




A publication of the Community Violence Intervention Center

A photograph of a man and a young child in a snowy environment. The man, in the foreground, has a beard and is wearing a grey knit beanie, looking up and smiling. The child, behind him, is wearing a red knit hat with a pom-pom and a grey snowsuit, also looking up. Snowflakes are falling around them.

You can
*make wishes
come true*
for families in need

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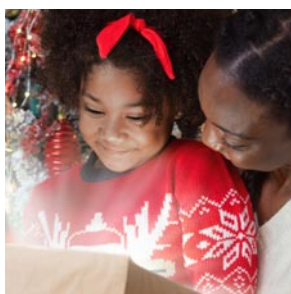


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CVIC does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin, disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, staffing, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all.

Rejoicing in the generosity you've shown in 2021



Coiya Tompkins
President/CEO

In the true volunteer spirit that continues to grow with our longstanding signature fundraising event, more than 550 of you set an agency record for attendance, joining us for the Judd Sondreal Memorial Rise and Shine for Peace breakfast.

Nearly half who attended the September event support area families and our work to end interpersonal violence in two generations. With a goal to raise \$350,000 in gifts and pledges, you knew that wasn't enough and catapulted us to more than \$528,000.

With a renewed sense of urgency following a year of ebbs and flows brought on by the pandemic, our families need you more than ever. Many clients

come to us after significant journeys, worn and tired. Your generosity provides an opportunity for them to begin rebuilding their lives and start a new journey, free from violence. That rebuilding often includes post-emergency services such as therapy, housing assistance and other advocacy needs that are often more necessary following the onset of crisis. Your support will help us reach families who need additional post-crisis support and reassurance.

Audacious goals, like our vision to end interpersonal violence in two generations, require ambitious investments. Your support enables us to continue not only impacting individual families but entire communities. When you invest in two generations, you help address violence challenges for today as well as prevention for families in the future. Your gift, in any form, enables CVIC's team to create an environment where individuals find resilience, families strengthen and communities ultimately thrive.

Thank you, as always, for the support and care you invest in both our team, as well as the families we are so fortunate to serve.

With Gratitude,

Coiya M. Tompkins
President/CEO



Sponsors "make it
their business,"
support signature
fundraising event

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RISE & SHINE LEVEL



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Zimney Foster

You can

make wishes come true
this holiday

Families we serve each day at CVIC wish for more than toys and treats during the holidays. They wish for safety, stability, and peace. You can help their wishes come true. Will you consider making a gift to help a family over the holidays and provide life-giving support to answer their wishes?



Carrie's wish: **Overcoming fear**

Sometimes, the fear of the unknown is scarier than staying. But Carrie* knew she had to get her children to safety, even though she feared she could end up homeless and alone.

After another night of physical and emotional abuse at the hands of her partner, in the dark of night she fled to CVIC's shelter. And there, **she found guardians who lifted her and her youngsters into a safe, permanent home.**

From shelter she entered our transitional housing programming. Carrie had a job and worked as much as she could, but with no credit history, a minimum-wage job, and daycare expenses, the support she received from CVIC for rent and utility deposits was a blessing. Without it, she would have had nowhere else to go.

It's what came next that really made the difference for Carrie and her children. Through our transitional housing program, CVIC's advocate became Carrie's champion and mentor.

Because of generous donors and funders, we could help Carrie with some groceries and food program assistance, daycare expenses, and household furnishings while she began to build her budget. Transportation was often her biggest barrier. Some days Carrie walked more than a half mile from the bus stop, with her children in tow in 20-below weather, to bring them to daycare before a long day of work. We helped her formulate a plan and begin to save for her own vehicle.

In the meantime, we took her to some medical appointments, needed to heal from the physical and emotional abuse she'd endured. We also connected Carrie to a CVIC youth therapist so her children could begin to heal from their trauma due to the violence they witnessed.

"I feel like I am being given a gift and will make the most of things," she said.

*Carrie's story is a depiction of actual client experiences.

You can help Carrie overcome barriers.

Your **\$35** gift will provide emergency assistance for basic needs we take for granted.

\$377 will provide a session of expert trauma therapy for a child.

