



**CRISIS CENTER**  
— of —  
Central New Hampshire



PEOPLE DON'T COME TO US  
**BROKEN**  
—  
THEY COME TO US WITH  
**BARRIERS**

*Victims turn to the  
Crisis Center of Central  
New Hampshire for the  
hope, guidance, and  
community connections  
they need to build a life  
free of violence.*

# Meet Shawna

*A compilation of the stories of survivors that have stayed at the Shelter.*



Shawna's husband had been beating her for several years before she left. It started the week before their wedding with a single punch to the head. Afterward, he was so apologetic and contrite that they got married as planned.

But the violence resumed on their honeymoon, and it seemed that Shawna could do nothing right. He dictated where she could go and who she could go there with. They moved to New Hampshire, far away from her family and friends. He controlled the money. Finally, one night when their son was two, Shawna's husband choked her and almost drowned her by dragging her into the bathroom and shoving her head into the toilet.

By then, Shawna had contacted the Crisis Center of Central New Hampshire's hotline several times for advice. First, the staff helped her make a plan to ensure her safety and that of her son. Then, they recommended steps she could take to prepare to leave, if and when she decided to.

The morning after her husband tried to drown her in the toilet, Shawna called the Crisis Center's hotline to say she was ready to leave. She packed up her unregistered car, took their son, and drove to the Crisis Center of Central New Hampshire's shelter.

*"Thank you for saving my life."*

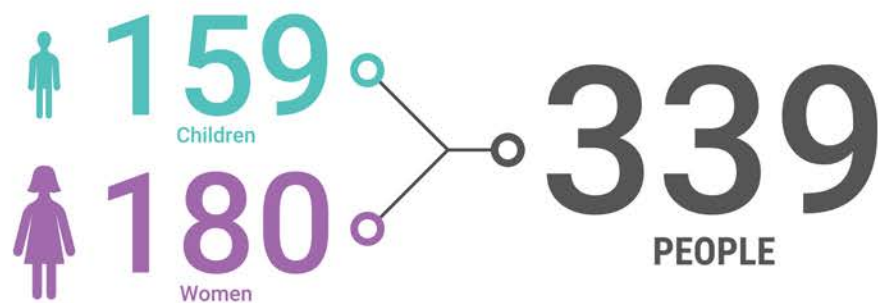
# A Problem Bigger than Shawna

Shawna was lucky the Shelter had space when she needed it; **the Shelter is full most nights.**

Shawna and her son are not alone. In New Hampshire, 50% of all homicides and 92% of all murder–suicides are related to domestic violence. Half of all women in the state have experienced some form of domestic or sexual violence (New Hampshire Coalition against Domestic and Sexual Violence 2017).

They need a champion, someone who believes in them. They need connection to resources in order to rebuild their lives. They need a safe place to go.

**The Crisis Center of Central New Hampshire is that CHAMPION.**



Last year, the CCCNH had to turn away 180 women and 159 children.

## SHELTER

Once in the Crisis Center of Central New Hampshire's Domestic Violence Shelter, Shawna—with bruises around her neck and her eyes bright red from burst blood vessels—sought the help of staff to develop a plan to start over.

Crisis Center staff walked her through the process of securing a restraining order against her husband. Shawna had let her Licensed Nursing Assistant certification expire; CCCNH paid the \$30 to renew the license, and Shawna got a job in a nearby nursing home. With a job, Shawna then needed reliable transportation and quality child care for her son. Crisis Center staff and their community partners secured Shawna a full scholarship in a local childcare facility and a WomenAid grant to register and fix up her car so that it would pass inspection.

After five months in the Shelter, Shawna and her son were able to move into their own apartment. The Crisis Center sent them off with beds, bedding, dressers, kitchen supplies, and a solid start in a new life without violence.

## EXPANDING THE SHELTER

The Crisis Center's building in Concord is old, with outdated systems, an inefficient floor plan, and a kitchen and bathrooms appropriate for a family of four, not for a shelter that regularly houses 13 women and children.

The building also hosts office space for all nine of CCCNH's staff members.

