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Intervention Center

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GUEST COLUMN

Marcia Kelley, CVIC Board Member



Reflections on Tucker and small things

My heart has been touched in the last few weeks by several people who have made a difference.

When I heard about Tucker asking friends to bring gift cards for CVIC to give to children in need instead of presents for him, I wondered how this young child "got it" so early in his life. This little boy gave in huge proportion to

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10 year old's party brings gifts to families in need

When Tucker Hodgson and his parents, Jody and Emilia, were planning Tucker's 10th birthday party this summer, they decided to try something different.

"We thought of asking people to bring gift cards to donate to CVIC instead of presents," Tucker said.

So a small army of 10 year olds, amidst backyard baseball, hotdogs and a bonfire, had their eyes opened to the needs of other children as they brought gift cards to be donated to families in crisis.

Thanks to Tucker and his friends, local boys and girls now have new winter coats, boots, mittens, hats and shoes. One mother was able to buy a birthday present for her 6-year-old boy, who otherwise would have gone without.

"It feels really good that somebody can keep warm during the winter, because it gets really cold up here," said Tucker, a 4th grader at J. Nelson Kelly Elementary School in Grand Forks. "Kids that have to stay in shelter can't

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Tucker Hodgson

From: Sara
To: CVIC Staff

I have a client that is in need of a coat for her little boy. I checked our donation room and we have boots for him, but no coat. If you know of anyone with a boy's coat to donate, let me know!

From: Edie
To: Sara

This will make your heart smile. I just happen to have many gift cards on my desk from a boy named Tucker, who had a birthday party and, instead of gifts, he asked that everyone bring gift cards that he could give to the children at CVIC. So, this little boy will have a new coat, courtesy of Tucker.

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Grand Forks City awarded \$2 million federal grant

The City of Grand Forks was one of four sites nationwide to be awarded a \$2 million U.S. Department of Justice grant over the next two years to address the needs of local children exposed to violence.

The City partnered with CVIC, Lutheran Social Services of North Dakota, Grand Forks Public Schools and dozens of other local organizations to develop a comprehensive plan based on a year-long community needs and resources assessment. The collaborative

effort is called the Safer Tomorrows: Ending Childhood Exposure to Violence Project.

"This is a tremendous project for the community. It demonstrates our leadership in addressing tough issues, our commitment to young people and the strong spirit of collaboration we have in Grand Forks," Grand Forks Mayor Michael R. Brown said.

See pages 4-5 for details of the assessment and strategic plan that will be implemented in Grand Forks County over the next two years.



DIRECTOR'S VOICE

Kristi Hall-Jiran

Please join with others to support local children

If you have kids in your life like I do, you likely have at least one piece of "artwork" on your refrigerator, drawn by that special child in your life. There is something about the beautiful creativity of kids that just calls out to us; their artwork captures that magical time of childhood in such a unique and joyful way.

No magic in childhood for some children

But for some kids, these expressions of art are of a much more painful and dark nature (see pages 4 and 10). This artwork was drawn by local children helped by CVIC. Instead of rainbows and puppies and smiling faces, these kids draw angry faces, yelling mouths, crying mothers, and strangling arms. For some kids, there is no magic to childhood; there is only pain.

We need to do more for these children. With all my heart, I believe that, and yet there are times in which I lie awake at night because I honestly don't know how we will find the way to offer these children what they need.

We are facing challenging times

As I look ahead to 2012, I am faced with the reality that we have never before had a more challenging budget than the year ahead. Several of our federal grants have been decreased, as have local and other grants.

These are difficult times to be serving children, of which 92% live in poverty (in our Bright Futures Program). Yet serve children we do. Last year, we provided crisis intervention or counseling for 254 kids experiencing abuse or sexual violence—and knew of 808 living in violent homes, the equivalent of *all* the children enrolled in Ben Franklin Elementary School and Schroeder Middle School *combined*. We provided safe visits and exchanges with parents for 158 at-risk children and helped 23 through the court process for abuse or sexual assault. And we provided opportunities for the fathers of 245 children to end their violence through our New Choices Program.

We are trying to do more with less, but have had to reduce services and staff in our Pathways Toward Justice Program providing court advocacy. More cuts are on the horizon if we are not able to identify additional sources of funding. We are thrilled to have received the Safer Tomorrows funding (see pages 1 and 5), but these funds are for new initiatives, and won't offset our current need.

