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The Coalition Chronicle

A publication of the New Hampshire Coalition Against Domestic & Sexual Violence

Fall 2011

Working with Trauma Survivors – The Open Doors to Safety Project

Coalition Chronicle

Editors: Maureen McDonald & Lynn Gallin

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In April of 2009, the New Hampshire Coalition Against Domestic and Sexual Violence implemented the Open Doors to Safety Project. The primary mission of the project is to enhance domestic violence and sexual assault programs' response to survivors who have substance abuse and mental health issues due to the impact of experiencing complex trauma. Over the past two and a half years, Linda Douglas, the Trauma Specialist for the project, has provided training to advocates and volunteers at the fourteen domestic and sexual assault programs in the state, provided consultation regarding individual cases or program policies that affect this population, and met with survivors to provide additional trauma-informed support and education. Information about providing trauma informed services has been provided one-on-one, in group discussions, formalized trainings, and via the project blog at <http://opendoorsnh.blogspot.com/>. The following is a recent blogpost from Linda which captures the spirit of the project.

Things I Have Learned From Trauma Survivors

by Linda Douglas, Trauma Specialist

I spend a lot of time talking to trauma survivors and have learned so much from them that I have decided to share.

1. It takes a lot of courage to get needs met.

Victims of domestic and sexual violence often feel that they are weak or that they do not deserve to have their needs met. Often, in relationships with caregivers or partners, asking for what they need meant being refused, punished, ignored, invalidated, or abandoned. At times, it may even be difficult to pinpoint exactly what is needed because there is no experience of having a need met.

When a trauma survivor learns to ask for what she needs and is met with a positive response, it can be a life changing for her. A survivor recently told me that she had a medical procedure that due to her childhood abuse could have been extremely traumatic for her. However, she was able to explain to the medical personnel what her needs were in the situation and told them how they could help her through the procedure. The medical staff responded positively and the woman was able to get through the procedure without experiencing flashbacks or nightmares. She felt empowered.

Not all survivors are ready to ask to have their needs met when they first start working with advocates or counselors. It may take small steps and advocates need to be aware that.

Trauma Survivors, Cont. on page 3

New Program to Help Children Exposed to Violence

The Coalition is committed to providing trauma-informed education and consultation to its member programs and the community, in order to address the needs of domestic violence and sexual assault survivors in New Hampshire.

This past June, the Coalition was informed that it will receive funding from the Endowment for Health (EFH) to implement the project, Enhancing Trauma-Informed Advocacy for Children Exposed to Violence.

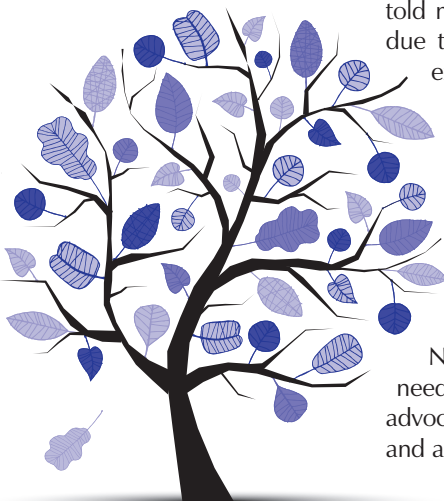
Every year approximately 10 million children witness domestic violence in their own home. This exposure can have long term effects on



Endowment, Cont. on page 7

October is
Domestic Violence
Awareness Month

For a list of events turn to page 6



Message from the Interim Director



Amy Sousa,
Interim Director

As I consider the changes that are, and will be, taking place in the movements against sexual and domestic violence, I can't help but think about another time of great change. I think of a time when violence against women was condoned; battering and marital rape were not crimes; and society encouraged victims to remain silent. Despite these immense pressures, a group of activists came together to support one another and to make the violence stop.

The unity and commitment of our founders yielded great rewards in New Hampshire: 14 member agencies that offer innovative advocacy serving thousands of survivors of domestic and sexual violence and their families, a nationally renowned sexual assault nurse examiner program, legal protections among the strongest in the country, and leadership in national efforts to address the impact of childhood trauma on our youth and communities.

Yet, even when recalling these remarkable accomplishments, so many of us are wary of what lays ahead: tighter budgets and growing demands, bureaucratic requirements and competing interests, and the retirement of beloved leaders, including our

The Impact of Funding Reductions

Now that the dust has settled around the statewide budget cuts, our supporters are asking, "What does this mean for the Coalition?"

