



A publication of the  
Community Violence  
Intervention Center

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Holiday 2020

Lives of three families  
transformed, thanks to you

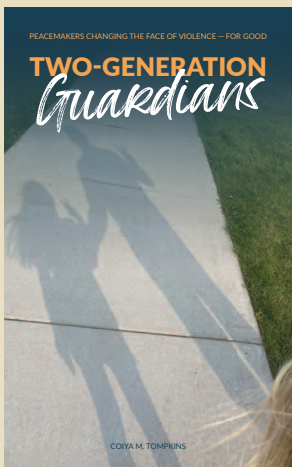
**MORE FAMILIES IN NEED  
& WAYS YOU CAN HELP**

Community members  
making a difference





**Coiya Tompkins**  
PRESIDENT/CEO



*A book commemorating CVIC's 40 years celebrates those who have led and supported CVIC. The book is scheduled for release early next year. You may pre-order your copy for \$20 at [donate.onecause.com/cvic40](https://donate.onecause.com/cvic40). Or contact Jill Proctor at 701-741-5085 or [jill@cviconline.org](mailto:jill@cviconline.org).*

## We need your help, now more than ever

### *Thank you for helping us continue critical services through the pandemic*

Operating an agency for more than four decades has taught our team of nearly 80 about resilience, adversity, creativity and grace. Never has this been more apparent than the past eight months. With your help, our team has been able to remain flexible to accommodate the latest change or challenge initiated by a worldwide pandemic that has impacted many.

Thanks to the kindness of our donors and volunteers as well as the flexibility of our partners, we've been able to adjust the way we deliver our services. These modifications have enabled us to adapt to social distancing and virtual preferences as well as consider the health and safety of visitors and staff, while continuing to respond to critical safety and emergency needs of our clients.

### *Your kindness will last forever*

This year, in addition to compressed violence, our clients are experiencing economic strife like no other time. They are reaching our doorstep with compounded issues of how to make rent payments while also needing assistance for basic needs such as gas or bus tickets and food. Our shelter stays, for instance, are up 35 percent since this time last year. New clients in our Light of Hope program, who often benefit from advocacy and therapy services, are up 3 percent from last year.

If you're one of the donors or volunteers who've raised your hand in support of the nearly 3,000 clients we'll serve this year, thank you! If you've considered giving, we are grateful for every dollar you can share. Your kindness will have lasting impacts on two generations.



## RISING VIOLENCE, STEPS AWAY FROM EVICTION Families are at breaking point

The COVID-19 pandemic has brought many of the families we serve deeper into poverty, at the brink of homelessness. The trends we see are concerning.

- **ESCALATING VIOLENCE:** Clients have survived more violent assaults with severe injuries. Calls for protection orders are increasing, and sexual assaults are up 11%, with 119 people served in the first three quarters of this year.
- **POVERTY & HOMELESSNESS:** More clients have lost jobs and are on the verge of eviction, with no place to go. We've had many, many desperate pleas for financial help with rent, food, childcare, utilities and emergency expenses.
- **LONGER SHELTER STAYS:** Families are staying 35% more nights because they can't afford to leave. Staff have set up a free clothing "store" in the shelter basement to help clients who come to us with nothing but the clothes on their back.

## CVIC faces funding gap

The pandemic has created a gap of over \$200,000 toward our fundraising goals as we had to cancel special events and incurred costs to provide tele-health services and meet crisis needs. Even some of our faithful supporters have fallen on hard times, unable to stay current on their pledges. If you are in a position to give more this year, please consider helping to bridge the gap.

*The following pages tell the story of three families who made it through, all because you cared and gave what you could to help them survive and even thrive!*

# EVA & HER MOM



## A message to you, our CVIC supporters: *'I don't have words to describe what you've done for our family.'*

Eva and her mom couldn't live with Eva's dad anymore because he would hurt her mom. But Eva missed her dad and wanted to see him, even though it was stressful when they'd meet to exchange her.

"In the past when we didn't have a neutral location, there was a constant traumatic experience," sometimes ending up with "me being yelled at, threatened or assaulted," Eva's mom said. And Eva would "chew her nails to the point they would bleed." Now at CVIC, "she readily gets out of the vehicle, she's happy, she's skipping, she's jumping."

And that means everything. "It very much has reduced a lot of anxiety and fear,

and I always know when I go there, that it's a safe place," Eva's mom said. Eva's exchange between parents is monitored, with no contact at all between Eva's mom and dad.

"I never feel uncomfortable," Eva's mom said. "That is a huge thing that touches my heart because it's not often that I have that, that we have that support as a family."

"The people who support these services, to allow it to be at no cost, should feel far beyond special," she said. "Thank you from the bottom of my heart. I don't have words to describe what you've done for our family."

\* Name, photo and minor details changed to ensure safety.

