

Vermont Network NEWS

The newsletter of the Vermont Network Against Domestic and Sexual Violence

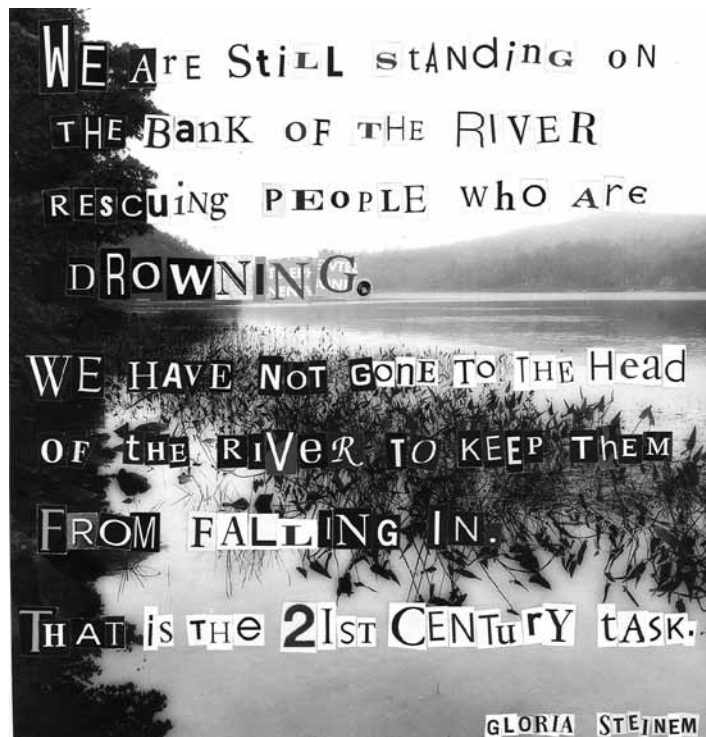
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Network Office Staff

- Karen Tronsgard-Scott *Executive Director*
- Alex Bottinelli *Clearinghouse & Resources Coordinator*
- Sarah Kenney *Associate Director of Public Policy*
- Jennifer Matthews *Associate Director of Finance*
- Michele Olvera *Supervising Attorney*
- Rocío Mora *Training & Technical Assistance Coordinator*
- Bethany Pombar *Prevention Specialist*
- Corbett Sionainn *Associate Director of Community Outreach*
- Chani Waterhouse . . . *Associate Director of Member Program Support*
- Auburn Watersong *Economic Justice Specialist*

www.vtnetwork.org



Prevention: Going to the Head of the River

by Karen Tronsgard-Scott, Executive Director

Does anyone doubt that in order to create a world free of domestic and sexual violence, we must devote as much attention and resources to the prevention of domestic and sexual violence as we do to providing vital services to survivors? Over the years, I have talked to many, many people about how to prevent domestic and sexual violence. Inevitably, folks let me know that the best thing domestic and sexual violence service providers can do is to get into those schools and talk to kids about healthy relationships. Sometimes adults advise that we should talk to adolescent girls so that they can learn how to avoid rape or how to spot an abusive boyfriend.

Some of these ideas are good ones – research bears out the effectiveness of teaching all kids about healthy relationships. I also think that it is much easier to ask others to take action against domestic and sexual violence without examining the role that each of us plays in not

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Prevention: Going to the Head of the River

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only confronting these issues directly, but also our role in upholding a society that creates conditions which are favorable for domestic and sexual violence.

Certainly there are questions that we should be asking each other and ourselves about how to end domestic and sexual violence. I think we can better explore the ways to end domestic and sexual violence by seeking answers to questions like **why** individuals choose violence; **what** will make violent individuals stop this behavior; **how**

non-violent adults who constitute the vast majority of the population can effectively hold violent adults accountable for their violence; **how** our society can change so that acts of domestic violence and sexual assault are thought to be unacceptable no matter what other conditions exist? This issue of the *Network News* explores various approaches to prevention and trends in Vermont's prevention efforts. We'll also introduce you to our newest staff members who are already contributing to our work in tremendous ways. Finally, please take a moment to notice our updated website at www.vtnetwork.org and our new presence on Facebook.

Prevention: Bird by Bird

by Bethany Pombar, Prevention Specialist

Cultural transformation: that's what the feminist and other anti-oppression movements have taught us is needed if we hope to prevent sexual and domestic violence. The vision is clear – but how do we begin?