Generosity of our friends bring hope

Despite the challenges, my overriding emotions are of great optimism and hope! One only need read the rest of this newsletter to realize we *can* and *will* overcome the obstacles ahead. Tears come to my eyes as I remember that very warm day in July when the good friends of Judd Sondreal came together to remember him and raise funds for CVIC through an awesome day of golf and laughter ... and when I think about the outstanding people at Rydell's who gave so generously through their Car and Bike Show ... and the fine people in the Sertoma Club who worked hard all year to put on an amazing Fourth of July celebration, donating the proceeds to CVIC. And people like Anne and Anna (Page 6), who quietly support CVIC day after day, as do so many others in our community. To know we have children like Tucker in the world makes my heart sing! And the compassion and generosity of Mary Ann Sens are beyond words.

Please be generous for the sake of our kids

My wish for all of you this season is for a time of rest, relaxation, laughter, and joy spent with good friends and family. And for the new year ahead, I wish you peace and bountiful blessings. Thank you all for what you have given and continue to give.

And if there might be a way for you to dig a bit deeper and give even more, we could ensure that CVIC will be here, working hard to reach that day when *all* kids get to draw the beautiful faces of childhood.

ND tax credit

CVIC and supporter benefit from new state tax credit

The first CVIC supporter to take advantage of the new North Dakota tax credit passed by the 2011 Legislature, Dr. Mary Ann Sens issued a challenge to other community members.

“The new tax law allows the citizens of North Dakota to look inside themselves and ask if there’s some community organization that really would benefit,” Sens said. “That’s what we did, and CVIC was our choice.”

The new tax law allows individuals and businesses to qualify for a state income tax credit of 40% for charitable gifts to qualified endowments (see article below). Sens made a gift of \$50,000 to CVIC’s endowment, a fund in which the principal is saved and the earned interest is used to support operations.

“This generous gift will help to bring stability and vision to CVIC’s work,” CVIC Board Member Mark Sanford said. “It is a serious investment that will live on forever in the life of our organization, bringing us closer to building a safer, healthier community.”

Sens said that, when she learned about the new tax credit, CVIC was a clear choice.

“I’ve been very committed to organizations that try to make a difference in people’s lives and that address the consequences of violence,” Sens said. “I’ve supported CVIC and this community, just



as I’ve supported crisis shelters and violence prevention programs in all the communities I’ve ever lived in.

“But really the warmth of CVIC and the dedication that CVIC has to this community has personally been humbling. Everybody I’ve worked with at CVIC has been just terrific. It’s fun and it’s an honor to help out in the way I can.”

Sens was also the winner of CVIC’s Peacemaker Award this fall for her work in the area of domestic violence (see Page 8).

New state tax law benefits businesses and individuals

The ND Legislature passed a new tax law that enables individuals and businesses to qualify for a state income tax credit of 40% for charitable gifts to qualified endowments. This is a unique opportunity, as only one other state in the nation offers a similar benefit.

Depending on the size of the gift, businesses could save up to \$10,000 and couples filing jointly up to \$20,000!

Businesses

Businesses and financial institutions, including C corporations, S corporations, estates, limited liability companies and

trusts, may qualify for a state tax credit of 40% of the value of the charitable gift, up to a total credit of \$10,000 per year. Unused credit may be carried forward for up to three tax years.

Individuals

Individuals may receive a state tax credit for a gift of \$5,000 or more (lump sum or aggregate in one year).

The tax credit is 40% of the charitable deduction allowed by the IRS, up to a maximum credit of \$10,000 per year per

taxpayer or \$20,000 per couple filing jointly. Individuals in the 28% federal tax

GIFT AMOUNT:	\$5,000	\$25,000	\$50,000
Federal Tax Savings:	-\$1,400	-\$ 7,000	-\$14,000
ND Tax Credit:	<u>-\$2,000</u>	<u>-\$10,000</u>	<u>-\$20,000</u>
Net Cost of Gift:	\$1,600	\$ 8,000	\$16,000

bracket may realize the tax benefits above.

For information on the tax credit or CVIC’s endowment options, contact Edie Dahlen at edie@cviconline.org or 746-0405. Information is also available on CVIC’s website at www.cviconline.org.



Local youth exposed to violence

As part of the U.S. Department of Justice Defending Childhood Initiative, locally called Safer Tomorrows, organizations conducted a study to identify how local youth are impacted by violence.

“So much of the violence against our youth is hidden,” CVIC Executive Director Kristi Hall-Jiran said. “This study really brings out into the open the real situation local kids face every day.”

Below are highlights from the needs assessment.