***Many families like Eva and her mom need supervised child exchanges to stay safe.***

## YOU CAN HELP MORE FAMILIES STAY SAFE

**\$97 will provide a supervised exchange to keep kids safe.**

Give at [cviconline.org](http://cviconline.org) or send in the enclosed envelope with your gift.

# MARY & HER KIDS



## The difference one call can make: safety & a future *'Thank you for helping me leave.'*

Before the officers took her husband away after strangling her in front of her children, they gave her CVIC's number and told her, "Call them. Call them now."

"I was so scared," Mary said. "My husband had told me, 'I'll kill you; I'll take these kids; you'll never make it without me.' I was so scared to call because I didn't think they could help me. But this person I talked to at CVIC said, 'We'll get you out tonight. What do you need right now?'"

That call changed her life. CVIC helped her with a protection order, accompanied her to court and provided legal representation in her divorce, financial assistance with a

deposit for her own apartment, and therapy for her, and soon for her kids, to "deal with the scars left on them" from the abuse.

"I owe everything to CVIC because I would never have been able to do this on my own," she said. "They really helped me realize my worth, and that drove me to keep achieving. Now I feel like a survivor. I'm not a victim at all—I'm a survivor 100 percent." And she's nearly completed a doctorate degree through it all!

To you, our supporters, Mary said, "I'm so grateful and thankful. Thank you for helping me leave."

*\* Name and photo changed to protect confidentiality*

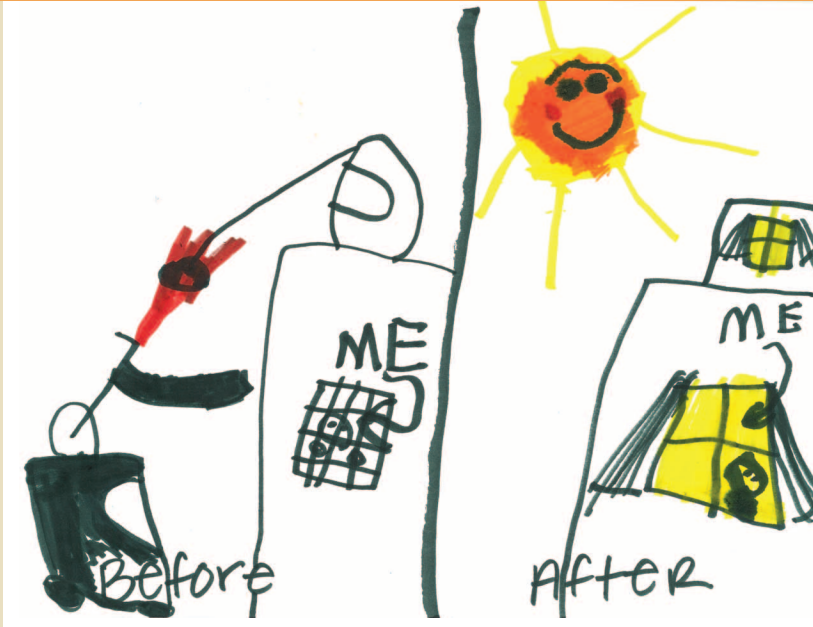
***Many families like Mary and her kids need help getting free and therapy to heal.***

## YOU CAN HELP MARY & HER KIDS THRIVE

**\$219 will provide a session of therapy to help families heal.**

Your generous gift will support the entire mission of CVIC. Thank you!

# JACK



Drawn by Jack\* to show how his life used to feel before shelter: like "being locked up in jail" while his dad was coming after him with a "tank shooting fire."

Now at shelter, Jack said it's like the window is open, the sun is out, and he is happy.

## Thanks to you, 8 year old feels safe for first time

Jack's dad made him scared and confused, yet he longed for his approval more than anything. No matter how hard he tried not to be a "sisy" or a "momma's boy," he couldn't make his dad proud. Jack felt so frustrated, he wanted to pound his fists against something. Like his dad did, against the walls and against his mom.

Then one day, Jack's dad pounded his fists on Jack's body, too, and his mom said they had to stay at a shelter. But Jack didn't know what that was or if he'd like it there.

"When he first got to shelter, he was very angry, yelling at his mom and kicking his siblings," Kelsey, CVIC's family advocate, said. "When I used art to teach the kids

healthy coping skills, his pictures were always very dark and angry."

But it didn't take long for Jack to realize that the shelter offered something he'd never had before: *safety*. The calm, safe environment seemed to transform him, and he began to learn healthy ways to deal with his anger. He now knows the way his dad was behaving isn't the way a father should act.

"I have seen such a change in him. He is happy and laughing and trying his best to control his anger in a healthy way," Kelsey said. "His imagination is back and he can be a kid again!"

