

## The Voice

FALL 2016

ISSUE 24

TOGETHER WE  
CAN END  
DOMESTIC AND  
SEXUAL  
VIOLENCE



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Although Domestic Violence (DV) is a crime that impacts us all, the topic is often avoided due to a lack of knowledge, a fear to get involved, or even as a result of triggers from personal experiences. The truth is 74% of Americans know someone who has been abused and ignoring the problem will not make it go away.

- Domestic Violence is the third leading cause of homelessness among families.
- Women ages 18-34 are at the greatest risk.

- More than 3 million children witness DV in their homes every year.
- In 2 out of 3 female homicide cases, the victims are killed by a family member or intimate partner.
- \$5.8 billion is spent each year on health costs of domestic violence.
- 1 in 7 men age 18+ have been the victim of severe physical violence by an intimate partner in his lifetime.

Please join us  
**Thursday, October 13th**  
all day at the  
**Plymouth Town Common**  
for the  
**CLOTHESLINE PROJECT**  
and at **7:00 pm** for our  
**CANDLELIGHT VIGIL**  
to honor those victims who  
have lost their lives due to  
domestic violence.  
Please visit  
<https://movetoenddv.org/> to  
learn information about The  
Move To End Domestic  
Violence

### UPCOMING EVENTS

★★★

- \* **Fall Volunteer Training**  
Beginning **September 21st**
- \* This year's **DINE OUT**  
event will be **October 5th and 6th**. Be on the look-out for local participating restaurants.
- \* **The Clothesline Project**  
**October 13th-All Day**  
Plymouth Town Common
- \* **Candlelight Vigil**  
**October 13th at 7:00 pm**  
Plymouth Town Common

## Want to Know How To Get Involved?

**Call for information about our Fall Volunteer Training!**

### Work on our Crisis Line

Our 24-hour crisis line needs volunteers to provide support and empathy to clients in need. Trained staff are available for volunteer support or when a 1:1 response is needed.

### Offer Transportation

We provided transportation **91 times** to clients from **January –July of 2016**. Simply offering a client a ride to the doctor's office or the store can make all the difference in the lives of others.

### Shelter Maintenance

This year volunteers helped with sheetrocking, painting and landscaping. Your generous donations helped us to replace carpeting and improve outdoor lighting. If you have a skill to share or would like to help but aren't looking to work directly with clients, this is the way to go.

### Become a Board Member

Feel free to talk to any of our incredible Board members for more information on being a part of our team.

***Become a volunteer!***

### Voices Against Violence Board of Directors

*Maryann Barnsley* ~ President  
*Caitlin Piere* ~ Vice President  
*Deborah McKinnon* ~ Secretary  
*Martha Hughes* ~ Treasurer

*Pam Gould*

*Donna Graves*

*Rosemary D'Arcy*

*Barbara Quinchia*

*Fox Smith*

*Paulo Franca*

*Mandy Gennaro*

## *Wish List*

Toilet paper  
 Laundry detergent  
 30-gallon trash bags  
 Cooking pots and non-Teflon skillets (all sizes)  
 Metal non-Teflon baking sheets  
 AAA, AA, and D Batteries  
 Gas Cards  
 Gift Certificates to Hannaford and Walmart

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

## *Education and Outreach*

In an effort to end the cycle of violence in our communities, Voices provides prevention education and outreach at all levels, from k-12 and university classroom presentations to trainings for community agencies. Our goal for students is to help them recognize signs of unhealthy relationships and develop tools for accessing help for themselves or someone else in need. Bystander Intervention is a key focus of our prevention work with students of all ages. On the professional level, our presentations are tailored to each agency's needs with a focus on promoting skills on how to respond successfully to victims by recognizing warning signs, empowering individual choices, making referrals, and breaking down myths about gender stereotypes and "typical" victim responses.

We recognize prevention as a key component in promoting healthy relationships for students now and in the future. We also consider a multidisciplinary approach between area experts to be a leading factor in breaking down barriers to families achieving safe and independent lives.

