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Creating Connections to Community

The Unlimited Potential of a Helpline Call

Tara* called Caring Unlimited's 24 hour helpline for the first time after her husband was arrested for assaulting her. In that moment, Tara had no idea what she would do next. Her husband controlled all the resources. He didn't allow her to have a driver's license, forcing her to rely on him for rides to necessary medical appointments. He limited her ability to work and save money and isolated her from friends and family. His family owned the home where they lived and she knew she wouldn't be able to stay there for long. After his arrest, he was released on bail and was ordered to have no contact with her. Despite the order, he continued to contact Tara, making threats and trying to stop her efforts to create a future free from his control.

On the call, the helpline advocate listened compassionately to Tara's experience, answered Tara's questions, and offered options from Caring Unlimited's (CU) resources that could help Tara find safety and freedom. Like many people we serve, Tara was surprised at the range of support available to her and the real difference it would make for her.

Over time, Tara connected with multiple CU programs to put her personal safety plan in place: the **Outreach Program** provided in-depth individualized safety planning, helped Tara arrange safe and reliable transportation to necessary medical appointments, and provided Tara a new phone; the **Legal Program** helped Tara get a Protection from Abuse

Order to fortify her safety; the **Housing Navigator** helped Tara identify housing options and prepare applications for affordable apartments; and **Client Emergency funds** enabled CU to respond flexibly and quickly to Tara's needs including covering the costs of moving to her new, safe apartment.

CU's **support and education groups** connected Tara with a supportive community and reduced her isolation. The weekly online platform enabled Tara to attend regularly while she worked to get her license. Credit-building classes and match savings funds from a community partner enabled Tara to establish a foundation for long-term economic independence--something she had long wanted but seemed out of reach.

Today Tara is settled in her new home, is establishing a career in her chosen field, and has a community of friends surrounding her. The connection she made in her first helpline call created the bridge between being trapped by abuse and the unlimited potential of the life she built for herself.

"I think about the people I met in support group all the time, and when I do, I get this feeling of strength. A precious thing has come out of a terrible thing- the support I have now from CU."

- Tara, Direct Service Programs Client

*"I called Caring Unlimited to find a safe place for my daughter and I to stay because we couldn't go home. **What I got from them was so much more** - an advocate who helped me in court, a room in the shelter and then an apartment, a support group to help me with all of the changes, and more. We got to start over."*

-Ellen, Direct Services Program Client*

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24 Hour Helpline

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207-490-3227

www.caring-unlimited.org



Executive Director's Message

Dear Friends,

"What I got from them was so much more."

We often hear this from the people we've helped become safe from domestic violence. Though they hope for something better when they reach out, they do not imagine the range of possibilities that exist for them. The first conversation with an advocates establishes a critical connection. That is why our advocates are specially trained to connect, understand, and strategize with each caller, just like they did with Tara and Ellen.

This year our staff and volunteers worked alongside almost 2,000 survivors to meet their unique needs, all at no cost and with no time limits on services. Volunteers contributed 2,449 hours of service, ensuring 24/7 access to support, safety planning, and resources through our helpline. You can read more about this life-changing service on page 5.

Our comprehensive array of direct services and access to emergency funding sources gave survivors more options to find safety and the stability to work towards long term goals for economic well-being.

While we are here to help one person, one family, at a time find safety, we also recognize that an individual's experience of domestic violence takes place in a larger cultural context where violence and oppression are allowed to persist. Each caller's experience is both unique and not unique at all. That is why we also work alongside all of you to enact social change to end domestic violence. It has been a joy to return to these activities in person. This year, our education team reached more than 2,000 teens and adults at schools, businesses, other non-profit organizations, and faith communities.

We expanded youth prevention work and collaboration with youth serving agencies thanks to a Youth Dating Violence Prevention grant from the Office of Violence Against Women. As one of just 16 organizations nationwide awarded this grant, we are on the forefront of efforts to engage youth and youth serving adults in the work of ending domestic and dating violence.

We continued our work to be an accessible, trauma informed, and culturally responsive organization. All staff received training on cross-cultural competency, we completed an accessibility audit of our shelter to identify access needs for people with disabilities, and we made substantial updates to our organization's policies to reflect our commitments.

We came back together for our annual Atlantic Plunge, 5K run/walk, and our Community Appreciation reception. I loved talking with you at these events. I heard so many stories of how Caring Unlimited made a difference to you and your friends and family. I drew inspiration from your experiences, ideas, and actions to create a thriving future of unlimited possibilities for all.


