



COVID-19 Vinalhaven Emergency Operations Center (EOC)

Andrew Dorr
Town Manager

Marc Candage
EMA Director

Kerry McKee
EMS Director

Jen Desmond
Public Health Officer

Pat Lundholm
Public Information Officer

Gabrian McPhail
Community Outreach
Coordinator

Tanya Robishaw
EOC Support Staff

Janica Barrows
EOC Support Staff

EOC Contact
VHEOC@
townofvinalhaven.org
207-863-2168

Town of Vinalhaven
19 Washington School Rd
Vinalhaven, Maine 04863
Phone: 207-863-2042
Cell: 207-266-7806
Fax: 207-863-4393
www.townofvinalhaven.org

COVID-19 Daily Update 4-16-20

UNSAFE AT HOME

Domestic Violence Awareness and Prevention – Support for those Affected

Since the start of the Covid-19 Pandemic in Maine, we've talked a lot about being safe at home and about how risky it is for ourselves and for others when we leave our homes. **But what if your home is not a safe place, even on a good day?**

For some of us, home was not a very safe place to begin with, and the stress and tension of being confined at home has made it even less safe. There is a significant reported increase in abuse toward both adults and children since social/physical distancing and stay-at-home requirements began.

New Hope for Women is a Midcoast-based non-profit that supports those affected by domestic violence and provides educational resources to individuals and communities seeking to address domestic violence. Rebekah Paredes, New Hope for Women's Executive Director, assured in a recent statement:

"We're still here. While we cannot meet with you in person, we want you to know that we are still here, and we are not going anywhere. Our 24- hour helpline (1-800-522-3304) is available to everyone, so please call us if you have questions, need support, resources, or information."

New Hope for Women helps women, men, children, friends, family, and all people affected by domestic and dating violence.

To help raise awareness about domestic violence, Our Island CARES is working with Finding Our Voices www.findingourvoices.net, an organization seeking to end domestic violence. CARES is partnering with local businesses to hang banners in their windows that include supportive messages and numbers to call for those who need help and to those who want to help.

Reach Out if You or Someone You Care About is Not Safe at Home

Call the **New Hope for Women** 24- hour helpline **1-800-522-3304**

Chat online with a **New Hope for Women** advocate Monday - Friday from 1:00pm - 5:00pm www.newhopeforwomen.org

You can also call the National Domestic Violence Hotline **1-800-799-7233**
www.thehotline.org

Tips for Helping Someone Who is Not Safe at Home

- Listen without judging.

continued on next page

- Believe, and let your friend know that you believe what s/he is saying. Your friend may have been told, “Nobody will ever believe you.”
- Offer information not advice. Your friend is the expert on his/her own safety, but may not have information about local resources to help.
- Suggest that your friend call the **New Hope for Women** 24-hour hotline **1-800-522-3304**
- Keep it confidential.
- Understand that your friend may be living with an abusive partner who minimizes and denies the abuse. Accurately describe what you observe and why you are concerned, and remind your friend that he/she did nothing to deserve such treatment.
- Let your friend know that you are there no matter what he/she decides. Make it clear that you are not going to ask your friend to trade the control of an intimate partner for the control of a friend. Try something like, “You are a strong person, and I know you will figure out what is right for you. I just want you to know that you’re not in this alone.”
- Remember that abusive partners have a world view in which it is acceptable to use power, control and violence to get what one wants. Only the person behaving abusively can decide to change his/her behavior.
- Be patient. Call the **New Hope for Women** hotline if you need to process your own feelings about your friend’s situation, or to get more ideas about how to help. **1-800-522-3304**

Retrieved April 14, 2020 from www.newhopeforwomen.org/you-can-help

Before Anger Turns to Violence, Reach Out for Help

Get help from a behavioral health provider. Contact **Dan Keniston** at **ICMS 1-207-863-9959 Option 3**

Call the **Maine Statewide Crisis Hotline** 24/7 for immediate crisis-oriented help **1-888-568-1112**

Call the **Maine Warm Line** 24/7 for connecting with someone if you need mental and emotional support **1-866-771-9276**

If you are in recovery or wanting to start recovery, you can find help through Online Anonymous Peer Recovery Programs

Narcotics Anonymous – namaine.org

Alcoholics Anonymous – csoaamaine.org

As always, please contact the EOC with your questions and for assistance. Subscribe to “Town Alerts” on the Town’s website to automatically receive Daily Updates in your inbox.