



Empowering Survivors. Breaking the Cycle.

The Newsletter of Monadnock Center for Violence Prevention • 2008
Celebrating 30 Years of Serving the Monadnock Region

Hundreds Walk a Mile in Her Shoes

The Formula for Success: 20 volunteers + 40 fundraisers + a dozen sponsors + 275 marchers + strong community support = \$14,000 raised and a fun and powerful event!

The 2nd annual Men's March to Stop Rape, Sexual Assault and Gender Violence was a great success by all measures. Led by the fabulous Todd Breen and his drumming colleagues in high heels, the march this year began at Keene State College and wound its way up Main Street, around the square, and ended at Railroad Square. Speakers included Keene State College President Helen Giles-Gee, Selectperson Peggy Lynch, and Senator Molly Kelly. Many thanks to our Stiletto Corporate Sponsors, Noyes Volkswagen, Keene Sentinel, Monadnock Radio Group and Franklin Pierce University, in addition to the many other sponsors and individual fundraisers who helped make this event such an incredible success.



Walk a Mile in Her Shoes marchers (photo courtesy of Keith McKane)

Join MCVP July 29 for a Fun Summer Evening at Peterborough Players! A special preview performance of *An Ideal Husband* by Oscar Wilde. **Details on page 4.**

"It's hard being a victim of domestic violence living each day in fear not knowing what our abuser's next step is going to be or how violent he is going to get." – MCVP client

Empowerment Circle Events

As this newsletter is going to press, MCVP has hosted two of three intimate evenings with friends and supporters of MCVP over drinks and delicious hors d'oeuvres. In between catching up with old friends and making new ones, guests were privileged to hear the powerful story from one domestic violence survivor who spoke of the many years of emotional abuse and physical violence that she endured at the hands of her partner, and the hope and confidence that she now experiences. In addition, Mandi Silk, MCVP's Education/Outreach Coordinator, and local students, demonstrated some activities used in our prevention education programs in local schools. Stay tuned for more of these events in the fall and next year.

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The little crisis center that could...

A Note from Robin Christopherson, Executive Director

What do the Monadnock Center for Violence Prevention (MCVP) and best practice recommendations from a nationally recognized organization devoted to violence prevention have in common? More than one would think.

In the midst of providing comprehensive short and long term services to survivors of domestic and sexual violence and stalking, it is sometimes easy to feel like an under-resourced engine pushing a big train. Mantras of “I think we can, I think we can,” chug in my thoughts until I see a report like the one from Prevention Institute* affirming that so much of what we are doing is, in fact, exactly what “the experts” say we should be doing to

best serve our community. Seven of this nationally recognized report’s recommended guiding principles for primary prevention of intimate partner (AKA domestic) violence are highlighted below.

In 2007, MCVP’s educators delivered 235 prevention programs in 20 schools which reached 5,053 students, faculty and staff. In addition, 1,332 community members participated in outreach events.

Did I mention that our advocates and volunteers are simultaneously providing crisis intervention services to an average of 1,000



Executive Director Robin P. Christopherson with MCVP past Executive Director, Sandra Metivier at the 2008 Annual Meeting

“Poised for Prevention” — Guiding Principles

■ **Foster comprehensive and integrated systems for prevention.** MCVP works with community members and, in particular, the school systems in our area to deliver a range of prevention and outreach programs, from our school-based Bullyproof, Sexual Harassment Prevention and Teen Relationship Violence programs to in-service trainings with medical professionals to the “Styles of Caring” program geared toward salon professionals. MCVP is taking a systems approach.

■ **Engage community leadership and be responsive to community strengths and needs.** MCVP’s work is integrated into local law enforcement and the criminal justice system, the Cheshire and Hillsborough County Domestic Violence Councils, mental health providers, health collaboratives and the work of faith community leaders.

■ **Invite, don’t indict, men as stakeholders in prevention.** MCVP has two male staff members and approx. 10% of our clients are male. For the past two years we have brought the national “Men of Strength” campaign materials to the community through various venues and organized a local “Walk-a-Mile in Her

Shoes; The Men’s March Against Rape” in collaboration with Keene State College’s Sexual Harassment and Sexual Assault Prevention Program and the Monadnock Men’s Resource Center.

■ **Emphasize the role of bystanders in prevention.** MCVP’s school-based programs all focus on the role of the bystander in addition to the target or victim.

