

PART I - FACE SHEET

APPLICATION FOR FEDERAL ASSISTANCE		1. TYPE OF SUBMISSION: Application <input checked="" type="checkbox"/> Non-Construction
Modified Standard Form 424 (Rev.02/07 to conform to the Corporation's eGrants System)		
2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS):	3. DATE RECEIVED BY STATE: 01-JUL-11	STATE APPLICATION IDENTIFIER: 602021487
2b. APPLICATION ID: 11AC124276	4. DATE RECEIVED BY FEDERAL AGENCY:	FEDERAL IDENTIFIER: 09ACHNH0010002
5. APPLICATION INFORMATION		
LEGAL NAME: NH Coalition Against Domestic and Sexual Violence DUNS NUMBER: 602021487		NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes): NAME: Meg K. Dugan TELEPHONE NUMBER: (603) 224-6466 FAX NUMBER: (603) 224-4666 INTERNET E-MAIL ADDRESS: meg@avap1.org
ADDRESS (give street address, city, state, zip code and county): P.O. Box 4156 Concord NH 03302 - 4156 County: Merrimack		
6. EMPLOYER IDENTIFICATION NUMBER (EIN): 020360151		7. TYPE OF APPLICANT: 7a. Non-Profit 7b. Service/Civic Organization Community-Based Organization Statewide Association Volunteer Management Organization
8. TYPE OF APPLICATION (Check appropriate box). <input checked="" type="checkbox"/> NEW <input type="checkbox"/> NEW/PREVIOUS GRANTEE <input type="checkbox"/> CONTINUATION <input type="checkbox"/> AMENDMENT If Amendment, enter appropriate letter(s) in box(es): <input type="text"/> <input type="text"/> A. AUGMENTATION B. BUDGET REVISION C. NO COST EXTENSION D. OTHER (specify below):		9. NAME OF FEDERAL AGENCY: Corporation for National and Community Service
10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER: 94.006 10b. TITLE: AmeriCorps State		11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT: AmeriCorps Victim Assistance Program 11.b. CNCS PROGRAM INITIATIVE (IF ANY):
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc): Throughout New Hampshire.		
13. PROPOSED PROJECT: START DATE: 09/06/11 END DATE: 09/01/12		14. CONGRESSIONAL DISTRICT OF: a.Applicant <input type="text" value="NH 002"/> b.Program <input type="text" value="NH 002"/>
15. ESTIMATED FUNDING: Year #: <input type="text" value="1"/>		16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS? <input type="checkbox"/> YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON: DATE: <input checked="" type="checkbox"/> NO. PROGRAM IS NOT COVERED BY E.O. 12372
a. FEDERAL	\$ 350,688.00	17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO
b. APPLICANT	\$ 301,985.00	
c. STATE	\$ 0.00	
d. LOCAL	\$ 0.00	
e. OTHER	\$ 0.00	
f. PROGRAM INCOME	\$ 0.00	
g. TOTAL	\$ 652,673.00	
18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.		
a. TYPED NAME OF AUTHORIZED REPRESENTATIVE: Meg K. Dugan	b. TITLE: Program Director	c. TELEPHONE NUMBER: (603) 224-6466
d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:		e. DATE SIGNED: 08/24/11

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Executive Summary

According to a recent White House factsheet, "One-in-every-four women experiences domestic violence during their lifetime and more than 20 million women in the U.S. have been victims of rape. Approximately 15.5 million children are exposed to domestic violence every year. The impact of abuse lingers for years, both for victims and their children."

In response to this national epidemic, in November 2010, the Departments Health and Human Services, Housing and Urban Development, Justice, Treasury and Labor and the Federal Deposit Insurance Corporation announced new initiatives to protect victims of abuse and provide resources to victims. The initiatives state that intervening early to reach children and young families experiencing domestic and sexual violence is a crucial element of the strategy to end violence against women. Without intervention, children who witness violence are at greater risk of developing behavioral problems, psychiatric disorders, experiencing school failure, and perpetrating violence against others. It goes on to state that "one in twelve adult women are abused during pregnancy and 25-50% of adolescent mothers experience domestic violence before, during, or just after pregnancy. Children born to abused mothers are 30% more likely to require intensive care upon birth. "

In New Hampshire in 2009, Crisis Centers served 12,758 victims. The AmeriCorps Victim Assistance Program (AVAP) members served 4,542 or 36% of these victims. Without AVAP, thousands of victims would not receive the critical services they need.

Rationale and Approach

Problem

According to the CDC, "Intimate partner violence (IPV) is a serious, preventable public health problem that affects millions of Americans. The term "intimate partner violence" describes physical, sexual, or psychological harm by a current or former partner or spouse. The CDC also states "intimate partner violence can affect health in many ways. The longer the violence goes on, the more serious

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the effects." Similarly, the World Health Organizations "World Report on Violence and Health, 2002 states "A growing body of evidence is revealing that sharing her life with an abusive partner can have a profound impact on a woman's health. Violence has been linked to a host of different health outcomes, both immediate and long-term...Violence by intimate partners is an important public health problem. Resolving it requires the involvement of many sectors working together at community, national and international levels. At each level, responses must include empowering women and girls, reaching out to men, providing for the needs of victims."

Sexual violence [SV] is defined as, "...any sexual act that is perpetrated against someone's will." The CDC states "SV can impact health in many ways. Some ways are serious and can lead to long-term health problems. These include chronic pain, headaches, stomach problems, and sexually transmitted diseases." Though not universal, the effects of sexual abuse include injuries (Kilpatrick, Edmunds & Seymour, 1992), sexually transmitted diseases (Lindegren et al., 1998), unwanted pregnancies (Holmes, Resnick, Kilpatrick & Best, 1996), HIV risk behavior (Bensley, Van Eenwyk & Simmons, 2000), depression and subsequent substance abuse (Holmes & Slap, 1999), post-traumatic stress disorder (Cuffe et al., 1998) and suicide attempts (Brener et al., 1999; Byrant & Range, 1995).

Domestic and sexual violence are significant health issues in New Hampshire. According to the 2006 NH Violence Against Women Survey, "Nearly one in four women in New Hampshire has been sexually assaulted. At least a third of New Hampshire women have been the victim of a physical assault by an intimate partner. More than half of all women in our state have experienced sexual and/or physical assault over the course of their lifetime." This same survey stated that women in New Hampshire who report having a chronic disease or medical condition were more likely to report sexual and physical violence than women who do not report having a chronic disease or medical condition; approximately 40% of women with chronic health conditions report being sexually assaulted and 70% of women of the women with chronic health conditions experienced domestic violence. In addition,

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consistently in New Hampshire, 50% of homicides are domestic violence related.

AVAP was created to address an identified gap in victim services. Representatives from the New Hampshire Coalition Against Domestic and Sexual Violence and the New Hampshire Attorney General's Office, the New Hampshire Court System reviewed victim services from the beginning of contact with a law enforcement or advocacy center to the end of the post court process and analyzed where the deficit in support for victims lay.

This population was selected due to the recognized thousands of victims each year in New Hampshire and the impact domestic and sexual violence has on its victims and their families.

Solution: AmeriCorps Member Roles and Responsibilities

Prior to the creation of AVAP, many law enforcement systems did not have advocates. As a result, there was often a lack of understanding of what victims needed and little to no communication with victims regarding what they would be experiencing in the criminal justice system. Crisis Centers, which are chronically under-resourced, were not able to serve a high percentage of the victims who were seeking their services. Our host site supervisors state that using AVAP members is a crucial means for them to adequately serve their clients, "Should AVAP funding cease without corresponding increase of state funds, the impact upon the needs and rights of these citizens will include significant reduction or elimination of direct services." Victim Services Coordinator, NH Department of Corrections. "If we did not have an AmeriCorps member, our agency would only provide court advocacy to...likely less than half the number of survivors we currently assist." Executive Director, Turning Points Crisis Center.