Community-based domestic and sexual violence programs in New Hampshire sustained \$643,000 in state and federal funding reductions. These funds supported world-class advocacy efforts, community education programs, and safe spaces for victims of violence. Other community-level supports have been diminished as well, including resources geared toward children's services, healthcare, mental health supports, and disability advocacy. The combined decrease will place marked pressure on domestic and sexual violence programs to serve larger populations with fewer resources.

However, advocates statewide are poised to use their ingenuity and community supports to do whatever it takes to provide victims with the best opportunities for safety and empowerment. Local programs are generating new ideas and building better relationships with community members and charitable organizations. The Coalition is working hard to reduce the impact to local programs and ultimately to restore funding levels.

It is an important time to support the crisis center in your community. In-kind donations are always needed and volunteers are appreciated. Ask about your center's wish list or contact Maureen McDonald in the Coalition office at 603-224-8893 for ideas about how you can help.

own Grace Mattern. These kinds of changes have a tendency to make many of us hesitant and reluctant to take on new challenges and opportunities.

But, Grace's legacy, and that of our founders, is not the construction of programs or the development of funding streams; rather, the lasting legacy is the empowerment of advocates for safety and justice. Our work is to live up to that legacy. Grace's absence dares us to think differently about the world in which we live and to exercise our leadership potential to make that vision a reality.

It's an overwhelming notion – changing the world. But, in the times when I think, "I can't..." I remember that our founders built this movement against certain opposition without a dollar in their collective pockets. It is in these times that I recognize that maybe I can't, but surely we can.

AmeriCorps Victim Assistance Program Receives National Grant



The AmeriCorps Victim Assistance Program (AVAP) has been awarded a highly competitive national grant from the Corporation for National and Community Service. AVAP is a program housed by the New Hampshire Coalition Against Domestic and Sexual Violence.

The AmeriCorps Grant award will provide funding of approximately \$350,000 a year for three years; this will fund 27 AVAP members who will provide services at 18 host agencies located across New Hampshire. These members are placed in crisis centers, law enforcement agencies, child advocacy centers and on college and university campuses. Members will assist survivors of domestic and sexual violence and stalking by assisting them to obtain restraining orders, answering hotline calls and working with them on a one on one basis.

Every year AmeriCorps programs apply for competitive grants which are awarded directly through the Corporation for National and Community Service. More consideration is given to programs whose mission fits under the Corporation's top priorities. Organizations who do not receive the competitive funding are then given consideration through the state formula funding. This is the first time AVAP has been awarded the competitive funding in a number of years.

"The AVAP staff and Partnership are thrilled that the critical work the members are doing within the health prevention field is being recognized on a national level," said Meg Kennedy Dugan, Director of the AVAP program.

It is an honor for the AVAP program to be selected as one of only 17 organizations nationwide to receive this second awarding of direct competitive funding. The current year's AmeriCorps grant cycle was highly competitive, due to the strong and growing demand by organizations seeking AmeriCorps resources and a \$23 million cut in AmeriCorps grant funding over last year's level. Organizations requested nearly twice the number of grant dollars and AmeriCorps positions than could be funded.

To learn more about the AVAP program visit www.avap1.org.

SANE Nurse Honored

Congratulations to Cynthia Cole, this year's recipient of the Jennifer Pierce Weeks Award of Excellence. This honor is named for the founder of the SANE program in New Hampshire and is given to a Sexual Assault Nurse Examiner (SANE) who exemplifies an outstanding commitment to quality, compassionate, patient-centered care for sexual assault victims.

Cindy, who works at Exeter Hospital, has been a Sexual Assault Nurse Examiner since June of 2002. She is one of the few certified Pediatric SANE's in New Hampshire. Cindy not only participates on the state level, but regularly attends national conferences and trainings to ensure that she brings quality care to her patients. Cindy is recognized as kind, compassionate, and is known to always advocate for her patients.



Cindy Cole (left) is pictured with SANE Program Director Heather Gunnell.

Endowment, Cont. from page 1

physical and mental health of children over the course of a lifetime. However, with the proper supports not all children exposed to violence experience these negative outcomes. With grant support from the Endowment for Health, this two year project will enhance the skills of advocates working in our member programs to support children exposed to violence.

