

Education Spotlight

Creating a Web of Support in Newport

The notion that “it takes a village” to support youth and families has found support in educational literature for decades. But developing a community-wide response, particularly when children face adversity in their lives, can be elusive. This past fall, TPN began an initiative that will allow our staff to focus on the town of Newport and to create tools that will help children (and the adults who support them) become more resilient in the face of stressors they experience while also fostering healthy relationships with peers and others.

This pilot project has just begun but already TPN staff are excited about the possibility it represents.

“Wellness and success later in life is highly dependent on success in the school years,” notes senior educator Kerry Rochford Hague. “By working with the schools, parents and the community in Newport, we hope to provide opportunities for positive childhood experiences and help ensure that all children, including the most vulnerable, have the greatest chance for healthy and respectful relationships as adults.”

Assessing the Need

In the early months of the multi-year effort, TPN educators have been reaching out to the community through workshops, surveys, and face-to-face meetings to identify the needs and challenges the town faces. The community-wide assessment will include both informal surveys and more quantitative measures. They’re also gauging the level of trauma sensitivity that is currently available to at-risk children and considering approaches that would foster greater engagement in schools and elsewhere. TPN is also exploring providing follow-up one-on-one services in schools to respond to needs that arise.

As part of the initiative, TPN educators will be working with the local schools to help families and educators learn



Prevention educators Ray DePaola and Kerry Rochford Hague meet with Newport residents to discuss the Newport initiative.

what it means to be trusted adults who can act as resources and mentors, thus building healthier relationships both in school and in creating resilience within the broader community. They will also collaborate with coaches and athletes, whose position as positive role models gives them the chance to foster respectful interactions both on and off the field.

“We believe trauma-sensitive schools are uniquely positioned to understand and respond to the impact trauma is having on students,” says Rochford Hague. “But first we need to be able to see and understand the effects to create individual supports and community-wide strategies to then interrupt unhealthy cycles. Newport Schools have shown a clear commitment to developing and sharing these skills with staff, parents, and others.”

Building Healthier Communities

In the wider community, TPN prevention educators will engage faith communities, businesses, community groups, first responders and police in workshops about trauma, risk and protective factors, and adverse childhood experiences.

The project’s long-term goal is to develop within Newport a deep understanding of trauma’s impact on children’s lives: both in schools and in their home lives.

This understanding, Rochford Hague explains, can guide changes that help children gain a sense of safety, connection, and belonging, which will allow them to be resilient and to develop trusting relationships. Together, these protective factors can build healthier communities and prevent abuse. As a follow up, TPN plans to take lessons learned from the Newport experience and share them more widely with schools and communities in other areas of Sullivan County.

Along with providing services to survivors of intimate partner abuse, TPN offers prevention education programs in schools, businesses, and community organizations that teach children and youth the social-emotional skills they need to develop and maintain healthy relationships for a lifetime. The Newport initiative’s goal is helping schools and community members learn how to identify and respond to children who have experienced adverse childhood experiences.

FROM THE DIRECTOR

This year, thanks to your support, we made strides in empowering survivors, expanding our prevention work, and building strong community connections throughout Sullivan County.

One of the highlights of this year was seeing the incredible impact of our Financial Empowerment Program,



Pascale N. Graham

which has helped people like “Kelly” move toward self-sufficiency. We also strengthened our TRAILS program with new resources to support men and women returning from incarceration, helping them build healthier relationships and break cycles of harm as they rebuild their lives.

As we look ahead, our new 3-year strategic plan is all about expanding this impact. Our top priority is to help survivors achieve safety *and* stability by supporting their self-identified goals. We are dedicated to increasing support line options, exploring additional housing support, and strengthening trauma-informed, culturally sensitive services. We want to make sure everyone has access to the resources they need in securing safety for themselves and, often, their children.

TPN is committed to expanding our educational programs to provide abuse prevention resources to even more people. We’re using virtual workshops and digital resources to connect with folks who may not have access to in-

person programs—and using feedback to ensure these resources are inclusive and effective for everyone in our community.

TPN is also in the process of rebranding and with that comes a new name, which you will hear more about later this winter.

Strong partnerships have made our journey possible, from working with Newport schools on the “Web of Support” initiative to teaming up with local organizations on youth-focused violence prevention. Going forward, we’ll continue working with our community partners to create a safety net for those who need it most.