\* Name changed to protect confidentiality

***So many other kids are now in Jack's shoes, scared and confused, in desperate need of safety.***

## YOU CAN HELP MORE KIDS FEEL SAFE

**\$125 will provide a night of safe shelter for kids like Jack.**

Give at [cviconline.org](http://cviconline.org) or send in the enclosed envelope with your gift.

Your gift will support the entire mission of CVIC.

# If you are able, will you help us help them?



## 1 JOIN OUR DREAM MAKER SOCIETY & CHANGE LIVES

Our Dream Makers know the healing power of giving. Their generosity has transformed lives dimmed by violence into lives full of promise. In the process, they understand an abiding truth: that giving of themselves is

what makes life worth living. Dream Makers pledge \$1,000 a year or more for five years and bring us closer to the day in which no child will be afraid at home again. We would love to welcome you as a Dream Maker!

## 2 MAKE A GIFT OF ANY AMOUNT AS YOU ARE ABLE

Your gift can provide staff support to comfort a tearful child at shelter while we offer his mom options and guidance, groceries so a child doesn't go hungry, and services such as

supervised exchanges so a child stays safe or a session of therapy to provide relief. Your gift will keep on giving for a family or child in need this holiday season.

## 3 GIVE IN OTHER WAYS TO HELP PEOPLE IN NEED

Here are other ways you can make a difference for families in dire straits. Consider organizing your book club or group to supply items needed by our clients. See our list of client needs at [cviconline.org](http://cviconline.org).

You can even have your order shipped directly to CVIC at 211 S. 4th St. in Grand Forks. Or support CVIC with your Amazon purchases through Amazon Smiles at [smile.amazon.com](http://smile.amazon.com).

*We would love to help you make a gift that is right for you. Please contact Kara Fosse, Senior Director of Development, at [kara@cviconline.org](mailto:kara@cviconline.org) or 218-779-3151. Thank you!*



A CVIC supporter since 2008, Grand Forks County Commissioner Diane Knauf became a Dream Maker Society member in 2018, pledging a major gift over five years because, she said, “We all have a role to play in ending violence.”

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Knauf’s generosity has changed lives! Thanks to her support over the years:

- **30** moms and children have received safe shelter
- **68** local youth have received healthy relationship education toward ending violence once and for all

## Why I give

Diane Knauf has seen the impact of community violence from multiple lenses. What she’s learned as a long-time supporter and volunteer for CVIC, as well as chair of the Grand Forks County Commission, is that violence affects everyone, and “we all have a role to play” in preventing it from happening, she said.

### *Creating change together*

“What I have learned throughout the years is that violence permeates every walk of life, every age group and every corner of our society, from trauma within families to abuse of intimate partners and confrontations in schools and neighborhoods,” Knauf said. “Together, CVIC and residents of our community can make Grand Forks County a place where all children, teens and adults feel safe and are treated with respect and dignity.”

### *Thanks for your support!*

“I couldn’t be prouder of CVIC, and I wish to extend a warm and heartfelt thank you to the CVIC staff, leadership team, their board, numerous organizations and the supporters in our community for their commitment and dedication to CVIC and to our public,” Knauf said. “We are all truly blessed to have CVIC as a resource in our community, for individuals who find they may need their services.”





CVIC staff presents Grand Forks Police Chief Mark Nelson with the 2020 Peacemaker Award for his outstanding commitment to ending local violence. Pictured from left: Vice President of Victim Witness and Visitation Laura Nash Frisch, Vice President of Prevention, Education and Violence Intervention Kari Kerr, Vice President of Safety and Therapy Services Therese Hugg, Chief Mark Nelson, CVIC Board Chair Peter Hoistad, and Director of Community Response Jennifer Albert.

## Nelson honored with 2020 Peacemaker Award

Grand Forks Police Department Chief Mark Nelson has been named the winner of CVIC's 2020 Peacemaker Award for his outstanding commitment to ending violence in Greater Grand Forks. Nelson is a key stakeholder supporting implementation of CVIC programs that improve officer responses to domestic and sexual violence.

Other nominees were Grand Forks County Sheriff Andrew Schneider, Manvel Public Schools Principal Melissa Hiltner and UND Associate Professor Kara Wettersten.

### ***Strong police-CVIC partnership***

"There's commitment from day one (in the department) to understanding how domestic violence impacts our community and how it's not a standalone issue. Building that understanding has made us better

as a department," Nelson said. At national meetings with peers, the strong collaboration between CVIC and the department is often discussed, he said, adding, "I humbly accept this on behalf of my staff."

### ***Virtual rally raises awareness***

Nelson's recognition was announced Oct. 20 at CVIC at UND's Take Back the Night rally, part of the Domestic Violence Awareness Month activities. This year's virtual event may be seen at [cviconline.org](http://cviconline.org).

