



A publication of the Community Violence Intervention Center

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2022 Holiday **NEWSLETTER**



**Remarkable gift from  
Rydell puts clients  
in the driver's seat**  
(see pages 10-11)



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vendors, and provision of services. We  
are committed to providing an inclusive  
and welcoming environment for all.



# Rejoicing in the *generosity* you've shared



**Coiya Tompkins**  
President/CEO

As the year winds to a close, we want to pause to thank you for all you've done throughout the year to support our nearly 3,000 direct service clients and nearly 8,000 students/professionals who made it their business to learn more about how to eradicate violence in Grand Forks County. Thanks to your encouragement and faith in our Safer Tomorrows Road Map, our safety, healing and education/prevention efforts are making a difference. You can learn more by reviewing the outcomes and progress on pages 4-7.

As grateful as we are for forward momentum, we're also humbled by how much work is ahead. To date, we're facing a gap of more than \$800,000 on an annual basis in projected resources to fulfill critical needs of this long-range plan. This represents a gap that will create unmet service/needs for individuals and families in our community including:

- More than **400** victims of crime,
- Nearly **200** partner contacts (that won't be completed),
- Nearly **350** domestic violence/sexual assault clients, and
- More than **140** therapy clients (113 adults/ 31 youth receiving more than 1,500 sessions).

With your help, we know hope for these families and future generations can continue. We hope you'll enjoy learning more about not only what we've discovered along the way but also our enhancements to the Safer Tomorrows Road Map, which we believe will accelerate us to our destination of ending violence in two generations.

*Wishing you and your family  
a joyous holiday,*

*Coiya M. Tompkins*

Coiya M. Tompkins  
President/CEO







# Safer Tomorrows

## Road Map

*A journey that continues,  
thanks to you*

### RESPONSE TO CHALLENGES

A national pandemic changed our view of not only the compressed issues surrounding violence, but how best to respond to them when stakes were even higher for clients.

- **INCREASED DEATH RISKS:** In 2021 alone, nearly 60 percent of 200 individuals screened by law enforcement were assessed as being in high lethality situations.
- **LONGER SHELTER STAYS:** Families stayed 35 percent more nights because they couldn't afford to leave.
- **ESCALATING VIOLENCE:** Clients survived more violent assaults with severe injuries.
- **BASIC NEEDS:** Clients continue to seek support for basic needs such as rent, food, childcare and utility expenses.
- **HIGHEST THERAPY WAITING LIST IN DECADES:** 70 adults and 40 youth.

In addition to the pandemic, CVIC also responded to community needs and deficits in services. The collapse of Lutheran Social Services, which provided therapy, domestic violence intervention, restorative justice and other important human services, left significant gaps in service to clients throughout the state. CVIC responded with domestic violence intervention support, technical assistance, and training for other domestic violence/sexual assault agencies as well as temporary response to provide restorative justice services in Grand Forks and Nelson counties.

We also worked diligently with our rural schools and partners to fulfill an unmet need by funding a rural school social work position as well as continued our service reach to areas such as Larimore, Manvel, Northwood, Thompson, Lakota and Emerado.

We also collaborated with several state legislators and government staff leaders to educate lawmakers about important gaps in services, particularly those that are governed by state mandates for which CVIC is a designated provider (i.e., crime victim witness, domestic violence intervention and supervised visitation/exchange).

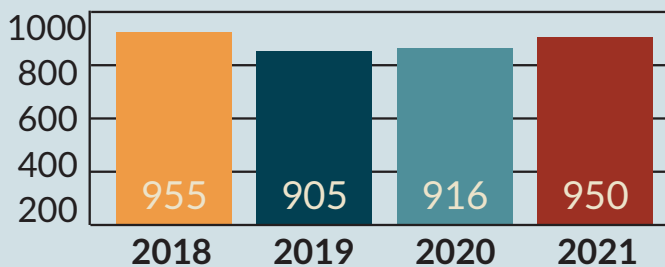
*Since launching the Safer Tomorrows Road Map in late 2017, lives have transformed thanks to your faith in our long-range plan to end interpersonal violence. With your help, we envision generational impacts of violence will be eradicated; creating a Grand Forks County of resilient individuals, strong families and thriving communities. The following pages outline our progress and response to challenges as well as share what's ahead.*