*"We are sometimes the first person who says,
'I believe you. You can do this.'"*

Everyone's wish: **Calm in crisis**

When their lives are literally on the line, so is CVIC's team of on-call advocates answering calls of desperation and fear 24 hours a day, seven days a week.

Sometimes the caller is being chased at the moment they're calling. Other times, a late-night call is unfortunately reported on the front page of the newspaper.

Other times, they are terrified, in the emergency room after being sexually assaulted. We meet them there, **hold their hand and provide emotional support** while they receive medical care and decide if they'll file a police report.

And then there are the callers who just need a comforting voice after something triggers a painful memory.

"People don't understand the amount of violence and hurt that goes through CVIC," says Amber, an on-call advocate.

Hundreds of calls every year come through CVIC's crisis line. This year, there's been a 35 percent increase in calls after an eerie silence during last year's pandemic shut-down.

Many of those calming voices who answer calls in crisis channel their own experiences. "I've been that wife and girlfriend," said Allison, an on-call advocate. "Now, I'm in a position to help others."

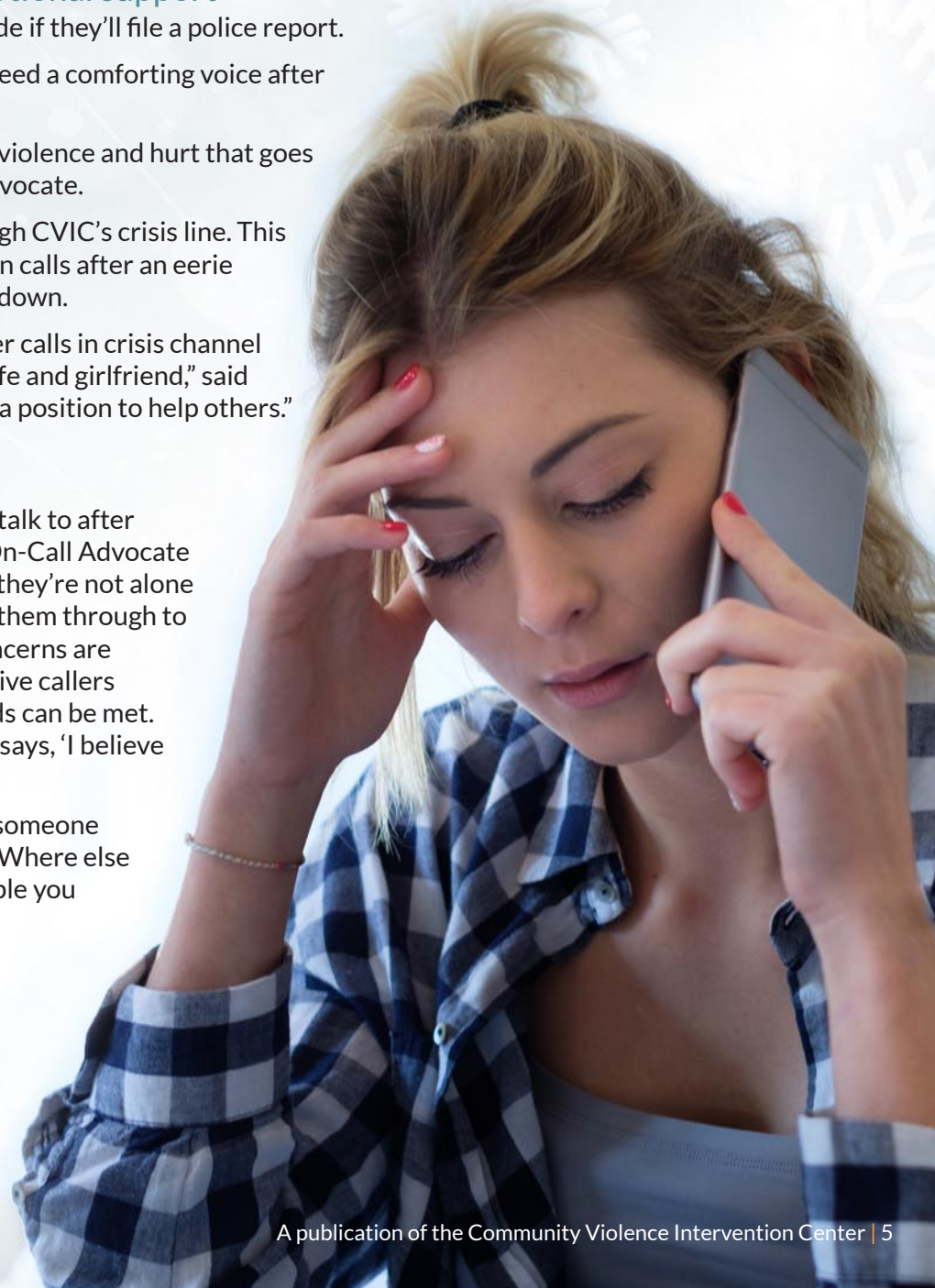
ONE STEP AT A TIME

"Sometimes we are the first person they talk to after something terrible has happened," said On-Call Advocate Becca. "I have to stay calm so they know they're not alone and help them take the next steps to get them through to the next day." After immediate safety concerns are addressed, advocates do all they can to give callers resources to help ensure their basic needs can be met. "We are sometimes the first person who says, 'I believe you. You can do this.'"

"We are ALL wrapping our arms around someone who experiences violence," said Amber. "Where else will someone in pain have a cadre of people you don't know ready to give support?"

**You can ensure the cries
for help are answered
day and night.**

Your **\$70** gift will ensure a call
for help is answered.



"I didn't think my reactions were having such an impact on my children ...They deserve better than that."



Robert's wish: **Choices for children**

Robert* knows the choices he made hurt others. Heated arguments with his partner would escalate to full blown physical fights.

When he walked into CVIC's domestic violence intervention program, New Choices, he knew he needed help making new choices.