The Coalition will work with Susan Blumenfeld from the National Center on Domestic Violence, Trauma and Mental Health, to implement Children Exposed to Domestic Violence: A Curriculum for Domestic Violence Advocates. This curriculum was piloted effectively by two Chicago domestic violence agencies in 2007. New Hampshire is the first state to implement the curriculum on a statewide basis.

"We're thrilled to have support from the Endowment for Health, an organization with a strong commitment to children's mental health," said Amy Sousa, Interim Executive Director of the Coalition. "This project will enhance advocates' ability to reach children in need and build their resilience for a better, safer future."

The program will also focus on developing effective referrals with other community services, such as early intervention and mental health systems, and providing education for those systems on the effects of exposure to violence on children.

Board of Directors News

The Coalition is happy to welcome our newest Board members.

- Julie Herbert is currently a full time student at Granite State College, where she is working towards her Bachelors in Behavioral Science. Prior to returning to school, she spent four years working as a crisis shelter manager at Turning Points Network in Sullivan County. She is a survivor of childhood domestic and sexual violence, and is excited to join the Coalition so that she can continue to help prevent violence in the state of New Hampshire.
- Cory Smith has been a longtime advocate for vulnerable populations by protecting human rights, immigrant rights, civil rights and civil liberties through federal legislation, appropriations and executive branch measures. He currently works for the private foundation Humanity United (HU) where he is Legal and Policy Counsel for the Alliance to End Slavery and Trafficking (ATEST). He holds a J.D. from the University Of Oregon School Of Law (2000) and is a member of the Washington State Bar Association.

You are cordially invited to a luncheon celebrating the work to end domestic and sexual violence in New Hampshire.

**Friday October 28
11:30 a.m. to 2:00 p.m.
Carrabba's Italian Grill
South River Road, Bedford NH**

The event will feature:

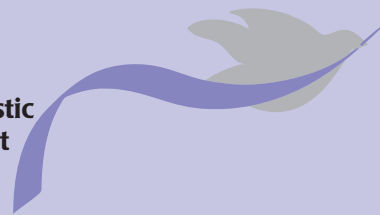
- Keynote Speaker Susan Fuller, a domestic violence survivor whose actions paved the way for significant positive changes in how NH deals with these issues.
- Hall of Fame induction ceremony honoring the following supporters:
 - ♦ Scott Hampton, Psy.D., Director, Ending the Violence
 - ♦ Sergeant Jill Rockey, NH State Police
 - ♦ Tim Russell, Retired Henniker Chief of Police



Susan (Sarno) Fuller

October is Domestic Violence Awareness Month

On October 15th, two great events will be happening in New Hampshire. Both are organized by the families of two remarkable women who lost their lives to domestic violence, Kelly Mann and Melissa "Missy" Cantin Charbonneau. Show your support for survivors by tying up your laces.



2nd Annual Missy's Hope 5K Run/Walk

October 15, 2011
Crystal Lake,
757 Bodwell Rd., Manchester, NH
Registration: 9:00 a.m. to 10:00 a.m.
Race begins promptly at 10:00 a.m.

For more information or to register, please visit
www.missyshope5K.com or contact Stephanie Corbeil,
missyshope10@yahoo.com



6th Annual Kelly Mann Memorial 5k and 3k Walk

October 15, 2011
Sunset Heights Elementary School,
15 Osgood Rd., Nashua, NH
Registration: 7:45 a.m. to 9:00 a.m.
Race begins promptly at 9:00 a.m., rain or shine.

All funds raised will be used to provide supportive services to victims and survivors. For more information, visit
www.bridgesnh.org or contact Dawn Reams,
director@bridgesnh.org

Calendar of Events

Concord

Rape and Domestic Violence Crisis Center Volunteer Training

October 15, 16, 22 and 23
8:30 a.m. – 5:00 p.m. each day
15 Pleasant Street, Suite 2

Free comprehensive training for Crisis Center Crisis Line volunteers. Contact: Christine Griffin, Education & Outreach Coordinator, 603-226-2863, ext. 226

Race to End Violence

October 8, 2011, 10:00 a.m.

Dame Elementary School, Canterbury St., Concord
5K race or fitness walk to support the Rape and Domestic Violence Crisis Center of Concord.

Contact j.shepard.atty@gmail.com or 603-848-2871 for more information, go to www.rdvcc.org.

Durham

Fierce and Fabulous Expo: Connecting Women to Their Community

October 13, 11:00 a.m. – 3:00 p.m.