By working with numerous partnering agencies and organizations in communities throughout New Hampshire, AVAP has been able to provide assistance to thousands of children and adults each year who otherwise may not receive the help they need to build lives free from violence. During the 2009-2010 program year alone, members assisted 4,542 victims, or a full 36% of all the victims helped at

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the domestic and sexual violence programs at which members served. Since AVAP began in 1994, AVAP members have assisted over 55,000 victims and provided outreach and education on the issues of domestic and sexual violence and stalking to over 75,000 community members throughout New Hampshire.

As noted above, domestic and sexual violence are serious public health problems as, as such, require a comprehensive approach. The World Health Organization (2002) states, "Violence by intimate partners is an important health problem. Resolving it requires the involvement of many sectors working together at community, national and international levels. At each level, responses must include empowering women and girls, reaching out to men, providing for the needs of victims."

The CDC describes three levels of public health sexual and domestic violence prevention strategies that need to occur. Primary prevention aims to prevent violence before it occurs. Secondary prevention focuses on the more immediate responses to violence. Tertiary prevention focuses on the long term care in the wake of violence through addressing issues such as revictimization, rehabilitation and reintegration, and attempts to lessen trauma or reduce the long-term disability associated with violence. Consequently, since its inception, AVAP has expanded to provide all three levels of public health prevention. Members provide primary prevention in the form of outreach and education to kindergarten, elementary, middle and high schools and on college and university campuses to prevent violence before it occurs; provide immediate responses to victims in the form of direct service as secondary prevention; and as tertiary prevention work to enhance and create liaisons between agencies that work with victims and educate those agencies on the related issues to reduce the risks of retraumatization.

AVAP has expanded its program in a number of ways over the past few years. Beginning with 2001-2002, AVAP included college and university host sites. This change was in response to research that indicates women of college age are at higher risk of sexual assault. Next, in 2002-2003, the program

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expanded into the New Hampshire Department of Corrections. According to the Director of Victim Services for Corrections, an extremely high number of victims of those incarcerated experienced domestic or sexual violence or stalking.

In 2006-2007 AVAP began placing members at child advocacy centers (CAC). CACs were being created across the state in response to the need to reduce re-traumatization of child victims through repeated interviews and meetings. AVAP has been integrated into CAC's, many of which without AVAP operate with a one or two person staff.

In 2008-2009, AVAP once again expanded, this time into the New Hampshire Attorney General's Office. In New Hampshire all homicides are investigated by the Attorney General's Office. Since consistently half of all NH homicides are as a result of domestic violence, this host site was a natural next extension of the AVAP program.

Currently, AVAP members assist adult and child victims through civil and criminal court proceedings by offering information and support. Members also provide crisis intervention, accompaniments and referrals to meet victims' needs outside the courtroom. Additionally, members provide direct service to secondary victims and educational programming and outreach to child and adult community members throughout New Hampshire.

AVAP members provide direct service to victims in one of four arenas. AVAP members who are placed at Crisis Centers assist victims by providing district court advocacy. This includes assisting with restraining orders, as well as providing confidential assistance to victims of sexual violence, in the form of accompaniment, education, and support during police reporting, interviewing, pre-trial meetings, trials and during hospital and follow-up medical visits.

Law Enforcement System members, the second category of members, are placed at local police departments, City Prosecutors Offices, the New Hampshire Department of Corrections, and the NH Attorney General's Office. These members will each assist victims by notifying them of upcoming

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hearings, plea discussions and trial dates, assisting with victim impact statements and providing support and information to victims before, during and after hearings. The NH Department of Corrections members help victims prepare victim impact statements for the probation/parole board, assist victims with restitution issues, do safety planning with victims particularly near the time of the discharge of their perpetrators or while perpetrators are on probation or parole, inform victims of any upcoming court hearings that the victim would have a right to attend, update victims on perpetrators' compliance with sentencing components, and keep victims up to date with any changes in the prisoner's status (transferring prisons, etc.). The members placed at the NH Attorney General's Office will provide services to co-victims and witnesses throughout the pre-trial, trial and post trial phase of the criminal justice process for all homicide cases.

CAC members will assist child victims by coordinating intakes for child forensic interviews with members of a multidisciplinary team, assisting with pre and post interview meeting and providing follow-up to secondary victims (non-offending parents and siblings).

College and University members will provide outreach and prevention education to the college community. They will design, prepare, and present programs for students, faculty, and staff. These programs will not only be presented to the community as a whole but also specific programs will be designed and presented to portions of those communities that need or request them (fraternities, sororities, athletic groups, residence halls, etc.).

In addition, AVAP members will provide outreach and education about domestic and sexual violence or stalking to over 4,000 children and adults annually at schools, civic organizations, religious institutions, and other community organizations.

Work with economically disadvantaged

An extremely high percentage of victims of domestic and sexual violence and stalking are economically disadvantaged. According to the National Law Center on Homelessness and Poverty,

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"Domestic and sexual violence are leading causes of homelessness nationally, especially for women. In varying regions around the country, significant percentages of homeless women report that domestic violence was the immediate cause of their homelessness. Up to 100% of homeless women have experienced domestic or sexual violence at some point in their lives." The Bureau of Justice Statistics states "Persons with a household income under \$7,500 are more likely than the general population to be victims of sexual assault." Bureau of Justice Statistics, 2005. Browne, Salomon, Bassuk, Dawson, & Huntingdon in 2004 found that "Women and children who live in poverty are at extremely high risk of physical and sexual victimization by intimates. For thousands of women, a lack of economic resources has devastating consequences on their ability to alter their environments or to live in safety, particularly if they have dependent children"

A 2010 poll of AVAP members indicated that approximately 80% of the victims they work with are economically disadvantaged.

As the needs of victims in the state changes, the AVAP program will continue to modify its role, placement sites and ways of best assisting with the public health crisis of domestic and sexual violence and stalking.

For the 2011-2012 program year, AVAP will be requesting 27 full time members.

Member Selection, Training, and Supervision

The AmeriCorps Victim Assistance Program has greatly increased its regional and national recruitment. AVAP recruits members locally through newspapers ads, radio and television PSAs, mailings, and posters and brochures. Posters and brochures are distributed throughout the state, to each host site, to all New Hampshire colleges and universities, employment security offices and welfare to work programs throughout the state.

AVAP annually attends careers fairs at the University Of NH, New England College, Wellesley (Mass) College, Franklin Pierce, Suffolk University (Mass), the Vermont Colleges Job Fair, Hesser

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College, as well as the NH College and University Council statewide career fair, the Justice Studies career fair at UNH, and the UNH commencement career fair. AVAP sends posters, brochures, and application packets to all the colleges and universities in the surrounding states (Vermont, Maine, bordering counties in New York and Massachusetts) as well as to college and universities across the country that have related academic programs (criminal justice, psychology, and women's studies).

AVAP lists member positions with national on-line recruitment programs in addition to specific programs geared towards non-profits, sites related to domestic and sexual violence, as well as on host site websites. These website include feminst.org, idealist.com and job.com. AVAP posts its member openings on all the college and university websites in New Hampshire, Maine and Vermont as well as in Massachusetts. The AVAP website has also been used extensively for recruitment purposes.

Numerous member applicants have stated that our website was one of the primary factors in their choice to join AVAP. Currently, the website is undergoing updating that will make it even more accessible and easy to use. AVAP also utilizes the national AmeriCorps on-line recruitment to recruit members from all across the country.

AVAP is increasing its outreach and recruitment to the military, veterans and their families. Beginning with the 2011-2012 program year, AVAP will be sending recruitment material to military organizations including but exclusively to New Hampshire Division of the U.S. Department of Veteran's Affairs, Disabled American Veterans Service Office, Veterans Administration, Dept. of Veterans Affairs, VA Medical Center and the NH State Veterans Council. In addition, we will be contacting each of these organizations by phone to find out what additional recruitment possibilities might exist (websites, in person career fairs, etc.) We will make use of all suggestions.