In *Bird by Bird*, the writer Anne Lamott relates a story from her childhood: Her brother was writing a school report on birds and was overwhelmed, looking out the window and seeing how many different kinds of birds there were. How was he to write about all of them? Her father's simple yet profound advice was to take it "bird by bird," or one small step at a time.

Bird by bird is how we have to approach prevention in our communities, and how we have to measure success and social change. There is no inoculation against violence. We cannot step into a classroom and at the end of the class be assured that no one in that room will commit violence or be victimized. We cannot expect that we alone will be able to successfully hold at bay the tide of social norms that foster sexual and domestic violence in our communities, that do not hold perpetrators accountable and silence victims and that make sexual and domestic violence someone else's problem.

We cannot deny the problem of sexual and domestic



violence. Statistics tell us that one in four women and one in six men will be direct victims of sexual violence at some point in their lives. We have to move past our cultural discomfort and find a way to talk about it and bring our communities together because we CAN hold that tide at bay and make real cultural change. To be successful we have to take it bird by bird and build our capacity individually, organizationally, and community-wide.

Generally when we refer to prevention efforts today, we mean primary prevention – ending the violence before it occurs versus stopping it from happening again or reducing the impact. The Network's work to support people victimized by perpetrators of domestic and sexual violence goes hand in hand with our goal to prevent the violence from happening in the first place. Not only do we have direct experience with how this violence impacts victims' lives in so many ways but we also see how the consequences of violence ripple out into the fabric of our communities and how layers of our communities have a hand to play in prevention.

The goal of anti-violence education from a primary prevention framework is to impact individual knowledge, attitudes and behaviors that correspond to the root causes of domestic and sexual violence. This education usually

seeks to provide individuals with:

- 1) Insight on how and why we all behave in ways that perpetuate sexual and domestic violence.
- 2) Inspiration, tools, and incentives for thinking critically about our worldview and behavior as they pertain to sexual and domestic violence, for treating others with respect and dignity and for becoming an “ally” in ending violence.¹

Individual change is much more likely in the context of a community that supports that change. We need to not only address the root causes of violent behaviors on the individual level but also embed that work within strategic and systematic prevention programs that promote healthy environments through broader policy and organizational change and community education. It is through this comprehensive programming that we can create true and sustainable social change.

Where we are today

Building comprehensive prevention programs is resource intensive while domestic and sexual violence work has historically been underfunded. Even though we see increasing funds dedicated to prevention, there still isn't enough. Anti-violence advocates manage to do a lot with the little they have. Across the state, advocates are going into schools, presenting in community venues and making prevention tools and information accessible to Vermonters.

Advocates have been talking to youth for years about healthy relationships, consent and how to be an active bystander if you see something that concerns you. Their work has been largely based on instinct and information gained through supporting victims. A growing body of research is demonstrating that advocates' instincts were right on target.

Advocates sensed that the path to prevention should focus on building protective factors and reducing risk factors. Risk and protective factors occur at both the individual and community levels. Effective prevention planning identifies specific factors to address.

Risk factors are attitudes, norms, conditions or environmental contexts that increase the likelihood of sexual or domestic violence. The presence of more risk factors tends to be correlated with increased perpetration of domestic and sexual violence, especially among men. Risk factors for perpetration include:

- Coercive sexual fantasies that demean women or other groups.
- Community or familial norms that devalue women, children, lgbtq people, people of color, people with

disabilities, or other groups.

- A tolerance of violence within the community.
- Weak laws and policies related to gender equality or response to violence.²

Protective factors are attitudes, norms, conditions or environmental contexts that work to decrease the likelihood of violence. Less is known about protective factors, but advocates' experiences allow us to identify protective factors that counter the risk factors. These include:

- The presence of skills to experience healthy sexuality.
- Community or familial norms valuing women, children, lgbtq people, people of color, people with disabilities, or other groups.
- Empathy
- Peers effectively identifying and responding to problem behavior.
- Diverse people promoting healthy relationships in their community.³

In the past decade, the emphasis in prevention education has shifted from a primary focus on risk reduction – which often focused specifically on what children, girls and women can do to keep themselves safe – to a focus on health promotion. In health promotion, anti-violence educators and prevention practitioners talk about nurturing healthy sexual development in youth, broadening and transforming our definitions of gender roles and practicing equality, communication skills, and empathy in relationships. We find that telling people what they can do is much more helpful than telling them what not to do.