Witnessing domestic violence

- Of 975 local police reports involving intimate partner violence, 334 partners had a child in common.¹
- 808 children were living in violent homes of CVIC clients.²
- 34.2% of local 4th-5th graders reported having felt afraid at home, and 20.4% of 7th-12th graders reported having witnessed violence in their homes, not including sibling fights.³

Child physical and sexual abuse

- Law Enforcement filed child abuse/neglect reports for 76% of the domestic incidents in which a child was a witness.⁴
- 832 abuse/neglect reports were filed in the county, and 456 full assessments were completed, with 182 confirmed victims.⁵
- 17.6% of 4th-5th graders and 15.6% of 7th-12th graders reported having been physically harmed by someone in their family or living with their family.⁶

Youth dating violence and stalking

- 8.5% of ND students reported being hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend.⁷
- 69.5% of 35 agency professionals surveyed indicated that dating violence is very or somewhat prevalent locally.⁸

Sexual assault of children and youth

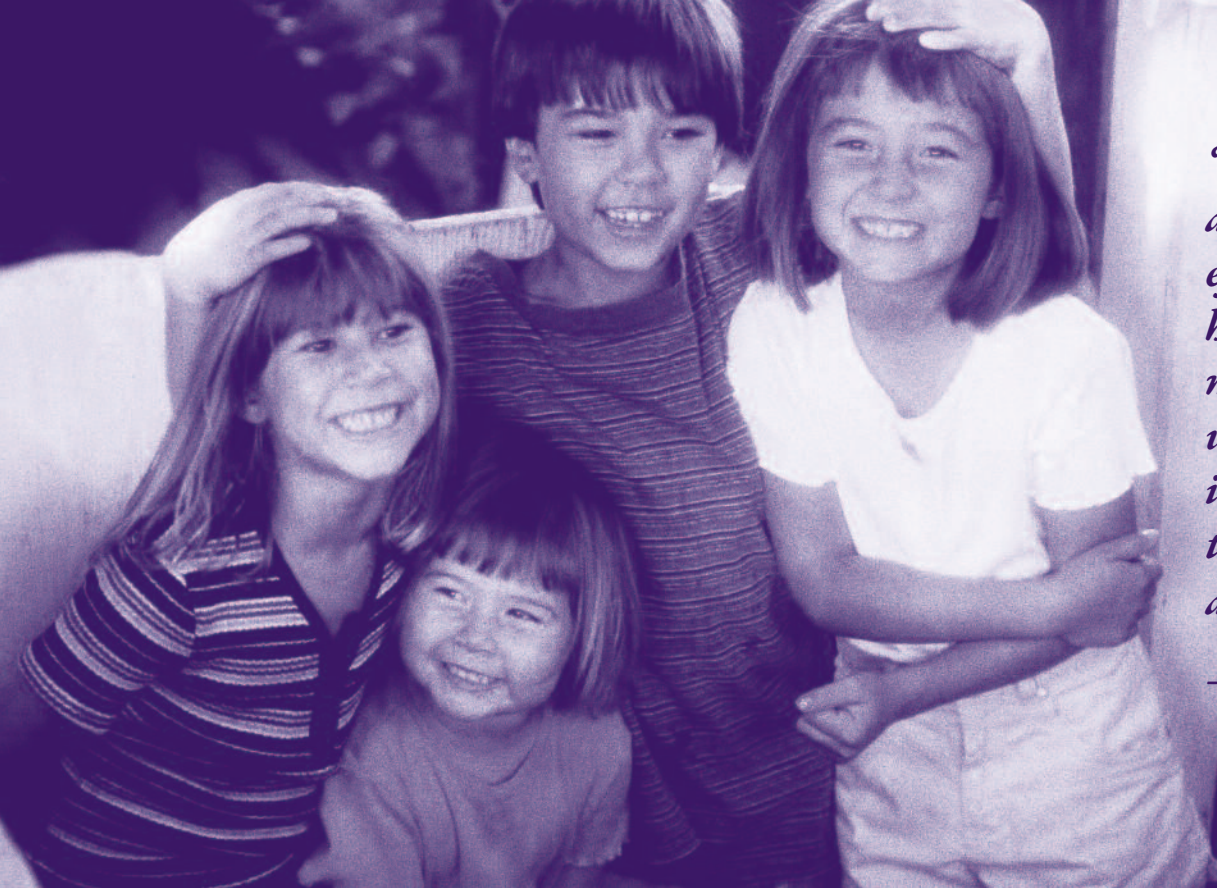
- 37 juvenile citations for sexual assault and 2 citations for gross sexual imposition were made locally.⁹
- 16.7% of 7th-12th grade students reported having received a sexually explicit message on their cell phone.¹⁰
- 10% of 7th-12th graders reported having been forced to have sexual contact.¹¹

