

If you or someone you know needs help, please call our toll-free 24-hour confidential hotline at **1-877-543-9498**

HOW CAN YOU HELP THE CIRCLE SHELTER?

You can support the Shelter with donations of

- Walmart Cards
- Gas Cards
- Grocery Cards
- Laundry Detergent
- Toilet Paper
- Paper Towels
- Kleenex
- Dishwasher Detergent

Other donations of clothing and children's items:

Circle has existing accounts at **Women and Children First** in Barre, accepting quality donations of women and children's clothes on our behalf. Your donation of slightly used articles of clothing (no stains, no tears or holes) allows residents of the shelter to shop for themselves and their children. Circle would like to sincerely thank **Women and Children First** for their thoughtful contribution to our organization and to the donors whose generosity assists families to reach independence.

You can also donate your spare change to Circle when you bring back bottles to Beverage Baron in Barre.

For more information, please call our toll free hotline 1-877-543-9498

Feelings of safety and security were shattered on July 4th when Courtney Elizabeth Gaboriault was shot and killed in her home by her ex-partner. Our community continues to be shocked and saddened by this tragic event, and by the overall alarming rates of domestic and sexual violence incidents that occur in our state. We also continue to work with community partners so that, together, we can identify high-risk victims who may not otherwise access services.

An example of community members working together to address domestic violence is **Courtney's Allies**, a community outreach group working to bring awareness and relief to domestic violence victims. Courtney's Allies are holding local events to bring awareness to domestic violence and to honor the memory of Courtney, who in life, was determined to make a difference. #neveragain #makeaneffort #makeadifference@courtneysalliesvt.

In this newsletter, we wanted to share a series of articles that were published by the Times Argus which were in response to the death of Courtney, and take an in-depth look at how domestic violence affects our communities.

If you or a loved one are experiencing domestic violence, please reach out to talk with a trained advocate through our toll free hotline. All calls are confidential and we have advocates available to listen and to be there for you.

CONFRONTING DOMESTIC ABUSE IN VERMONT

By KATELYN BARCELLOS | *The Times Argus* | July 27, 2018

It's not what you see, it's what you don't see. In Vermont, what we don't see is causing **half of all homicides**: domestic violence. After the murder of 29-year-old Courtney Gaboriault of Barre on July 4th—the fourth such case this year—Vermont State Police and state officials pointed to the need for greater awareness of domestic abuse.

In 2017, 12 of the 13 domestic violence service centers in Vermont reported that in one 24-hour period, 322 victims called for assistance and were helped. But, on that same day, almost 20 calls for help went unanswered.

Calling the 24/7 hotline run by the Vermont Network Against Domestic and Sexual Violence connects victims with an advocate from their county's domestic violence, who provides a compassionate ear. If victims choose to leave their situation, the advocate can connect them to resources for housing, child care, health care, food, legal assistance, and employment opportunities.

Agencies around Vermont help about 9,000 people every year to leave their situations and rebuild their lives, but Karen Tronsgard-Scott—the Network's executive director—said those numbers don't represent the violence occurring every day.

"We estimate that 80 percent of all domestic violence situations aren't reported," she said. "The majority of people in a violent relationship do not call the police."

ASSESSING PERIL

"The number one reason for not leaving a situation is because it's too dangerous," Tronsgard-Scott said. "Most of the people who are killed in an act of domestic violence are killed because they're leaving or trying to leave. This is the ultimate act of independence, where the power and control of the abuser is lost."

Police in Vermont have become allies in de-escalating situations and providing connection to support centers. When police answer a domestic violence call, they arrive prepared with a specific set of questions called a Lethality Assessment Protocol, which helps them judge how dangerous the situation is.

"If certain questions are answered in the affirmative together, they indicate a violent or potentially violent situation," said Avaloy Lanning, director of the NewStory Center in Rutland. "Officers will then explain that."

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BOARD CHAIR REPORT

Dear Friends and Supporters,

We have ended another busy year. Unfortunately, we were not fully staffed for much of the year which made much more work for the staff that we did have. However, we are finally fully staffed with great and dedicated women for whom we are so grateful.