While education and health promotion is going on throughout Vermont, it is only a piece of the puzzle. We must also create conditions which support these ideas. We have a lot to do before society as a whole changes.

Where we are going

The path to change is from the ground up. From individual education, we need to move towards strengthening our community education and creating opportunities for youth to get clear and consistent positive messages about relationships and sexuality from their communities. Messages that push back against pervasive norms that continue to support violence. We need to create communities where all people are encouraged to develop their sense of sexuality based on individual agency and equality just as they are encouraged to develop their intellect or spirituality.

The health promotion approach teaches us that when we create communities which embrace equality, empathy, respect and individual health, we will dismantle the veil of silence around domestic and sexual violence. These

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Prevention: Bird by Bird*continued from page 3*

communities create policies, organizational structures and responses that increase the accountability of perpetrators of violence and support for those who are victimized.

Vermont has been in the forefront of engaging a broad diversity of communities in primary prevention work through the development of coalitions. Coalitions work to change problematic media representations that perpetuate sexual violence, develop new community alliances, increase statewide leadership for prevention efforts and build capacity of a multitude of organizations to prevent violence.

Vermont also has a legislature that sees the benefits of prevention and has passed legislation that supports prevention efforts, most recently the passage of Act 1. Among other initiatives, Act 1 amends the definition of comprehensive health education in schools to include sexual violence prevention information.

These gains were largely due to forward-thinking advocates who have worked tirelessly to increase understanding of prevention and push us all to a new level of thinking. We need to continue to build on our success and increase community involvement and support for prevention efforts.

Bird by bird, person by person, we will build our capacity to respond to, and hopefully end, domestic and sexual violence.

¹ Perry, Brad (June 2005) *Moving Upstream: Virginia's Newsletter for the Primary Prevention of Sexual Violence*, Vol. 1 Issue 2, and Pg. 4.

² Guidance Document for the Sexual Violence Prevention and Education Cooperative Agreement – CE07-701 (Rape Prevention and Education). Centers for Disease Control and Prevention National Center for Injury Prevention and Control Division of Violence Prevention. (2009) p. 4.

³ Guidelines for the Primary Prevention of Sexual Violence & Intimate Partner Violence, 2009, <http://www.vsdvalliance.org/secPublications/Prevention%20Guidelines%202009%5B1%5D.pdf>

A Partial History of State Support for Sexual and

By Sarah Kenney, with thanks to Linda Johnson, Executive Director of Prevent Child Abuse Vermont

- **Late 1980s** – The Vermont legislature begins funding parent education support programs focused on teaching parents and children nonviolent behavior.
- **1994** – Vermont unveils the “Integrated Action Plan for an Abuse Free State: Transforming Vermont into the First Abuse-Free State”, supported by Governor Howard Dean. The initiative contains wide-ranging recommendations for change at all levels of Vermont communities in order to eradicate child sexual abuse. The state budget in following years authorizes the Department of Corrections to accept private or public funds to support implementation, but the plan receives no direct funding from the state budget.
- **1990s** – The state budget begins funding the Nurturing Healthy Sexual Development, Care for Kids and SAFE-T primary sexual violence prevention programs through Prevent Child Abuse-Vermont.
- **2004** – In a bill creating the internet sex offender registry, the legislature also directs the Vermont Center for Crime Victim Services, working with the Network, to develop a comprehensive plan for public education regarding sexual violence in Vermont, including sexual violence prevention. No funding is directly appropriated to support this training.

WISE and Umbrella Pilot Programs

Two Network member programs are in the middle of a two-year pilot program for a new prevention project. For years, the Network received a small CDC grant through the Vermont Department of Health. Current grant goals are focused on capacity building in school communities, connecting resources and creating sustainable, implementable, comprehensible and effective prevention programming.

Capacity building is a much less tangible kind of work than counting the number of prevention presentations given or how many schools an advocate may have presented in. The Network is learning from the experience, enthusiasm and expertise of these two pilot sites. Below

are descriptions of the work being done in the pilot communities.