Bullying

- Of 4th-5th graders, 55% reported being bullied, 32% reported being teased, 27% reported having been bullied before on school grounds, 62.7% reported having witnessed other students being bullied, and 17.6% reported having bullied someone else during the school year.¹²
- Of 7th-12th graders, 67.5% reported that students bully others in school, 29.4% reported having been bullied by someone at school, and 21.3% reported having bullied someone using technology, such as Internet or texting.¹³

1. Greater Grand Forks Coordinated Community Response (CCR) Project's Domestic Abuse Information Network (DAIN) Report, 2010.
2. Community Violence Intervention Center, 2010.
3. Grand Forks Public Schools. Risk and Protective Factor Survey, 2010.
4. Greater Grand Forks CCR Project.
5. North Dakota Department of Human Services, 2009.
6. Grand Forks Public Schools, 2010.
7. North Dakota Department of Public Instruction. ND Youth Risk Behavior Survey, 2009.
8. Safer Tomorrows Project, 2011.
9. Grand Forks Police Department, 2010.
10. Grand Forks Public Schools, 2010.
11. Grand Forks Public Schools, 2008.
12. Grand Forks Public Schools, 2010.
13. Grand Forks Public Schools, 2010.

The artwork above was drawn by children in CVIC's Bright Futures Program.



“I am humbled to be a part of such a team effort and proud to have the chance to model programs that will impact children in communities across the nation, for generations to come.”

– Grand Forks Mayor
Michael Brown

Safer Tomorrows to address childhood violence

The largest collaboration to address childhood exposure to violence in our area, the Safer Tomorrows: Ending Childhood Exposure to Violence Project is designed to prevent and reduce the impact of violence on children, families and our community.

Spearheaded by the City of Grand Forks, CVIC, Lutheran Social Services (LSS) and Grand Forks Public Schools, the project involves shared leadership and broad community involvement, including over 30 public and private organizations across Grand Forks County.

The project will focus on the three primary areas below, addressing child physical and sexual abuse, witnessing domestic violence at home, youth dating violence, stalking, sexual assault of children and youth, and bullying.

1 Primary Prevention

A key project focus is primary prevention – preventing violence before it ever starts – involving schools, childcare providers, parents, organizations, the media and community. We will teach thousands of youth throughout the county, from Kindergarten to Grade 12, as well as Head Start and childcare programs, about healthy relationships and various forms of violence, from bullying to date rape, and where to get help. We will also spearhead a community awareness project targeting youth and adults and expand a home visitation program preventing maltreatment of children.

The City of Grand Forks, LSS and Grand Forks Public Schools will coordinate our prevention efforts.

2 Intervention

Our intervention initiatives address the continuum of treatment, services and a coordinated community response for children of all ages exposed to all types of violence. We will increase access to evidence-based programs, initiate and expand services where gaps exist to promote healing and enhance protective factors, implement screening, assessment and referral protocols, and improve the cross-agency response to children.

This effort includes coordination of an interdisciplinary coalition, a rural coalition to address rural gaps and expand service delivery to rural areas, development of an interpreter resource list, a focus on minority children, a best practice policy review of systems and organizations, expanded restorative justice services for youth involved with bullying, new and expanded therapeutic services for victims of bullying, dating violence and sexual assault, and a training project for professionals. CVIC, LSS, Grand Forks County Sheriff’s Department and the United Way of Grand Forks, East Grand Forks and Area will coordinate these efforts.

3 Data collection and analysis

We will enhance our community’s understanding of and response to childhood exposure to violence through establishing a system at CVIC to collect and analyze data, which will be used to inform our efforts to improve our systems’ response and to increase community awareness of the impact of violence on children.



AMBASSADOR
ANNE
ZIMMER



CRISIS LINE
VOLUNTEER
ANNA

CVIC ambassador finds her passion in engaging others in CVIC's mission

Anne Zimmer, owner of Avant Hair & Skin Care Studio in Grand Forks, said that getting involved in the community is simple once you find your passion.

"It's important for people to figure out what they're passionate about, because you should love what you do. It's that simple. For me, CVIC is my passion," she said.

"I really care about CVIC because of the women in my life. I care about my employees, I care about my daughters and about my grandchildren that will come along some day. I want them to have a safe home."

Zimmer's involvement with CVIC began when she opened her business in 2003 and looked for a way to give back to the community. She and her employees started a jeans day, in which employees contributed money to be donated to CVIC in exchange for wearing jeans to work one day a week. She also used the jeans day as an opportunity to educate her employees about abuse and CVIC services.

