

# WHO IS CCCNH & WHAT DO WE DO?



**CRISIS CENTER**

*of*

Central New Hampshire

# OUR MISSION



- The Crisis Center of Central New Hampshire has been serving Merrimack County since 1978. As a Non-Profit, we provide services to victim/survivors of domestic violence, sexual assault, elder abuse, stalking, human trafficking and child abuse. The mission of the crisis center is to work towards the end of domestic and sexual violence in Merrimack County. We do this through empowerment, advocacy, education and community collaboration.
- Services are available to everyone, regardless of age, gender, race, religion, sexual orientation, income or physical abilities. Advocates can be reached 24 hours a day, 7 days a week to provide free and confidential services.

# WHAT IS AN ADVOCATE?



- Advocates have specialized training, which is protected under RSA:173c. This allows advocates to provide confidential services to victims/survivors of domestic & sexual violence.
- Provide support & empower victims to make choices about their own situation. We believe that taking your voice back is the most powerful step in healing.
- Work with clients based on their needs, not prosecutorial based. We hold no bias of whether a victim should report to the police, leave their abuser or take any specific kind of action.

# WHAT SERVICES DOES CCCNH OFFER?

## ➤ **24 Hour Crisis Line**

Advocates are available 24 hours a day to offer support to anyone who needs to talk. You do NOT need to be in crisis to call.

## ➤ **In Person Support**

CCCNH offers in person support on a walk-in or scheduled basis for anyone in need of services.

## ➤ **Emergency Shelter**

7 bedrooms, 21 beds, 3 bathrooms, community kitchen & dining rooms, 3 living areas, laundry & storage facilities, ADA compliant, top of the line security system, access to advocates onsite

## ➤ **Housing Program**

Comprehensive permanent housing program, which assists in the search for housing and funding for survivors seeking safe & permanent housing.

# WHAT SERVICES DOES CCCNH OFFER?



- **Financial Empowerment**

Comprehensive financial program which assists in credit repair, budgeting and ongoing financial support.

- **Educational Programs**

CCCNH offers educational programs to community partners & schools within Merrimack County. Educational topics include: Healthy Relationships, Domestic Violence, Sexual Assault, Child Abuse/Grooming, Elder Abuse, Stalking, Safety Planning, Rape Culture

- **Support Groups**

Advocate led, peer supported, educational support groups for survivors of domestic or sexual violence.

- **Accompaniment**

Advocates accompany victims every day to the following locations: CAC, Court, Hospital, Police Department, DHHS, DCYF

# WHAT SERVICES DOES CCCNH OFFER?



## **Referral Resources:**

- Legal Services (PRO, Stalking, Divorce, Parenting)
- Community Action Program
- Food Pantries
- City Welfare
- Mental Health Services
- NH Courts
- Statewide Shelters
- Substance Abuse Programs
- Victims' Compensation Program
- DHHS Benefits
- DCYF
- LAP (Lethality Assessment Program)

# WHEN SHOULD YOU CALL CCCNH?



- **Domestic Violence** – a pattern of coercive behaviors by an intimate or dating partner
- **Sexual Violence** – any sexual activity where consent is not obtained or freely given, including sexual harassment, sexual assault or rape
- **Stalking** – two or more unwanted contact/acts that puts a reasonable person in fear for their safety
- **Human Trafficking** – sex or labor trafficking, this does not require movement

# SUCCESS STORY



## **Anonymous:**

My advocate has been truly amazing and supportive. She provided numerous resources to help me develop plans for the safety of myself and my children, as well as a plan to gain financial independence while climbing out of a deep hole of debt that I was left in as a result of the abusive environment that I was escaping. My advocate gave me the information and strength to fight. I have spoken with several of the women on the staff and ALL have been great to work with. They aren't just 'taking a call'. They treat you with kindness & respect, remember your name & your story; they treat you like a PERSON...that they genuinely want to help. Without the help of my advocates, I may have ended up in a shelter with my children or back in a VERY unhealthy and dangerous home life. I can't thank CCCNH enough!

# WHAT DO SURVIVORS NEED TO RECOVER?



## **WHAT DO SURVIVORS NEED TO RECOVER?**

- ✓ **COMFORT, COMPASSION & UNDERSTANDING**
- ✓ **ALWAYS LET SURVIVORS SPEAK THEIR TRUTH**
  - ✓ **BELIEVE SURVIVORS**

## **WHAT CAN YOU DO TO HELP?**

- ✓ **BECOME TRAUMA INFORMED**
- ✓ **CONNECT SURVIVORS AND THEIR FAMILIES TO LOCAL RESOURCES**

# QUESTIONS?



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**24 HOUR HOTLINE: 866-841-6229**