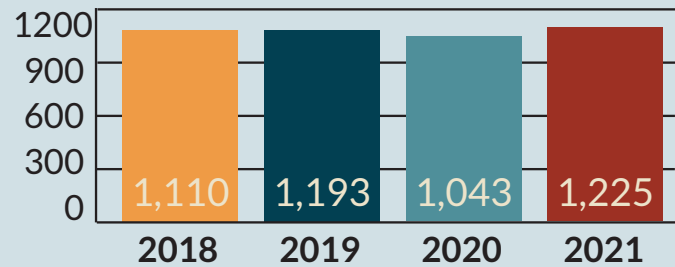
## CRISIS RESPONSE

# People



## CRIME VICTIMS' RIGHTS

# People



## WHAT'S AHEAD

Moving forward, we will expand and enhance our therapy services and work to strengthen youth's resiliency by building upon our knowledge of adverse childhood experiences which is foundational to the Safer Tomorrows Road Map. We are also working to develop more culturally responsive services based on the fact that we serve a disproportionately higher number of Persons of Color than represented in the population of Grand Forks County.

### • HEALING SERVICE EXPANSION

- » **Restorative Therapist** – We are expanding our reach by initiating therapy services including an adult therapist who will work with those who have used violence against their partner to address trauma they have experience in the past.
- » **Developmental Assets** – We are enhancing our therapy services to youth by exploring their Developmental Assets. We are continuing our work on Adverse Childhood Experiences as well as the Developmental Assets Framework that support children who've faced trauma. The Search Institute identifies 40 positive supports and strengths that young people need to succeed. Half of the assets focus on relationships and opportunities they need in their families, schools and communities (external assets). The remaining assets focus on

social-emotional strengths, values, and commitments that are nurtured within young people (internal assets). Additionally, youth therapists have begun assessing Developmental Assets as part of intakes with youth receiving services. This information will be used for individual treatment planning as well as an aggregate report on Developmental Assets of youth receiving services (pending consent).

- » **Trauma Sensitive Schools Training** – Our team continues its work with the Central Regional Education Association in North Dakota to provide training to all school staff in Larimore and Emerado on Trauma Sensitive Schools (TSS). These are schools that have a high number of students who are living in poverty who have experienced adversities.



# Safer Tomorrows Road Map

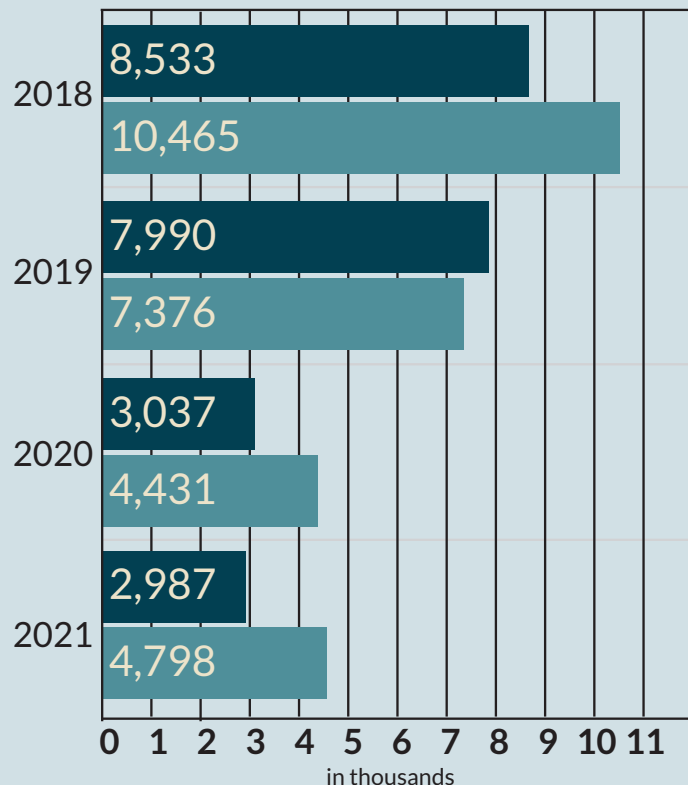
- **DIVERSITY, EQUITY, INCLUSION AND ACCESSIBILITY** – CVIC serves people who identify as Black, Indigenous and Persons of Color (BIPOC) at a rate three times higher than the population of Grand Forks. People with disabilities are three times more likely to experience violent victimization than people without disabilities. In response to a desire to better serve underserved and marginalized populations as well as enhance our internal culture, we continue to provide recurrent staff trainings and enhance collaboration in the following areas:

- » **Cultural Liaisons** – We are engaging with organizations and/or individuals that represent diverse populations (e.g., New Hope for Immigrants). By contracting with individuals from Native American, New American and other communities, who can serve as cultural liaisons, we hope to expand awareness of CVIC services, increase access, and build trust with these important partners, and ensure culturally relevant services continue.
- » **Interpreter Training** – Our team is currently working to assess training needs for area interpreters on topics such as confidentiality, domestic violence/sexual assault dynamics, and specific words/phrases that are used within our programs that may not be typically used in other languages outside of our field (e.g., power and control, stress).



## PREVENTION/EDUCATION

■ # Youth ■ # Adults



*"I've always wanted to find a therapist that **understood** and **believed** in me. It has been so wonderful to find a therapist that is willing to do this work with me."*

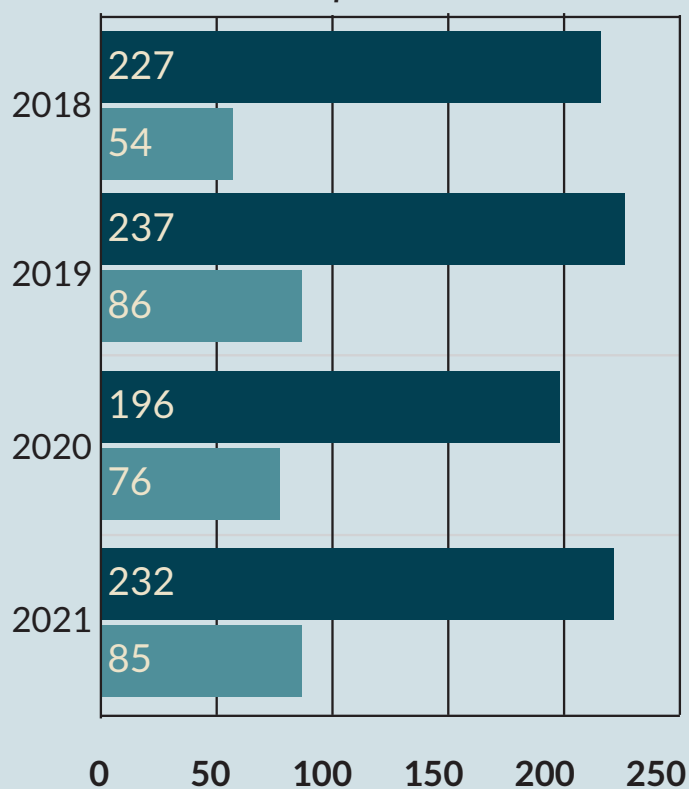
- ADULT THERAPY CLIENT





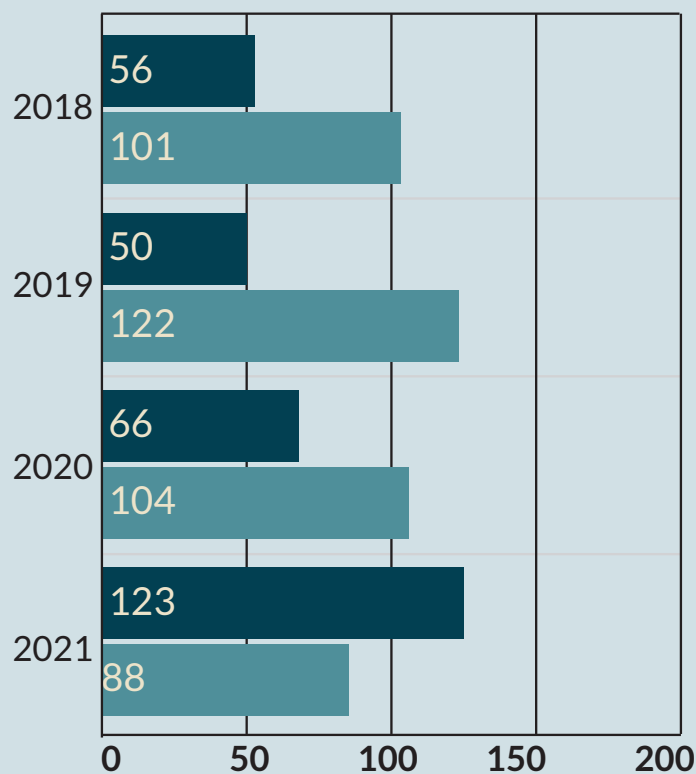
## VIOLENCE INTERVENTION

■ # Participants  
■ # Completions



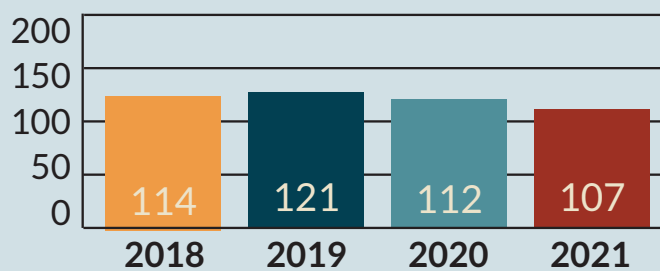
## THERAPY

■ # Youth   ■ # Adults



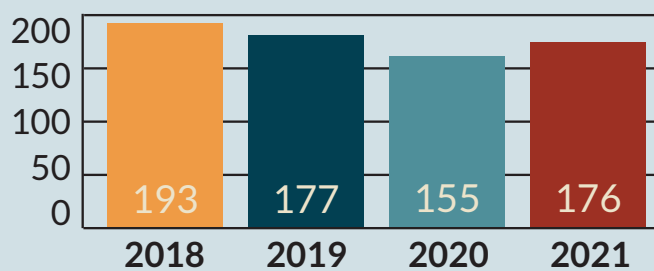
## SAFE SHELTER

# People



## SAFE VISITS

# Families







# Jim & Sue Fristad

## Couple create lifelong impacts through decades of giving

*Although he was fortunate to never have experienced what it's like to grow up in a home with violence, Jim Fristad wants to contribute to preventing it from affecting others.*

*Through his connections with CVIC, Jim learned about a holistic approach to ending violence and was compelled to help the agency grow its programs and services, most notably by helping refurbish CVIC headquarters and build a new shelter.*

*Jim and Sue discovered ways to contribute to CVIC's mission to end violence during their first years as residents of Grand Forks in the early 1990s. Sue is a retired special education teacher.*

### USING HIS RESOURCES

As a plumber and construction professional, Jim donated his time and resources from Lunseth Plumbing to convert the basement of the main building to office and conference room space in the early 2000s. He and his team also installed plumbing and donated substantial in-kind labor for the new 36-bed shelter, which was built in 2017.

"The first bigger project I got involved with was finishing the basement in the main building. We helped lead the design and construction of that and when you built the new shelter, we took that on as a project, too. These projects have kept me engaged as an engineer and contractor. I have an interest in what you're doing and felt I could help with my skills and abilities," he said.