AVAP will also be increasing it's recruitment to organizations that work with baby boomers, diversity and multi-cultural agencies and organizations that work with the disabled. Our recruitment materials (posters, overview and application packets) will be sent to organizations including but not limited to

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American Association of Retired Persons, United Way, the NH Cultural Diversity Awareness Council, and NH Office of Minority Health and Refugee Affairs. In addition materials will be sent to Granite State Independent Living, Community Bridges, Services for the Blind and Visually Impaired, NH Association for the Blind, Disabled American Veterans Service Office, Governor's Commission on Disability, and the Alliance for the Mentally Ill of NH.

Recruitment with welfare to work programs, which some survivors use when trying to get back on their feet after escaping an abusive relationship, is always done.

All potential AVAP members must fulfill all AmeriCorps requirements for members (citizenship, age, etc.). In addition, all potential AVAP members must have an interest in the issues of domestic and sexual violence and community service. They must have no criminal history of concern. Potential members must demonstrate maturity and professionalism and an ability to both work successfully as part of a team and independently.

All potential members must first submit an application which includes a current resume, three references and a personal statement. If the AVAP staff feel the person might be a good fit for the program the potential member next goes through an extensive initial interview with AVAP staff that explores his or her ability to remain non-judgmental, empathic and sensitive to victims needs. Additionally, interviews determine if the applicant has a basic understanding of related issues, is able to separate his or her own issues from those of clients, is able to be professional and mature, and is able to work as part of a team yet also work independently. If after the interview the staff feels that the potential member fits these qualifications, they are sent on to interviews at potential host sites. Potential members may be sent to up to four separate potential host sites to ensure that we make the best match possible. In the end, only if member's criminal records check, references, application, staff interview and host site interview are all successful, will a member be accepted into the program.

From the time of the initial interview, members are made fully aware of the consequences not only

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to themselves but to their site and their communities if they do not complete their program year. They understand from the beginning of the program year that if they leave the program early, there may be dozens if not hundreds of victims in their area who may not get the assistance they so critically need.

Members are also told about the benefits to themselves of successfully completing their service year, both concrete (educational award) and also the emotional rewards of completing a year of community service and knowing what that means to their communities.

Members are required to go through mandatory full-time two-week training when they first join AVAP. The 2010-2011 initial training curriculum consisted of: AmeriCorps, Volunteer NH! and AVAP overview, FAQs/EnrollmentForms, Explanation of Roles & Structure, Domestic Violence 101, Sexual Assault 101, Stalking 101, Crisis Intervention, Batterers Intervention, Criminal Process and Criminal Laws, Civil Process and Civil Laws, Client Mental Health Issues, Advocacy and Empowerment, LGBT Domestic Violence, Child Sexual Abuse, Child Physical Abuse & Children Who Witness DV, Victim Compensation, Address Confidentiality, Sexual Assault Nurse Examiner Program, Legal resource panel. Beginning with the 2011-2012 program year, members will also be trained in working with military members, veterans and their families.

After the initial two week training, members begin their full time service at their sites. Once at their sites, they begin with an orientation to the physical site and its related sites such as courts. Next, members are required to review all host site policies and procedures. Members then shadow other staff and last are shadowed by staff. By the end of this orientation, members are able to begin providing services directly to victims.

Members are required to attend monthly full-day team meetings throughout the rest of the year. At these trainings, members receive additional training in the areas mentioned above as well in issues related to citizenship. At each of these team meetings, members discuss the impact their service is having on the individuals and communities they serve. They also discuss how this works connects

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them to their communities and their feelings about future volunteerism and community service.

Members are supervised weekly by their host Site Supervisors. Due to the confidential nature of much of the direct service work our members do, they must be supervised by on site Supervisors who are also covered by New Hampshire's statute providing confidential communication between victims and domestic and sexual violence program advocates. Host Site Supervisors also oversee members' outreach and education activities.

The AVAP Program Coordinator and Director supervise all members regarding AVAP and AmeriCorps policies and procedures and paperwork, fulfillment of objectives, esprit de corps, training, and AmeriCorps involvement.

Members are also supported and supervised through the use of a mid year and final evaluation. Not only are the members evaluated in this manner twice per year but also their host site and AVAP are evaluated. The Program Coordinator conducts yearly site visits approximately seven months into the program. This site visit allows the Site Supervisors and members to express and discuss any concerns, challenges, and achievements they are experiencing.

All AmeriCorps Victim Assistance Program members contribute to and receive a monthly newsletter which outlines their successes and thanks them for all their hard work and dedication. In addition, AVAP staff provides on-going support throughout the year to all members reminding them of the difference they are making in the lives of so many survivors and in their communities.

Members are recognized on a statewide level at the Volunteer NH!'s Recognition in July. Members of the Volunteer NH! Board talk about the achievements of the members of all NH AmeriCorps programs. Members are given certificates of achievement and praised in front of all other members, staff and board members.

At the final team meeting of the year, members are recognized not only by the AVAP staff but also by their Site Supervisors. Site Supervisors talk about their members' accomplishments and personal

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growth. They talk about what that member has done not only for the individuals they worked with but also for that agency and that community.

Due to the intensity of the work our members do, AVAP has designed the program in a way to give members a good amount of time off to take care of themselves, and we encourage members to go to conferences and other trainings as appropriate. Members also participate in the three annual trainings put on by Volunteer NHI. We consistently promote other volunteer and community service opportunities for our members outside of AmeriCorps and allow them service time to participate. At our monthly team meetings, we always allow time for networking and support both with AVAP staff and with other members.

AVAP instills a high degree of civic commitment in our members. Every year a minimum of 25% of our members after their year of service go to work for their host sites or related agencies working with victims of crime. In addition, approximately 20% of our members go on to graduate school in the fields of medicine, social work and law. Each of them is committed to carry the ethics of advocacy with them into their newly chosen fields.

AVAP works with each site to determine the appropriate Site Supervisor. This decision is based on the staffs knowledge and skills in work that members will be performing, experience and skill at supervising and understanding and acceptance of members work as part of national service. AVAP provides a training to all new Supervisors and annual training to Supervisors as a whole. Any questions or concerns Supervisors might have are elicited on monthly reflection forms. In addition, Supervisors fill out evaluation forms at mid and end of the year. After the mid year evaluation, AVAP staff visit each site and talk with Supervisors about concerns and needs. If any concerns do arise during the program year, they are immediately addressed by AVAP staff initially on the phone followed up by visits to the sites as needed.

Outcome: Performance Measures

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As previously noted, the CDC has stated that in order to adequately address the public health issues of domestic and sexual violence, there is a need to provide three levels of prevention; primary, secondary and tertiary. AVAP's performance measures were designed to provide such prevention work.

During the three year cycle members will provide direct service in the form of assistance with restraining orders, victim impact statements, crisis line calls and education about the criminal justice system to over 8,100 victims. Each year all members will complete the two week initial training. Members will then assist on average 100 victims of domestic or sexual violence or stalking. Of the victims assisted and completing a survey, 90% will indicate that they are better able to cope with the abuse and violence in their lives.

Member training will be measured by daily sign in and sign out sheets and evaluations for each day of training. The number of victims served will be measured by contact sheets filled out by members on a daily basis. The impact on victims of those services will be measured by follow up surveys handed out to victims by members after working with the victims.

During the three year period, members will provide educational programming to over 12,000 children and adults. Each year members as a group will provide outreach and education on the issues of domestic and sexual violence and stalking to 4,000 community members of all ages throughout New Hampshire. This information will be measured by the monthly member outreach and education forms.