Safe Strength Project

By Savannah Williams

I am the new Violence Prevention Specialist (VSP) working for the Umbrella Advocacy Program in the North East Kingdom. I have experience working with youth in the domestic and sexual violence field, and I am a trained



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Domestic Violence Prevention Efforts in Vermont

- 2006** – The state legislature creates the Sexual Violence Prevention Task Force to further the goal of comprehensive, collaborative statewide sexual violence prevention efforts. The legislature also appropriates \$130,000 to UVM to support implementation of “The Vermont Approach: A Strategic Plan for Sexual Violence Prevention,” produced by the Vermont Network Against Domestic and Sexual Violence, the Vermont Department of Health, and the anti-violence partnership at the University of Vermont. Legislative appropriations continue to fund The Vermont Approach through 2010.
- 2007** – As part of the budget for fiscal year 2008 the legislature appropriates \$190,000 to the Center for Crime Victim Services, to be granted to programs that are designed to prevent domestic violence and are targeted at the needs of children in families affected by domestic violence.
- 2008** – As part of Act 174, the Domestic Violence Omnibus Bill, the legislature strengthens statewide support for the Domestic Violence Council (formerly the governor’s Council on Domestic Violence) by formalizing it in statute and enhancing its responsibilities. The Council is tasked with leading Vermont’s efforts to eradicate domestic violence. The act also provides additional funding for member programs of the Network to support direct services and prevention of domestic and sexual violence.
- 2009** – In Act 1, Relating to Improving Vermont’s Sexual Abuse Response System, the legislature again acknowledges the need for a coordinated and properly funded statewide approach to preventing sexual violence. Act 1 expands the comprehensive health education guidelines in statute to include education about how to recognize and prevent sexual abuse and sexual violence. The Department of Education and the Department for Children and Families are directed to work with the state Sexual Violence Prevention Task Force and others to develop technical assistance materials for schools to integrate the new requirement.

Safe Strength Project

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advocate. As part of my work I get to coordinate the North Country Union High School Safe Strength Project (NCUHS SSP).

Since I have started this position in March 2010 I have built a working relationship with the administrative staff at NCUHS and other community partners. I have established a workgroup of invested community members and partners that meet on a monthly basis, and collaborate with NCUHS staff.

In the past seven months, the Safe Strength Project Workgroup and I have completed a community needs assessment measuring attitudes of youth and adults in the community around sexual violence and attended several NCUHS events. The workgroup will be presenting at an upcoming NCUHS Community Forum on the Safe Strength Project goals:

- Determine the risk factors at the high school and the community through surveys and focus groups.
- Provide youth with positive messages about healthy sexuality and relationships.
- Develop a sustainable sexual violence prevention program that can be maintained by the workgroup and the high school.

The consensus from the school and community is that this project is greatly needed. The NCUHS SSP Workgroup, NCUHS staff and I are very excited to develop and implement this project in an attempt to create and support a community where sexual violence no longer exists.



Woodstock Healthy Teens — Community Assessment

*By Kate Rohdenburg,
WISE Education & Prevention Coordinator*

Over the spring and summer, the Ottauquechee Community Partnership, WISE, and the community of Woodstock undertook an assessment to gauge perceptions of the problems and solutions to sexual violence in the town. Our goal was to introduce Woodstock Healthy Teens as a project of the entire Woodstock community, initiate conversations about sexual violence and prevention and gain an understanding of the town's knowledge and readiness for prevention programming.

For a number of reasons, the Woodstock Healthy Teen Project decided to conduct informal interviews to gather data. A striking theme emerged as people were being asked and invited to participate – they would agree hesitantly and show up to my office almost bashful, not out of trepidation, but because they felt they had nothing to offer; “I don’t know anything about sexual violence” was the most common introduction. Inevitably the conversation would then stretch on for an hour or more. People did in fact know something about sexual violence, many had heard stories, had experiences, and had opinions about contributing factors and prevention techniques – but none had thought before about a conversation purposefully about sexual violence. We found that one of the most critical aspects of the project was going to be to actually providing opportunities for influential community members to practice talking about sexual violence, to open up the conversation and shed some of the silence surrounding the issue.