■ **Start early/young.** MCVP’s prevention programs start in Kindergarten and go through college.

■ **Focus on assets along with risk factors.** MCVP’s youth-based programs all include the elements of healthy friendships and relationships in addition to building assertiveness and recognizing the importance of peer support through focus on the bystander role in our Bullyproof program and the ‘How to Help a Friend’ component in our Teen Relationship Violence program.

■ **Build on existing assets and efforts.** MCVP’s school-based programs are delivered in conjunction and harmony with individual school’s expectations and cultures and collaboratively with other prevention education program providers.

“I don’t know how I could ever thank you all for giving me the strength to be able to get through all that has happened [to me].”

— MCVP CLIENT

community members per year?

That’s a lot of steam coming out of an organization that runs on 7 full-time and 3 part-time staff, fueled by a \$489, 837 budget!

And still we know there is more supportive services track to lay, more bridges to cross to reach outlying communities and more miles of prevention work to cover.

In the future, look for MCVP to continue to be the kind of community service provider that not only thinks they can, but knows they can and does.

* A report from Prevention Institute, a nonprofit, national center dedicated to improving community health and well-being by building momentum for effective primary prevention funded by the Robert Woods Johnson Foundation. The report, Poised for Prevention: Advancing Promising Approaches to Primary Prevention of Intimate Partner Violence, is intended as the vision from which a national primary prevention strategy can be built. It includes a discussion of primary prevention of intimate partner violence and promising approaches to environmental/norms change. To view the whole report log on to http://www.preventioninstitute.org/rwjf_ipv.html

Spotlight on Education/Outreach

How did MCVP provide over 235 prevention programs in 20 schools reaching over 5,000 students, faculty and staff, in addition to participation from over 1,300 community members in outreach events? How did we do all this? Two words: Mandi and Krystal. Mandi, MCVP Education/Outreach Program Coordinator, has extensive experience working in the education field, serving over 10 years as an elementary and high school counselor and special education school social worker in New Hampshire, Maine and Vermont. Mandi received her Masters of Education at Keene State College and her Bachelor of Art in Social Work at Trinity College. Mandi grew up in the Monadnock Region and she and her two daughters reside in Keene. She joined the MCVP staff in October 2006.

Krystal, MCVP Educator/Advocate, is from Ohio where she graduated with a Bachelor of Arts in English from Kent State University. Krystal's involvement with MCVP began in October 2006 as a crisis line volunteer. Krystal and her husband Brian reside in Rindge, where Brian is a Resident

"I liked [the teen relationship violence program]. It made me really think about all my relationships and I realized that my friend is in [an abusive relationship] now and now I no (sic) how to help her."

— TEEN PARTICIPANT IN AN MCVP TEEN RELATIONSHIP VIOLENCE PROGRAM



Krystal, Educator/Advocate, at the MCVP 2008 Annual meeting



Mandi Silk, Education/Outreach Program Coordinator, demonstrating a visual model of our "Bullyproof" program (photo courtesy of Steve Hooper, Keene Sentinel)

Director at Franklin Pierce College.

Through MCVP's Prevention Education and Outreach Programs, we provide a range of age-appropriate prevention programs for children, adolescents and adults. For more

information or to schedule a program for your group, call Mandi at (603)352-3844 or education@mcvprevention.org.

Proud to be a Locally Owned Business and Major Supporter of MCVP

Cheshire Tire Center is your one-stop auto repair shop. Whether you need a NH State Inspection, oil change and lube, alignment, brake work or a complete engine overhaul, we have the staff and expertise for any job.

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"BEST OF THE BEST
PLACE TO BUY TIRES"
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Stylists... We Are Coming to You!

In a unique and exciting collaboration funded through a Monadnock United Way Venture Grant, MAPS, Samaritans and MCVP are embarking on an educational program for the stylist community. The program, entitled Styles of Caring, addresses three serious social problems that often are underreported and underserved: intimate partner violence, suicide and depression. The project goal is to help the Monadnock Community better identify individuals at risk or in need, and help connect them with the appropriate support or resources. Participating stylists will be a critical link in the web of support and help for hundreds of community members.