AVAP will ensure that by the end of their first year of service, members are fully educated and understand the legal process and its relationship to victims. Every year first year members will become better citizens by increasing their knowledge and understanding of the legal system and the issues of domestic and sexual violence and stalking by achieving an 85% proficiency on a legal and domestic and sexual violence issue test. This will be measured by an exam given at the final team meeting of the program year.

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AVAP during the three year cycle will work with 600 volunteers. Each year members will utilize 200 volunteers to assist with outreach and education to the community on issues related to domestic and sexual violence and stalking including the statewide Clothesline Project. This will be measured by the monthly outreach and education forms as well as the sign in sheets at the annual Clothesline Display.

All of these performance measures have been refined to best challenge the program to continue to provide the greatest good to communities throughout New Hampshire. Each year host sites, the Partnership and the AVAP staff re-evaluate what are the greatest needs for the sites and victims and if the performance measures are best meeting these needs.

Volunteer Generation

AVAP utilizes volunteers to provide outreach and education on a much wider scale. We are able to increase the number of individuals in audiences, the numbers of groups addressed as well as cover more material when presenting at various programs. AVAP will use a minimum of 200 volunteers each program year. These volunteers will assist with creating brochures and other handouts and posters, site at educational tables and provide presentations to child and adult groups. Volunteers at Crisis Centers will also be used to co-lead support groups.

Volunteers are recruited through the host sites by staff Volunteer Coordinators. AVAP members often assist the Coordinators at outreach events talking with potential volunteers about their site and the work they do. Volunteer Coordinators recruit volunteers through newspapers, mailings to schools, faith based organizations and doctors offices, on line advertising and at events they sponsor. In addition, a high percentage of former clients come back to volunteer once they are ready to do this work. Our members help train the volunteers on specific topics related to domestic and sexual violence, they peer mentor the volunteers, have the volunteers shadow their work, and provide informal support to them throughout the program year.

Partnerships and Collaboration

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The New Hampshire Coalition Against Domestic and Sexual Violence (NHCADSV) is the legal applicant and fiscal agent for the program. NHCADSV is a private, non-profit, tax exempt organization that serves as a coordinating organization for its 14 member programs, which provide direct service to victims of sexual assault and domestic violence. The goals of the Coalition are to coordinate direct services, to change community attitudes about domestic violence and sexual assault through public awareness, and to work toward public policy changes that will benefit victims. The proposed AmeriCorps Victim Assistance Program fits well within the Coalition's existing structure.

As the primary provider of victim services in the state, and as the coordinator of the majority of the placement sites for the AmeriCorps Members, the Coalition is the logical organization to provide oversight of the project. The Coalition has extensive experience administering both state and federal grants. It has an excellent record serving as the Coordinator of the Domestic Violence Grant Program, an earmarked fund for services to adult victims of domestic violence created by the 1981 New Hampshire Legislature.

The most effective means of preventing domestic and sexual violence, educating the community, and supporting victims, is having all agencies and organizations involved working together. By placing members at various types of agencies (domestic and sexual violence programs, police departments, prosecutors offices, the NH Department of Corrections, NH Attorney Generals Office, child advocacy centers, and on college and university campuses) we are greatly increasing the community inter-agency collaboration.

The AVAP Partnership is made up of representatives from the New Hampshire Attorney General's Office, the New Hampshire Coalition Against Domestic and Sexual Violence, the NH State Trooper Association, domestic and sexual violence programs, prosecutor's offices, universities, local businesses, an AVAP alumni/ae as well as a survivor. The Board regularly reviews the goals and objectives of the

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program in response to community needs. With the broad coalition of agencies that oversee AVAP as a governing board, the Program is able to demonstrate the value of community collaboration.

All host sites evaluate AVAP annually on a mid-year and 12 month basis. The input of these varying agencies on community needs is sought in an on-going manner through these evaluations. All this input combined with the insights of the AVAP staff and Volunteer NH! is reviewed yearly in order to continually reassess the program's response to community needs.

AVAP has many ties with faith based organizations throughout the state. The majority of the domestic and sexual violence programs that serve as host sites for AVAP not only receive donations from local faith based organizations, but also present outreach and education to numerous churches, synagogues and other religious organizations within their communities. An AVAP alumni and member of the Board served as the Chair of the Statewide Domestic and Sexual Violence Faith Based Protocol Committee. Two other AVAP alumni served as members on this committee. The AVAP Program Director is a member of the New Hampshire Governor's Commission on Domestic and Sexual Violence. The Governor's Commission is an appointed, statewide Commission that brings together community partners from across the state to work on the issues of domestic and sexual violence.

Financial Community Partners: Cash -- Corporation for National and Community Service, Volunteer NH!, Host sites, NH Department of Justice Victims of Crime Fund, NH Charitable Gaming Commission. In-Kind -- New Hampshire Trooper Association, New Hampshire Police Standards and Training, New Hampshire Legal Assistance, Dove Project, New Hampshire Bar Association, Colby Sawyer College, Various host sites (training), Ending the Violence, New Hampshire State Police, and Taylor Rental.

Sustainability

AVAP has worked towards sustainability in numerous ways. In addition to private host site cash

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match funds, AVAP also receives on-going state funds through the Victims of Crime Fund, and will be receiving funds from the NH Charitable Gaming Commission and from an AVAP alumni/a capital campaign. In addition, the AVAP Director is on the NHCADSV Building Committee. This committee is attempting to find new space for the Coalition that will be able to house AVAP. This is estimated to be accomplished in the next two years. When this happens many of AVAP's current costs (copier and postage machine rental, phone costs) will be erased.

Other avenues of creating sustainability have been the teaming with local community partners. AVAP has built a strong and on-going relationship with community organizations that provide us with free office space as well as space for all our trainings and team meetings throughout the year. In addition, agencies throughout the state provide trainers for free for our training. AVAP has greatly lowered operations costs by having obtained free office space as well as some services (internet, utilities) and reducing other costs (e-mailing versus hard copy of member updates, newsletters, etc.).

Between the reductions in cost and the increased host site cash match, we have improved our financial outlook greatly. Another means of assessing our sustainability is by looking at the number of members over the years that have been hired on by their host sites. While this at times reduces our retention rate if members are hired on during the program year, the overall sustainability of local communities having trained and experienced advocates is greatly increased by this process. To date, approximately 50 previous AVAP members were hired on by their sites during or after finishing their service with AVAP. By having AVAP alumni/ae as staff, these sites become stronger allies and host sites for future members.

AVAP has always recruited a diverse age range of members, from 18 year olds to those in their 60's. Our Corps has always had a high percentage of "baby boomers." In the past 5 years, we have had 7 members that were age 50 and above. These members not only bring a wide array of education and training to their service, they also bring a wide range of life experiences. With such a diverse Corps,

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however, comes the increased risk that they will need to leave the program due to unforeseen family issues (loss of childcare, spouse's sudden loss of job, ill health of parent or child, etc.) or other medical issues.

One of the goals of AVAP is to educate, train and develop our members' personal and professional skills. As a result of the recruitment, training and experience our members gain while serving, they are hired to work at their host sites. At times this happens during the program year. While this is extremely detrimental to our retention rate, it serves our ultimate goal of serving members, host sites and the community at large. It should be noted that even when a member does not complete his/her year of service, the training and experience gained while an AVAP member highly increases the chance that the individual will remain an engaged and productive citizen, therefore allowing the program to accomplish its goal of promoting community service.

Host sites are educated regarding the impact of hiring one of our members during our program year. If those openings happen close to the end of the program year, sites will often delay filling that position until our members complete their service year. Unfortunately, openings, at times, come earlier in our program year. Since these sites need to fill the positions quickly, they are not able to wait until the end of our year. In these circumstances they do not want to "discriminate" against our members by not allowing them to apply for those slots. That our sites frequently hire on our members is a testament to the high quality of and respect for our members.

