



Since 1981.

MISSION STATEMENT

Starting Point: Services for Victims of Domestic & Sexual Violence is a non-profit organization dedicated to

- Ensuring quality services are provided to victims of relationship violence and sexual abuse;
- Preventing future relationship violence;
- Promoting social change ; and
- Encouraging accountability and education for perpetrators and stalkers.

Starting Point is dedicated to creating social change because when we restore basic human rights we open the door to joy.



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.

THE POINT

HOME

RAETHA STODDARD, EXECUTIVE DIRECTOR

“Be home before the street-lights come on”, was an oft heard parental order in my neighborhood. Most of us waited until the last possible moment. When the street-lights started to buzz and flicker with fluorescent warning we reluctantly scattered but we were happy to enter the warm amber light of our homes where our mothers would scold us for being late and tell us to wash-up for dinner.

There were two sisters in my neighborhood that ignored the streetlight alarm, never hurrying “home”. It wasn’t until we were in high school that I stopped admiring their bold rebellion and understood their reluctance to hurry off to a place that was nothing like a home.

Home can mean very different things for each of us. To me it is less a place and more about where ever my family and friends are. My childhood home was home base for me and my siblings and for many others. A place where you knew you were welcome and where there was always a meal and a sense of safety. Those two sisters occasionally found a place at my mother’s table, but it was many years, filled with painful experiences, before one found a home. The other sister never knew the homey glow of an amber kitchen light after the street-lights went on.



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 work force and those at risk.

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

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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.

In Carroll County one must earn approximately \$24 per hour in order to afford housing. The average worker in Carroll County earns between \$10 and \$12 an hour.

We have a 0% vacancy rate and a great number of other barriers that make it difficult for our work force to find affordable housing, never mind those who are homeless due to victimization, poverty (10% of CC residents live in poverty), addiction or mental health issues.

The group is looking for more input from landlords and business owners to address the issues and find solutions.

If you would like to contribute to the conversation, please contact: director@startingpointnh.org.

EMPLOYMENT 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 Advocate duties 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.



If you or someone you know is interested in making a difference in our community please contact: director@startingpointnh.org

*We must always take sides.
Neutrality helps the oppressor, never the victim.
Silence encourages the tormentor, never the tormented.

Elie Wiesel*

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 formu-

late 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 more 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, administration and many more professionals all joined together in Albany, New York to address the pressing issue of the prevalence of violence in the LGBTQ+ 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 LGBTQ+ populations. Coupled with these increased rates of victimization are negative health implications, including disproportionately elevated rates of depression and suicidality, 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 com-

munity through outreach and by implementing healthy relationship curriculum 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 most 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 as we always have singles.

It's a great event benefitting Starting Point- don't miss it!

The Details:

When: Wednesday, August 29

Time: 3:30PM

Where: Indian Mound Golf Club, Ossipee, NH

Cost: \$65pp for tournament and dinner, \$75pp includes tournament, dinner, mulligans and Shot in the Dark Contest entry.

For More Info and to Register Please Email Chris Pacheco at info@cpgolfnetworks.com



The abuse of women and girls is the most pervasive and unaddressed human rights violation on earth.

Jimmy Carter