We couldn’t do this work without your support, and I’m so grateful you are part of our community. Here’s to another year of making Sullivan County safer, stronger, and more connected!

With gratitude,

Pascale

Pascale N. Graham, Executive Director
pascale@turningpointsnetwork.org

Making a Meaningful Gift

With the holidays around the corner, people often ask what a meaningful gift would be to TPN. Here are a couple of options that make giving easier and longer lasting.

When faced with the prospect of having to take a required minimum distribution (RMD) from their retirement accounts, many people think: what do I do to avoid more taxes? The easy answer is to work with your financial institution to assign a charity, such as TPN, as the recipient of the RMD. This way the check, or the portion you decide on, goes straight to TPN, and avoids becoming taxable income for you. This is a popular way that donors give to TPN.

The end of the calendar year is a good time to make a gift of appreciated stock to TPN. By reassigning the stock and not selling it first, the capital gains on that investment do not become a tax liability for you. Your gift will also help ensure TPN can provide services to survivors in the coming year. Many of our donors appreciate this option.

Join the Coffin-Mozden Legacy Society and Give for the Long Term

Both RMD distributions and stock reassignments can be done on an annual basis. But if your financial horizon is

a little longer, consider adding TPN as a beneficiary to a life insurance account (particularly one you don’t need any more). You can also make TPN a beneficiary of your IRA. Or you can add TPN to your estate, whether as a beneficiary in your will or through a trust. There is language on TPN website that you can use for this.

Although you can keep the details to yourself, if you let TPN know you’re planning a legacy gift to the agency, you will automatically be admitted to the Coffin-Mozden Legacy Society, named

after long-time TPN benefactor Deborah L. Coffin and 40-plus year executive director, Deborah J. Mozden. Be sure to talk with your estate planner or financial adviser about giving options first.

Questions / Not Sure?

More information, including a brochure about all these strategies and more, is on TPN’s website at www.turningpointsnetwork.org/planned-giving. Or call Susan, TPN’s development director, at 603-543-0155 and discuss the options.

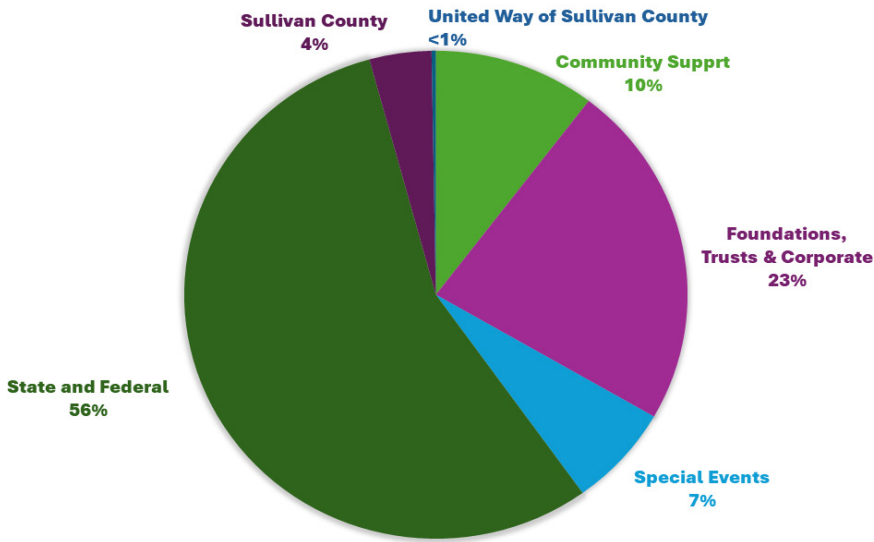


Deborah L. Coffin and Deborah J. Mozden

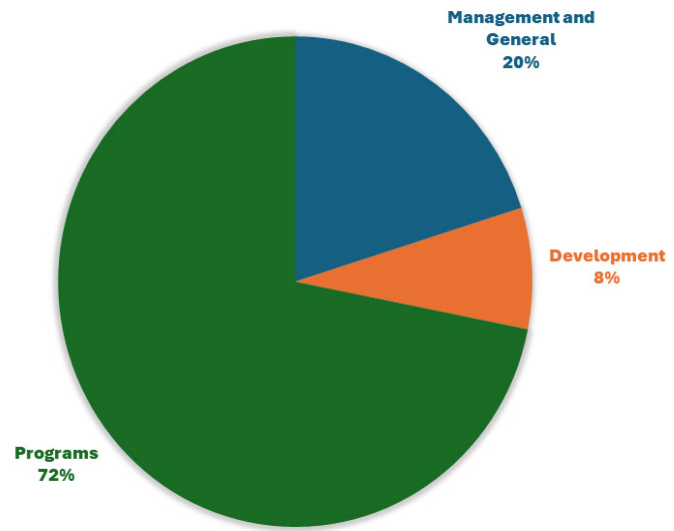
“I trust in the leadership, vision and proven success of the programming and services TPN provides for the community – that is why I chose to leave a legacy gift.”