University of New Hampshire,
Strafford Room, Memorial Union Building
This expo will provide the opportunity for women to learn about and visit with various women's organizations and locally-owned women's business from around the Granite State. Creativity tables, wellness activities, raffles, music and more will be provided.

Sponsored by the Sexual Harassment and Rape Prevention Program (SHARPP). Learn more at www.unh.edu/sharpp.

Keene

"Telling Amy's Story" Film Screening

October 4, 6:00 p.m. at Keene Public Library
October 17, 6:30 p.m. at Peterborough
Community Theater

Monadnock Center for Violence Prevention will host two screenings of the documentary film, which follows

the timeline of a domestic violence homicide that occurred in Pennsylvania in 2001. Both screenings are open to the public and free of charge and will conclude with a panel discussion featuring community partners. For more information please contact Kasey LaFlam (edcoordinator@mcpvprevention.org or 352-3844, ext. 208).

The Clothesline Project

October 4 – 31

Peterborough Town Library

A workshop for those that would like to make a t-shirt will be held on Oct. 24. For more information please contact Brigit, 603-352-3782.

Lebanon

Volunteer Advocate Training

Oct 11 – Nov 10

Tuesday and Thursday evenings,
6:00 p.m. – 8:30 p.m.

WISE Program Center, 38 Bank Street

Join a dynamic group of volunteers available to support survivors every hour, every day on our 24-hour crisis line. For more information and to fill out an application see www.wiseoftheuppervalley.org/volunteer or email kate.rohdenburg@wiseoftheuppervalley.org.

Domestic Violence Awareness Month Film Series

Thursday evenings in October, 6:30 p.m.

DHMC, auditorium TBD

For more information, film titles, and location contact kate.rohdenburg@wiseoftheuppervalley.org

Manchester

Women's Safety Clinic

October 20, 6:00 – 9:00 p.m.

YWCA NH Gymnasium

Featuring Officer Rondeau from the Manchester Police Department and Terry Dow and Christina Davidson from the Training Station. The clinic will teach women how to avoid and defend themselves in potentially dangerous

situations. Pre-registration is required at the Manchester Police Department. Call 668-8711 to register.

2011 Susan B. Anthony Award Dinner

October 24, 5:00 – 8:30 p.m.

Radisson Hotel Downtown Manchester

Keynote Speaker: Susan Crown

2011 Award Recipients: Senator Jeanne Shaheen and Senator Kelly Ayotte. For more information or to purchase a ticket, please visit www.ywcanh.org.

Plymouth

Clothesline Project

October 6, 10:00 a.m. – 8:00 p.m.

Plymouth Downtown Common

Candlelight Vigil

October 6, 7:00 p.m.

Plymouth Downtown Common

Remembering those who have lost their lives to domestic violence and raising awareness of domestic violence in the community.

Portsmouth

Soaring for SASS

October 22, 8:00 a.m.

Skydive New England, Lebanon, ME

Help raise money for our prevention education program, 'Safe Kids. Strong Teens' by taking the ultimate plunge out of an airplane! Participants raise money for their dive, and for SASS. The foliage should be excellent, and we are looking forward to another fun and successful year. Registration is \$75 and participants must raise an additional \$225 to jump (for a total of \$300). For more information or to register, contact Olivia Korpi, outreach@sassnh.org or 436-4107.

Candlelight Vigil of Remembrance

October 6, 6:00 p.m. – 7:00 p.m.

Vaughn Mall, Portsmouth

Survivors and supporters come together in memory of victims of domestic abuse.

2. Sometimes survivors use different skills than we would use in order to get their needs met. I often hear service providers use the terms “manipulative,” “resistant,” “defensive,” “adversarial,” or “borderline” to describe trauma survivors. They are often accused of “using the system.” Because of their experiences and the responses that they have received from persons in their past, trauma survivors develop a certain set of skills in order to protect themselves, get what they need, and feel safe. These skills may seem counter-productive or negative in the greater world; however, in the world of ongoing invalidation, abuse, and abandonment that they have lived in, these skills are what have worked for them. And – they have not had the safety or the time to learn the skills that many people would prefer they use. It is similar to asking someone from a country where they do not speak English to start speaking English the moment they arrive. It takes time and safety, trusting relationships, and support to be able to learn the skills that are necessary to get needs met in the larger world. As long as they are expecting to be harmed, they will use the skills they have always used.

