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In Her Words- What Caring Unlimited Really Means

Amanda* Caring Unlimited Direct Service Programs Client

Caring Unlimited- you'd think it was just a name. That name has real meaning behind it. It is really, very much just that- Caring Unlimited. Caring for you no matter what. No matter where you came from, how many kids you have, how much money you don't have, how traumatized you are. Unlimited empowerment. I spent a year in their Transitional Housing Program. One year: that's all it took for me to gain confidence, to reclaim my independence, to feel whole, to bring not only myself but my three children peace! After nine-plus years of feeling so hopeless, so sad, lost and stuck. I thought I would never be able to do this life with three kids alone. I was conditioned to believe that.

Caring Unlimited changed my entire life. They took me and my kids in and treated me as an individual, a woman with feelings. They picked me up, shook me off, and paved every single step with love, comfort, and most importantly safety! I never for a second after entering my apartment felt scared, felt alone or uncomfortable. I mean, they made sure I absolutely had zero need for my abuser. They made me see the worth within myself and gave me the strength to do this alone.

Now I sit in my very own beautiful apartment a year later; just me and my kids filled with love and joy and with the continued support of Caring Unlimited as I take the next steps in this chapter. Their advocates are making sure I have any and everything needed to start the next part of my life with peace and confidence. Can you believe last year there were 1885 phone calls placed to Caring Unlimited's Helpline?

Imagine being so low, so scared and not having that number to call. To have children with no family support- wanting to run, wanting to be free, but not have the ability to call that helpline to reach someone. I just can't express how devastating it would be to not have a safe place to lay your head down and feel completely okay after years of abuse. To have that support. To have that help.

Caring Unlimited's safety net not only rescued me, but my kids. The advocates never failed me, from giving me a postage stamp to helping me get all the information to start school again. I will never forget this program. It was an absolute blessing. It is exactly what it was designed for. It did not fail me. I pray anyone who is stuck or feels hopeless gets to have that opportunity to receive the life changing benefits Caring Unlimited provides! That they too get a chance like mine. A chance to stand strong and be free.

"Caring Unlimited changed my entire life. They made me see the worth in myself and gave me the strength to do this alone."

*All client names are changed to preserve confidentiality.

*"It is really, very much just that- Caring Unlimited. **Caring for you no matter what. No matter where you came from, how many kids you have, how much money you don't have, how traumatized you are.** Unlimited empowerment."*

- Amanda, Caring Unlimited Direct Service Programs Client

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24 Hour Helpline

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www.caring-unlimited.org

 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.



Executive Director's Message

Dear Friends,

24-hours a day, 365 days a year, Caring Unlimited's team of advocates works creatively and compassionately to help survivors like Amanda and their children become safer from abuse.

It is not an overstatement to say that the safety planning services and resources survivors access at Caring Unlimited are lifesaving.

This past year, with the support of CU's advocates, 1872 survivors had the opportunity to consider their options, increase their safety, and pave the road to freedom from their abuser.

We experienced a sustained high demand for services and witnessed significant and increasing levels of danger and lethality faced by survivors in our community. We responded by doing more for both individuals and families in need of support, and for our community partners.

We increased capacity in our legal program, adding a full-time court advocate to help more people get protection orders. We used remaining COVID relief funds to expand shelter capacity with hotel stays providing 265 more nights of safety. We kept our services low barrier, free of charge, and available to survivors for as long as needed. We kept our commitment to being accessible, culturally responsive, and trauma informed.

In the year ahead, we plan an extensive renovation to our emergency shelter to meet ADA standards and to increase functionality for families who are guests there. Our new Youth Advisory Board is just getting started. You can learn more about this exciting and growing area of our work on page 5.

Our partnerships with other agencies fortify York County's community safety net and improve outcomes for survivors through formal partnerships, collaboration, and financial support afforded by our competitive grant awards. These benefits are expanded upon on page 3.

As we look ahead, we face uncertainty in our core funding sources which threatens the progress we have made. A 60% reduction to Federal VOCA (Victims of Crime Act) funding has the potential to drastically impact Maine's victim services, including those provided by Caring Unlimited. We will see an end to the pandemic relief funds which enabled us to expand shelter and housing services. The losses we face will put enormous pressure on all of CU's services and the community safety net of which we are a part.