Styles of Caring will help stylists better understand and recognize the warning signs of domestic violence, depression and suicide. It will provide stylists with information about specific agencies and other resources available in our communities, and offer free, confidential consultation to stylists who encounter a situation that concerns or challenges them. Please contact Robin Christopherson at (603)352-3844 x210 or director@mcvprevention.org for more information about this initiative.

To find out how your business could join Rob & Amy Noyes of Cheshire Tire and the many other local businesses participating in a partnership with MCVP, contact John Everest, Development Director at development@mcvprevention.org.

Calendar of Events

July

MCVP at the Peterborough Players, July 29 A special preview performance of *An Ideal Husband* by Oscar Wilde.

Join us for our annual and highly acclaimed event that includes a dessert reception followed by a special exclusive preview performance of *An Ideal Husband* by Oscar Wilde. This show is a dazzling blend of comedy and morality, sex and politics, exploring human frailty and social hypocrisy. Using Oscar Wilde's signature wit and style, *An Ideal Husband* has all the sumptuous elegance you expect. This promises to be a fun evening and a great way to reconnect with old friends, make new ones, and support the services of Monadnock Center for Violence Prevention.

Event Chairs: Elaine Holden and David Lauren
Ticket Prices: General Admission \$25 per person;
Event Sponsor \$100 per person
Major Sponsor: Noyes Volkswagen
Contact: John Everest, (603)352-3844 x214 or
development@mcvprevention.org

October

DOMESTIC VIOLENCE AWARENESS MONTH

MCVP Volunteer Training (See sidebar on page 6)

Completion of the 40-hour training certifies you as a crisis line volunteer for MCVP's 24-hour crisis hotline. Call Shanna O'Rorke at (603)352-3844 or dscoordinator@mcvprevention.org for more information.

Faith Community Outreach

MCVP will be focusing its outreach efforts on the local faith community to mark Domestic Violence Awareness Month. Many local congregations pass out prayer cards provided by MCVP, and make special mention of the many survivors of domestic violence in their community. Our outreach staff will be offering free workshops for groups aligned with the faith community, facilitating discussions on how best to support those survivors and their families. Please contact Mandi Silk, MCVP Education/Outreach Coordinator at (603)352-3782 or education@mcvprevention.org.

December

Holiday Family Sponsorship Program

Join scores of other sponsors by either signing up yourself or your group to buy presents for a family or raise funds providing the means for our staff to buy presents for MCVP client families. Contact Shanna O'Rorke at (603)352-3844 or dscoordinator@mcvprevention.org by September 30, 2008.

January

STALKING AWARENESS MONTH

Annual Meeting

April

SEXUAL ASSAULT AWARENESS MONTH

Walk a Mile In Her Shoes, April 25 *The Men's March to Stop Rape, Sexual Assault and Gender Violence*

Do we have
your email
address?

Help MCVP save
a buck by sending us
your email address and
receive future
newsletters online.

Send to development@
mcvprevention.org



Ted McGreer of Ted's Shoe & Sport receiving a certificate of appreciation for his sponsorship of the Walk a Mile in Her Shoes event on April 12. Amy Noyes of Noyes Volkswagen, Drew Riggio of Clark-Mortensen Agency, and Mona Anderson from Keene State College are in background.

Stretch Your Advertising Dollars!

"We are thrilled with our decision to partner primarily with Monadnock Center for Violence Prevention. It allows us to have a bigger impact with our philanthropic efforts, and being associated with such an effective and well deserving organization like MCVP has been great for business." Rob Noyes, Owner of Noyes Volkswagen & Cheshire Tire Center

Monadnock Center for Violence Prevention

Our Mission

To assist victims of domestic and sexual violence and stalking in the Monadnock Region through crisis intervention, peer support, court advocacy, safe housing, and referral to other services;

To reduce the incidence and impact of domestic and sexual violence by advocating for public policies and providing education, awareness and prevention programs

Shared Beliefs

- Violence is an unacceptable response to conflict
- Clients are empowered to make their own choices
- Violence affects others beyond the immediate victim
- Intimate partner violence is deeply rooted in societal attitudes
- Education can change behavior
- Everyone is entitled to feel safe

MCVP Board of Directors:

Chair Amy Noyes, Co-owner, Noyes Volkswagen & Cheshire Tire Center

Vice Chair Sue Flagler

Treasurer Kris Roberts, U.S. Marine Corps, Ret.