Randy Boettner, co-owner of Custom Aire and former CVIC board member, volunteered his time and resources along with Jim when the two supported past construction projects at CVIC. He describes Fristad as the kind of person who wants to make Grand Forks County better.



#### JIM FRISTAD

*Officer and Trustee, Lunseth Plumbing*

#### SUE FRISTAD

*Retired Teacher, Grand Forks Public Schools*



"Jim did not hesitate and was willing to be part of the construction team immediately," Boettner said. "Thanks to Jim and Lunseth Plumbing and their time and efforts to help with the mechanical design (plumbing), the project was a success. He truly has a passion for the Grand Forks community and CVIC."

## GIVING YOUNG

The Fristads learned the meaning of philanthropy as youngsters growing up in Mandan, N.D.

"I grew up in a middle-class home and Jim did, too," Sue said. "Giving was a part of my parents' lives. They gave to their church and my dad was an avid hunter and gave to land conservation efforts."

Jim recounts a similar experience as Sue.

"For me, it was probably the same," Jim said. "My mother was a teacher, too. She donated a lot of her time to different charities and organizations. I grew up seeing that. My dad would hire people with lesser means to do things around the yard so he could pay them and give them a decent meal. **CVIC struck a chord with us because it was doing a very valuable service for the community and region.**

Shortly after we moved to Grand Forks in 1991, I joined the United Way Board and served on the allocations committee. I was incredibly impressed with CVIC's presentation. When I heard about what they were doing, I thought it was a valuable practice and service. We had two small girls at the time, ages 4 and 7. This is what really cemented my conviction and support for CVIC. I just thought that I didn't ever want them to go through what some of CVIC's clients go through. I wanted to make sure that they had an opportunity to live in a safe community, too."

## SPECIAL EFFECTS

Sue was a special education teacher for more than 30 years. She remembers teaching students who had experienced significant trauma and poverty, and filing reports and involving social workers if she suspected abuse.

"I wanted to support those students. Quite a few would receive services at school. Some of them had learning problems with writing and reading because of the negative experiences in their own lives. As a teacher, you can sense when a child is living in poverty or in a situation that just isn't good and you wanted to do something to help them," Sue said.

## A DIFFERENT WORLD TODAY

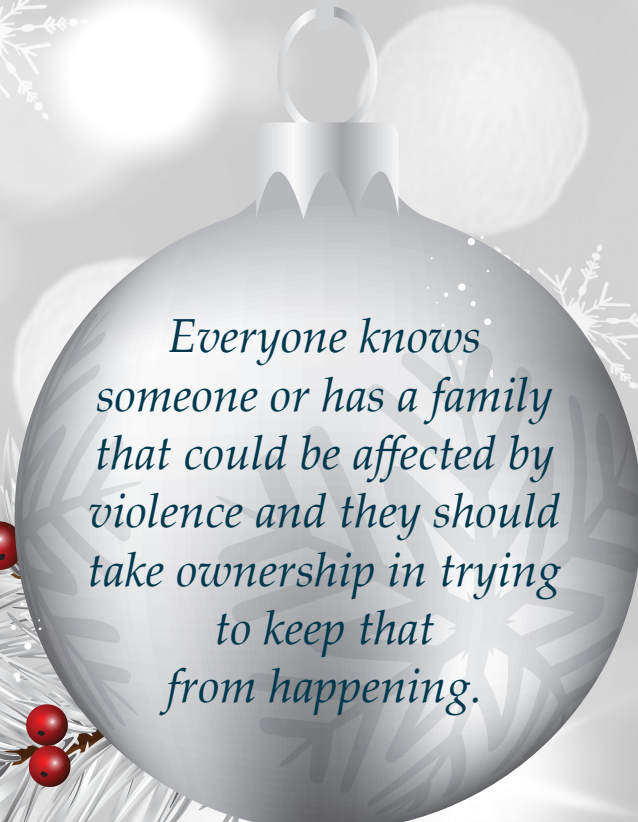
The world has become more comfortable addressing signs and symptoms of abuse, Jim said. Until he became more involved with CVIC, he was not aware of the violence impacting Grand Forks County.