"Leadership matters and Chief Nelson's leadership and his team's commitment to our mission are unmatched," CVIC President/CEO Coiya Tompkins said. "We're grateful for the expertise of the chief and his team, which enables more victims to reach vital safety and healing services sooner."



Peter Hoistad  
Chair, Board of Directors

## MEET CVIC'S BOARD

While members of CVIC's board of directors have diverse backgrounds (education, law enforcement, healthcare, banking, law and business) one thing remains the same: their passion for CVIC and the clients we serve.

We extend our sincere gratitude to members who have recently left the board: Darla Adams, Randy Boettner, Dominique Buchholz and Linda Neuerburg! Below and at right are our current board members and why they care so much about the people we serve.

**Catherine Gillach**  
Assistant Superintendent of  
Secondary Education  
Grand Forks Public Schools

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*"CVIC's work aligns with my core belief that we are put on this earth to serve and make life better for others, and to leave the world in a better place than when we entered. I am proud of CVIC's team for its life-changing services."*

**Yvonne Griffin**  
Author, Advocate

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*"I want people to know they're not alone and they aren't the only ones to have gone through this. If I can stand for someone and give them hope and courage and be able to speak to them, that's my purpose."*

**Jody Hodgson**  
General Manager  
Ralph Engelstad Arena

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*"I was drawn to CVIC because of my desire to help vulnerable children from becoming victims of child abuse or neglect. My goal is to support CVIC in providing the foundation for every child, family and individual in our community to follow their own path to a successful, happy and healthy life."*

**Peter Hoistad**  
Retired, Shareholder  
Brady Martz & Associates P.C.

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*"Some of the most impactful messages I have heard have come from our clients who are through the transition and offer such hope to those who are on the journey to freedom and peace."*

## Will Kusler

Location Manager  
Markit County Grain, LLC

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*"My wife, Stacy, and I support CVIC because we feel responsible to this community and we want to take care of it. CVIC provides a place for kids and families to have an opportunity to make their lives better."*

## Becky Mindeman

Senior Vice President of Retail Banking  
Gate City Bank

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*"We support Green Dot (violence prevention program) and CVIC because we believe our community deserves to live without violence. Giving back to the community means everything to us, and we believe CVIC's mission will benefit clients in their time of need and help our community see a better future."*

## Eric Plummer

Associate Vice President of Public Safety & Chief of Police  
University of North Dakota

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*"The only way you can help your community is to be engaged and involved, especially in the support services aspect. That's why I like getting involved with CVIC. I enjoy seeing how my contributions better our community through support of services that directly impact clients. CVIC is an organization that does an excellent job of this."*

## Kristen Price

Vice President  
McFarlane Mechanical Contractors

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*"My husband, Mitch, and I have supported CVIC because CVIC helps people who've lost hope. It's important to us to take care of our community and stop the cycle for other generations."*

## Mac Schneider

Owner  
Schneider Law Firm

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*"It has been a real honor to be a very small part of an organization that has saved and transformed so many lives in the Grand Forks community over the decades. The results that our talented staff deliver for families in need every day make CVIC such a special and effective organization."*

## Jodi Sorum

Director of Oncology, Clinical Services & Hospitalist Program  
Altru Health System

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*"I've been engaged with CVIC even before I became a board member as I believe in the mission and values of the organization. I have a strong passion for helping our community, neighbors and friends, and being free from violence."*

## Kyle Thorson

Owner  
Archives Coffee House

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*"I got involved with CVIC because I know violence is preventable, and it has a real face in our community. My heart is crushed when I hear another story and I can't imagine not being involved, volunteering and supporting such a great organization. The vision of eliminating violence in two generations is powerful and possible. I am so grateful to be a part of it however I can."*

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

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## Community acts to prevent violence

Gate City Bank and Altru Health System are key partners in advancing Green Dot, a bystander intervention program. Now, through training, more people are making choices (green dots) to make our community safer:

- "I talked to a friend about the warning signs of an abusive relationship."
- "I had a conversation with my family about violence prevention."
- "I saw a man pushing drinks on an intoxicated woman so I stepped in and got her water and made sure she had a safe ride home."

## CVIC boosts trauma response in GGF

With generous grant funding, CVIC hosted several trainings on evidence-based therapies for over 30 local professionals this year to increase our community's capacity to serve people experiencing trauma and reduce its long-term impact, as part of our Safer Tomorrows Project to end local violence

Two trainings focused on school interventions, including one for elementary students exposed to traumatic events, meeting a great need for more services for children.

Clinicians were overwhelmingly positive, saying, "I am very thankful for this opportunity and excited to start providing this evidence-based intervention for kids who might not otherwise receive it."

### 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

### ADDRESS

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

### WEBSITE

[www.cviconline.org](http://www.cviconline.org)

### E-MAIL

[contactcvic@cviconline.org](mailto:contactcvic@cviconline.org)



### BOARD OF DIRECTORS

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