Secretary Ann K. Sweet, Sullivan Planning Board

Jane Lane

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Peter (Sturdy) Thomas Lieutenant, Keene Police Department

Andrew (Drew) Riggio Clark-Mortenson Agency

Susan Weller Director of Administration, Department of Environmental Studies, Antioch University New England

Kim May Vice President of Clinic Services, Otis Health Care Center/Grace Cottage Hospital

Staff

Executive Director Robin P. Christopherson

Direct Service Coordinator Shanna O’Rorke

Education/Outreach Coordinator Mandi Silk

Education/Advocate Krystal*

Development Director John Everest

Business & Grants Manager Dawn Girard

Domestic Violence Specialist Stephanie*

Shelter Manager Melanie*

Advocates Alan, Emily*

AmeriCorps Victim Assistance Program

(AVAP) Member Katie*

*Due to the often violent nature of the issues in which MCVP staff advocates are involved, last names are withheld as a safety precaution.

MCVP is a non-profit 501(c)(3) agency. MCVP is one of 14 crisis centers of the N.H. Coalition Against Domestic and Sexual Violence and a Monadnock United Way agency.

Thank you for your help to empower survivors and break the cycle of violence



Credit card donations can be made online: www.mcvprevention.org

Please mail donations to: MCVP, 12 Court Street, Keene, NH 03431

Name: _____

(as you would like to be listed in our materials)

I/we prefer to remain anonymous

Address: _____

City: _____

State, Zip: _____

Home Phone: _____

Work Phone: _____

E-Mail: _____

Questions? Please contact John at 603-352-3844 ext. 214 or development@mcvprevention.org



...“You all have really made my life worth holding onto and not giving up. Please don’t ever give up doing what you do because you truly saved my life”... — MCVP CLIENT



Leave a Legacy!

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Nothing could be simpler or more meaningful than leaving a legacy gift to Monadnock Center for Violence Prevention. This could be in the form of a charitable bequest, trust, life insurance, property or gift annuity. These are an effective way to ensure that MCVP continues to serve the Monadnock Region in the years to come. Bequests are made through your will, either by writing a new will or adding to an existing will. A bequest will reduce estate taxes, and can be left for a specific purpose or for what is needed most at the time as determined by MCVP’s board of directors. They can take the form of a specific dollar amount or a percentage of your estate, or can identify a specific item or items of personal property. For more information on charitable bequests or other planned giving options, please contact John Everest, Development Director at (603)352-3844 x214 or development@mcvprevention.org

Thank You Holiday Family Program Volunteers and Donors!

Thanks to scores of volunteers and financial sponsors, 84 people in 23 families were able to celebrate the holidays in 2007 with plenty of food and gifts. Being able to offer gifts and food for their children and have gifts for themselves is a huge morale boost for survivors during one of the most challenging times in their lives.

“Thank you so much for giving my children such a wonderful Christmas and helping overcome a difficult year. Santa seems to really exist.”

— MCVP Recipient of 2007 Holiday Program

If interested in being a holiday sponsor this coming season, please contact Shanna O’Rorke at 603-352-3782 or dscordinator@mcvprevention.org by September 30, 2008.



MCVP Staff with just some of the over \$10,000 worth of holiday gifts in December 2007 for survivors of domestic and sexual violence

Join the MCVP Team as a Volunteer!

MCVP Champions: Representing MCVP in 44 Towns

Don't quite have time for a significant volunteer commitment but want to help out and be more involved? Consider becoming an MCVP Champion. MCVP needs at least two people from each of the 44 towns that we serve to be our eyes, ears, material distributors and representatives as appropriate. Because of our large service area, it is critical that we have people in all 44 towns who are aware of MCVP and help spread the word about our services. In addition, if there are particular events, people or issues in your town that we should know about for our advocacy, education or outreach work, Champions are a vital link for that information.

To be a champion, or for more information, call John Everest at (603)352-3844 x214 or development@mcvprevention.org

Crisis Line Volunteers: The Backbone of MCVP Services

After in-depth training, you will be part of the web of critical services available 24 hours a day, 7 days a week for survivors of domestic and sexual violence and stalking. Crisis intervention volunteers answer telephone calls from the 24-hour crisis line weekdays after 4 pm and on weekends and holidays and provide confidential crisis intervention, support, and information to survivors, their families, and friends. After successfully completing the training, the commitment is to be available for the crisis hotline for four shifts per month and to attend quarterly information and training meetings. On-call volunteers are always backed up by a staff person who is also on-call.