"Growing up as a kid in the 1960s, we would leave the house in the morning and we'd play outside all day long and maybe be home for lunch or dinner. Parents didn't worry about their kids the same way back then. It seems like there is more danger out there now, and a need to be more careful and cautious," he said.

## CARRYING MOMENTUM

The couple stays engaged with CVIC because they believe in continuing its momentum to create a better community. If you have children, a family or know someone who has a family, you should consider giving to CVIC, Jim said.

**"Everyone knows someone or has a family that could be affected by violence and they should take ownership in trying to keep that from happening.** It's sad in a way that the services are needed but it's heartening to know that there is someone out there who can provide those services. I think the staff over the years has done a great job in building and developing CVIC. I hope this momentum keeps going and going," he said.



*Everyone knows  
someone or has a family  
that could be affected by  
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from happening.*





*Thanks to Rydell Car Dealerships, CVIC clients will receive the gift of transportation to support them on their road to healing.*

## *Special gift* **puts clients in the driver's seat**

**"It felt like he took my soul; I felt empty, hollow and alone."**

That's how Denise, a 41-year-old Grand Forks native and client of CVIC, describes the aftermath of a violent relationship that shattered her sense of self, safety and stability. A year later, she's getting reacquainted with the woman she once was while laying the foundation for the life she's finally starting to realize she deserves – all because CVIC never gave up on her.

"I can see the old me peeking through; I didn't think that was possible," Denise said.

She first came to CVIC in 2014, when she and her husband were separating. She returned in 2021, seeking refuge at Mary's Place.

Denise dated her neighbor for more than two years. A relationship that started out wonderful quickly turned dangerous and damaging, marked by near constant physical, sexual and emotional abuse. Looking back, she says she can't believe she missed the signs.

**"At first, it was just little things," she said. "But once my fear took over, I couldn't leave."**

To make matters worse, her offender seemed untouchable. When he wasn't held accountable even for violent acts against her that had been caught on camera, Denise began to question herself. Even worse, she began blaming herself.

"I felt like it was my fault; like I deserved it," she said.

It was only after a particularly violent night and the realization she may not survive that Denise fled to CVIC. That marked the start of a truly life-changing journey.

Over the last year, Denise has found the support, resources and encouragement necessary to piece her life back together. Through the agency, she's received everything from housing, transportation and food assistance to therapy services. She meets with a CVIC therapist weekly for continued help coping with trauma, overcoming once-crippling anxiety, and setting goals for a future with her children. She spends her time working as a housekeeper, going to therapy at CVIC and attending support group meetings online and around the Grand Forks community. Meetings are a particular favorite.

"When I go, I'm reminded that I'm not alone," she explained.

That's a primary goal of CVIC – helping those who have experienced violence recognize that they have someone by their side through every step of the journey toward recovery, stability and self-sufficiency.



**ANGELS**  
*on* **WHEELS**





*Max Ortiz, product genius/Rydell employee, shares Denise's excitement. Denise is one of 12 CVIC clients receiving a free vehicle this season, thanks to the Rydell dealerships in Grand Forks.*

And while Denise has steady employment and a safe place to live thanks to advocates at CVIC, the lack of reliable transportation has been a constant source of stress – until now.

Thanks to the new Angels on Wheels program, created from a partnership between CVIC and Rydell Car Dealerships, Denise now has a safe and reliable vehicle to call her own. Gone are the days of bus schedules dictating her work hours or walking through snow-filled streets to get groceries.

"I'd get a bus pass every month from CVIC, but it doesn't run on Sundays," she said. "I'd sometimes miss therapy or doctor appointments because I couldn't get there. Now I can go."