Our shelter continues to be at full capacity. We have had some major renovation projects this year, including a new roof and painting many rooms. These were costly, but necessary to maintain our attractive and comfortable home.

We also have welcomed three new board members, all of whom have many skills that add to our diverse board. We have been busy with updating our by-laws, creating a succession plan, revisiting our strategic plan to bring it into alignment in all areas of our work. We are also working on our financial plans for the current fiscal year.

Our community experienced a very traumatic and sad event this summer with a murder/suicide that brought domestic violence very close to home. This event has affected many people in our community and staff members at Circle have been offering services to several of them. It is a reminder that domestic violence is an issue for all of us!

As in the past, we hope that you can support us to the extent that is comfortable for you toward our goal of **ending domestic violence in our community.**

Thank you!

Charlene Rinker
Chairperson, Circle



CONFRONTING DOMESTIC ABUSE

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Through law enforcement, the victim then has the opportunity to contact a relief center like NewStory or Circle. “The hope is that even if someone isn’t ready to use law enforcement, this plants a seed,” Lanning said.

Fleeing a violent situation often means leaving everything behind, a daunting prospect that can cause victims to second-guess their decision, especially if they’ve become isolated by their abuser.

FINDING A PLACE TO LIVE

Diane Kinney, Circle’s co-director, said the organization has a 24-hour hotline that averages 500 calls per month and assists victims with relief-from-abuse orders, plus shelter, legal aid, support groups, and community education services.

Circle uses a coordinated community response that brings together a coalition of organizations to provide services including child care and mental health assistance for those in transition from their current situations.

Kinney said her organization and others struggle to find affordable housing options. With Circle’s shelter often filled, some people have to be turned away every night to find shelter in government-assistance hotel-room housing, and that’s only if children are involved. Single people are sent to co-ed shelters like Good Samaritan, which can be stressful for those escaping situations involving violent men.

“Our folks are staying in our shelter longer and longer and longer, which means we’re no longer able to provide safe space for folks,” Kinney said.

Where it once took 28 days for a victim to find housing after leaving their situation, it now takes six to eight months because Vermont doesn’t have affordable housing immediately available. “This doesn’t mean we need more shelter space,” Kinney said. “We need more housing. We should be able to be moving people out of shelter.”

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BLAME AND HIDDEN HARM

Many abusers do not believe they are at fault and blame everything on others. Even their targets often believe them innocent. “It’s something we listen for: Victims will tell us what they did that caused their abuser to hurt them,” Kinney said. “The abuser won’t take responsibility. It’s all about maintaining power.”

When the abuser physically assaults their partner, it still may be invisible. “When they become abusive, they attack victim in places that the general public won’t see,” Firpo said. “On the legs, arms, and above the hairline.”

Another violent method that goes unseen is strangulation. “In just about any domestic violence situation that has gone from emotional to verbal to physical, strangulation will be part of it,” Firpo said. It takes less than 10 pounds of pressure to cut off blood supply to the brain, an eighth of the pressure in a firm handshake. Brain damage can occur in 30 seconds, brain death in 4 to 5 minutes.

“It lets the victim know that ‘I can shut you down; I can shut you off,’” Firpo said. After that line is crossed, Firpo said, the target is 700 times more likely to be killed. “The most common method after that is a gunshot.”

Advocates say the only way to stop the cycle of domestic violence is to normalize discussion about it. And to acknowledge that victims of domestic violence can be anyone.

“You have to trust what that person is telling you,” Firpo said. “Keep reaching out. Do not give up on them. If the day comes when they pop out of nowhere, welcome them. In all likelihood, it was not their choice to stop contacting you or to stop calling you.” ❖ https://www.timesargus.com/domestic-violence-the-warning-signs/article_4e401085-ae00-5b2d-9c41-a2cde3412bb2.html

SUBSTANCE ABUSE AND DOMESTIC VIOLENCE

By DIANE KINNEY | *The Times Argus* | August 13, 2018

To understand and prevent intimate partner violence, we must understand and address the roles played substance abuse. According to information published by the American Society of Addiction Medicine, substance abuse is present in cases of domestic violence 40-60 percent of the time.