–Deborah L. Coffin, Sunapee

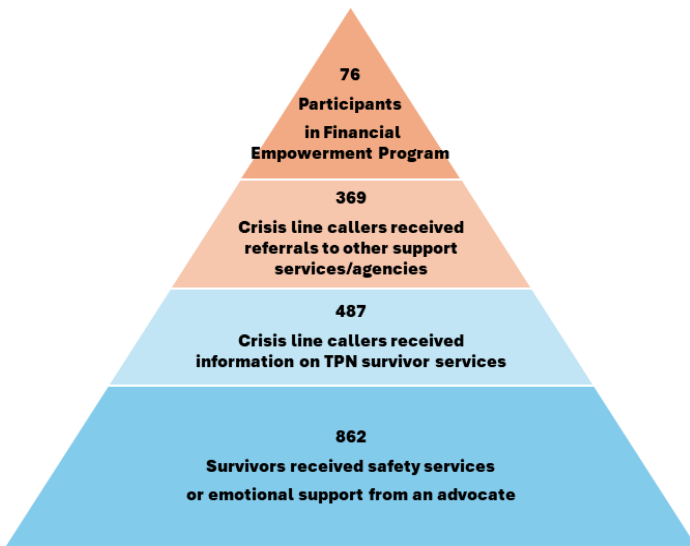
Turning Points Network 2024 Annual Report at a Glance



Income 2023-2024

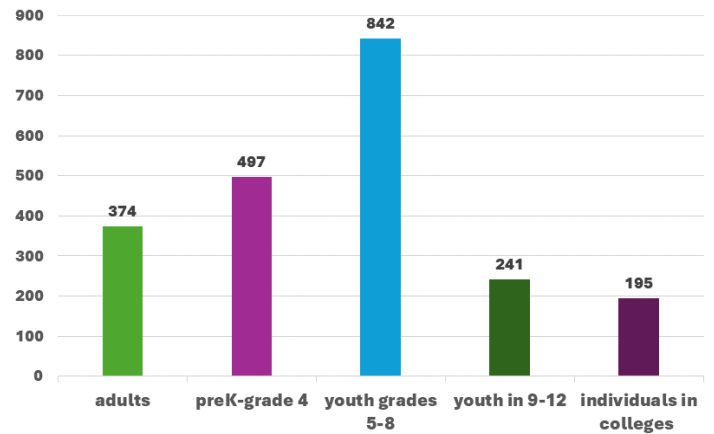


Expenses 2023-2024

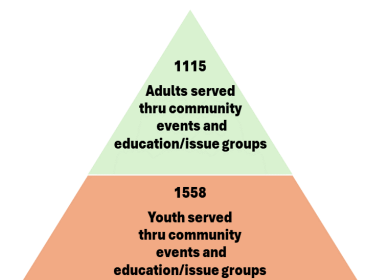
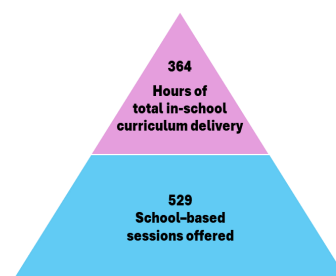


Direct Services 2023-2024

Participants in school-based prevention education



Community Education 2023-2024



Financial Empowerment Program

She's On a Roll Now

When you lift the spirits of one survivor, you move the hearts of many more. Since she left an abusive relationship, “Kelly” has found it incredibly difficult to arrange transportation. She doesn’t drive and public transportation in rural Sullivan County wasn’t adequate for her to get from the shelter to work, meet court appointments, or go grocery shopping. Kelly has been receiving financial literacy training in the Byrne Financial Empowerment Program at TPN, and this June, the program purchased her a new electric bicycle. Modified to allow her to carry supplies and groceries, the new e-bike is more than capable of taking Kelly where she needs to go.