While the vehicle will be instrumental in helping Denise manage her daily work commitments and appointments, she's most excited for what it means to her family. She'll no longer be at the mercy of friends for long drives to see her kids.

"I'll be able to go to their activities and school events – even things like baking and cooking together will be possible because I can drive to Fargo and pick them up," she explained gleefully.

Reflecting on all she's accomplished, Denise credits CVIC.

"I couldn't have done any of it by myself," she said. **"They carried me when I couldn't walk. They're special people."**

## SIGNIFICANT IN-KIND PROGRAM PUTS CVIC CLIENTS IN THE DRIVER'S SEAT

Reliable transportation is critical to achieving self-sufficiency and stability. For many clients of CVIC, the lack of a personal vehicle **prevents them from leaving a violent relationship**. Beyond that, it can be **a barrier to securing steady work** and managing daily life activities, including getting themselves and/or their children to and from doctor appointments, therapy sessions, school and more. Thanks to a new partnership with Rydell Car Dealerships, 12 CVIC clients will receive the incredible gift of transportation to support them as they transition toward self-sufficiency following an abusive relationship.

Dubbed "Angels on Wheels," this in-kind donation program matches clients identified by CVIC as needing transportation with a vehicle that fits their needs. The vehicles are donated by The Rydell dealerships in Grand Forks consisting of: The Rydell GM Auto Center, Rydell Honda Nissan, Rydell Toyota and Rydell Auto Outlet. This program reflects the passion of this local organization to give back to our community. Rydell General Manager Ben Cahalan hopes the in-kind donations serve as a conduit for clients to take their first steps toward more enriching lives.

"CVIC is an organization that understands the complex issues that clients face when they're leaving abusive situations. Sometimes basic needs like transportation can make a world of difference. Angels on Wheels is just one way that Rydell can assist clients who can benefit from a reliable vehicle," Cahalan said. "We are grateful to CVIC and its team for the work they do in our community, and we're honored to partner with the CVIC team to assist their clients through this special program."

Rydell kicked off the program with an initial donation of 12 used vehicles, valued at approximately \$10,000 each. Donated vehicles are chosen based on the family size and needs. To further support recipients, Rydell also is donating a \$500 Rydell gift card with each vehicle that can be used for future oil changes or other service needs.

Sheila Morris, vice president of advocacy for CVIC and a 20-year CVIC veteran, is grateful to the Rydell dealerships leadership, and the entire Rydell team for their generosity. As someone who has seen what can happen to a family's wellbeing when basic needs are compromised, she is thankful for the potential these vehicles will have for clients' independence.

"Transportation is a common barrier for many of our clients," Morris said. "To see 12 of them benefitting from such an incredible gift will be life-changing for many of them. We so appreciate Rydell and their leadership for considering CVIC clients for this powerful investment. Their generosity is absolutely remarkable."

For more information about Rydell, visit [www.rydellcars.com](http://www.rydellcars.com).





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## Give the gift of hope and healing this holiday season!

*There are several ways you can make  
a meaningful impact in the lives of others.*

### **Make a one-time cash gift**

Your gift this holiday season can help comfort a tearful child while CVIC supports his or her family with safety and healing services.

### **Become a Dream Maker Society member**

Transform lives dimmed by violence into lives full of promise with a pledge of at least \$1,000/year for a minimum of 5 years.

### **Join our RiseUp Monthly Giving Club**

With a recurring monthly gift, you will help families as they work hard to make a fresh start.

### **Contribute to CVIC's endowment**

Provide an enduring way to support survivors in need by making a gift to CVIC's endowment.

*\*Individuals who pay North Dakota income tax may take a 40% credit up to a total of \$10,000 (or \$20,000 for joint filings) for gifts to CVIC's qualified endowment fund.*

### **Make your gift online today**

Scan this smart code or go to [cviconline.org/donate/ways-to-give](https://cviconline.org/donate/ways-to-give)