Organizational Capability

NHCADSV contracts with the New Hampshire Division of Public Health to serve as the granting agency for the Rape Prevention Education Grant fund and administers federal Victims of Crime Assistance funds and Violence Against Women Act funds through an agreement with the New Hampshire Department of Justice. Since 1985, the Coalition has contracted with the Department of Health and Human Services to administer federal Family Violence Prevention and Service Act funds

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and also manages state Emergency Shelter Grant funds. The Coalition's long history of managing state and federal victim assistance funds has made it a key player in coordinating domestic violence and sexual assault service activities in the state, and has provided it with the experience necessary to manage the proposed AmeriCorps project.

In order to support AVAP, the New Hampshire Coalition Against Domestic and Sexual Violence and the Partnership have worked with host sites to determine their ability to absorb regular increased host site cash matches. In past years they have secured state funding from the New Hampshire Charitable Foundation, the New Hampshire Women's Fund, the Endowment for Health and Staples. In recent years, NHCADSV has secured funding for AVAP from the New Hampshire Victims of Crime Fund.

Moving forward NHCADSV and the Partnership are working to secure a grant of \$10,000 - \$18,000 from the New Hampshire Gaming Commission (which supports numerous and varied charitable organizations throughout the state.) In addition, they are moving towards a capital campaign with the past 16 years of alumni/ae.

For the 2011-2012 program year, match funds will come from cash matches from host sites (\$148,500), and state funding from the New Hampshire Victims of Crime Funds (\$52,000) In-kind donations will come from host sites (\$54,000), trainers and training sites (\$56,000), New Hampshire State Trooper Association for rent and utilities and internet (\$13,600) and Partnership members (\$6,000), the fundraising committee (\$9,000) and the Clothesline Project (\$3,000). This totals \$342,100, enabling us make our required 46% match and more than make the needed grantee share of \$296,369. All of this funding goes towards the AmeriCorps Victim Assistance Program.

Currently, AVAP represents 12% of the overall \$5,767,685 New Hampshire Coalition Against Domestic and Sexual Violence budget. Over the past 16 years, AVAP has received both Competitive and State formula grants. For the 2010-2011 program year, 58% of the AVAP funding is CNCS funds. For the 2011-2012 program year, we are requesting 54% CNCS funding. In addition, we will be

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keeping our MSY request at \$13,000 per FTE despite the option to request \$13,300. This leveling off of requested funds is the beginning of AVAP's transition into a 50% match and increased grantee share match.

AVAP has received Corporation State formula funding from VNH! over the past five years.

Staffing

The primary contact for AVAP is Meg Kennedy Dugan, Program Director. The secondary contact is Ana Hernandez, Program Director at NHCADSV. There are no plans to change or add to the current staffing.

The AVAP Partnership serves as the Advisory Board and provides programmatic oversight of the program. AVAP is currently fully staffed with a full time Director and Coordinator. The daily operations of the program and oversight of adherence to all policy and procedures will be managed by AVAP Director, Meg Kennedy Dugan, M.A., who has served in this function for the past ten years. The daily supervision of members and oversight of training will be done by the Program Coordinator, Robin McGlone who has been the Coordinator for four years. The Director and Program Coordinator are staff of NHCADSV.

The AVAP Director is supervised by the Partnership and by the NHCADSV Program Director who has been with NHCADSV for one year. The Administrative Director at NHCADSV for the past 15 years, will be responsible along with the AVAP Director for fiscal overview and reporting. The Administrative Director administers numerous other federal grants including Family Violence Prevention Service Act, Violence of Crime Act, Violence Against Women Act, and Sexual Violence Act grants.

Under the supervision of the Administrative Directors a bookkeeper prepares the majority of the financial reports, keeps the financial records and cuts the checks for the AVAP program. The bookkeeper has been with the Coalition for eight years.

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The Board of Directors of NHCADSV is updated on the progress of AVAP at their regular monthly meetings.

Member Service Sites

The AmeriCorps Victim Assistance Program serves all communities throughout New Hampshire. Much of New Hampshire is rural with six out the ten counties having fewer than 86,000 residents. Three of the counties that AVAP members serve have fewer than 50,000 residents. In the furthest northern county of the state, there is minimal to no access to public transportation and a higher unemployment and poverty rate.

For the 2010-2011 program year all the current host sites will continue to serve as sites for our members. All of these sites have proven through their history of professional supervision, training and oversight to be more than adequate to serve in this role. In addition, all of the sites have provided all needed financial and fiscal oversight in regards to the required host site cash match and in-kind.

Continuing host sites will be 13 crisis centers, one police department, one city prosecutor's office, the Attorney Generals Office, the New Hampshire Department of Corrections and two child advocacy centers.

The one possible new site, the Strafford County Family Justice Center, a facility where the local crisis center (already a host site), police department, prosecutor's office, medical facility will all be housed to serve victims. The Director of this program is a former AVAP host site supervisor and so has a proven history of appropriate supervision and fiscal adequacy. If the site decides to go forward with requesting a member, they will fill out a detailed Request for Proposal which will be evaluated by the Partnership. If approved, the staff will meet with the site to review all requirements and answers any questions they or we might have.

Enrollment

AVAP's enrollment rate for the 2009-2010 Recovery Grant was 100% and for the regular program

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89.1%. That program year we had problems with finding members for certain areas of the state. While we had host site slots left open the potential members who applied were not within a commutable distance to those sites nor did they want to relocate. In future years, if this again occurs, we will do more repeated local recruiting to meet those particular site needs. This may include additional newspaper advertising, on-line advertising and poster outreach to local libraries and welfare office.

In addition, in order to fully enroll our program, AVAP is requesting only 27 slots for the 2011-2012 program year.

Retention

The retention rate for the 2009-2010 program was 95%. AVAP lost one member who was hired part way through her program year by a domestic and sexual violence program that was not her host site. The retention rate for the 2009-2010 recovery grant was 80%. Out of the 5 slots, one member left the program due to her husband being deployed to Iraq. This slot was immediately filled and that member remained for the rest of the program year.

Cost Effectiveness and Budget Adequacy

Diverse Resources

The AmeriCorps Victim Assistance Program has successfully worked to increase the diversity of revenue sources from which it receives funding. Every year the program has successfully made its match. Currently, the program receives federal, state, and local support. In addition to the funds from the Corporation for National and Community Service and Volunteer NH!, the New Hampshire State Commission, AVAP receives cash from it's 18 host sites and the New Hampshire Department of Justice Victims of Crime fund. AVAP also receives in-kind funding from the New Hampshire State Trooper Association, New Hampshire Police Standards and Training, New Hampshire Legal Assistance, Dove Project, New Hampshire Bar Association, Colby Sawyer College, host sites, Ending the Violence, and Taylor Rental.

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Increasing Resources and Budget Adequacy

This year AVAP has again enhanced its already strong partnership with the New Hampshire State Trooper Association. The Trooper Association has allowed AVAP to retain its office space at no charge and allowed us free internet access and meeting space. Current funding covers all the costs of member support costs as well as all operating costs.

For the 2010-2011 program year, AVAP will also be receiving funding from Boloco, a local restaurant, as part of a "12 Days of Giving". During the 2009-2010 and 2010-2011 program year the Partnership has been creating a capital campaign strategy. The first step in that strategy is reaching out to the over 400 AVAP alumni/ae. Once that contact is re-established, they will ask those alumni/ae to help contribute to the on-going financial needs of the program. This fundraising will allow us to move in to our 50% match for the 2012-2013 program year.

In addition, the Partnership will be obtaining new funding from the New Hampshire Charitable Gaming Foundation. This money, between \$10,000 - \$18,000, will be obtained for the first time in 2010-2011. This funding will be used for the 2011-2012 match. It is estimated that by the following year, the funding from AVAP alumni/ae in addition to the Victims of Crime funding and host site cash match will be sufficient to provide a minimum of 50% match.