"I wasn't taking responsibility for my actions or taking into consideration the fact it was not only affecting my partner and I, but they were having a major effect on my children as well," he said.

Through New Choices, hundreds of children have a chance to grow up in a safer home.

"If we are truly going to end interpersonal violence," says Director of Violence Intervention Taylor Sorensen, "we have to help the whole family, including those who use violence." Often, she says, those individuals have experienced violence and carry related trauma with them into the six month program. "It's not an excuse for them, but their own exposure is part of the equation. To end generational violence, we have to help those who use violence make new choices."

Last year, participants in the program were parents to 322 children. "The lifelong impact of this program is tremendous for those youngsters," she said.

CVIC tracks 911 calls regarding participants in the program for two years after they complete classes and report a 74 percent decrease in law enforcement calls to their homes.

"I didn't think my reactions were having such an impact on my children and I don't want them thinking it is okay to treat people this way because they have seen me set the example," said Robert. "They deserve better than that."

**Name, photo changed*

You can help children grow up in a safe home.

\$58 will provide one session of transformational education for an adult like Robert to make new choices for his family.

\$377 will provide a child exposed to violence at home with a session of expert trauma therapy to help heal.

*"It just takes one person to change
your perspective on things."*

Tori's wish: **Be the change**

Tori* has been receiving therapy and supportive services from CVIC since she was a teenager, after she was sexually assaulted. "I didn't ever feel ashamed going there," she says about CVIC.

She grew up in a home where abuse was normal. "We never knew what to expect." Happy childhood memories are hard to recall. Instead, her memories include barricading herself in her bedroom while violence erupted below her and being yelled at and told, "You're never going to make anything of yourself."

As a young adult, she escaped home into a relationship that, she says, ended up being one of the worst decisions she made. For two years, she endured emotional and physical abuse - manipulation and control, stalking, sexual assault, and strangulation.