We are proud to be a one-of-a-kind resource for our community and to share highlights from the past year with you. I hope you feel pride too in what we have accomplished together. Let's renew our commitment to build on these successes and to work alongside each other to end domestic violence in our community and to face of the challenges that lie ahead.

Thank you,

Susan Giambalvo
Executive Director

Caring Unlimited's FY 2023* Impact

Individual Advocacy

Individual advocacy in all our direct service programs comprehensively meets the needs of each client and family we serve.



4295 nights of emergency shelter including **265** motel nights were provided to a total of **93** adults and children



621 individuals received free court advocacy and civil legal assistance



89 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.



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



133 additional individuals received support obtaining safe, affordable, permanent housing



95 clients received a total of **\$128,922** in emergency financial 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 2,600 students benefitted from prevention education



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



244 individuals participated in our Community 5K Run/Walk and the Atlantic Plunge raising **\$63,314**

Systemic Change

Collaborative programming and initiatives bolster the community safety net and improve outcomes for survivors.



A full-time domestic violence investigator at the York County Sherriff's Office.



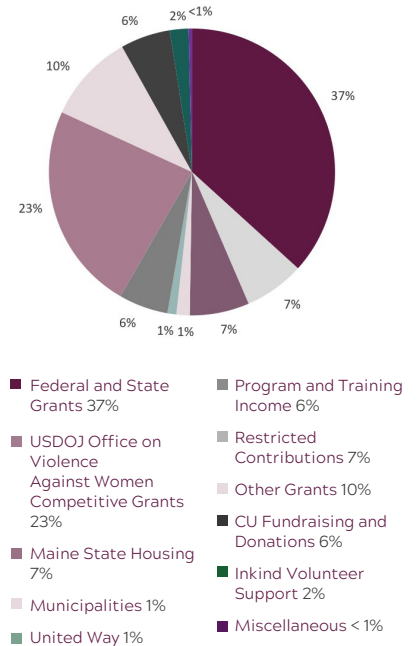
A full-time prevention education specialist for York County at Sexual Assault Response Services of Southern Maine



A partnership with New Ventures Maine through which survivors learn financial literacy, receive job training and workforce development skills, and benefit from a match savings account program

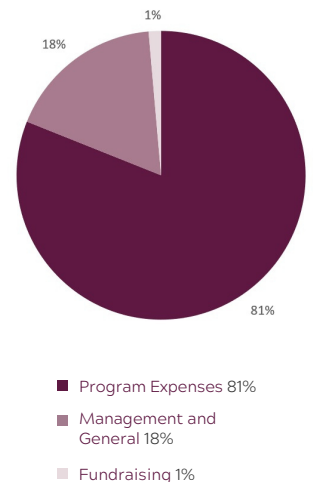
2023 Revenue

Total Revenue \$2,901,824



2023 Expenses

Total Expenses \$2,904,184



In FY23 Caring Unlimited secured competitive federal grants from the Office on Violence Against Women that paid for:

FY 2023 COMMUNITY PARTNERS

We are grateful to all of our supporters who gave to our mission during the 2023 Fiscal Year (October 1, 2022- September 30, 2023).

Partner Foundations

Alex G. Nason Foundation
American Online Giving Foundation, Inc
Coldwell Banker Realty Cares Foundation
Community Foundation Greater Des Moines
CyberGrants LLC
Give Lively Foundation
Henderson Foundation
Merriam Family Fund
Morgan Stanley Gift Fund
Narragansett Number One Foundation
Pledgeling Foundation
Round Room Gives, Inc dba TCC Gives, Inc
Starbucks Foundation
The Beacon Charitable Corp
The Chicago Community Foundation
The Progressive Insurance Foundation
Tom and Kate Chappell Family Foundation
Town Fair Tire Foundation
Virginia Hodgkins Somers Foundation
Webhannet Foundation