3. Telling the story can be scary. We often wonder why a person will call a support line or attend a support group once and then never come back. Sometimes it is because she is afraid that if she tells the story (or now that she has) something bad is going to happen. Many childhood sexual abuse victims were told by her perpetrator that bad things were going to happen to her or her family if she told anyone what was happening. As an adult, this message is still held deep in her being and once she tells the story to a therapist, a support group, or family member she may become frightened that something horrible is now going to happen. Unfortunately, this feeling may be validated by negative responses by family members or re-victimization in the systems that are meant to help. She may feel that all of these bad things that are happening are her fault for telling about the abuse. It may take time for her to be able to open up again or to feel safe walking back into an office or support group.

4. It takes as long as it takes. Many survivors have told me that their family members cannot understand why they just can’t “get over it.” A few women I have spoken to have told me that they have been expected to attend family gatherings where the perpetrator from their childhood is present, live in the same neighborhood where the rape took place, or have been told they need to “forgive and forget.” Being told this can be a form of re-victimization in the form of invalidation of the survivor’s internal experience. Memories live deep in the cells of a person’s body and it cannot be predicted when a feeling, smell, color, or sound will ignite that memory into a flame. Survivors can learn ways to manage the responses that occur in their bodies and maybe even lessen how often they are triggered, but it takes as long as it takes and each person is different. To expect someone to be “over it” is often a way a family member tells someone that they don’t like their behavior.

5. Families often behave like crabs in a bucket. If you put one crab in a bucket, it can easily climb up the side of the bucket and get out. If you put a few crabs in a bucket, as soon as one starts to climb up the side the others start to grab on and pull the escaping crab back down to the bottom. It looks like a free for all, with all the crabs pulling each other down. This often happens when one person in a family system is trying to learn new skills to manage her trauma or is making changes to be a healthier human being. One person who is making changes can throw off the whole family system and everyone struggles to bring that person back in line with the family dynamics even when that dynamic has been harmful to everyone involved. Speaking up about abuse, getting clean and sober, getting a higher education, or learning to speak one’s personal truth can often lead to being pulled back into the bucket unless there is plenty of positive support to help climb the side. The survivor may find it easier to go back into the bucket for a while, but as long as there is support available, she may eventually find her way to the top and out of the grasping reach of the dysfunctional system.



Over 200 Attend Training on Women, Addiction, and Trauma

Last month the Open Doors to Safety project hosted a conference for advocates and members of the substance abuse services community. Stephanie S. Covington, Ph.D., L.C.S.W., a clinician, organizational consultant, and lecturer was the key presenter for “Healing the Wounds of Abuse: Women, Addiction, and Trauma.”



The presentation focused on the history of trauma, its connection to addiction, and the process of trauma.

There was an emphasis on creating a therapeutic environment, as well as providing examples of coping skills and grounding exercises. The presentation also reviewed promising practices and specific treatment strategies that address the question: What is healing for women?

Trainings were held in Plymouth and Manchester with over 200 providers in attendance. This event was co-sponsored by the New Hampshire Training Institute on Addictive Disorders and grants were awarded by the New Hampshire Charitable Foundation and the Endowment for Health to cover the cost of Dr. Covington’s honorarium.

Highlights and Successes of the New Hampshire Coalition Against Human Trafficking

By: Jennifer Durant, Public Policy Specialist

After two years of intense work, the New Hampshire Coalition Against Trafficking (NHCAT) came to a close this past Spring. From 2009 to 2011 the Coalition partnered with Project Reach located in Boston and created NHCAT, working with several Northeastern states on human trafficking issues throughout the region.

NHCAT was made up of a network of agencies and organizations in the work against human trafficking including social service providers, law enforcement and other state agencies. Jennifer Durant, Public Policy Specialist with the Coalition, acted as the state Coordinator. The group was tasked with raising awareness of the issue of human trafficking in New England, increasing the number of victims identified, and creating pathways to connect victims to services.

NHCAT was formed soon after Governor Lynch signed the state's first human trafficking bill into law in August 2009. In New Hampshire, it is now a class A felony to traffic a human being for labor and sexual exploitation. The law also allows the state to convict a trafficker with enhanced penalties if they exploit someone under the age of 18.

On January 20, 2010, NHCAT held the biggest law enforcement training on human trafficking in the state. Attendees ranged from Prosecutors to State, County, Local, and Federal Law Enforcement officials. A total of 95 Law Enforcement officials attended the training; a little over 70% of attendees came from local police departments (65 officers).