To apply for a volunteer position, or for more information, contact Shanna O’Rorke at (603)352-3844 or dscordinator@mcvprevention.org

14 Award Winners Feted at MCVP Annual Meeting!



Annual Meeting “Partners in Justice Award” winner Paul Bertolomi receives his award from MCVP Direct Service Coordinator Shanna O’Rorke & Hinsdale Greyhound Park Vice President and MCVP board member Gina Sullivan

Seventy-five people attended the 30th anniversary annual meeting to help celebrate those who were so critical to MCVP’s accomplishments & success in 2007. The honorees were:

Partners in Justice

Paul Bertolomi, Swanzey Police Detective
William Oswalt, Jaffrey Police Chief
Douglas Green, Esq.
Suzanne Decker, Esq.

Partners in Community

The Community Kitchen, Inc.

Outstanding Volunteer Group

Knights of Columbus, Our Lady of Monadnock
Council #8544 – Ed and Peggy Speidel

Joanne Mathews Award (20 Year Volunteer Award)

Joanne Mathews

Sophie Howe (15 Year Volunteer) Award
Joan Epro

Outstanding Holiday Sponsor

Bookends Bookclub (Eileen Sarson and Jane Pitts)

Partners in Prevention

Colleen Duquette & Judy Henderson of The Department of Children, Youth & Families (DCYF)

Business Partnership Award

Cheshire Tire Center (Rob and Amy Noyes)

Partners in Education

Joe Hayes, Guidance Director, Conval High School
Joan Murphy, School Counselor, Symonds School

Please Show Your Appreciation to These Local Businesses for Their Support of MCVP

Walk a Mile in Her Shoes Corporate Sponsors

Stiletto Sponsors (\$1,000+)

Franklin Pierce University
Keene Sentinel
Monadnock Radio Group
Noyes Volkswagen

Pump Sponsors (\$500+)

Adventure Limo
Ted’s Shoe & Sport

Platform Sponsors (\$250+)

Ariel Printing
Fenton Family Dealership
Hinsdale Greyhound Park
Keene State College Campus
Commission on the Status of Women

Ballet Flat Sponsors (\$100+)

C&S Wholesale Grocers
Lady of America
Martial Arts Principles
WalMart of Keene

MCVP Helps Workplaces Save Money, Be Better Employers, and Save Lives

MCVP’s “Domestic Violence in the Workplace” initiative, an education and outreach program, is designed to provide consultation with businesses helping them recognize their unique and significant roles in addressing domestic violence.

Ninety-six percent of employees who were victims of domestic violence reported some type of workplace problem as a direct result of their abuse. More than 60% were often late, 54% missed at least three full days of work per month, work performance suffered for 70% of the victims, 60% were reprimanded for

diminished performance, and 30% were fired. (NY Victim Services; US Dept of Labor)

We help workplaces of all sizes and types. We create cost effective prevention and intervention programs through proactively providing resources and training opportunities and help create and implement pertinent policies.

To schedule an in-house training and/or consultation, or for more information, contact Robin Christopherson, Executive Director, at (603)352-3844 x210

“... I was going through one of the most difficult times in my life... [Your staff member] is an angel and I just want you to know how much of a difference she made.”

— MCVP CLIENT



Monadnock Center
for Violence Prevention

12 Court Street, Keene, NH 03431

www.mcvprevention.org

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Support Services for Survivors of

Domestic Violence Sexual Assault & Stalking

24-Hour Crisis Line

Emergency Shelter

Safety Planning

Information & Referral

Peer Counseling

Support Groups

Medical & Legal Advocacy

Education & Outreach

Main Office

Cheshire County Superior
Court House
12 Court Street
Keene, NH 03431
603-352-3782
Mon.-Fri.: 8:30am - 4pm

Satellite Offices

The River Center
46 Concord Street
Peterborough, NH 03458
603-209-4015
Mon.: 8:00am - 4pm

Monadnock Family Services

22 North Street
Jaffrey, NH 03452
603-209-4015
603-532-6288
Wed. & Fri.: 8:00am - 4pm

24-Hour Crisis Line 1-888-511-MCVP (6287)
www.mcvprevention.org