The Crisis Center of Central New Hampshire was selected as Building on Hope's nonprofit partner for 2018. Described as "Extreme Home Makeover for nonprofits," the all-volunteer Building on Hope committee will coordinate the use of primarily in-kind contributions to gut the three-story shelter, renovate it, and nearly double its size from four bedrooms to seven, with 24 beds instead of 13.

The Shelter renovation will create a warm and welcoming space that will meet the needs of the women and children seeking refuge in the building, while making good use of every square foot in the building.



69%

### Larger Floor Plan

To create a warm and welcoming space.

75%

### More Bedrooms

Nearly double the current bedroom count.

84%

### More Beds

Increased to 24 beds from 13

## THE CENTER FOR SURVIVOR SUPPORT

Because the expansion of the Shelter depends on the Crisis Center moving its staff offices elsewhere, this project also represents an opportunity.

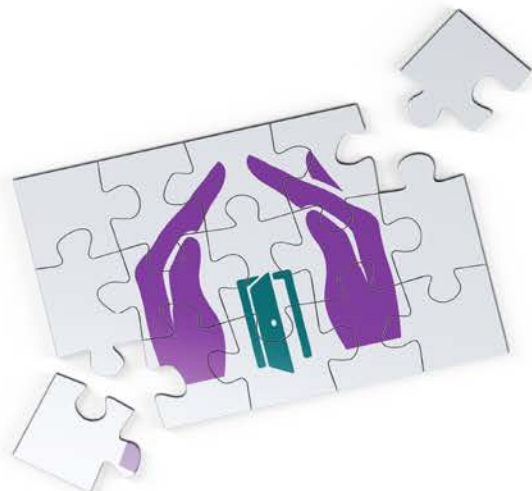
**The opportunity:** To purchase and renovate a new building that will become The Center for Survivor Support, a building in which services for all survivors of domestic violence served by the Crisis Center—not just those staying at the Shelter—are provided on site, a building with space for presentations on prevention, support groups for survivors, smaller meeting spaces for counseling, appointments with attorneys, and intakes into social service agencies.

Currently, all survivors served by CCCNH are referred to services they need in the community: law enforcement, legal services, counseling, and other social supports. However, the survivors must get themselves to wherever these services are located—often with children in tow.

In the new Center for Survivor Support, The Crisis Center will focus on creating wellbeing for the survivors by identifying and minimizing the barriers to that wellbeing. These obstacles could be as concrete as the need for affordable housing and transportation, or as profound as addressing substance misuse or the lack of job skills. Whatever the barriers, CCCNH will support survivors as they work to knock down those barriers by connecting with services *right in CCCNH's own building*.



## THE CENTER FOR SURVIVOR SUPPORT BRINGS IT ALL TOGETHER



### Support Group Sessions

To provide assistance for victims and survivors.

### Community Education Services

Presentations related to domestic and sexual violence and human trafficking.

### Safe Court Access

Leading to better and safer outcomes.

### Confidential & Dedicated

For mental health services and other community service providers.

### Transitional Housing Services

Ranging from affordable housing options to supportive in-home services.

# THE CAMPAIGN FOR THE CRISIS CENTER

In partnership with Building on Hope, the Crisis Center of Central New Hampshire will double the number of people it may shelter on any given night and create The Center for Survivor Support.

Please join the Crisis Center of Central New Hampshire's **Campaign for the Crisis Center**. For more information or to contribute, please contact Paula Kelley-Wall, Executive Director, at 603-225-7376 or paula@cccnh.org

**Campaign for the Crisis Center**  
[www.cccnh.org/Campaign](http://www.cccnh.org/Campaign)  
(603) 225-7376



## CRISIS CENTER OF CENTRAL NEW HAMPSHIRE

Most women experiencing domestic violence are able to find a place to go when they leave. They turn to the Crisis Center of Central New Hampshire for support, legal advocacy and referral, and help figuring out what services are available to them and where those services are.

### IN 2017 WE:

Served	Answered	Provided	Sheltered
<b>1184</b>	<b>4950</b>	<b>5917</b>	<b>2991</b>
People	Calls	Services	Bed Nights