I hope you enjoy reading these highlights from our work together over the past year. We have so much to be proud of and so much yet to do!

Thank you,

Susan Giambalvo
Executive Director

Individual Advocacy

Individual advocacy in core direct service programs ensures that Caring Unlimited's services comprehensively meet the needs of each client and family we serve.

 **4000** nights of emergency shelter were provided to a total of **90** adults and children

 **733** individuals received free court advocacy and civil legal assistance

 **77** individuals participated in ongoing weekly support groups

Long Term Stability

Programs and resources that support clients in establishing economic independence provide the foundation for long term safety and freedom.

 **49** adults and children began new, safe lives in our Transitional Housing apartments

 **165** clients received a total of **\$105,885** in emergency assistance

Community Action

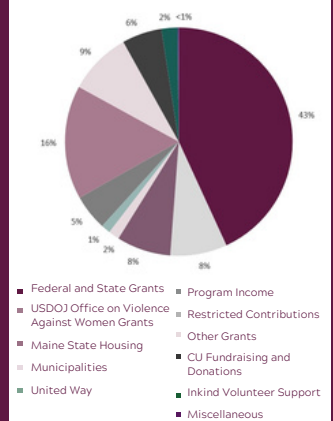
Prevention education, community outreach, and awareness-raising events create opportunities for action and change the cultural conditions that allow domestic violence to persist.

 **Over 2,000** students benefitted from prevention education

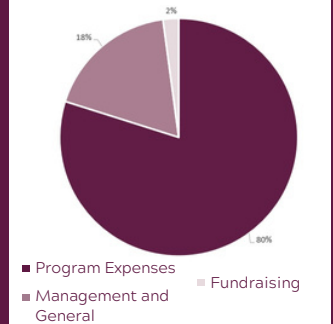
 **21** volunteers provided **over 2,500** hours of service

 **264** individuals participated in our 5K Run/Walk or the Atlantic Plunge raising **\$64,280**

2022 Revenue
Total Revenue \$2,689,046



2022 Expenses
Total Expenses \$2,623,240



Caring Unlimited's programs respond rapidly and flexibly to clients' immediate needs. Our impact reflects our commitment to supporting clients' ability to establish economic independence; an outcome proven to have long term positive impacts for individuals and families who are working to free themselves from abuse.

In FY22, COVID's continued impact significantly increased the needs of people we served. We responded creatively and resourcefully. We supplemented our own fundraising with securing COVID related funds, extending the amount of emergency assistance funds available to clients, and having an immediate positive impact on their safety and well-being.

*For the time period of October 1, 2021 through September 30, 2022

CREATING CONNECTIONS TO SAFETY

Caring Unlimited and the Community

We are grateful to all of our supporters who gave generously to our mission during the 2022 Fiscal Year (October 1, 2021- September 30, 2022).

Partner Foundations

Alex G. Nason Foundation
AVX- Kyocera Foundation
John T. Gorman Foundation
Maine Community Foundation
Merriam Family Fund
Narragansett Number One Foundation
Sam L Cohen Foundation
The Agnes M. Lindsay Trust
The Beacon Charitable Foundation
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Thomas J. Gray and Suzanne E. Gray Family Fund
Tom and Kate Chappell Family Foundation
Tom's of Maine Giving for Goodness
Town Fair Tire Foundation
United Way of Southern Maine
Virginia Hodgkins Somers Foundation
Ward Foundation
Webhannet Charitable Foundation

Municipal Partners

Town of Acton
Town of Alfred
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Town of Cornish
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Town of Limington
Town of Parsonfield
City of Saco
City of Sanford
Town of Shapleigh
Town of South Berwick
Town of Waterboro
Town of Wells
Town of York

Community Partners

Acton Congregational Church
Alfred Parish Church
Altrusa International of Sanford-Springvale
American Security Alarm, Inc.
Antiques USA
Atlantic Federal Credit Union
B.P.O Elks #1597
Back to Health Chiropractic
Bangor Savings Bank
Boucher Family Chiropractic
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Kennebunk Beach Improvement Association
Kennebunk Beach Realty
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Kennebunk Portside Rotary Club
Kennebunk Savings Bank
Ledgemere Transportation
Ladies of the Sea Quilters
Lafayette Properties
Lifesaving Resources