A VICIOUS CYCLE AND EXCUSE

Substance abuse affects both the perpetrator of violence and the victim. Some studies call the connection between substance abuse and domestic violence “bidirectional.” In other words, use of drugs and alcohol increases the risk of assault, and assault increases the risk of substance use. It is a vicious cycle.

Substance abuse is interconnected with domestic violence in many ways. Physical abusers often try to excuse their violent behavior, blaming it on alcohol or other drugs. After a violent episode, they will profess regret and their partners will agree that they are not violent unless under the influence. If this happens once, and the substance user stops or gets treatment, the relationship may be okay. If it happens repeatedly, it is probably one of the many indications of a violent relationship.

SUBSTANCE-RELATED COERCION

Domestic abusers use substances in other coercive ways as well. An abuser may force or coerce their partner into using drugs or alcohol or may use knowledge of past substance use by the victim to threaten and maintain control in the relationship.

An abuser may also isolate the victim from resources that would foster sobriety and recovery. If a victim begins using substances to self-medicate—numbing the emotional and physical pain of abuse—an abuser may turn this into another excuse for violence.

IMPACTS ON CHILDREN

Growing up around domestic violence also has long-lasting negative effects on children’s mental and physical health. According to the ACES study, kids who grow up in a violent home exhibit higher levels of anger, hostility, and social withdrawal. They are also at higher risk for many health problems, including abusing alcohol and drugs to cope with emotional pain.

Circle is working to increase partnerships with substance-abuse service providers, to better educate them about these connections and facilitate pathways to treatment for victims who use or misuse substances. ❖ https://www.timesargus.com/current-prevents-substances-and-domestic-violence/article_ff096f7-227e-5bb8-b734-e471836e5988.html

STAFF:

Diane Kinney, *Co-Director*
Karol Diamond, *Co-Director*
Eliza Cain, *Legal Services Coordinator*
Catherine Jordan, *Direct Services Coordinator*
Julianne Carlson, *Shelter Coordinator*
Amanda Rigatti, *Youth and Family Services*
Kristen Fowler, *Court Advocate*

BOARD:

Charlene Rinker, *Chair*
Laurie Noyes, *Treasurer*
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Pat Archbold, *Secretary*
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Kate Aylward
Rowly Brucken
Julie Cadorette
Gail Yanowitch



TAKING THE CALL: LEGAL SYSTEM AIMS TO TACKLE DOMESTIC VIOLENCE

By KATELYN BARCELLOS
The Times Argus
August 31, 2018

Victims of domestic abuse live in a hidden world where they alone must bear the weight of another's violence, where their freedoms are systematically stripped away until they believe they can't leave for fear of further punishment.

"The choice between sleeping in a homeless shelter and sleeping in your own bed next to an abusive partner is a choice no one should have to make, and people make it every day in Vermont," said Washington County State's attorney Rory Thibault.

There are powerful people waiting by their phones for that one quintessential call, when a victim finally decides not to keep enduring the pain of abuse.

Those people are prosecutors.

"It's difficult to make the victim understand that we really care," said Rutland County State's Attorney Rose Kennedy. "My main goal is to drive that point home that we do this because we care. We bear the burden: it's worth it to me, if it can empower them out of that relationship."

https://www.rutlandherald.com/taking-the-call-legal-system-aims-to-tackle-domestic-violence/article_241f4e84-29d9-5434-8305-87981a5ab4dd.html

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Firpo said. "They'll start out trying to make a deep connection and make the other person feel that connection so it's easier to turn up the heat."

The connection is typically forged in passion with intense emotion that makes their targets feel unique, special, and powerful.