The training was designed to help police officers understand, identify, and investigate human trafficking cases. The eight-hour training curriculum included detecting and investigating cases that involve human trafficking.

Thanks to the work of NHCAT:

- More than 4,300 materials on human trafficking were distributed throughout the state.
- Over 400 individuals were trained on human trafficking issues. These trainings covered a wide-range of disciplines including law enforcement, victim advocates, medical professionals, or professionals working in the child protection field.

The five Northeastern states who participated in the New England Coalition were New Hampshire, Connecticut, Maine, Massachusetts, and Rhode Island.

Collectively, our five states distributed nearly 30,000 materials on human trafficking, while 6,960 individuals were trained on human trafficking throughout the Northeast.

Three individuals were certified under the federal Trafficking Victims Protection Act (TVPA) as victims of trafficking and received services. Among the five states, 247 individuals were screened for victimization, and a total of 392 individuals were referred for services.

Our work is clearly not done. The US Department of Justice estimates that approximately 800,000 to 900,000 victims annually are trafficked across international borders worldwide. In the United States alone, there is an estimated 18,000 to 20,000 people being trafficked on American soil every year.

If you know or suspect someone is a victim of human trafficking, you can call the National Human Trafficking Hotline at 1-888-3737-888.

OTHER HELPFUL CONTACTS:

**NH Statewide Sexual Assault Hotline
(for Sex Trafficking cases)**

1-800-277-5570

**Immigration & Customs Enforcement (ICE);
Manchester, NH**

1-800-XSECTOR (1-800-973-2867)

***Ask for RAC Manchester.**

Boston, MA FBI Duty Line

617-742-5533

NH State Police Headquarters

**1-800-852-3411
or 603-271-3636**

**United States Attorney's Office,
District of NH (9-5: M/F)**

603-225-1552

NH Attorney General's Office (9-5: M/F)

603-271-3671

**The Trauma Center, Project Reach;
Boston, MA**

617-232-1303

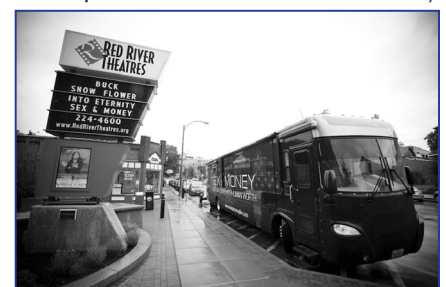
Sex+Money Film Screening Raises Local Awareness of Human Trafficking

More than 170 people attended "Sex+Money: A National Search for Human Worth" film screening at Red River Theatres on August 15. This moving film revealed the magnitude of the human trafficking epidemic in our country.

The film follows a group of journalists as they travel across the United States seeking to understand how the sexual exploitation of children has become the nation's fastest growing form of organized crime and what can be done to stop it.

After the film a panel spoke to the audience about the local impact of human trafficking. Jennifer Durant, Public Policy

Specialist with the Coalition, discussed the efforts to combat trafficking in New Hampshire over the past several years. She was joined by former State Representative Suzanne Harvey who reviewed New Hampshire's legislation, and Assistant U.S. Attorney Mark Zuckerman who discussed a federal case he prosecuted in Litchfield.



a farewell to:

GRACE MATTERN



Thank you to everyone who joined us at the Capitol Center for the Arts on June 7 to wish Grace Mattern well in the next chapter of her life. We can't imagine a better way for Grace to celebrate her three decades of work than to share it with the friends and colleagues who helped her to reach many amazing milestones.

You are a part of an important network of people committed to ending violence and abuse. We hope you will continue to strengthen this network by staying connected to the Coalition and telling others about our work. This is the most important and enduring gift we can all give to Grace.

Thank you to our corporate sponsors who helped make this event possible:



Thank you to everyone who contributed to the

The Fund for GRACE

Sowing the Seeds of Change

You contributed over \$30,000 to support the Coalition's public awareness and prevention activities and outreach to victims. This money is already being used to assist the prevention education efforts taking place in schools across the state. The Coalition is working with member programs to create effective curriculum that will help change attitudes and behavior. This work links directly to the goal of the Fund for Grace, to end violence and abuse before it begins.

A special thank you to Hopeline from Verizon Wireless for financial support of programs and services.