Maine Coastal Cruisers
Nadeau Orthodontics, PA
Network for Good
North Berwick First Congregational Church
Norway Savings Bank
Pack Maynard & Associates Real Estate
Paquin & Carroll Insurance
Partners Bank
Patco Construction
Peoples Choice Credit Union
Prescott Jamieson Murphy Law Group
Robbie Liberty Legacy Fund
Rolnick Chiropractic
Saco & Biddeford Savings Institution
Saint Ann's By The Sea Episcopal Church, Kennebunkport
Saltwater Home
Saltwater Vineyard, Biddeford
Seaport Development Group
Sellers Publishing
SERVPRO Southern York County
Shaw's, Sanford
Shutterbugs 4 Charity
South Congregational Church, Kennebunkport
Southern Maine Dental
Southern Maine Health Care
St. David's Budget Box, Kennebunk
St. David's Episcopal Church, Kennebunk
St. George's Episcopal Church
Stand Up Women of Arundel and the Kennebunks
State Manufactured Homes Inc.
Sugar
The Masons of Preble Lodge #0143
The Tea Space
Third Degree Widows Sons, Southern Maine
Time and Again Consignment Shop
Tom's of Maine
Wireless Zone, Sanford
Women's Fellowship of West Newfield
York Hospital



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www.caring-unlimited.org/donate

“The Helpline is a bridge that connects the individual caller to the entire organization. It’s a connection to community. Not only to the myriad options of support, but also to specialized advocates in each program who work alongside the person as they explore their options, and plan for their safety.”

- Natasha Nolan, Volunteer/ Helpline Program Coordinator

Creating Connections to Community

Caring Unlimited’s 24 Hour Helpline stands out among the many important services offered by Caring Unlimited. When someone calls the helpline, whether for themselves, or on behalf of someone they care about, they open a door to a whole community of care and resources. They establish a connection that is rooted in compassion and infused with hope.

The impact of the helpline is long lasting, and as one of the organization’s year-round opportunities for volunteering, it is a place where community members, often survivors themselves, find a meaningful way to advocate for change and empower others.

As Volunteer/Helpline Coordinator, Natasha is establishing new programs to integrate volunteers into the larger CU community. The new VOICE (Volunteers Ongoing Integration, Connection, and Enrichment) program is just one of Natasha’s initiatives aimed to fortifying the connections between the organization, its volunteers, and those seeking services.

“Volunteers are one of our greatest assets,” Natasha states, “and helping them stay connected to the internal systems of support that exist at CU is vital to their experience and the service they provide to callers.”

- The Helpline is a critical resource and one of Caring Unlimited’s core services.
- The Helpline is always free and confidential.
- The Helpline serves as the first point of contact for many of the nearly 2000 individuals the organization serves each year.
- Serving as a Helpline Advocate is a meaningful volunteer opportunity.
- Volunteer training is offered frequently, and support is ongoing. Join today @ www.caring-unlimited.org/how-you-can-help



Natasha Nolan (she/they) is the new Volunteer/ Helpline Program Coordinator at Caring Unlimited.

Natasha has been involved with social justice movements and volunteer work in and around Southern Maine for many years.

She is excited to bring her energy into this role where she can support the agency’s existing volunteers and work on growing volunteer engagement in this anti-violence, anti-oppression work.

Natasha is settling into her new office at CU’s Sanford Resource Center, and hopes to create a welcoming environment filled with art, plants, and plenty of tea; some of her favorite things.

Follow us on social media to learn more, find educational content, organizational updates and posts featuring our community partners all year long!



@caring.unlimited



@caring_unlimited



Caring Unlimited is welcoming and affirming. We do not discriminate in access to services or in employment on the basis of race, color, ethnicity, national origin, gender, sexual orientation, disability, age, religion, family status, or any other characteristic protected by law.

CaringUnlimited 
York County's Domestic Violence Program
P.O. Box 590, Sanford, ME 04073

CREATING CONNECTIONS

*Direct support and safety planning for those experiencing domestic violence.
Prevention education and training to work towards ending domestic violence.*



*"Caring Unlimited's programs have helped me and my children in our time of need. I can finally say I am not living in fear anymore... For the first time in my life I have my own safe space. Something I never knew I could have.
A whole new life for me."*

FREE. SAFE. CONFIDENTIAL.

CaringUnlimited  
York County's Domestic Violence Program