In the end, WHT gathered 17 people in one-to-one interviews. While the conversations were intentionally flexible and participant led, all touched in some way on a number of critical themes: Woodstock, Sexual Violence Perceptions, Education, and Prevention. From these themes Woodstock Healthy Teens will be able to craft language, narratives, and invitations which speak directly to the experience of the town, the values of Woodstock, and the opportunity to collectively eliminate sexual violence in our midst. Through this assessment, we hope to be able to ground the work in the community, and reflect back to the community that they have identified the need for a new kind of sexual violence prevention education for our healthy teens.



WholeSomeBodies: A Joyful Approach to Sexual Violence Prevention

By Bethany Pombar, Prevention Specialist

In 2001, the Joyful Sexuality work group was formed and out of that grew a philosophy, training and manual that is known today as WholeSomeBodies. WholeSomeBodies (WSB) promotes healthy sexuality by addressing the root causes that lead to gender inequality and sexualized violence; thereby creating a culture that no longer allows room for sexual violence to exist, and where each individual feels free to safely explore and express a broad sense of sexuality.

WholeSomeBodies believes that:

- Sexuality is more than just what is “sexy.” It includes:
 - Gender and sexual identity.
 - Sensuality as experienced through all senses.
 - Body image.
 - Reproductive and sexual health.
 - Intimacy in both romantic and platonic relationships.
 - Safe and consensual sexual activities.
- If we broaden our understanding of our own sexuality, we are more likely to respect others’ and less likely to act violently or manipulate others.
- Most messages we receive narrow the definition of sexuality and leave many peoples’ experiences and identities out.
- Our sensuality and sexuality connects us to the world and others yet we have not been encouraged to nurture our sexuality as we have other parts of our humanness — like

our intellect or physical health.

Sexual violence education has mainly focused on:

- a) **Risk Reduction:** avoiding how to become a perpetrator or victim, what you shouldn’t do or how to tell if something has happened to you.
- b) **Bystander Intervention:** what you can do if you see something happening.

- Traditional sex education has focused on the biology of reproduction, sexual abstinence or delay, birth control, safe sex (mostly heterosexual condom use) and preventing sexually transmitted infections.

WholeSomeBodies encourages a push towards health promotion. WSB believes that we need to be expanding education to include information that helps us unpack the many subtle and not-so-subtle messages, opportunities to identify and examine other ways we express our sexuality and what the impact is on ourselves and others, and room for conversations about equal power in relationships and true gender equality that looks beyond a gender binary of male or female.

If you are interested in joining the conversation, please contact Bethany Pombar, Prevention Specialist, at Bethany@vtnetwork.org.



Prevention Resources

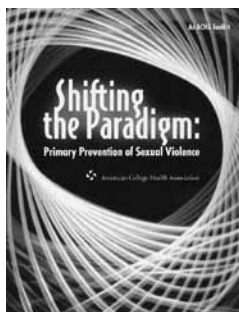
Each resource is electronically available upon request to the Network Library:
library@vtnetwork.org

National Resources

Shifting the Paradigm: Primary Prevention of Sexual Violence

© American College Health Association
2006

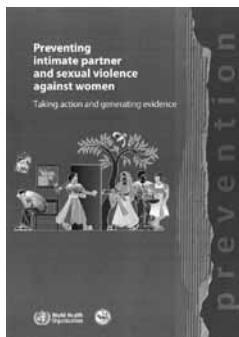
The emphasis of this college campus toolkit is to encourage prevention activities that take place before sexual violence has occurred, and create social change and shift the norms regarding sexual violence – creating environments that promote respect, equality, civility, healthy relationships, and healthy sexuality.



Preventing Intimate Partner Violence and Sexual Violence Against Women

© World Health Organization 2010

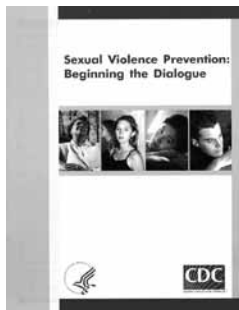
This document is for policy-makers and planners to develop evidence-based programs for preventing IPV and SV against women. It addresses the nature, magnitude and consequences of violence against women; identifies the risk and protective factors; summarizes the scientific evidence base for primary prevention strategies; describes programs of known effectiveness; and presents a 6-step framework for taking action.