Zimmer began to see even greater opportunities for making a difference. In addition to offering free hair appointments for CVIC clients, she envisioned how much more could be done by engaging others in CVIC's mission.

Last year, she coordinated a benefit that raised \$3,000 for CVIC's Light of Hope Shelter, inviting young business people to learn about CVIC's work.

"That was the most important thing for me—opening people's eyes and getting young people involved," she said.

Zimmer now serves as a CVIC ambassador, helping to spread the word about CVIC, and is a member of the prestigious Dream Maker Society, making a significant pledge over five years to support CVIC services.

CVIC crisis line volunteer has eyes opened to local people in need

A student in the UND Department of Social Work, Anna* signed up to serve on CVIC's crisis line to help prepare her for a future career. She didn't expect to have a world opened up to her in which violence devastates so many lives.

"The majority of the calls I've been taking lately have been sexual assault calls," she said. "I remember thinking when I was taking the crisis line training that this wouldn't really happen here. But it's been kind of shocking to see that in a place as small as Grand Forks that it happens as much as it does."

Anna completed CVIC's 24-hour crisis line training in June and began taking crisis line calls in the evenings and on weekends, carrying a cell phone connected to CVIC's answering service. The service contacts Anna when a call comes in, and she then returns the call, first pulling out an informational binder.

"The binder is a life-saver," she said, providing information on services, protection orders, laws and local resources that she provides to callers as needed. "And there's always a staff person on back-up, so you don't feel like you're all alone."

After helping many individuals harmed by domestic or sexual violence, Anna said volunteering has impacted her life.

"It makes me happy that I've made some kind of difference, providing something that can help them really change their lives," she said.

Anna's service to CVIC comes with a bonus: For every 25 hours she contributes on the crisis line, her employer, Sam's Club of Grand Forks, donates \$250, up to \$1,000 in a year.

"Sam's Club likes to give back," she said. "I'm glad that this money can make a difference in some way."

* CVIC does not publish surnames of crisis line volunteers.

make a lasting impact on our community

Ways to get involved with CVIC

Break the Silence Tours

Attend a free Break the Silence Tour, a one-hour educational tour that provides information on local violence and a firsthand view of CVIC's work to end violence in our community.

Ambassadors

Serve as a CVIC ambassador, inviting friends to our Break the Silence Tours and other events and educating community members about our mission and services.

Tour and Table Captains

Serve as a tour and table captain for our annual Rise and Shine for Peace Breakfast each May. Table captains invite people to fill a table of 10 and encourage their guests to attend a Break the Silence Tour prior to our free breakfast event.

Crisis Line Volunteers

Crisis line volunteers carry a cell phone and answer calls after office hours on our 24-hour crisis line, providing emotional support and referrals, meeting with victims in the emergency room or contacting law enforcement. A staff member is available by phone to answer questions. A 24-hour training program is provided in the spring and fall.

Host a Fundraiser

Coordinate a fundraiser on CVIC's behalf, such as a benefit concert, shower for our shelter, bake sale, raffle, tournament or other activity.

Financially Support our Services

- **Dream Maker Society:** Join our multi-year giving society to build a stronger foundation for our programs. Giving levels include Building Hope (\$1,000 a year for 5 years), Creating Dreams (\$10,000 a year for 5 years), and Changing Lives (\$25,000 a year for 5 years).
- **CVIC's Endowment:** Make an endowment gift. See information on the new ND tax credit on Page 3, as well as CVIC's website for information on our endowment options: www.cviconline.org.
- **Give as you are able:** Give at any level, by credit card, cash, check or automatic monthly withdrawal from your checking account.

To find out more about getting involved with CVIC, contact Edie Dahlen at edie@cviconline.org or 746-0405.

LAURA NASH
Director of Victim Services



CVIC volunteers, staff and supporters help to change lives of many

As I review grants from my cluttered but cozy office at CVIC, I find I'm a step removed from the day-to-day realities of the direct service world. Words like "trauma reactions" and "nights spent homeless" are phrases we use, but they really don't convey the pain, turmoil, and despair that go along with those experiences.

Sometimes it's hard to "let in" that kind of suffering. We don't want to picture our own child hiding under the covers, terrified by the screams from the other room, don't want to imagine the physical pain that a crushed orbital bone would cause, or consider what it would be like to be penniless, trying to leave a relationship that destroyed every ounce of self worth we once had.

At a recent child abuse training, the presenter responded to a comment that the previous hour was "a little depressing." His answer: "Of course it's depressing, we're talking about child abuse and neglect!"