At first a little nervous, Kelly walked through the operating procedures with TPN direct services advocates, then she gave it a test whirl. Within 15 minutes, Kelly was on her way.



Having access to transportation is life-changing. (Photo used with permission.)

Beaming from ear to ear, Kelly said, “Thank you guys! To everyone involved: you’ve helped me achieve one of my main goals and solved my need for transportation to and from work, appointments, and more. I am so excited!”

Other shelter guests were also delighted to see Kelly’s transformation.

“I was very happy to see her super wide smile on the electric bike. I found it to be very inspiring,” said “Mary.” “Seeing someone else gain something they needed to assist them in improving their life and to help them move forward to self-sufficiency... was quite simply ...my soul felt good seeing it. Thanks for the smile on my face after seeing hers.” *Since 2022, this program has been sponsored by the Jack and Dorothy Byrne Foundation.*

Direct Services Spotlight

TRAILS Provides a Path to Healthy Relationships

For new parolees, the prospect of transitioning from the Sullivan County House of Corrections back into the community and into their families can be incredibly daunting. That’s why the Transitional Reentry and Inmate Life Skills (TRAILS) program, for women on the verge of parole, was created.

During the six-week Healthy Relationships program, TPN direct service advocates lead small groups of participants as they reflect on common relationship myths and choices that perpetuate the cycle of domestic violence and sexual abuse. After deconstructing unhealthy models, participants explore and develop healthier, adaptive behaviors that prepare them to successfully return to their families and communities. TPN has partnered in the TRAILS program for more than a decade.

In 2022, TPN developed a parallel program to help male inmates. In these sessions, participants look at their models of relationships, exploring stigmas about expressing emotions and challenging stereotypes of masculinity, and understanding how

actions they take going forward—such as when and how to say “No”— can ultimately benefit not only their relationships but also the community they will be returning to. The Healthy Relationship program has been held at the Sullivan County House of Correction multiple times a year for both women and men.

“Many of the participants in TRAILS are otherwise good people who made poor decisions,” said Det. Sergeant Alexander Marvin, Newport NH Police Department. “Some may have grown up never having witnessed what a healthy relationship looks like and have been influenced by their own experiences of trauma.

“I can’t overstate the importance of TPN’s work teaching about positive behaviors and habits, setting people up for success upon their release from the House of Corrections. TPN’s efforts to address the cycle of domestic violence, as well as other stakeholders addressing challenges such as substance misuse in the TRAILS program, are one of this county’s greatest tools to reduce recidivism.”

This year, TPN expanded the men’s program to create a second and stepwise program that will build on what participants learned in the first-year course. The curriculum focuses on identifying healthy relationships, providing learning tools and skills to avoid toxic behaviors, understanding personal values, and moving beyond trauma. *The TRAILS program is supported by grants from Claremont Savings Bank and the Zonta Club of Concord.*

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*—Det. Sergeant Alexander Marvin,
Newport NH Police Department*

Seeing the Future in 3-D

Long-time Croydon resident and retired building contractor George Chait was elected to TPN's board of directors in late 2023. TPN recently sat down with George and discussed his first year on the board.

What is your connection with Sullivan County?

My wife, Hope Damon, and I have lived in the Sunapee region since 1975.

How did you first connect with TPN?

I was first introduced to TPN by my wife, Hope, at the annual NH Women's Foundation luncheon. Deb Mozden (TPN executive director, 1983-2023) was there as a grantee. Five years ago, she reached out and explained about the property at 231 Broad Street and the plans to renovate it to provide much-needed new space for the agency. She said: "Would you consider being our clerk of the works for the project?" I'd just retired from my business, and it seemed like it would be a great experience. I said: Yes.

What was it like to be clerk of the works for the new headquarters?

Our builder, DEW Construction, made my job easier by being a terrific contractor. Because I had been in the business, communication was easy. Together we met with the board at the School Street office, and I was able to help the board understand the project. It was rewarding for me to see TPN have the home and space they needed.

How did you transition on to the board?

After the Broad Street project, I was asked



George Chait

to join the board and it felt like a perfect transition. I had had the chance during the project to learn the organization thoroughly. We had Zoom calls with the staff to help them understand the project and weigh in on decisions. Some people have the ability to look at 2-dimensional drawings and envision the 3-dimensional outcome. I enjoy visualizing how it all fits together. It was fun helping the staff walk through the plans, to see the spaces, and grasp where it was going.