Municipal Partners

City of Biddeford
City of Saco
Town of Acton
Town of Alfred
Town of Arundel
Town of Buxton
Town of Cornish
Town of Dayton
Town of Eliot
Town of Hollis
Town of Kennebunk
Town of Kennebunkport
Town of Limerick
Town of Limington
Town of Newfield
Town of North Berwick
Town of Parsonsfield
Town of Shapleigh
Town of South Berwick
Town of Waterboro
Town of Wells
Town of York

Circle of Caring

In 2023 Caring Unlimited's Circle of Caring Recurring Giving Program created a new opportunity to make a meaningful contribution in support of our mission. Circle of Caring Members' commitment enables us to meet survivors' needs, expand the opportunities our programs provide, and raise awareness and understanding through education and collaboration.

Cornelia Stockman
Jack Savona
Jennifer Schmitz
Lucy Santerre
Lynn Howe
Rita Clifford
Sara Jane Elliot

Community Partners

Alfred Parish Church
Altrusa Community Service
Antiques USA
Atlantic Federal Credit Union
Back to Health Chiropractic P.C.
Bangor Savings Bank
Beedandy
Berri Kramer
Biddeford High School Class of 1972
Budget Blinds of Southern Maine
Cakes by Jacqueline
Camden National Bank
Chains of Cranes
Chapter 11 Book Group
Christ Church
Church on the Cape United Methodist
Congdon's Doughnuts
Curtis Lake Church
Dock Square Coffee House
Ducas Construction
Federal Jack's Restaurant and Brewpub
First Baptist Church
First Congregational Church Buxton
First Parish UU Church of Kennebunk
Frannie's Mini Donuts
Glitz and Glitter by Jill
Gloss Hair Parlor
Great East Dental Associates
H.A. Mapes Oil Co.
Hannaford Supermarkets Charitable Programs
Holmes Legal Group, LLC
iBec Creative
Independent Scentsy Consultant RandiLynn
J & M Lighting Design, Inc.
Jen Lippe Photography
Maine Art Hill
Kennebunk Ace Hardware
Kennebunk Beach Improvement Association
Kennebunk Beach Realty, Inc
Kennebunk Center for Dentistry
Kennebunk Dunkin' Donuts
Kennebunk Portside Rotary
Kennebunk Savings Bank
KW Architects
Ledgemere Transportation
Lifesaving Resources

Lighthouse Church of the Nazarene
Machias Savings Bank
Maine Coastal Cruisers
Maine Community Bank
Mama Hen
Mark Nadeu Orthodontics
Maine Home Connection
MEMIC Employee Directed Giving
North Berwick First Congregational Church
Norway Savings Bank
Ocean Fire Pottery
Pack Maynard & Associates
Paquin and Carroll
Partners Bank
Patco Construction Co.
Peoples Choice Credit Union
Prescott Jamieson Murphy Law Group
Quest Fitness
Raptor Falls Mini Golf
Research Club of Limerick
Robbie Liberty Legacy Fund
Rolnick Chiropractic
Rotary Club of Saco Bay
Saco & Biddeford Savings Institution
Saltwater Home
Seaport Development Group
Sellers Publishing Inc
Shaw's of Sanford
Smile Craft Dental
South Congregational Church
Southern Maine Dental
Southern Maine Health Care
Southern Maine Agency on Aging
St. Ann's Episcopal Church
St. David's Budget Box
St. David's Episcopal Church
Suger
The Elective
The Nonantum Resort
Think Greene
Time and Again Consignment
Trailblazers
Wellness For Women
Women's Unitarian Alliance
York Hospital

Our Circle is Continuing to Grow!

To Learn More and Join the Circle of Caring Today:
caring-unlimited.org/circleofcaring



“The importance of our Youth Advisory Board cannot be overstated. It is essential to have a group of young people to inform our teen dating violence prevention work.”