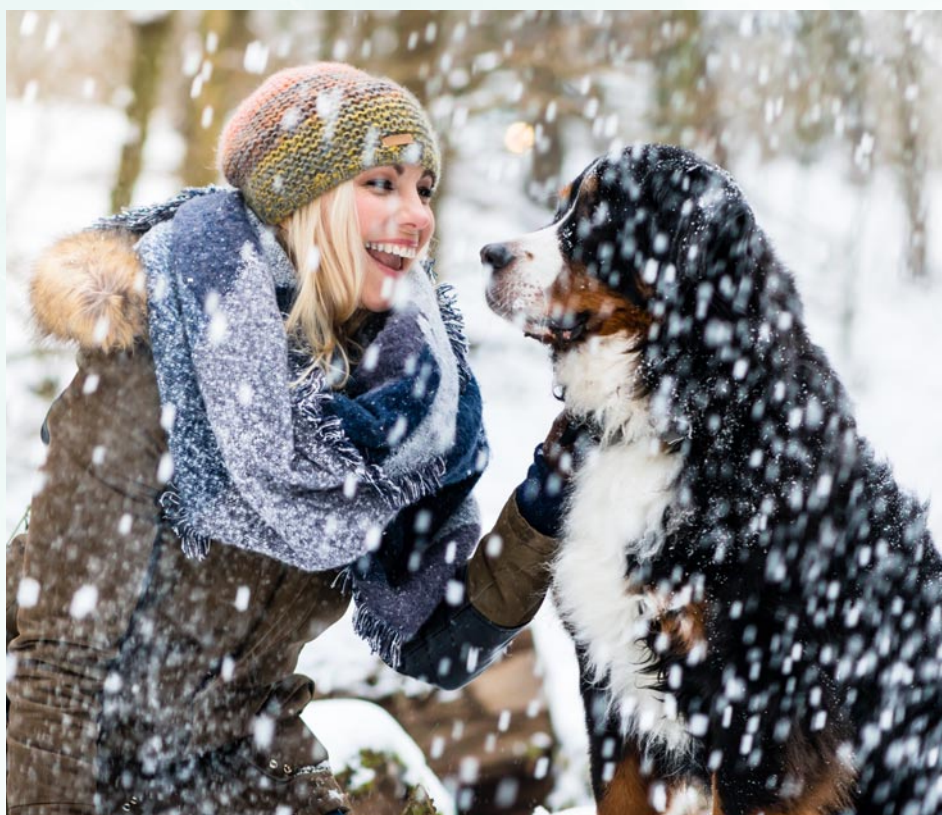
Despite the turmoil she came home to every day, Tori was determined to prove everyone wrong and earn her college degree. Growing up, people around her thought she was the delinquent, she says.

A CVIC advocate was the only one who believed her. "From that moment on, I admired her for being that voice for me. It made me want to do the same thing for others in the future. It just takes one person to change your perspective on things. If I didn't have her at that time, where would I be now?"

Today, she's happy and good days outweigh the bad. "I don't feel scared to wake up in the morning. I feel I'm going to be able to achieve my goals and dreams and make a difference in peoples' lives. I'm happy to be out of that situation knowing I'm doing better for myself."

She credits therapy from CVIC for helping her learn how to develop healthy relationships when she's ready to start dating again.

"I don't want to end up with someone like my dad or grandpa. I saw the way they treated my mom and grandma. I don't want that for me and my kids. **I want to be the one who makes that change.**"



Make Tori's wish come true.

Your **\$70** gift will ensure a call for help is answered.

\$327 will support a session of trauma-informed therapy for an adult impacted by violence.

*Name, photo, minor details changed to protect confidentiality.



Program honored with NDANO award

CVIC's Coordinated Community Response Program (CCR) is the 2021 recipient of the North Dakota Association of Nonprofit Organizations (NDANO) Partnership Building Award.

The award is presented to a nonprofit, for-profit business, government agency, or educational institution that has demonstrated community leadership and built partnerships within the North Dakota nonprofit sector.

"Our community partnerships set us apart from other similar organizations and are truly making an impact in our efforts to end violence," said Director of Community Response Jennifer Albert. "We are so fortunate at CVIC and in greater Grand Forks to share common goals and a vision for getting there. Being recognized for this collaborative effort is exciting and humbling."

The CCR Program has partnered with law enforcement for more than 25 years to elevate their response to domestic violence and sexual assault reports. The partnership has improved service to victims and provided education and training to the community.

In 2019, 79 percent of victims of domestic and sexual violence were referred to CVIC by first responders. Prior to implementation of the Lethality Assessment Protocol screenings, only 43 percent of victims referred actually received services. Thanks to this partnership, since 2016 more than 500 people have been screened by law enforcement and identified at risk of high lethality with 200 accessing CVIC services for the first time.