"I've talked to many women who were first abused on their wedding night," Kinney said. "At that point, they're stuck." The guilt of having spent money on a wedding and having their friends and family like the person, or attachment to a new pregnancy can cause the target to stay for the child's sake, or out of shame.

SUDDEN SHIFTS AND JEALOUSY

Though gradual changes in behavior are common, abrupt and emotionally charged decisions are another hallmark of domestically violent relationships.

"Immediately moving in with the person, or if someone says 'I love you' on the first date, those are signs," Kinney said. The relationship typically progresses rapidly. "'I love you, I want to be with you all the time,' subtly turns to 'Please spend all your time with me.' And then: 'I don't want you spending time with certain people.'"

For targets caught up in an emotional whirlwind, these actions can seem like enthusiasm, romanticism, or fated connection, instead of signs of dangerous obsession.

Extreme jealousy is another danger sign. "I've never met someone who has been abused who hasn't been accused of having sex with everyone," Kinney said. "They'll say 'You must know him,' and that's a warning...an abuser believes the person they're abusing is their property."

ISOLATION, INFLUENCE, AND GASLIGHTING

Moving in with their partners or marrying quickly allows abusers to keep an eye on them, and establish influence.

"They'll systematically separate their partner from support systems, friends and work, as things progress," Firpo said. "If separating them from these relationships doesn't work, they'll start to actively sabotage the situations."

Abusers might frequently call their partners' workplace or send text messages so they maintain a constant presence in their partners' everyday life, Kinney said. Targets often defend such behavior as signs of innocent, passionate love, even if the interruptions are harming their employment and distancing their friends and allies.

Isolation is another indicator. "When friends don't re-initiate contact after the honeymoon phase, that's a warning," Kinney said. Abusers will suggest their partners simply not go see their friends or family, because those people make the person unhappy. "The abuser's goal is to make sure their voice is the only one the victim is hearing."

Many abusers also "gaslight" their partners, trying to make them lose confidence in their own judgments and question their sanity. According to the Domestic Violence Hotline, common tactics include:

- ▶ "withholding" by pretending not to hear or understand partners,
- ▶ "countering" by questioning partners' memories,
- ▶ "trivializing" partners' needs or accusing them of being too sensitive, and
- ▶ "diverting" by questioning partners' thoughts, shifting focus from the subject at hand to whether they're thinking straight.

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REBUILDING LIVES, BREAKING CYCLES

To help victims rebuild their lives, community action organizations work with shelters to find alternative housing situations and teach skills necessary to lead an independent life, such as financial management. The NewStory Center, in collaboration with the Vermont Women's Fund, is helping victims find passions and build résumés through six-month apprenticeships with local businesses, with a stipend and the potential for more permanent work.

"One of the barriers to moving on successfully are the limited employment options," Lanning said. "Employment is not just a job. They need a job they can be proud of, that has room for growth, one where they're learning and growing and improving."

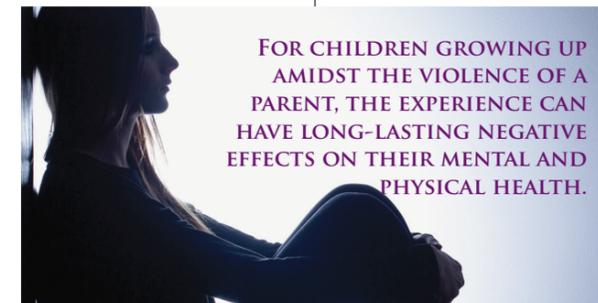
The police, the medical community, and places like Circle and NewStory are resources for those who choose to flee, but taking control of one's life begins with a personal decision to break the cycle of violence.

"It is up to the person who is in that circumstance," Lanning said. "They know when they're ready, when things have reached a stage where they can't take it anymore."

To help end the cycle of domestic violence, anyone can be the willing ear that helps a victim find the confidence and strength to create a safety plan and leave their situation.