For the 2011-2012 program year, AVAP is decreasing its number of requested MSY's from 31 to 27. This will reduce our costs not only for living allowance, FICA, SUTA, etc. but also for all allied costs including health insurance, mileage costs and training expenses.

For the 2011-2012 program year, AVAP is required to provide a 46% match of Corporation funds. This will be done. In addition, AVAP will only be requesting \$13,000 MSY despite being allowed a maximum of \$13,300. This leveling off of requested federal funds is the beginning of moving towards the 50% match needed for 2012-2013.

Cost Effectiveness and Budget Adequacy

Narratives

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This year AVAP has again enhanced its already strong partnership with the New Hampshire State Trooper Association. The Trooper Association has allowed AVAP to retain its office space at no charge and allowed us free access to their internet. In addition, they allow us to use their space for free for numerous monthly and intermittent meetings.

For the 2010-2011 program year, AVAP will also be receiving cash from Boloco, a local restaurant, as part of a "12 Days of Giving". During the 2009-2010 and 2010-2011 program year, the Partnerships, has been creating a capital campaign strategy. The first step in that strategy is reaching out to the over 400 AVAP alumni/ae. Once that contact is re-established, they will ask those alumni/ae to help contribute to the on-going financial needs of the program. This fund raising will allow us to move in to our 50% match for the 2012-2013 program year.

In addition, the Partnership will be obtaining new funding from the New Hampshire Charitable Gaming Foundation. This money, between \$10,000 - \$18,000, will be obtained for the first time in 2010-2011 and can be obtained again every three years.

For the 2011-2012 program year, AVAP is decreasing it's number of requested MSY's from 31 to 27. This will reduce our costs not only for living allowance, FICA, SUTA, etc. but also for all allied costs

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including health insurance, mileage costs and training expenses.

For the 2011-2012 program year, AVAP was required to provide a 46% match of Corporation funds. This will be done. In addition, AVAP will only be requesting \$13,000 MSY despite being allowed a maximum of \$13,300. This leveling off of requested federal funds is the beginning of moving towards the 50% match needed for 2012-2013.

Evaluation Summary or Plan

To establish ongoing evaluations for the AmeriCorps Victim Assistance Program, we have put in place a data system for tracking progress toward the objectives; monthly member reflection forms, member, site and AVAP staff mid-year, and final evaluations, and victim surveys. AVAP has regular contact with sites and members to assess our success in meeting objectives and achieving desired results.

All feedback received is reviewed by program staff and addressed directly where areas of improvement are needed or specific issues need resolution. Problems are brought to the Partnership if needed. In addition, the Partnership tracks the program's progress on its performance measures and checks to make sure that the program is on target. The Partnership provides oversight on all policies and procedures and strategizing on how to address program development.

In addition, when there is a need for additional financial or technical training for the AmeriCorps Victim Assistance Program staff, it is provided through Volunteer NH!, AmeriCorps literature, listservs and trainings.

The AVAP director has worked with two other areas, Florida and Washington D.C. to assist them in the creation of programs similar to ours. These other programs are not only using our basic format as a framework for their programs but are also using much of our policies, paperwork and data collection to aid them in creation of these new programs.

Amendment Justification

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NA

Clarification Summary

Question 3: Please describe how you will manage and support multiple member service locations.

All host sites have been vetted through the Request for Proposal process. Each site agrees within this contract to abide by all AVAP policies and procedures, commits to pay a cash match of \$5,500 per full time member and \$200 per month in-kind. Within the RFP it is noted that all site supervisors must provide a minimum of one hour per week supervision to their AVAP member.

All new site supervisors are trained through a new site supervisor training. This two hour training goes over all supervision requirements including AmeriCorps, Volunteer NH! and Corporation overview, prohibited activities, performance measures, AVAP paperwork, member training and disciplinary policies and procedures.

AVAP staff hold a site supervisor meeting every year for all site supervisors, new and experienced. It is expected that all site supervisors attend these meetings. These meetings review any changes to policies or procedures, reinforce the need for weekly supervision and other support for members and discuss any challenges that have arisen for the sites.

Each month site supervisors review member reflection forms. On these forms is a space for members and site supervisors to note any concerns, challenges or other comments. Each of these notations is followed up as appropriate by a phone call either from the Director or Coordinator depending on the issue.

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Members' weekly time sheets must be reviewed and signed off on by members and their site supervisors. This is another method to ensure that site supervisors are aware on a weekly basis of the work members are doing.

All site supervisors fill out mid year and end of the year evaluations on members and AVAP. Any suggestions or concerns that are raised are immediately addressed by the AVAP staff and, if necessary, the AVAP Partnership (AVAP advisory board).

After the mid year evaluations are received, AVAP staff visit each host site throughout the state. These site visits include individual interviews with each member, site supervisor and then with the member and site supervisor together. Each issue or concern that was raised on the evaluation is discussed in detail. In addition, each is asked what other concerns there might be and how AVAP can assist in making the experience for the member and site more enriching and satisfying.

Question 4: The application provides statistics on the prevalence of domestic violence in the state of New Hampshire as well as research linking incidences of abuse to a variety of health issues; however, it does not provide evidence that the proposed interventions--most of which are focused on criminal justice and community outreach--will lead to improved health outcomes for victims of domestic violence. Please provide this evidence.

According to, "Protective Orders May Reduce Intimate Partner (Domestic) Violence," "NIJ funded a study of protective orders, consequences for violating them, and costs in rural and urban jurisdictions in Kentucky"

*Protective orders deter further violence and increase victim safety.

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o In 50 percent of the cases studied, victims experienced considerably less abuse and fear of abuse in the months after obtaining a protective order, even when the offender violated the terms of the order.

*Protective orders save justice and social service systems money and improve victims' quality of life.

o The Kentucky study measured a wide range of costs for each participant, including medical, mental health, criminal justice, legal, lost earnings, property losses and time lost for family and civic responsibilities. The study also produced an index of quality of life six months before the protective order and six months after the protective order was issued. Overall, protective orders saved the state \$85 million in a single year and improved victim safety at very little cost.

*Rural and urban communities may differ in the processing and enforcement of protective orders, but victims in both the country and city benefit from protective orders.

o Rural victims encountered more barriers to obtaining protective orders, more negativity and blame from administering agencies, weaker enforcement of protective orders, and ultimately less relief from fear and abuse over time after obtaining a protective order.

o Urban victims reported more difficulty navigating the justice system. Rural victims reported protection order violations less frequently.

o Both rural and urban victims experienced similar reductions in abuse after obtaining a protection order, and a large majority overall felt that protective orders were effective.

<http://www.nij.gov/nij/topics/crime/intimate-partner-violence/interventions/protection-orders.htm>

Another study, "The Threat of Prosecution May Reduce Further Intimate Partner (Domestic) Violence," found that "The threat of, or offer to drop, prosecution may provide leverage for abused women. For victim-initiated complaints, permitting victims to drop charges following an arrest significantly lowered the chance of new violence during and 6 months following the court appearance. These women also experienced less violence, less severe violence, and a longer delay before the onset

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of new violence."

<http://www.nij.gov/nij/topics/crime/intimate-partner-violence/interventions/prosecution.htm>

"Police practices have increasingly been perceived as positive and supportive by women experiencing domestic violence (Edwards, 2001a; Barron, 2002; Malos, 2003; Hester et al., 2003; and see Chapter 4). It has, nonetheless been seen as a progressive development to channel domestic violence into the courts as a criminal behaviour, in particular in combination with advocacy and support (Taylor-Browne, 2001; and see Chapter 1). With regard to civil justice, previous studies have indicated that there appears to have been a general improvement in protection of women and children since the 1996 Family Law Act enhanced the remedies available within the civil justice system (Lord Chancellors Department, 2003).