Sexual Violence Prevention: Beginning the Dialogue

CDC 2004

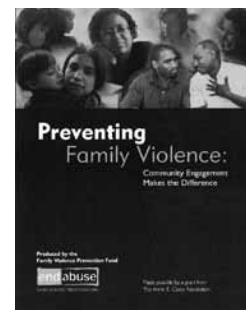
This document begins the dialogue about what it means to move up-stream. Since the CDC's Injury Center became the administrator of the Rape Prevention Education (RPE) program, they have been asked repeatedly to define what is meant by "prevention" – how does prevention look and where should efforts and resources be focused.



Preventing Family Violence: Community Engagement Makes the Difference

© FVPF 2002, P. Catlin Fullwood

This report looks at lessons learned from community-based efforts to counter family violence. The five goals that emerged from the survey are: raising awareness of family violence and changing norms, connecting community residents to services, changing social conditions, building networks of leaders, and making services accountable to community needs.



Engaging Bystanders in Sexual Violence Prevention

© National Sexual Violence
Resource Center 2008

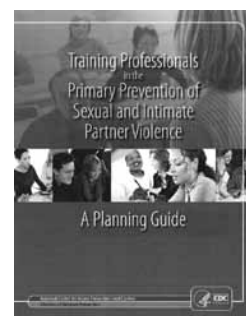
The rape and murder of Kitty Genovese shocked Americans from coast to coast. While a man attacked, raped, and killed this woman, 38 men and women witnessed the assault and did nothing to help. This booklet reviews the concept of bystander intervention and the factors that lead people to act.



Training Professionals in the Primary Prevention of Sexual and Intimate Partner Violence

© CDC 2010

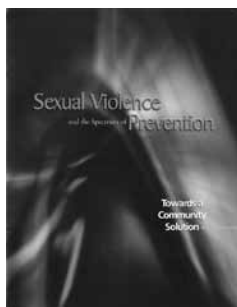
The Planning Guide describes important concepts and strategies for developing, implementing, and evaluating prevention training efforts, and includes a fictional case study as well as real-life examples to illustrate theory put into practice.



Sexual Violence and the Spectrum of Prevention

© National Sexual Violence Resource Center 2006

This classic publication describes a primary prevention approach to sexual violence. It is designed for advocates, practitioners, and educators who want to advance a community solution and includes the 6 levels in the Spectrum of Prevention: strengthening individual knowledge & skills, promoting community education, educating providers, fostering coalitions & networks, changing organizational practices, and influencing policies & legislation.



Transforming Communities to Prevent Child Sexual Abuse & Exploitation

© Prevention Institute 2009

This policy brief presents candid dialog and interviews through which the participants developed primary prevention strategies, analyzed environmental factors and norms that perpetuate these problems, and outlined practices for transforming our communities and our nation.



Decade For Change Summit: Final Report

© National Domestic Violence Hotline 2007

The four themes of this report make up the foundation – public awareness, education and training, outreach to and the inclusion of men, and outreach to youth. The specific recommendations are the materials needed for the building of an enduring structure — mandatory domestic violence education in schools, community collaborations with male-focused groups, and conferences to boost and share research.

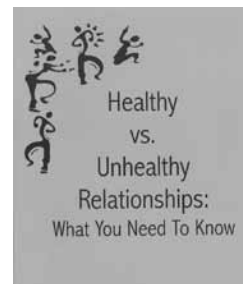


Vermont Resources

Healthy vs. Unhealthy Relationships: What You Need To Know

Youth Advocacy Task Force, Vermont Network Against Domestic and Sexual Violence 2009

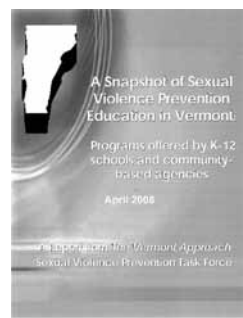
This very popular booklet is youth-friendly – it covers a myriad of topics that are of great importance to teens, such as: What do you want in a relationship?, Early warning signs of an unhealthy relationship, What if your friend is abusing someone?, Safety planning, What is consent?, and Drug facilitated sexual assault.



A Snapshot of Sexual Violence Prevention Education in Vermont: Programs Offered by K-12 Schools & Community-Based Agencies

Vermont Sexual Violence Task Force 2008

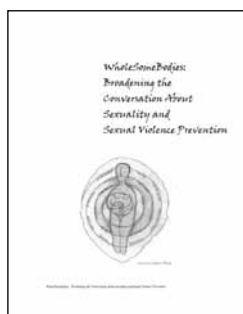
This report is the result of a request by the Vermont Legislature, in 2006, to the Anti-Violence Partnership to inventory school-based sexual violence prevention programs in Vermont. 95 of 427 schools and 15 community agencies completed the survey conducted in 2007. Findings and recommendations are reported.