I was again reminded of how dark and hopeless violence can be for so many in our community. But for our staff and volunteers who work on the front lines each day, hope comes in small doses. They feel it when they help lift the guilt and shame a victim wrongfully carries, when they offer options to someone who previously believed there were none, or provide a peaceful night's sleep in a safe space.

To all of our staff, volunteers and supporters: Thank you for your willingness to "let in" the suffering right here in our community, whether you work directly with clients or support us in another way. You help to change lives – and make an impact on our community that lasts forever.

Dr. Sens named 2011 Peacemaker

Dr. Mary Ann Sens of Grand Forks is the esteemed winner of the 2011 Peacemaker Award, given annually by CVIC to honor those who make an exceptional impact on the community's efforts to end violence.

"This is one of the highest honors I've ever received," Sens said.

Sens, a forensic pathologist, coroner and medical examiner, was instrumental in introducing a full week of domestic violence education provided annually for UND medical students.

"All my life I've seen the awful outcomes of interpersonal violence. I've autopsied the women who were shot, and partners whose lives were destroyed," Sens said. "I've always felt that there was more that medicine should be doing about violence."

Partnering with CVIC and other physicians, Sens developed a curriculum involving case scenarios that teach future physicians how to screen for and treat cases of child abuse, domestic violence and

elder abuse – not an easy endeavor, as most victims do not initially disclose the violence, which often is the primary cause of their health condition.

"If physicians don't ask if they are safe in their relationship, they're not doing a service to their patients," she said.

Sens also works with CVIC to bring in survivors to share their experiences, saying that "students consider that one of the highlights of their medical education."

Perhaps most rewarding, she said, is that some students phone her later to tell her, "I just wanted to let you know that your training has made me a better doctor."

Sens also helps CVIC on a very personal level, providing school clothes and supplies to the children of clients in need.

"Dr. Sens demonstrates true compassion and boundless generosity time and time again," CVIC Executive Director Kristi Hall-Jiran said. "We are deeply blessed that she is a part of our work at CVIC."



Dr. Mary Ann Sens is awarded CVIC's Peacemaker Award for her efforts in educating medical students and helping those in need.

Attorney Clune speaks at Take Back Night Rally

John Clune, an attorney for the victim in the Kobe Bryant sexual assault case in 2003, told individuals gathered for the October 6 Take Back the Night Rally on the UND campus that sexual violence is akin to thievery.

Clune described the story of an 8-year-old girl who, after being sexually assaulted by a family friend, was having nightmares and difficulty coping. The girl had something taken from her that can never be given back to her, he said. The assailant stole something from her that was not his to take.

Clune, who was sponsored by the UND Women's Center and CVIC in partnership with Verizon, devotes his entire practice to representing victims of violent crime, serving as the attorney for the Victim Justice law firm of Denver, specializing in victims' rights and representation.

The Take Back the Night Rally and subsequent march were part of Domestic Violence Awareness Month activities in October.



Clune

Verizon partners with CVIC to offer Domestic Violence Awareness Month activities

CVIC thanks the Verizon HopeLine Project for helping to sponsor Domestic Violence Awareness Month activities in October. The UND Women's Center also sponsored activities to raise awareness of domestic violence. The month's activities included:



Take Back the Night Rally and March

The rally on the UND campus featured Attorney John Clune (see article at left).

Clothesline Project

The 17th Annual Clothesline Project involved a stunning display of hundreds of colorful T-shirts designed by adults and children who have been harmed by violence.

Flag Display

More than 1,400 flags were on display on the lawn of the Grand Forks Police Department, representing the clients served by CVIC last year.



Rydell donates car show proceeds to help CVIC families

Rydell Chevrolet Buick GMC Cadillac of Grand Forks matched the proceeds generated from the 6th Annual Rydell Car and Bike Show and Charity Benefit and donated \$44,000 to CVIC to help local families in need.

"We are amazed at this incredible gift and are so appreciative of Rydell and all its employees," CVIC Executive Director Kristi Hall-Jiran said. "The car show was a great event and, with this support, we will be able to help so many families who are struggling more than ever this year."

The benefit featured cars, trucks and motorcycles of all kinds, as well as music by local bands, drum lines, kids' inflatables and face painting, silent and live auctions, and other activities.



Above: Brian Michaels of Leighton Broadcasting's Lite Rock 104.3 interviews Brian Rydell of Rydell Chevrolet Buick GMC Cadillac in Grand Forks at the 6th annual Rydell Car and Bike Show in September.

Left: Some of the many cars and motorcycles featured at the show.

