Five ways to help someone who is being abused by an intimate partner

#1. Do not judge them.
Show them that you respect their decisions and believe that they are the experts in their own lives.

#2. Ask them what kind of help they would like for you to provide.
If they do not request help now, let them know that you are available to help in the future.

#3. Know your limits.
If the help they need goes beyond what you can offer, help them locate services and resources in their community. Tell them to call Starting Point 800-336-3795. Let them know their call is completely confidential. You too can call for your own help in dealing with your concerns.

#4. Offer to provide practical support that will promote their safety.
This may include keeping an emergency kit at your house, offering to pick them up if they need transportation to a safe place, or knowing a code word that means that they need you to call the police.

#5. Tell them that they deserve to be treated with dignity, respect and love.
Let them know that you are concerned for their safety. Make sure to let them know you think they are a person of value and worth.

For too many in Carroll County there is no home base and family and friends are either non-existent or too far away to help. Last year, the Grace House provided shelter for 26 women and children and had to turn away another 250. (See page 2 for what happens when the Grace House is full.)

The Grace House, Starting Point’s shelter for women and children who are in imminent danger or homeless due to victimization, has a capacity for 13 and is always full. Although the Grace House is homey it is not a home, it is a temporary shelter from harm for many and a transitional shelter for some.

Our Housing First program provides the support needed for many to move on from shelter (learn more on page 2. Starting Point advocates provide a program of transition from victimization to survivorship and on-going support so survivors can eventually find safe, stable and sustainable housing. After years of abuse this process can be arduous and lengthy.

Starting Point can help prepare and support victims on their journey away from the cold flickering lights of the streets, but our community needs to help provide the amber glow by making housing in Carroll County more affordable to our workforce and those at risk.

Please read on to learn more and find ways that you can help.
**AFFORDABLE HOUSING**

Raetha Stoddard

Starting Point along with Homeless Outreach for Carroll County, MWV Housing Coalition, Student Liaisons, Carroll County Jail, area welfare offices, Senator Shaheen’s office, Bureau of Housing Supports and other interested parties met in May to form the Carroll County Collaboration to End Homelessness (C3EH).

The purpose of the C3EH is to discuss ways to collaborate and address homelessness in Carroll County.

**EMPLO YMENT OPPORTUNITY: JOIN THE TEAM**

Starting Point is currently looking for a Housing First Advocate. This is a newly funded position in response to the housing crisis throughout Carroll County which hugely impacts victims who are too often made homeless as a result of their victimization.

The Housing First Advocates include crisis intervention and follow-up support related to stable housing. Additionally, the position will support outreach efforts on behalf of the agency. The Starting Point team is a dedicated group of advocates who not only support their clients but each other in the work to reduce the incidence of violence in our community and to promote healthy relationships. We work hard and we work hard to support one another in the work.

**GRACE HOUSE SHELTER NEWS**

April Bona, Shelter Manager

Last year, 26 women and children stayed at the Grace House. We also had to turn away 250 victims. When we are unable to provide shelter at the Grace House for a victim we work to get them to safety. Sometimes this means out of the county. This can be a barrier for victims who have children in school or who are employed in the area or otherwise connected to the community. In these cases especially, we work hard to formulate safety plans.

With a Housing First Advocate it is our hope that victim stays at the Grace House will be reduced and in some cases not necessary. Please see ‘Join the Team’ for more info on that program.

In other news, we have found an insurance company that meets the needs of the shelter in terms of having pets and so we are proceeding with our program to shelter a victim’s pet. In this way we are able to break down one barrier of providing safe haven, more barrier of providing safe haven.

Some clients arrive with nothing more than the clothes on their back, no personal possessions and no resources. Those with infants and toddlers are often greeted with a plethora of baby items but are always in need of diapers. So, we are in diaper drive mode! To donate diapers, please contact: shelter@startingpointnh.org

**PREVENTION UPDATE**

Renee Bernier

“Educating the mind without educating the heart is no education at all” – Aristotle

Over 600 college professors, social workers, community educators, administrators and many more professionals all joined together in Albany, New York to address the pressing issue of the prevalence of violence in the LGBT+ community. Starting Point’s Prevention Specialist, Renee Bernier was one of the attendees at the conference. Her time there was spent learning how to create a more comprehensive violence prevention program by using more inclusive scenarios and gendered language. She learned how the internet offers a thriving online community, which can be embraced if it’s being done in a safe manner. She learned how to facilitate safe social media and internet use for teens and attended sessions about how to create a safe school environment that allows all students to feel included.

A growing body of research indicates high rates of sexual and domestic violence within transgender and LGBT+ populations. Coupled with these increased rates of victimization are negative health implications, including disproportionately elevated rates of depression and suicidal ideation, HIV, substance use/abuse and more. Transgender survivors are more susceptible to poor health and the long-term effects of trauma due to poverty, barriers in care, insurance exclusions, stigma, and provider lack of education or overt discrimination.

Starting Point is committed to providing educational support to our community through outreach and by implementing healthy relationships in our schools. Concern for the loss of health classes at the junior high level has increased our apprehensions about addressing these complex issues and providing services to our at-risk population, 12 to 16-year-old students. If you share our concern, please let our school boards know that health classes at the junior high level are crucial to the healthy development of our children and our community. Please contact prevention@startingpointnh.org to learn more ways that you can help.

**STARTING POINT CHALLENGE**

Liz Stillman

Mark your calendars for the Starting Point Challenge! Formally known as the Jody Buzzell Challenge, this annual golf tournament is organized by Chris Pacheco from CP Golf Networks and features two 9-hole tournaments with a shotgun/scramble format. There will be contests, food and beverage tastings, a BBQ, live music, as well as silent auction and raffle items.

New this year - a ‘Shot in the Dark’ finale contest and 5-person teams! If you’d like to play but don’t have a team or a full team, Chris can get you on a team or fill your team for you on a first come basis. It’s a great event benefitting Starting Point - don’t miss it!