WholeSomeBodies: Broadening the Conversation About Sexuality & Sexual Violence Prevention

Vermont Sexual Violence Prevention Task Force 2009

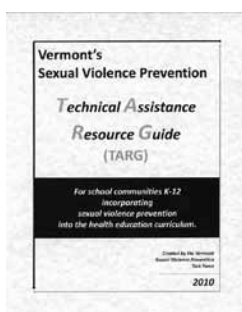
The mission of this curriculum is to take a critical step toward ending sexual violence — by shifting the cultural norm toward joyful and healthy sexuality by providing opportunities for individuals and communities to explore, reclaim, and discover a deeper and more expansive understanding of how sexuality informs our humanity.



Youth & Child Advocate & Educator Manual of Activities & Exercises for Children & Youth
Vermont Network Youth & Child Advocates & Youth Educators 2009

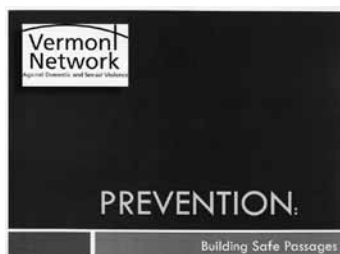
This very practical manual provides support group materials in the following areas: body image, bullying/harassment; bystander/allies, children experiencing domestic violence, communication, consent, conversation starters/ice breakers, cooperation/teamwork, dating violence/healthy relationships, feelings & emotions, gender roles, media, nonviolence, tolerance, diversity, self-esteem/decision making, self discovery, and sexual violence.

TARG (Vermont’s Sexual Violence Prevention Technical Assistance Resource Guide)
Vermont Sexual Violence Prevention Task Force 2010



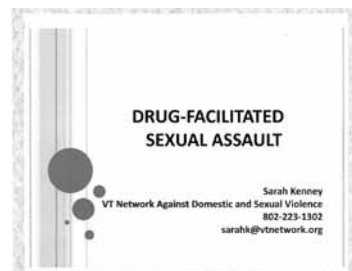
This Guide is for school communities K-12 incorporating sexual violence prevention into the health education curriculum. It provides guidance for schools to build their capacity for and knowledge of prevention resources and “best practice” criteria for schools.

Prevention: Building Safe Passages
Vermont Network Against Domestic and Sexual Violence 2010



This PowerPoint presentation (including outline and notes) begins with “prevention is a systematic process that promotes healthy environments and behaviors and reduces the likelihood or frequency of occurrence”, and moves on to a historical timeline, the three kinds of prevention (primary, secondary, and tertiary), the elements needed for prevention, the risk and protective factors, various models of prevention, and what we are doing in Vermont.

Drug-Facilitated Sexual Assault
Vermont Network Against Domestic and Sexual Violence 2010



This Powerpoint presentation is from a training for advocates about drug-facilitated sexual assault. It includes the variety of predatory drugs, what to watch out for, testing information, and tips for supporting survivors of drug-facilitated sexual assault.

The Vermont Approach
 © Anti-Violence Partnership 2006,
 Susan Roche



This document is a comprehensive five year plan for significantly reducing sexual violence in Vermont. The Approach is aimed at transforming those aspects of culture that produce, take for granted and exacerbate sexual and related forms of violence and degradation against adults, teens and children.



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 VNADSV, P.O. Box 405, Montpelier, VT 05601
 or library@vtnetwork.org

New at the Network Office

I am Corbett Sionainn, the new Associate Director of Community Outreach for the Network. I am excited to be here and be a part of the Network's Community Outreach team. The Outreach team is made up of the training staff, prevention staff and myself who covers public media/communication for the Network. In the past, I worked as a volunteer for a domestic abuse and rape crisis organization in Idaho and worked for 10 years at the beginning of the AIDS epidemic as volunteer, staff and director of a hospice and two AIDS service organizations. Recently, I was a Public Health Specialist at the Vermont Department of Health where I worked for several years doing public information. I am looking forward to my work here at the Network.