Larson joins board, 2021-22 leadership named



Meredith Larson, attorney with Vogel Law Firm, has been appointed to the CVIC Board of Directors.

Larson helped draft the Benchbook on Domestic Violence for the North Dakota Judiciary. She also presents locally, regionally and

nationally on the prosecution of domestic violence and crimes against women and children, and was appointed by Governor Doug Burgum to serve on the STOP Violence Against Women Grant Committee.

"A domestic violence and sexual assault expert, as well as an individual with personal passion for these core violence issues, Meredith brings a wealth of experience to our board and dedication to impacting the lives of every individual impacted by violence," said Coiya Tompkins, president/CEO.

Jody Hodgson, general manager of the Ralph Engelstad Arena, serves as chair and Jodi Sorum, a retired health care professional, is vice chair for the 2021-22 term.

Road Map travels to Utah

CVIC's Safer Tomorrows Road Map (STR) opened the 2021 Uintah Basin Domestic Violence Conference in October.

Vice Presidents Therese Hugg and Laura Nash Frisch, who helped author the STR, impressed the 140 attendees with CVIC's comprehensive approach to end interpersonal violence.

"The STR is a plan that can be replicated in any community with the right combination of partnerships, commitment, and community support," said Frisch. "If we can help get other communities started to develop their own road map, imagine the reach we can have."



Gereszek named 2021 Peacemaker



Sarah Gereszek, assistant state's attorney with Grand Forks County, has been named the 2021 recipient of CVIC's annual Peacemaker Award.

Gereszek is part of the personal crimes team where she works to uphold the safety of people harmed in some of the most dangerous cases of domestic violence.

"Time and time again, our clients express that they feel Sarah hears and cares for them at perhaps the most vulnerable time in their lives," said Coiya Tompkins, president/CEO. "We are grateful to Sarah for her compassionate work to make our community a safer place to live."

Gereszek continues to show a commitment to offender accountability as well as victim safety, often representing the state at Domestic Violence Court hearings and provides balanced and objective support to all individuals involved.

"I am honored and humbled," Gereszek said. "I couldn't accomplish what I have if it wasn't for the amazing law enforcement officers who I get to work these types of cases with and the awesome CVIC team of advocates and those from New Choices (domestic violence intervention). Knowing that CVIC has so many resources and ways to help individuals affected by domestic violence provides me with tools to help others."

DV Court completes 3rd year

Since launching as a pilot project in August 2018, the Grand Forks County Domestic Violence (DV) Court has held 1,293 hearings by case. Since it launched, these cases have involved 321 men and women.

Coordinated by CVIC, DV Court monitors people convicted of domestic violence related charges after conviction, checking sentencing compliance, to include assessments and programming, throughout their probationary period.

DV Court has led to a growth in CVIC's domestic violence intervention program, New Choices. After the Court's first year, the number served in the program jumped 52% and the number of people completing it increased 177%. New Choices programming is required for those in Domestic Violence Court.

The Court is setting the pace for others around the country and being recognized by regional and national peers for its innovation and effectiveness. Grand Forks County State's Attorney Haley Wamstad is a huge supporter of the program. "Due to the number of agencies and professionals involved and the built-in time on the court's calendar, the court is able to quickly address any problems and get the offenders back on track with their programming and other conditions of their judgement," she said.

Burmeister receives Changemaker award



Tyler Burmeister has been named the inaugural UND Changemaker by CVIC at UND.

The award recognizes individuals on the UND campus who are creating a positive change to end dating and domestic violence and sexual assault. Burmeister ensures

student-athletes receive violence prevention and healthy relationship education and become more involved in efforts to raise awareness about its impacts, according to Allison Burkman, campus prevention and education specialist for CVIC. "We are so appreciative to have Tyler working alongside us," she said.

"It's a tremendous honor to be named the recipient of the UND Changemaker Award. I am proud of the collaboration between athletics and CVIC at UND and the educational programming we are able to provide UND student-athletes to help advocate for a safe campus environment," said Burmeister, director of student-athlete development.