Why serve on TPN's board?

Joining TPN's board felt like an opportunity to add value to a worthy cause. I believe that the work TPN does is incredibly important. TPN literally saves

people's lives. They help survivors become whole people again. And not just the adults. The effects of domestic violence on children are incalculable.

The work TPN does in schools is to address this. By addressing these issues early, TPN helps kids learn it doesn't have to be that way for them and their children.

How do you see your role on the board?

Board members serve as ambassadors for TPN, and there's an opportunity to use your specific talent or skill in a reasonable way. I am part of the effort to ensure TPN remains strong and viable. We're not involved in the day-to-day business or counseling survivors. Most of our work is advising and supporting the agency. It's also gratifying to know you're supporting people who are working hard every day to eliminate domestic violence.

Would you recommend being a TPN board member to someone else?

Definitely. This a board that works congenially and well. Now is a particularly good time to be a board member with many important and significant decisions around the corner. We're just coming off strategic planning, and it's a great chance to be part of the next phase of TPN's journey.

If you are interested in opportunities to volunteer with TPN's board of directors, email pascale@turningpointsnetwork.org

Advocate for Safer Communities: Join TPN as a Monthly Donor

Turning Points Network is grateful that so many people across our region are committed to supporting our work to end relationship violence in Sullivan County. You are our essential partners on issues such as providing emergency services and shelter for survivors of domestic abuse, encouraging survivors to heal and transform their lives, and gaining the financial and vocational skills to create lives of independence and stability.

You also ensure our prevention education programs thrive and help us teach children, youth and adults what makes for healthy relationships and how to deal with bullying and avoid aggression.

"I support TPN on a regular basis because I know that every penny is being used wisely. The funds are not only being used to help with immediate needs in our community, but are making a conclusive, positive, long-term impact."

—Ashleigh McFarlin, Grantham

Help sustain this collaboration by becoming a monthly donor to TPN!

Do it by December 31 and a group of generous supporters will contribute an additional \$100 to your gift! Contribute in the enclosed envelope or sign up online at turningpointsnetwork.org/donate.



Volunteer Spotlight

Changes Boutique & Thrift Volunteers were granted a Volunteer NH 2024 “Spirit of NH Award” recognizing their volunteer service in the Group Category. These volunteers were nominated for their outstanding initiative in taking on running the store on a volunteer-only basis starting in the Winter of 2024. Open only Wednesdays and Friday during lunchtime hours and alternate Saturdays, a stalwart group of volunteers ensure this vital community service continues to provide camaraderie and quality clothing at affordable prices to all shoppers.



Also honored by Volunteer NH, **Sue Kingsbury** was recognized for Volunteer Service in the Adult Category. Sue was nominated for many years of dedication to TPN, including answering calls on the crisis and support line for a dedicated shift each week!

Volunteers are not only an essential part of TPN’s workforce, making our support of survivors and prevention education services possible, they are also benefiting our communities in many ways. Turning Points Network offers many different volunteer opportunities, some of which can be done in an afternoon. Consider joining today!

Interested in volunteering at TPN or at Changes Boutique & Thrift? For information, email: jen@turningpointsnetwork.org

Turning Points Network

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In Memorium

TPN staff and board were saddened to learn of the passing of **Shirley Ann Clarke**, formerly of Claremont. Shirley was an avid supporter of TPN. She served as a volunteer advocate, secretary of the board (2013-2019), and Steppin’ Up 5K team captain, founding and leading the Senior Peacekeepers for several years.

“Shirley faced many challenges in her life but whenever the storm clouds gathered, she turned her face to the sun,” said Pat Whitney, former TPN president and board member. “She shared her sunny optimism with staff, volunteers and donors, furthering TPN’s presence in the community through events, programs and visibility. She was the ultimate ambassador from filling in at the reception desk, to graciously welcoming all who came through our doors and deeply committed to all things Steppin’ Up. Shirley always stepped up!”

TPN sends condolences to Shirley’s children, Susan and Jim, and her other family members.



Shirley Ann Clarke

SAVE THE DATE: MAY 3



Turning Points Network’s signature event the annual Steppin’ Up to End Violence 5K Walk/Fun Run will be May 3. Last year’s event generated more than \$103,000 and featured hundreds of walkers, runners, volunteers, sponsors, and donors steppin’ up to raise awareness and support TPN.

Mark your calendar for
Saturday, May 3, 2025