Hundreds pay tribute to Judd Sondreal in July golf tournament

The Judd Sondreal Memorial Golf Tournament in July involved hundreds of community members coming out to honor their friend and loved one, Judd Sondreal, a former CVIC board member and supporter. The event raised \$25,000 to support critical CVIC services.

"This tournament was a wonderful tribute to our friend, Judd, who will remain forever in our minds and hearts," CVIC Board Member Randy Boettner said. "Judd cared deeply for every person served by CVIC, and he generously shared his time and resources to make a difference. The golf tournament is one more way that his spirit lives on through his friends and family to help those in need."

The many tournament sponsors will be featured in our next newsletter. Mark your calendars for the next tournament on July 23, 2012!



Above: Annaka Sondreal, Brittany Ring and Lisa Sondreal, the late Judd Sondreal's daughters and wife, participate in the Judd Sondreal Memorial Golf Tournament last July.

Right: Judd McKinnon and Jim Sondreal ride to their next hole in the tournament.



VIOLENCE through the eyes of a child

Grand Forks girl stands watch to protect her parent from abuse

"Dad pushed Mom and said, 'You're stupid.' My mom is crying. My dad is smiling because he enjoys it. He leaves bruises on Mom's legs, arms and neck."



"I sit and watch. I tell him to 'Stop it!' but he never listens to me."



Amanda's story

"Amanda," 9, started meeting with our child therapist, Therese, at her school each week after her mom got a court order to protect them from Amanda's dad.

Amanda said that, rather than hiding when the violence erupted at home, she thought it was her responsibility to watch her dad beat up her mom so someone could tell the truth to law enforcement. She said her dad lied about what happened, saying he "even lied to the police" about pushing her mom. So she watched time after time, powerless to stop the violence, yet trying to help in the only way she knew.

While in play therapy with our Bright Futures Program, Amanda drew green marks on her mom (above left), explaining that her father left bruises on her mom that turned green. And she drew herself sitting at the kitchen table (above right), telling her dad to stop.

Amanda came well prepared for every session with Therese. She wrote in her journal and shared her "bad memories." She went through each memory, which she had written on tiny pieces of paper hidden in the pocket of her journal. After sharing them, she ripped up the paper and asked Therese to take them to the office and shred them.

Over time, Amanda learned it wasn't up to her to stop her

dad's violence, and she began to heal, learning healthy ways to cope with what she saw at home, while her mom received help through CVIC's Light of Hope Program.

CVIC's Bright Futures Program

Children growing up in violent homes often feel isolated and alone, telling no one what they have seen. Bright Futures offers kids a safe place to talk about their fears, creating a sense of community among children who often feel like misfits. Bright Futures offers the following services:

- Crisis counseling to alleviate children's immediate fears, often meeting with them at CVIC's Light of Hope Shelter.
- Individual counseling to address the unique needs of each child, including play therapy and trauma-focused therapy.
- Group counseling for young children, as well as a SPARCS group that helps teens find the spark of light within themselves and equips them with tools to overcome the trauma. Children and youth have told us:
 - "Some things are really private but I can talk about them here."
 - "I feel calmer after we meet and talk about the things that stress me out."
 - "I didn't think it would help to meet with you but it does."
 - "I trust you."

GUEST COLUMN

Marcia Kelley, CVIC Board Member



Continued from Page 1

his age. A birthday comes only once a year, and that's a long time when you've only had 10 birthdays in your whole life.

Tucker already recognizes what it takes many people decades to understand: that each one of us can make a difference, even in a small way. Tucker thought not of

himself, but of others, and the others about whom he cared were children he had never met.

I suspect that his parents also must have "gotten it," about how important walking the walk is in bringing up children. I wondered how many compassionate acts of generosity Tucker had witnessed that helped him understand of the joy of giving.

On the heels of the story of Tucker, came an opportunity to hear a remarkable man speak. Dr. James Orbinski, who accepted the Nobel Peace Prize for the work of Doctors Without Borders, was invited to UND by the Honors program a few weeks ago.

Dr. Orbinski, in his humanitarian medical work all over the world, has witnessed grievous suffering caused by genocide, crimes against humanity, starvation, and tragedies of war and nature. Nonetheless, he kept going back when called upon.

Dr. Orbinski said that he firmly believes that no matter how terrible a situation is, there is always something, even though it might be very small, that can be done to make a difference. He believes that finding and doing even that one small thing is meaningful in the face of human tragedy. Dr. Orbinski disclosed that it is this that has given him a sense of hope in the face of such human tragedy.