"Supporting' women and children, however, entails more than advocacy, which has traditionally had an emphasis on rights and entitlements (Kelly and Humphreys, 2000). This is not to deny the important role that 'support' plays in advocacy, for example building up a trusting relationship between the woman and the advocate is a key component (Parmar et al., 2005; Parmer et al., 2005a).

<http://www.broken->

[rainbow.org.uk/research/Tackling%20DV%20effective%20interventions%20and%20approaches.pdf](http://www.broken-rainbow.org.uk/research/Tackling%20DV%20effective%20interventions%20and%20approaches.pdf)

"Effective intervention is critical because victims of domestic violence typically are involved in relationships in which revictimization is a frequent occurrence eventually leading to injury, long-lasting trauma, disrupted friendships and family relationships, and, in some instances, death (National Research Council [NRC], 1996)."

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Suffering traumatic stress can affect your emotions as well as your body and the two are so connected that it can be hard to tell the difference. For instance, traumatic stress can cause you to lose concentration, forget things, or have trouble sleeping. It may be difficult to determine on your own whether these symptoms are because you do not feel well physically or because you are still upset. Traumatic stress also can lead you to eat in unhealthy ways or to eat foods that are not healthy, and those eating patterns can affect how you sleep or how your stomach feels. Stress can cause headaches, but the pain from the headaches can also make your stress worsen. Because the body and the mind work in concert, traumatic stress can cause a cycle that makes it seem like the body and mind are working against one another, worsening symptoms like pain and fatigue.

<http://www.apa.org/helpcenter/traumatic-stress.aspx>

In Judith Herman's book, "Trauma and Recovery", (Basic Books 1992) she states that the first stage of recovery from trauma is safety.

Researchers at Stanford University's School of Medicine have discovered that children experiencing trauma were 30 times more likely to have behavior and learning problems than those not exposed to trauma. <http://psychcentral.com/news/2011/06/09/childhood-exposure-to-trauma-ups-physical-mental-health-risks/26799.html>

By working with an AVAP member, persons who suffer from traumatic stress are receiving supports that help to alleviate the effects of stress. By helping a survivor find a time to relax and renegotiate the stress in her life, advocates help reduce the overload of cortisol (the stress hormone) to a manageable level, decreasing blood pressure, improving cognitive function, and increasing immunity.

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AVAP members explain not only the paperwork but the entire court process to victims obtaining restraining orders. In addition they accompany victims to court to serve as a support throughout what is an extremely frightening and intimidating process. According to AVAP client surveys, many victims report that without the assistance of the AVAP member, the victim would not have followed through with the judicial system.

In addition, AVAP members answer crisis line calls from victims, work one on one advocating and supporting victims in person at their sites and provide outreach and education to the community.

The outreach and education that members do help to educate the broader community to the issues of domestic and sexual violence and stalking. This outreach helps victims, their family and friends, co-workers and bystanders not only to recognize what is abuse but also to know where to go to get additional information and support.

Question 5: Please explain why the program feels it is eligible to opt into the Healthy Futures Focus Area and provide evidence that the proposed interventions are likely to lead to improved health outcomes for the individuals served.

According to the Corporation for National and Community Service, the Healthy Futures Measure H4 is: Number of clients participating in health education programs. It is future defined as "Participation, among economically disadvantaged individuals and individuals who are members of medically underserved populations, in disease prevention and health promotion initiatives, particularly those with a focus on addressing common health conditions, addressing chronic diseases, and decreasing health disparities," "Assisting in health promotion interventions that improve health status, and

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helping people adopt and maintain healthy lifestyles and habits to improve health status;" "Educating economically disadvantaged individuals and individuals who are members of medically underserved populations about, and engaging individuals described in this clause in, initiatives regarding navigating the health services system and regarding disease prevention and health promotion, with a particular focus on common health conditions, chronic diseases, and conditions, for which disease prevention and health promotion measures exist and for which socioeconomic, geographic, and racial and ethnic health disparities exist".

The Corporation's Definition of Health education program: "any planned combination of learning experiences designed to predispose, enable, and reinforce voluntary behavior conducive to health in individuals, groups or communities." (Green, LW and Kreuter, MW. Health Promotion Planning: An Educational and Ecological Approach, 3rd ed. Mountain View, CA: Mayfield Publishing Company; 1999.) An educational process by which the public health system conveys information to the community regarding community health status, health care needs, positive health behaviors and health care policy issues. (National Public Health Performance Standards Project.)"

The CDC has provided the following guidelines and definitions for domestic violence and sexual assault prevention work:

Primary Prevention: Taking action before a problem arises in order to avoid it entirely, rather than treating or alleviating its consequences. In particular, primary prevention should be aimed at populations, not just individuals.

Secondary Prevention: A set of measures used for early detection and prompt intervention to control a problem and minimize the consequences.

Tertiary Prevention: Focuses on the reduction of an existing problem through treatment and

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rehabilitation.

Foshee et al., 2004 found that "Eighth and ninth graders who participated in Safe Dates reported less sexual and physical dating violence perpetration and victimization and the reduction in violence persisted four years after students had completed the program compared to students who did not receive the intervention."

The "ARIZONA SEXUAL VIOLENCE PRIMARY PREVENTION AND EDUCATION EIGHT YEAR PROGRAM PLAN" Report (Arizona Department of Health Services, The Bureau of Women's and Children's Health, Sexual Violence Prevention and Education Program, January 2010.) found that the primary sexual assault prevention need was sexual violence prevention education in schools & universities "...the top need that must be addressed to prevent sexual violence is sexual violence prevention education in schools and universities. There is an acute shortage of sexual violence prevention education."

The second need, according to the report is need: healthy relationship/respect training, self-esteem for kids. "Closely aligned to the need for a dramatic increase in sexual violence prevention education is the need to increase the amount of healthy relationship and respect training provided in schools, which includes teaching self-esteem for children and youth."

The fourth need was educate communities, all populations, including hospitals.

According to the Family Violence Prevention Fund (FVPF), "Domestic Violence is a health care problem of epidemic proportions. In addition to the immediate trauma caused by abuse, domestic

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violence contributes to a number of chronic health problems, including depression, alcohol and substance abuse, sexually transmitted diseases such as HIV/AIDS, and often limits the ability of women to manage other chronic illnesses such as diabetes and hypertension. " Coker, A., Smith, P., Bethea., L., King, M., McKeown, R. 2000, "Physical Health Consequences of Physical and Psychological Intimate Partner Violence." Archives of Family Medicine. 9

"In 1994, thirty-seven percent of all women who sought care in hospital emergency rooms for violence-related injuries were injured by a current or former spouse, boyfriend or girlfriend." Rand, Michael R. 1997. Violence-related Injuries Treated in Hospital Emergency Departments. US Department of Justice, Bureau of Justice Statistics. Washington DC.

"In addition to injuries sustained during violent episodes, physical and psychological abuse are linked to a number of adverse physical health effects including arthritic, chronic neck or back pain, migraine and other frequent headaches, stammering, problems seeing, sexually transmitted infections, chronic pelvic pain, and stomach ulcers." Coker, A., Smith, P., Bethea, L., Mckeown, R. 2000. "Physical Health Consequences of Physical abnd Psychological Intimate Partner Violence." Archives of Family Medicine. 9.

FVPF also states that,

"Children who witness domestic violence are more likely to exhibit behavioral and physical health probems including depression, anxiety, and violence towards peers." Jaffee, P. and Sudermann, M. 1995. "Child Witness of Women Abuse: Research and Community Responses." In Understanding Partner Violence: Prevalence, Causes Consequences, and Solutions, vol. 3 edited by S. Stith, and M. Strauss. Minneapolis, MN: National Council on Family Relations.

"They [children] are also more likely to attempt suicide, abuse drugs and alcohol, and run away from home, engage in teenage prostitution, and commit sexual assault crimes." Wolffe, D. A., Wekerle, C.,

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Reitzel, D. and Gough, R. 1995. "Strategies to Address Violence in the Lives of High Risk Youth." In Ending the Cycle of Violence: Community Responses to Children of Battered Women, edited by E. Peled, P.G. Jaffee, and J.L. Edleson. New York, NY: Sage Publications.

