TRCs in 15 states, the model demonstrates significant improvements in survivors’ mental health, productivity, and comfort engaging with law enforcement. [According to the National Alliance of Trauma Recovery Centers](#), survivors utilizing TRC services reported more than **40% decrease in symptoms of depression and PTSD** and **96% report treatment helped them feel better emotionally**. And, the TRC model has been found to **cost 34% less** than the Fee-for-Service model.

“This is more than a program, it’s a transformational solution,” says Regnier. “We’re proud to bring this model to Pima County and offer real, lasting support and hope to those in our community who need it most.”

The CODAC TRC is now accepting new clients. Visit www.CODAC.org/TRC to learn more or call (520) 202-1761.

The CODAC Trauma Recovery Center is funded by the State of Arizona, Trauma Recovery Center Pilot Funding. CODAC would like to acknowledge the Arizona Department of Health Services (ADHS), the National Alliance of Trauma Recovery Centers (NATRC) and the Alliance for Safety and Justice (ASJ) for their significant support and technical assistance.

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- [Link to website>>](#)
- [Link to TRC Fact Sheet>>](#)
- [Link to National Alliance of Trauma Recovery Centers fact sheet>>](#)

Photo Captions

- “CODAC TRC Ribbon Cutting.jpg” – The CODAC TRC team is joined for the Grand Opening and Ribbon Cutting on September 10, 2025 by local dignitaries, CODAC leadership, a survivor and current client, and the Chamber of Southern Arizona.
- “CODAC TRC Team.jpg” – (from left to right) Heather Brady (Director), Anna Patten (Therapist), Shiela Cappleman (Psychiatric NP), Carla Vargas-Frank (Outreach Engagement Specialist), Nicole Vigil (Therapist), Kristine Welter Hall (Chief Operating Officer), Brandon Williams (Outreach Engagement Specialist), Nidia Torres (Clinical Program Support Specialist), and Dennis Regnier (President & CEO).
- “CODAC TRC_ADHS and Pima County.jpg” – (From left to right) Carly Fleege (Arizona Department of Health Services), Dr. Theresa Cullen (Pima County Health Department), Kristine Welter Hall (CODAC Health, Recovery & Wellness, Inc.) and Teresa Aseret-Manygoats (Arizona Department of Health Services)
- “CODAC TRC_Why it Matters.jpg” – Grand Opening attendees tour the Trauma Recovery Center and learn more about the evidence-based model.

Post-Event Social Media Caption

Congratulations to CODAC Health, Recovery & Wellness on the Grand Opening of their new Trauma Recovery Center (TRC).

Located at 1600 N. Country Club Rd in Tucson, AZ this evidence-based program is the first of its kind in Southern Arizona and one of only 54 in the US. The TRC provides critical, no-cost healing services to victims of violent crime who are suffering from acute post traumatic distress. This short-term intervention model of assertive therapy, case management and psychiatry has been shown to be cost-effective in improving symptoms and productivity among survivors. More info at www.CODAC.org/TRC.

Detailed Statistics and Sources

1. Pima County experiences a higher violent crime rate than the state of Arizona – 470 per 100K population vs. 432 per 100K population – and a much higher violent crime rate than the nation as a whole, 255 per 100K population (U.S. News and World Report. Overview of Pima County, AZ, 2022)
2. The rate of firearm fatalities in Pima County (19 per 100K population) is higher than the state average of 17 per 100K population. The suicide rate in Pima County is also higher than the state (20 vs. 19 per 100K population), as is the rate of homicide (7 vs. 6 per 100K population) (University of Wisconsin, County Health Rankings; Arizona Department of Public Safety, Arizona Crime Statistics).
3. Violent crime in Pima County does not affect all demographic groups equally. For instance,
 - a. the Pima County Sheriff's Office and Tucson Police Department report that the majority of victims of violent crimes in Pima County are between 25-44 years of age, and 52% are female. Also, although only 5.6% of Tucson residents are Black/African American, they made up 10% of all violent crime victims in Tucson

from 2018-2024 (Arizona Department of Public Safety, Arizona Crime Statistics, Tucson Police Department, 2024).

- b. The Level 1 trauma center for Pima County, Banner-University Medical Center, reports that over the last three years, the vast majority of crime victims receiving treatment at its facilities have been male (87%), White (75%) and/or Hispanic (33%), and have experienced blunt trauma (50%) and/or penetrating trauma (48%).
4. Studies show that, without mental health treatment and support, the trauma resulting from violent crime victimization can negatively affect a person's life in long-term ways, including parenting skills, impaired functioning at work, higher rates of unemployment, and problematic intimate relationships, and can result in further mental and behavioral complications, such as sleep disorders, phobias, suicidal behavior and self-harm, eating disorders, substance dependence, antisocial personality disorders, among others (Journal of Traumatic Stress).
5. Compared to individuals experiencing other types of trauma, those who experience violent crime are more likely to develop Post Traumatic Stress Disorder (PTSD), a potentially disabling and chronic condition, and intervention with victims of violent crime experiencing psychological distress is important to assist with immediate consequences such as injury, income loss, and adjustment to disability, and to prevent longer-term negative sequelae associated with posttraumatic stress. Violence-related trauma, although less prevalent than other traumas, such as accidents or illness, is associated with high societal costs in the forms of mortality, medical and mental health treatment costs, reduced productivity, and impaired functioning (Bocellarri, et. al., 2007).

About CODAC Health, Recovery & Wellness

CODAC Health, Recovery & Wellness is a nationally recognized nonprofit organization that provides a full continuum of community-based care for individuals and families affected by mental illness, substance use, and trauma. With a multidisciplinary team of dedicated professionals, CODAC offers comprehensive and integrated services for whole-person wellness, including primary care, psychiatry, therapy and counseling, medication assisted treatment for substance use disorders, case management, peer support, employment support and wellness services. CODAC is committed to empowering individuals to lead healthy, fulfilling lives and to promoting wellness in the communities it serves.