-Education and Prevention Coordinator, Amy Genest

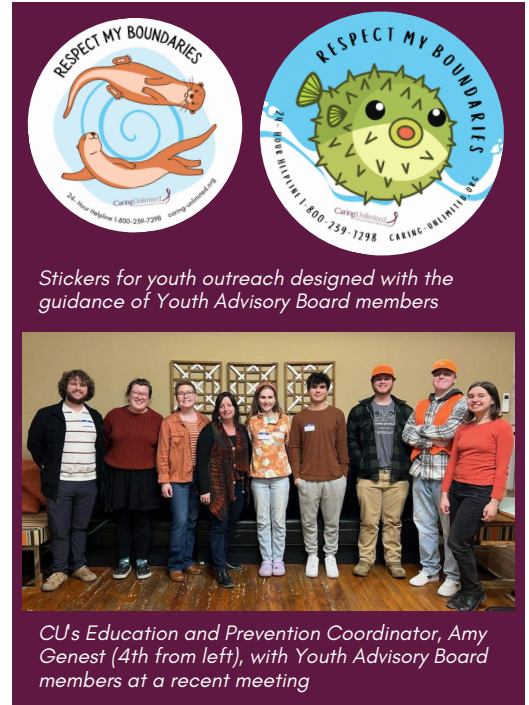
Youth Advisory Board Takes Action

Caring Unlimited’s Prevention Education Program continues to expand services for youth through education, collaboration, and innovation. A multi-year grant from the Department of Justice Office of Violence Against Women- one of just 16 awarded nationwide- has allowed CU to bring together youth-serving organizations across York County and to create new programming and opportunities for young people to get involved in the work to raise awareness about teen dating violence, including CU’s new Youth Advisory Board.

The Youth Advisory Board (YAB), a collective of young people from all over York County, may be just getting started (their first meeting was in early December of last year), but that hasn’t stopped them from jumping in and taking action.

The YAB helped CU create engaging programming for February, nationally recognized as Teen Dating Violence Awareness and Prevention Month, to raise awareness among teens and young adults. YAB members designed unique and fun stickers to share with their peers, joined CU staff to share information about dating abuse and CU’s services at middle and high schools, and participated in National Wear Orange Day to raise awareness about teen dating violence.

“The importance of our youth advisory board cannot be overstated,” states CU’s Education and Prevention Coordinator, Amy Genest. “It is essential to have a group of young people to inform our teen dating violence prevention work. It is also a way to engage young people in awareness building activities with their peers and with the adults in their lives.”



Stickers for youth outreach designed with the guidance of Youth Advisory Board members

CU’s Education and Prevention Coordinator, Amy Genest (4th from left), with Youth Advisory Board members at a recent meeting

Prevention Education at CU

In addition to youth programming and school-based education, Caring Unlimited offers community education, training, and consultation services to health care providers, adult education programs, social service providers, businesses, and community groups. These educational programs assist the broader community to build networks that increase safety for victims and to change the cultural conditions which allow domestic violence to persist.

Programming this past year included:

- Delivery of Maine’s state mandated 12-Hour Domestic Violence Curriculum for Mental Health Professionals
- Presentation of curriculum for the National Association of Social Workers, Maine
- Comprehensive Domestic Violence Awareness Month programming including CU’s 12th annual Survivor Stories Project, outreach to York County’s cities and towns, and a social media campaign highlighting the intersections of domestic violence and racism, substance use, the LGBTQ+ community, and older adults

Donate securely online at:
caring-unlimited.org/donate



Upcoming Events!

- Community Celebration**
The Nonantum Resort, Kennebunk
Wednesday, June 5
- Caring Unlimited’s Community 5K Run & Walk**
Kennebunk
Sunday, July 21
- Domestic Violence Awareness Month**
York County
October 2024
- The Atlantic Plunge**
Gooch’s Beach
January 2025

Follow us on social media for updates and event info all year long!

@caring_unlimited
 caring.unlimited

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

Every person we help matters.
Every family deserves a safe home.
Everyone we educate is part of the foundation for a future without domestic abuse and violence.



"We have never been better. I know how to provide for my kids and myself. We feel secure and positive. Caring Unlimited's support and guidance has been truly amazing."

-Transitional Housing Program Client

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

FREE. SAFE. CONFIDENTIAL.

CaringUnlimited 
York County's Domestic Violence Program