"They need to be believed," said Kinney. "They need to talk to other people who have been through this, so they don't feel left alone." ❖

https://www.timesargus.com/vermont-confronts-domestic-abuse/article_2dbbdc4b-5d88-5f1d-b3b7-946c501dbfba.html



WARNING SIGNS

By KATELYN BARCELLOS
The Times Argus | July 27, 2018

Domestic violence isn't about anger. And abuse doesn't always begin with bruises.

"Violent relationships are based on power and control," said Avaloy Lanning, director of the NewStory Center in Rutland, which takes in victims of domestic violence. If signs of physical abuse are visible, that indicates abusers no longer care about hiding their actions, according to Circle's co-director Diane Kinney.

"Nationally, if you look at headlines around domestic homicide, they say, 'the person just snapped,'" said Jennifer Firpo, curriculum development coordinator at the Vermont Police Academy. "It's probably not a snap."

SUBTLE MOVES TOWARD CONTROL

Abusers can look like anyone, so their gradual transition from innocent partners to violent controllers often goes unnoticed. "These signs are not easy to see," Firpo said. "They start out subtly, and these people who are abusive are masters of impression management."

Abusers can have very positive reputations in their social circles and often don't publicly display alarming behaviors. "Every abuser has people who would never believe them capable of abusing," Lanning said.

Abusers lure their targets in slowly to establish a cage of control, isolation, and complete dependency. "They won't come out of the gate as being super controlling,"

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CIRCLE IS NOW LISTED WITH AMAZONSMILE!

What is AmazonSmile? AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile? To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to AmazonSmile to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations? Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile? Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile? On your first visit to AmazonSmile, before you begin shopping, you need to select **Circle Inc.** Location: **Barre, VT.** This will remember your selection, and every eligible purchase you make on AmazonSmile will result in a donation.

STATEMENT OF FINANCIAL POSITION June 30, 2018

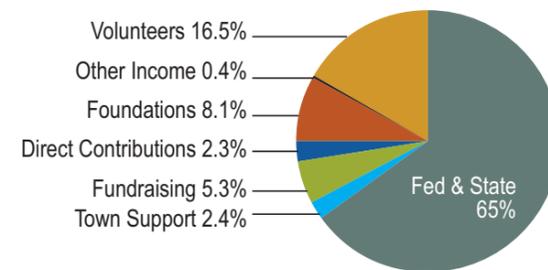
ASSETS

Current Assets:	
Cash	\$ 112,599
Investments	\$ 37,100
Accounts receivable	\$ 66,683
Prepaid expenses	\$ 6,518
Deposit	\$ 1,000
	\$ 223,900
Property and equipment:	
Fixed assets	\$ 593,438
Accumulated depreciation	\$ (270,743)
	\$ 322,695
Total assets	\$ 546,595

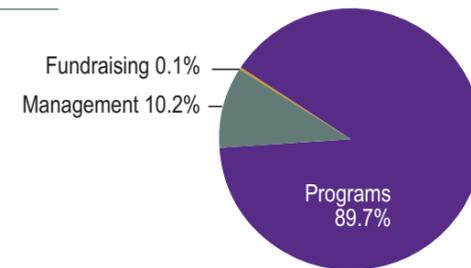
LIABILITIES AND NET ASSETS

Current liabilities:	
Accounts payable	\$ 20,063
Accrued Expenses	\$ -
Accrued payroll and vacation	\$ 7,262
Deferred revenue	\$ -
Total current liabilities	\$ 27,325
Long term liabilities:	
Deferred Mortgage-City of Barre	\$ 35,600
Total long term liabilities	\$ 35,600
Total Liabilities	\$ 62,925
Net assets:	
Unrestricted fund balance	\$ 435,570
Temporarily restricted fund balance	\$ 48,100
	\$ 483,670
Total liabilities and Net Assets	\$ 546,595

FUNDING SOURCES



EXPENSES



Fiscal Year 2018 has proven to be a year of development and progress for Circle. We have welcomed a number of new staff and board members to our organization; we have conducted a Safety Audit in collaboration with community partners so that together, we can address victim safety and offender accountability; we have continued to work with law enforcement to provide enhanced first response; and we have updated our existing materials and website so that they are more accessible to any individual in need of services. In addition, Circle advocates have also been very busy providing the following core services:

- Over the past year, staff and volunteer advocates responded to **5,781** hot line calls, an average of **481** calls per month.
- Shelter services were provided to **12** women and **9** children for a total of **2,869** bed nights.
- Our prevention school-based programs reached a total of 236 Washington County students through the **11** presentations held during this fiscal year.
- Circle provided community presentations to **220** people through the **12** presentations offered to individuals and professionals in Washington County.
- Advocates provided support to **138** plaintiffs during Final Relief from Abuse Hearings, and assisted **139** individuals file for temporary orders.
- Circle offered **142** evening support groups, reaching a total of **43** women and children.
- **1,974** duplicated people received direct services from Circle, which are maintained by trained staff and volunteer advocates.
- Our organization continues to rely heavily on the vast support of its many dedicated volunteers; Board Members, Hotline Advocates, and Shelter Support have all contributed **9,278** hours to the work of Circle.

Our services include:

- **SHELTER:** Emergency Shelter for women and children fleeing from domestic abuse
- **SHELTER YOUTH PROGRAM:** Available to children staying in shelter
- **TOLL FREE CONFIDENTIAL 24-HOUR HOT LINE** (1-877-543-9498)
- **EMERGENCY, CIVIL and CRIMINAL COURT ADVOCACY**
- **SUPPORT GROUPS**
- **PREVENTION EDUCATION OFFERED TO SCHOOLS THROUGHOUT WASHINGTON COUNTY**
- **EDUCATIONAL PRESENTATIONS and TRAININGS:** offered to civic organizations and businesses.
- **INFORMATION AND REFERRAL:** information about domestic violence and community resources, as well as individualized advocacy and referral to social service, legal, employment, counseling, and housing options.

TO THE WORLD YOU MAY BE ONE PERSON, BUT TO ONE PERSON YOU MAY BE THE WORLD.

You can make a difference! Circle is always looking for committed volunteers to help with our work.

With the help of our dedicated volunteers, Circle provides 24-hour hotline services, ensuring that those in need can contact a trained advocate whenever necessary. Volunteers also spend time in our shelter, are active members on our Board of Directors, provide childcare, and assist in public awareness events. If you or someone in your life is interested in volunteering with Circle, please call us today!

The upcoming volunteer training dates are:

January 26:
9:30am – 4:30pm

January 27:
9:30am – 4:30pm

February 2:
9:30am – 4:30pm

STATEMENT OF ACTIVITIES July 1, 2017–June 30, 2018

	Unrestricted	Temporarily Restricted	Total
Support and revenue:			
Federal and state support	\$ -	\$ 402,892	\$ 402,892
Town support	\$ 15,3290		\$ 15,329
Fundraising events	\$ 32,813		\$ 32,813
Direct contributions	\$ 14,460		\$ 14,460
Foundation contributions	\$ 49,769		\$ 49,769
Interest income	\$ 390		\$ 390
Volunteers	\$ 102,343		\$ 102,343
Realized gains (losses)	\$ -		\$ -
Unrealized gains (losses)	\$ -		\$ -
Other income	\$ 2,579		\$ 2,579
Total support and revenue	\$ 217,683	\$ 402,892	\$ 620,575
Net assets released from restrictions	\$ 390,392	\$ (390,392)	\$ -
Total support, revenue & reclassification	\$ 608,075	\$ 12,500	\$ 620,575.00
Expenses:			
Program	\$ 522,2540		\$ 522,254
Management and general	\$ 59,808		\$ 59,808
Fundraising	\$ 1,1380		\$ 1,138
Total expenses	\$ 583,200	\$ -	\$ 583,200
Change in net assets	\$ 24,8750	\$ 12,500	\$ 37,375
Net position, beginning of year	\$ 410,695	\$ 35,600	\$ 446,295
Net position, end of year	\$ 435,570	\$ 48,100	\$ 483,670