The award was presented in October during the Take Back the Night rally, an annual event held during Domestic Violence Awareness Month.



Two-Generation Guardian gives to empower others

Anne Zimmer, owner of Avant Hair & Skin Care Studio, built a brand and business on a dream and a commitment that every young woman deserves to know her worth.

"I knew early on when I started my business that I needed to give back to my community, to support those that were going to support me, my team, my Avant," Zimmer said. "It's just part of who we are. I care very deeply about helping women, particularly young women to know and find their passion and purpose."

Personal experience

As a young girl and teenager, Zimmer was painfully shy. She credits part of that to a childhood that "created fear in me," she said.

"Fear of my father, who was a good father, loving and kind most of the time. But then there were the explosions, mostly toward my mother. I grew up afraid of men, afraid that I might get hit, afraid that I might be sexually abused. I watched my mother give in and do anything to calm that outburst, that anger from my father. I knew that I never wanted to live this way.

"I think most parents do the best they can. I didn't realize until years later that my shyness and fear of men probably had a lot to do with what was going on at home; not wanting to create a reason for my dad to explode," Zimmer said.

'Education is key'

Years later, Zimmer is grateful for CVIC's educational efforts which are designed to educate

both survivors of violence as well as those who use violence.

"Education is key for all of us," Zimmer said. "I love what CVIC does with young men and athletes to teach them about how society views women and how we all play a role in changing that view. If we're going to solve this generational issue, education is key."


Zimmer, who's given to CVIC for almost two decades, encourages every business owner and anyone with families to consider investing in our next generations.

"We all want a community that is healthy and respectful, that teaches and encourages healthy relationships, that gives our children safe and healthy homes to grow. For CVIC clients, we want them to know there is a much better, much healthier way to live. I'm honored and proud for my giving to provide a small part of that woman's growth to a better, healthier, peaceful life, and a much safer home for children.

"My greatest hope is that my dollars give a woman everything she needs (through CVIC) to become empowered to be who she has only prayed and dreamed she could be, to live the life she sees when living a life she never dreamed she would be living," Zimmer said.

Excerpt from CVIC's book, *Two-Generation Guardians: Peacemakers Changing the Face of Violence – For Good.*

Order your copy today:
donate.onecause.com/cvic40



Bring meaning to
your holiday and
transformational help
to local families

Can you help us help them?

Let us help
you make a gift that's
right for you.

Please contact Senior Director of
Development Kara Fosse at
kara@cviconline.org or
218-779-3151 to discuss
the impact you want to
make for families
in need.

1 Join our Dream Maker Society and change lives

CVIC's Dream Makers know the healing power of giving. Transform lives dimmed by violence into lives full of promise with a pledge of at least \$1,000 a year for a minimum of five years and bring us closer to the day when interpersonal violence ends. Will you become a maker of dreams with us?

2 Become a Rise Up Club member and provide for needs without judgement

Join this growing club of donors who are there for families after the crisis call or night in shelter with a monthly recurring gift that helps families move from crisis to stability and promotes healing for hundreds of adults and children impacted by violence.

3 Give in other ways to help families in need

Every gift makes an impact and there are so many ways to make a difference for families.

A **one-time cash gift** will provide comfort to a tearful child at our shelter while we support his or her mom. Shop through **Amazon Smiles** and choose CVIC. A portion of your purchase will come back here, helping fund services like supervised exchanges so a child stays safe.

Host a **Facebook fundraiser** for your birthday or special occasion to benefit our Client Emergency Fund and support clients in dire need with basic necessities like rent, groceries, gas, and utilities so they can safely start the new year comforted by your care and compassion.

4 Change lives today, tomorrow, forever

Consider a gift to one of CVIC's **endowment funds** and provide an enduring way to honor your loved ones and support children in need. The principal investment is saved and the interest and appreciation are used to support operations in perpetuity.

Remember CVIC as a beneficiary of your **estate** and give families a chance to live without violence.



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Two-Generation Guardians

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**\$20
each**

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Because the book has been generously underwritten by the City of Grand Forks, ChuLinda Investments, Alerus, and Bremer Bank, your purchase will support CVIC programs and services to transform lives impacted by violence.