I am Rocío Mora, Training and Technical Assistance Coordinator at the Network. I am beyond thrilled to be here and am so lucky to be working at such wonderful place. Born in Colombia, raised in New York City, Vermont has been home for almost ten years now. I most recently worked at UVM as coordinator of the student judicial process and intergroup dialogue program, but also have experience as a residence hall director, campus programmer, high school band teacher and cook. You might also see me around town playing percussion in various orchestral groups. I'm excited to be here and if you have any questions, just let me know; I love nothing more than to have conversations with folks. I look forward to working with all of you!



The Clothes Exchange

The Clothes Exchange is a mission driven social enterprise dedicated to turning clothing into cash for community benefit. At the 10th annual May benefit sale and smaller pop-up shops throughout the year, fashionistas can hunt for bargains and shop for a cause. Gently worn apparel is collected from the closets of well-dressed women and new apparel for women, men and children is donated by local retailers and national brands. The event is a fundraiser that feels more like a shopping spree.

Each year the Burlington Clothes Exchange selects a new nonprofit to partner with who receives event proceeds; in 2010, \$70,000 was raised for King Street Center. To celebrate



the 10th anniversary, half of the proceeds from the May 2011 event will benefit Spectrum Youth and Family Services and the past 10 beneficiaries will split the remaining 50%. Past beneficiaries include: King Street Center, Vermont Works for Women, The Hicks Foundation, Neighborkeepers, Vermont Refugee Resettlement Program, The Vermont Women's Fund, The Vermont Network

Against Domestic Violence and Sexual Assault, and The Committee on Temporary Shelter.

The Network is delighted to be partnering again with this innovative and fun event. Check out the Clothes Exchange and Network Facebook pages for more information.





Against Domestic and Sexual Violence

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VERMONT NETWORK MEMBER PROGRAMS

**Addison County & town of Rochester
WomenSafe**

P.O. Box 67, Middlebury, VT 05753
Hotline: (802) 388.4205 or 1.800.388.4205

Bennington County

PAVE*
P.O. Box 227, Bennington, VT 05201
Hotline: (802) 442.2111

**Caledonia, Orleans & Essex Counties
The Advocacy Program at Umbrella***

1222 Main St. #301, St. Johnsbury, VT 05819
Hotline: (802) 748.8645

**The Advocacy Program at Umbrella
(Satellite Office)**

93 E. Main Street #1, Newport, VT 05855
Hotline: (802) 334.0148

Caledonia County (Hardwick area)

AWARE
P.O. Box 307, Hardwick, VT 05843
Hotline: (802) 472.6463

Chittenden County

Women's Rape Crisis Center
P.O. Box 92, Burlington, VT 05402
Hotline: (802) 863.1236

Women Helping Battered Women*

P.O. Box 1535, Burlington, VT 05402
Hotline: (802) 658.1996 (also TTY#)

**Franklin & Grand Isle Counties
Voices Against Violence***

P.O. Box 72, St. Albans, VT 05478
Hotline: (802) 524.6575

Lamoille County

Clarina Howard Nichols Center*
P.O. Box 517, Morrisville, VT 05661
Hotline: (802) 888.5256

**Orange & NE Windsor Counties
Safeline**

P.O. Box 368, Chelsea, VT 05038
Hotline: 1.800.639.7233

Rutland County

Rutland County Women's NW & Shelter*
P.O. Box 313, Rutland, VT 05701
Hotline: (802) 775.3232

**Washington County
Circle***

P.O. Box 652, Barre, VT 05641
Hotline: 1.877.543.9498

Sexual Assault Crisis Team*

4 Cottage Street, Barre, VT 05641
Hotline: (802) 479.5577

Windham County

Women's Freedom Center*
P.O. Box 933, Brattleboro, VT 05302
Hotline: (802) 254.6954 or 1.800.773.0689

Windsor County (NE)

WISE*
38 Bank Street, Lebanon, NH 03766
Hotline: (603) 448.5525 or 1.866.348.WISE

**Windsor County (southern parts)
New Beginnings**

23 Pleasant St., Springfield, VT 05156
Hotline: (802) 885.2050 or (802) 674.6700

Statewide Hotlines:

Domestic Violence: 1-800-228-7395
Sexual Violence: 1-800-489-7273

* Indicates Shelter