

The Voice

A publication by Voices Against Violence

Issue 12

Quarterly Newsletter

Summer 2011

Voices Against Violence 30 Year Anniversary!

In 1981, a small group of women banded together to start the Plymouth Task Force Against Domestic Violence. The all-volunteer members of the group used their homes to shelter women who were victims of domestic violence. Initially, the Task Force had no paid staff. In 1982, the group registered with the state of New Hampshire as a non-profit agency. After changing its name to Plymouth Area Crisis Services in 1988, the non-profit group added services for survivors of sexual assault in 1989.

In 1990, the name of the group changed again to the Task Force Against Domestic and Sexual Violence and the first paid staff were hired. These staff members were paid for about 7 hours of work per week at \$9 an hour although they volunteered countless additional hours each week. A major goal of the organization was

realized in 1991 when a shelter was purchased so that members would no longer need to house women in their own homes. The building required significant renovations after purchase and an office for the staff was included in those renovations. The organization continued to grow throughout the 1990's, although all staff were part-time until 1999 when four staff positions became full-time. During that same year, the organization received a federal grant that allowed the hiring of a fifth staff person who acts as a liaison with the State Department of Children, Youth and Families (DCYF), spending time at DCYF in Laconia as well as at the local office working with parents of abused children whose cases are in the hands of DCYF.

Throughout the 1980's and 1990's, the agency operated as a consensus-based

organization, with no Executive Director or hierarchical organizational structure. In 2001, however, after much discussion, analysis and planning, the organization made a significant change in its organizational structure and hired its first Executive Director. Until that time, the Board of Directors had been deeply involved in the day-to-day operation of the organization. The hiring of the first Executive Director allowed the board to shift its focus to financial oversight, fundraising and general policy issues.

In recognition of the close relationship between all forms of societal violence, the name of the organization became Voices Against Violence in 2001. The organization currently has four full-time and one part-time staff members and still relies on trained volunteers to help provide services to victims of domestic and sexual

violence. Funding comes from federal, state and private grants as well as through the generous donations of local community members.

As a member of the New Hampshire Coalition Against Domestic and Sexual Violence, Voices ensures that its services are of the highest quality. Over the years, the staff, board, and volunteers of Voices have taken thousands of crisis calls and provided information, court advocacy, support groups, and shelter for victims and their families from the 18 towns in our catchment area. In addition, the organization has worked to end domestic and sexual violence and stalking through its community education and outreach programs. The agency's services continue to be desperately needed as evidenced by the significant increase in demand for those services from year to year.

**Take Back Your Power
by: Lara**

**Noise in my head
speak and I'm dead**

**I pay for his sin
agony within**

**Tears stream down
I must flee town**

**Drop it and run
or your life will be done**

**Scatter and hide
pain deep inside**

**You'd better not speak
he knows you are weak**

**Here is the hour
take back your power.**

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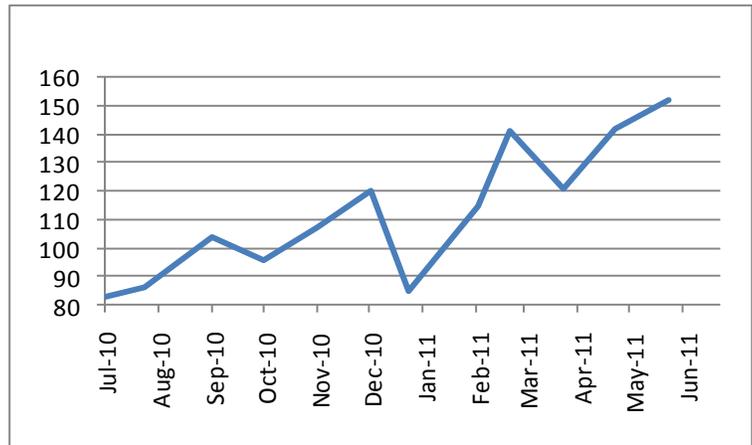
Client Numbers Continue to Soar

The number of clients we have served has continued to grow during the first half of the year, with our record being 152 clients during the month of June. However, there has been no increase in funding or staff.

We believe the increase in client numbers does not reflect an increase in domestic and sexual violence in the community, but rather has come as a result of our work building relationships and connections with community partners to increase referrals. We also believe that change is a

process that one has to guide themselves through and improves with ongoing support and advocacy. So our work with our clients often extends from beginning to end throughout their journey.

Across the state, domestic and sexual violence programs saw a 14.5% increase in services in 2010. The largest increase in services was among children with over a 200% increase in child abuse victims. This is mostly due to member programs increased collaboration with Child Advocacy Centers.



We have appreciated the opportunity to collaborate with local agencies, employers and professionals and provide trainings to staff and employees. The more that community members feel comfortable talking about domestic and sexual

violence, the more likely victims will receive help and support. Although our numbers are soaring, 1 in 3 women in NH are victims of domestic violence, which would make our client numbers not truly reflect what is happening in our community.

Board of Directors

Robin DeRosa
Plymouth State University

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Plymouth State University

Peter Pettengill
Northeast Communications Gowen Realty

Sally Bevan
Bookkeeping

Wendell Broom

SAVE THE DATE September 16, 2011

at the Common Man Inn and Spa in
Plymouth, NH

A one-day training presented by Stephanie Covington, Ph.D., LCSW of the Institute for Relational Development / Center for Gender and Justice. Sponsored by the Open Doors to Safety Project of the New Hampshire Coalition Against Domestic and Sexual Violence and the New Hampshire Training Institute on Addictive Disorders.