AVAP members provide Primary Prevention in the form of outreach and education to elementary, middle and secondary schools. Such outreach and education includes sexual abuse education in the form of healthy relationships, good touch, bad touch, and general education and information regarding sexual abuse. In addition, members also provide such outreach and education to the community as a whole.

Secondary prevention is provided through responding to Crisis line calls, working one on one with victims at their host sites, accompanying victims during a rape kit at hospitals and accompanying them to court.

Tertiary prevention is provided by on-going support to victims as they continue to heal and move beyond the assault. This can be through one on one support or through facilitating support groups for our members placed at Child Advocacy Centers or at Crisis Centers. For our members placed at Law Enforcement system agencies, the follow up work our members do with supporting victims through an often lengthy wait for the actual court process to begin, support and education about the system throughout the case and follow up with victims during the Corrections process is vital to creating a system that hold offenders accountable by understanding, acknowledging and maintaining victims rights and concerns.

(Remainder is form original Clarification write up.)

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All staff, site supervisors and members have criminal history checks done through the NH State Police as well as through the state of their residency. Under NH state law, AVAP is not allowed to obtain FBI fingerprint checks. AVAP has submitted a waiver through Volunteer NH! for a waiver of the FBI checks.

Throughout New Hampshire resources for victims of domestic and sexual violence and stalking are minimal at best. Due to the lack of state funding (we do not have any state income or sales tax) supports for victims are basic. At Crisis Centers there are not sufficient staff to go to court with victims, nor explain the legal system, go to hospital calls or sometimes meet one on one with victims. In some sites our AVAP member is one of only two staff.

AVAP members assist victims of domestic and sexual violence and stalking by explaining how to obtain restraining orders, what the civil process in and out of the courtroom will entail, supporting victims in the Emergency Room when being treated for physical abuse or sexual assault, talking on the Crisis hotline or in person with victims who are in crisis or exploring their options for escaping violent relationships or looking for a way to go on with their lives after abuse. By helping victims to better understand their options and move forward in the best way possible for themselves and their children, members help to decrease victims overall stress.

According to the Mayo Clinic, "The long-term activation of the stress-response system -- and the subsequent overexposure to cortisol and other stress hormones -- can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including: Heart disease Sleep problems Digestive problems Depression Obesity Memory impairment Worsening of skin".

<http://www.mayoclinic.com/health/stress/SR00001>

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By helping victims of domestic violence and sexual assault obtain protective orders and/or move through the process of establishing safety, AVAP members help victims and their children begin the process that leads to better self-esteem and lessened stress. Researchers at Stanford University's School of Medicine have discovered that children experiencing trauma were 30 times more likely to have behavior and learning problems than those not exposed to trauma. (<http://psychcentral.com/news/2011/06/09/childhood-exposure-to-trauma-ups-physical-mental-health-risks/26799.html>)

The American Psychological Association (APA) states that "About one in 10 women will develop PTSD symptoms during their lifetime or double the rate for men because they are much more likely to be victims of domestic violence, rape or abuse."

The APA goes on to say, "Suffering traumatic stress can affect your emotions as well as your body and the two are so connected that it can be hard to tell the difference. For instance, traumatic stress can cause you to lose concentration, forget things, or have trouble sleeping. It may be difficult to determine on your own whether these symptoms are because you do not feel well physically or because you are still upset. Traumatic stress also can lead you to eat in unhealthy ways or to eat foods that are not healthy, and those eating patterns can affect how you sleep or how your stomach feels. Stress can cause headaches, but the pain from the headaches can also make your stress worsen.

Because the body and the mind work in concert, traumatic stress can cause a cycle that makes it seem like the body and mind are working against one another, worsening symptoms like pain and fatigue." <http://www.apa.org/helpcenter/traumatic-stress.aspx>

Narratives

By working with AVAP members, victims and their children who suffer from traumatic stress are receiving supports that help to alleviate the effects of stress. By helping a victim renegotiate the stress in her life, members help reduce the overload of cortisol (the stress hormone) to a manageable level, decreasing blood pressure, improving cognitive function, and increasing immunity.

The impact that the work that members do with victims is measured by a client satisfaction survey. This survey meets the reporting standards for validity and reliability for, and has been and continues to be used by the New Hampshire Coalition Against Domestic and Sexual Violence as the measurement instrument for two other federal grants; the SPRI DV (Statewide Program to Improve the Response to Domestic Violence) and the FVPSA-C (Family Violence Prevention and Services Act Coalition grant).

Continuation Changes

NA

Performance Measures

SAA Characteristics

- AmeriCorps Member Population - None c Geographic Focus - Rural
 Geographic Focus - Urban Encore Program

Priority Areas

- | | |
|---|--|
| <input type="checkbox"/> Economic Opportunity | <input type="checkbox"/> Environmental Stewardship |
| <i>Selected for National Measure</i> <input type="checkbox"/> | <i>Selected for National Measure</i> <input type="checkbox"/> |
| <input type="checkbox"/> Education | <input checked="" type="checkbox"/> Healthy Futures |
| <i>Selected for National Measure</i> <input type="checkbox"/> | <i>Selected for National Measure</i> <input checked="" type="checkbox"/> |
| <input type="checkbox"/> Veterans and Military Families | <input checked="" type="checkbox"/> Other |
| <i>Selected for National Measure</i> <input type="checkbox"/> | <i>Selected for National Measure</i> <input type="checkbox"/> |
| <input type="checkbox"/> Disaster Services | |
| <i>Selected for National Measure</i> <input type="checkbox"/> | |

Grand Total of all MSYs entered for all Priority Areas 27

Service Categories

Other Health/Nutrition

National Performance Measures

Priority Area: Healthy Futures

Strategy to Achieve Results

Briefly describe how you will achieve this result (Max 4,000 chars.)

1600 survivors will be educated on the legal system.

According to the CDC, "Intimate partner violence (IPV) is a serious, preventable public health problem that affects millions of Americans." The CDC also states "intimate partner violence can affect health in many ways. The longer the violence goes on, the more serious the effects." Similarly, the World Health Organization's "World Report on Violence and Health, 2002" states, "Violence by intimate partners is an important health problem. Resolving it requires the involvement of many sectors working together at community, national and international levels. At each level, responses must include empowering women and girls, reaching out to men, providing for the needs of victims."

The CDC describes three levels of public health sexual and domestic violence prevention strategies that need to occur. According to the CDC, secondary prevention focuses on the more immediate responses to violence. Consequently AVAP provides immediate responses to victims in the form of direct service in educating victims on the legal process and aiding them in following through with the process of obtaining a restraining order against their abuser.

Result: Output

Result.

1600 survivors will be educated on the criminal justice system by members.

Indicator: H4: Clients participating in health education programs.

Target :1600 survivors of domestic violence.

Target Value: 1600

Instruments: Survivor contact sheets

PM Statement: 1600 survivors will be educated on means to escape abusive relationships and the resultant health issues (physical injuries, death and also numerous anxiety and stress related health problems) by using the criminal justice process.

Result: Intermediate Outcome

Result.

1200 survivors will complete the restraining order process.

Indicator: Survivors increasing their knowledge and safety by completing the restraining order

Target :1200 survivors of domestic violence

Target Value: 1200

Instruments: Survivor contact sheets

PM Statement: 1200 survivors will take a step towards escaping an abusive relationship by following through with going to court to request a restraining order thereby decreasing the risk of physical injuries and death

National Performance Measures

Result.

process.

and also numerous anxiety and stress related health problems.

Required Documents

Document Name

Status

Evaluation

Not Applicable

Labor Union Concurrence

Not Applicable