Quote from Mid-State Health Center, a local community agency:

*"Voices Against Violence presented to our staff in a way that was engaging and offered a wealth of information. Their extensive knowledge and experience in supporting survivors of domestic violence translated into useful strategies for our health care professionals to use in their work with patients and their families. Through their presentation, Mid-State staff have a better understanding of dynamics of power and control acting behind domestic violence, how to spot warning signs, and how to offer support in a non-threatening, judgement-free way. We are now more knowledgeable about the many ways Voices Against Violence can help, as well as the language to use in offering this help to patients."*

## *Spotlight on Our Community Partners!*

### Plymouth Congregational United Church of Christ

For 252 years, Plymouth Congregational United Church of Christ has been an integral part of the life and history of the Town of Plymouth. As God's Spirit continues to nurture in our hearts a vision of the most beautiful world we believe to be possible, we have partnered with Voices Against Violence to embrace Voices's mission to break the cycle of domestic and sexual violence in our community. As an Open and Affirming, Just Peace and mission-oriented congregation, we hope that our partnership with Voices Against Violence will give us the opportunity to work toward a time when domestic violence, sexual assault, stalking, and bullying will no longer be part of any human relationship.

### Panther Pub & Grille

We opened the Panther Pub and Grille in 2009 and since then we have tried to be a positive part of the community. When we were first asked to be involved with Voices Against Violence of course we said yes, mostly because we strive to be a positive influence on the community. We, as female business owners in the community, find that Voices Against Violence promotes a safe and positive environment for women and gives way to opportunities for women of all ages to thrive.

## Interning at Voices

An internship at Voices is both a serious commitment and an invaluable experience in learning to support families and individuals faced with domestic and sexual violence, stalking, human trafficking and bullying.

All applicants must interview with us and then complete the 30-hour training to obtain confidentiality. We hold trainings biannually.

Throughout an internship, students receive close guidance through shadowing and experiential learning on how to provide accompaniment and advocacy with area police departments, court and hospitals, as well as safety planning, and emotional and legal support.

Here is one student's perspective on her experience interning at Voices Against Violence:

*During the course of the 2015-2016 academic year, I was an intern at Voices Against Violence. When looking over the extensive list of internship sites, Voices stood out to me right away. I dealt with domestic violence early in my life, so the idea of helping victims of domestic violence and sexual abuse really spoke to me. The first day of my internship, I immediately felt welcomed by all of the staff. Throughout my internship, as well as an additional internship the following semester, each employee took time out of their packed schedules to show me*

*something different about the agency and how to provide best practice to our clients. The staff not only taught me the legal aspects of domestic and sexual violence cases, but they taught me how to think from the clients perspective and what they may be experiencing, to make sure to care for myself, and how to work collaboratively with others in a professional setting. I will be forever grateful for my experience interning at Voices Against Violence.*

*Samantha St Laurent*

## Our Services

Voices Against Violence provides support for 18 towns in our area. All of our services are **free and confidential** and include support for both primary and secondary victims of domestic and sexual violence, stalking, human trafficking and bullying.

Our advocates respond to clients in our communities through crisis counseling,

information and referrals, court advocacy, police and hospital accompaniment, emergency shelter, and support groups.

Our 24-hour crisis line is covered by trained volunteers and provides resources, emotional support, and in-person crisis response when needed by trained back-up staff.

In the first six months of 2016, Voices provided services to **378** people. This included **331** female, **43** male, **2** transgender, **65** children and **20** elderly individuals.

During this time period we received a total of **541** crisis line calls, assisted with **37** different protective orders, and provided client accompaniment in **173** instances to places such as the

child advocacy centers and police departments. Our staff and volunteers had **856** conversations that involved safety planning. We provided material goods or financial support **146** times through food vouchers, clothing, bus tickets and/or gas cards.

Your continued support helps us to meet these needs in our communities!

## Help Voices Go Green!

In an effort to be conscious of our impact on the environment, Voices is offering an electronic version of our newsletter. As we receive e-mail addresses and an increased interest in using technology to our benefit, we will begin the shift. Our ultimate goal is to have a large following of our on-line newsletter with paper copies only going only to those not using e-mail as a major source of communication.

If you are interested in receiving this publication through online correspondence, please contact us directly at [voicesagainstviolence@gmail.com](mailto:voicesagainstviolence@gmail.com).

~PLEASE HELP US~

Save Resources!

Save Time!

Save Money!

# Voices Against Violence

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[www.voicesagainstviolence.net](http://www.voicesagainstviolence.net)  
[www.facebook.com/voicesagainstviolence](http://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

PRSRRT,STD.  
U.S. Postage  
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