Time: 9:00am – 4:00pm,
Registration at 8:30am

Cost: \$20.00

CEUs: LADC, LCSW, Prevention Specialist and Nursing CEUs will be available.

This conference is primarily being offered to New Hampshire alcohol and drug counselors and mental health clinicians. There are limited spots available for any one from outside of New Hampshire. Please contact Linda Douglas at linda@nhcadsv.org if you are not practicing in New Hampshire.

Training description: With the increased awareness of the impact of interpersonal violence on women's lives, social service providers are beginning to consider what this means in their specific settings. There is a growing evidence-based documenting the impact of child neglect and abuse (as well as other forms of trauma) on health, mental health and behavior. The initial focus of the presentation will be on the history of trauma, its connection to addiction, and the process of trauma. It will include the following: stages of recovery, dissociation, triggers, and impact on parenting. This one-day training also provides a theoretically-based comprehensive model for services. The emphasis is on creating a therapeutic environment, as well as providing examples of coping skills and grounding exercises. The presentation also reviews promising practices and specific treatment strategies that address the question: What is healing for women?

SAVE THE DATE

October 6th 7:00pm- Plymouth Common

Voices will hold our annual **Candlelight Vigil**, as part of Domestic Violence Awareness Month, to pay tribute to the memories of those New Hampshire residents whose lives were taken as a result of domestic violence.

Volunteer Training

Are you compassionate, mature, have a willingness to learn and good listening skills?
Does this sound like someone you know?

You can make a difference...Voices Against Violence is looking for community members who are interested in learning more about advocacy and wanting to give back to their community. Volunteers commit to giving time consistent with what their schedule allows. Voices provides free training and support to our volunteers. Past volunteers tell us the sessions have been informative, and that they teach skills that have been useful in other parts of their lives.

Our **free** volunteer training is beginning in **September**. The dates and times are on evenings and weekends. Please call 536-3423 for more information.

A Special Thanks to Our Recent Donors

Bob Heiner and Ms. Sheryl Shirley	Charles Barilla and Susan Durgy
Lynn R. Chong	Plymouth United Methodist Church
Tim and Susan Daigneault	Pat Farmer
Janet and Jules Doner	Pamela and Jim Farmer
Cynthia M. Dussault	Starr King Unitarian Univer- salist Fellowship
Nancy Grady	Sue Mitchell
Winnie and Allan Hohlt	Robin Derosa and Phil Lonergan
William and Glenda Houle	Susan Ford
Kathleen Lutter	Lois Grant
Robert Miller	Jeannette Bilodeau and Liz Ahl
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John and Kathy Jurczynski	Woodsville Guaranty Savings Bank
Paul and Libby Wilson	Jennifer Highland
David and Carolyn Kent	Church of The Holy Spirit
Christopher and Heather Chabot	Quentin and Marcia Blaine
Catherine LeBlanc	Ashland Women's Club
Clement's Nursery & Landscaping	
Blaine Law office, PLLC	

Shelter and Client Needs

Wish List

- Lawn mower
- Weed wacker
- 18 volt drill
- Outdoor table and chairs with umbrella
- Bicycles for kids and adults
- Passes for local events, outings, and activities...
Jazzercise
Squam Lake Science Center
Clark's Trading Post
Whales Tales
Lost River
Polar Caves
Silver Arts Center Productions
- Movie passes
- 2 new infant car seats, all baby products: diapers sizes 2 & 4, wet wipes, baby shampoos, baby lotions, baby powder, diaper rash ointment, crib sheets...
- 4 Table lamps
- 5 alarm clocks with radio
- 4 flashlights
- Bathroom and Kitchen "starter kits" (bathmats, shower curtain, etc. & utensils, dishes, pots/pans, etc.)
- Gift certificate to Staples, Hannaford and WalMart
- Following Hygiene products: deodorant, 12oz (or more) bottles of shampoo and conditioner, razors, and lotions.
- Uplifting artwork, photography, or quotes for walls.
- 3 sets of queen flannel sheets and 3 sets of twin flannel sheets (for winter)
- Winter stuff: sleds, snow shoes, ice skates

To donate any of these items, please call 536-3423

Plymouth House of Pizza
Constance Morrison
Wendell Broom
Midstate Health Center
Deborah C. Tivey

To make a monetary gift to Voices Against Violence, please send your check to: PO Box 53, Plymouth NH 03264.

All donations are tax deductible.

Voices Against Violence

PO Box 53
Plymouth, NH 03264

Office Phone:

1(603) 536-5999

1(603) 536-3423

24 Hour Crisis Line:

1 (603) 536-1659

1 (877) 221-6176 (toll free)

www.voicesagainstviolence.net

www.facebook.com/voicesagainstviolence



Reaching Out.
Speaking Out.

Since 1981 Voices Against Violence has been reaching out to and supporting victims and survivors of domestic violence, sexual violence, and stalking. Our advocates provide understanding, information, and support to victims, survivors, and non-offending family and friends. Our services include a 24-hour Crisis Line, Court Advocacy, Police and Hospital Accompaniment, Systems Advocacy, Emergency Shelter, Support Groups, and Education and Outreach. Domestic and sexual violence can take many forms including physical abuse, mental abuse, sexual assault, verbal threatening, and name calling. It can affect anyone at any time: friends, coworkers, relatives, children, teens, men, and women. By acknowledging the existence of domestic and sexual violence and stalking in our communities, we can raise awareness of the problem and enable both victims and witnesses to take action and break the cycle of violence.

Free and Confidential

24 hours a day, 7 days a week