The other extraordinary contribution I learned of in the last few weeks was of Mary Ann Sens' quiet assistance to CVIC over many years in many ways, including substantial financial contributions. Mary Ann teaches at the UND Medical School and helped to institute more training for medical students about the result of violence.

What touched me most, however, was learning that Mary Ann checks in with CVIC frequently to see if there are any small needs of the clients that are going unmet. She has given children school supplies, warm clothing, things to make a holiday in the shelter more comforting, to name just a few of the "small things" she provides that mean the world to a child or parent.

Yes, small things matter. When we see people with such great need in our community, we should know that it is often the small thing that each of us does that makes a difference and contributes to the dignity of another person.

The unanticipated benefit is when we help each other, we contribute to our own human dignity as well. Tucker understood this beyond his years.

CVIC welcomes two new members to its board

CVIC welcomed two new members to its 12-member board of directors this month.

Dr. Darla Adams, Director of the Nursing Anesthesia Program at the UND College of Nursing, and Dr. Linda Neuerburg, Assistant Director of the UND American Indian Student Services, were elected to serve three-year terms.

"We are thrilled that both of these distinguished women are joining our board of directors," CVIC Executive Director Kristi Hall-Jiran said. "They will bring a wealth of experience and knowledge to the work we do at CVIC."

Adams and Neuerburg replace outgoing board members, the Rev. David Eppelsheimer, who recently moved out of the area, and Dr. Joanne Gaul, who served as a member of CVIC's board of directors since 2006.

"We are so grateful for the amazing contributions of both David and Joanne," Hall-Jiran said. "Their insights, experience and assistance will sorely be missed."



Adams



Neuerburg



Eppelsheimer



Gaul



Tucker's gift

Continued from Page 1

go outside and go sledding because they don't have a coat or sled. It feels really good knowing that other kids will stay warm."

The children who were the recipients of Tucker's generosity were delighted with their presents. One mother, who was in tears when she found out that her young son's coat was purchased with another boy's birthday gift, said, "You never know how deeply an act of kindness can touch a heart."

Tucker is pretty nonchalant about giving up all of the gifts he could have had at his party. Besides, he said, it actually worked out pretty well for him, too.

"Now I don't have to clean up my room every five minutes with all the toys I would have gotten," he said. "It was more fun this way."

Community Violence Intervention Center
211 S. Fourth St.
Grand Forks, ND 58201

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Newsletter also available in alternative formats.

Would you like to help?

We are in need of many items, small and large, to help us serve community members in need this holiday and throughout the year. If you would like to help, contact Jamie at 746-0405 or jamie@cviconline.org.

OFFICE NEEDS

- New HP Compaq Desktop computers
- 4-drawer file cabinets
- Frequent flyer miles to attend training
- Postage stamps and phone cards
- Copier and laser printer paper (92-96)
- 5160 Avery Labels

CLIENT & SHELTER NEEDS

Bedroom

- Dresser
- Standard bed pillows
- Twin, full and queen mattress pads
- Laundry hampers or baskets

Kitchen/Bath

- Hand towels and wash cloths
- Pots and pans, kitchen utensils, rugs
- Tupperware/Rubbermaid containers
- Bathroom caddies/space savers
- Toilet paper

Outdoor

- Riding lawn mower
- Patio set (table, chairs, umbrella)
- Sand box toys

Other

- Commercial washing machine
- Cell phones
- DVD player
- Baby gate, games and building blocks
- Laundry detergent, fabric softener
- Baby wipes, diapers, formula
- Paper products, sanitary products
- Umbrellas

Join us for a CVIC tour!

We invite you to join the more than 300 community members who have attended one of CVIC's free, one-hour Break the Silence Tours this year! You may be alarmed to hear about local violence and inspired to see the many ways CVIC is working to prevent violence.

Contact Edie Dahlen at 746-0405 or edie@cviconline.org to sign up for a tour:

Dec. 15 at 11 a.m. Jan. 25 at 8 a.m.
Jan. 19 at 11 a.m. Feb. 16 at 11 a.m.

Community Violence Intervention Center

Saving Lives Rebuilding Lives Ending Violence

CRISIS LINES

24-Hour Line: (701) 746-8900
Toll Free: (866) 746-8900

OFFICE LINES

Main Office: (701) 746-0405
ND TTY: (800) 366-6888
Kids First: (701) 787-5806

FAX

(701) 746-5918

WEBSITE

www.cviconline.org

E-MAIL

embracepeace@cviconline.org

ADDRESS

211 S. Fourth St., Grand Forks, ND 58201

BOARD OF DIRECTORS

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Randy Boettner, *Custom Aire, Inc.*
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