



A publication of the Community Violence Intervention Center



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Giving hearts bring hope to thousands



Coiya Tompkins
President/CEO

Dear Friends:

Overwhelmed and grateful are two words that can best describe what's on my heart and mind as I reflect on the generosity shown to CVIC clients over the past few months. Your compassion is having an undeniable impact on many families in both rural and urban communities.

How do you measure the impact a single act of kindness

has for someone who is struggling to provide their children a magical holiday? Through the Adopt-a-Family drive during the holidays you did just that for 48 families and 17 individuals.

The outpouring of gifts overflowed to our Client Emergency Fund, which literally dwindled to a few dollars last winter.

A young mother in desperate need of not only new tires but a safer vehicle overall was nearly out of options.

Facing more expenses than our emergency fund could support, with your kindness we were able to fund car repairs and turn a dire situation into reliable transportation that ensures this mother can commute to and from work to support her family.

The fund, established in 2020 by longtime donors Pete and Mel Hoistad, has helped more than 175 people since it was developed. When the fund was nearly depleted this past winter, you joined the Hoistads in continuing support for clients like this young mother, as well as others, and brought this fund back up to more than \$10,000.

Most recently, your overwhelming support exceeded \$112,000 on a single day during Giving Hearts Day, which you can read more about on page 6.

Following the pandemic pause of 2020, last year CVIC supported nearly 3,400 people, a 17 percent increase. Your compassion continues to fulfill a very real need for so many families. A few clients we've worked with in recent months expressed the following:

"My kids were all smiles. I couldn't have done it without you. We had a difficult year but it was amazing to end it with all smiles and great memories. We are forever grateful for your generosity and kindness."


"In the darkest season of life I've ever experienced, your selfless giving and generosity helped me give my five children a very special Christmas with memories I'll forever cherish."

For our team and our clients, we simply cannot thank you enough. You'll continue to find examples of your impact in the next few pages. Our appreciation is magnified when we see you pay it forward by encouraging and sharing with others. When you make a difference and encourage others to join you, you're reshaping the next chapter for this and future generations.

With Gratitude,

Coiya M. Tompkins
President/CEO

CVIC ♡ There are not enough words to describe how thankful we are for all of you this year! This was one of the toughest years for me & because of your help we were able to end it with so many great things to smile about! Escaping was one of the most scariest & hard things I've done. Starting over with nothing, taking my boys to a shelter, I was terrified. I thank God everyday we did! You changed our life. We have a home, furniture, household essentials, everything we need! Most importantly we are safe, we have peace, we are happy again. Everyone of you are so amazing to work with! All of you are great at what you do! Thank you for providing hope encouragement & happiness! We are forever grateful & you will always have a special place in our hearts.



Legal support helps clients transition, stay safe

After many years of repeated physical and verbal abuse, Bonnie* came to CVIC. Once safe in our shelter, staff helped her get a protection order and spousal support, find a new home, and eventually, represented her in a divorce. “I didn’t have to go through it alone. Andria answered all of the judge’s questions and told me what to expect because I had no idea what I was getting into,” she said.

CVIC is the only domestic violence agency in the state with a dedicated attorney working in tandem with staff advocates. They help survivors of domestic or sexual violence file and receive restraining orders against those causing harm and provide representation in civil legal matters including divorce, custody, and housing matters.

In instances of domestic abuse, the dynamics of power and control add to the complexity of legal matters. When pursuing legal remedies alone, a person may not be aware of all the additional measures they can seek, like supervised visitation and programs for people who cause harm provided at CVIC.

“We can help alleviate some of the stress and they know they did everything they can do to keep themselves safe,” says Director of Victim Advocacy Sara Zammert.

The wrap-around support a person receives at CVIC includes legal advice and so much more. Survivors typically must retell their experiences seven to 10 times. “We try really hard to limit that,” says Zammert. Advocates provide clients emotional support and are

acutely aware of how to guide them in ways that will also help them start to heal from trauma.

“I have to be focused on the legal aspect, but I also try not to unnecessarily rehash details of their experiences,” said attorney Andria Pinkerton. “Being traumatized affects the brain and when you have to retell your story, you are being retraumatized.”

And, she says, information that may be emotionally relevant is not always legally relevant or worse, could be detrimental to a person’s chances of a favorable outcome in court. “Advocates can help clients process the emotion so I can remain focused on the legal aspect.”

She adds, “Our involvement allows the survivor to take a step back and lets me take on the weight as I prepare them in the best possible manner to be ready for questions.”

Lethality, says Zammert, often increases when an offender feels the relationship may end. It’s important



Sara Zammert
DIRECTOR OF
VICTIM ADVOCACY



Andria Pinkerton
SENIOR DIRECTOR OF
LEGAL SERVICES

for people to understand the reality of what's involved when pursuing a protection order or other legal actions. "If the offender isn't deterred by the ramifications of violating the court order, it may not be in a person's best interest to get a protective order and safety planning may be a better option," she said.

In taking legal steps, the fear of not being believed or facing an offender in court become difficult barriers to overcome, despite the likelihood of increased violence at home. "Even if they decide not to pursue a protection order, we can still help safety plan or provide shelter," said Zammert.

Improving the system

The impact of CVIC's legal services extends far beyond greater Grand Forks and the 62 clients supported on average each year.

"We try to make the system better and educate others in it on the dynamics of domestic and sexual violence," said Pinkerton. "In every argument before the court, I am also educating."

Through CVIC's Coordinated Community Response program, CVIC provides trainings to law enforcement and judicial communities throughout the state. "I see a direct result of these trainings in judges' rulings," said Pinkerton.

Last fall, Zammert and Pinkerton trained advocates and attorneys throughout North Dakota on ways to

strengthen their collaborations to enhance outcomes for victims of violence.

Pinkerton also regularly talks to law students at the University of North Dakota about the dynamics of domestic and sexual violence and recently consulted with the state domestic violence coalition's new victim services attorney, providing training to support their work throughout North Dakota.

You can help

Legal help is expensive, yet vital for people who are threatened with harm. It's common for clients to be restricted from accessing their money, making it nearly impossible to afford expert help if it weren't for CVIC. Your generosity makes it possible to provide expert legal services at no cost to victims. Through grants we fund most of the \$2,450 cost for one person's legal services from CVIC's team.

FOR EVERY CLIENT, WE NEED AN ADDITIONAL \$291 TO FULLY FUND THEIR REPRESENTATION.

Other ways you can help someone through a legal process:

- **\$128** will fund a night in shelter
- **\$72** will help provide emotional support and advocacy services

LEGAL ASSISTANCE FOR VICTIMS



TYPES OF VIOLENCE

Intimate Partner Domestic Violence
Dating Violence
Sexual Assault
Stalking



LOCATIONS

Grand Forks County
Nelson County



SERVICES AVAILABLE

Representation at protective order hearings
Advice/representation in civil law matters: divorce, custody, housing, employment
Advice/representation in issues arising from sexual assault
Campus hearings regarding Title IX concerns
Assistance filing requests for orders of protection

PARTNER
to Protect.



PARTNER
to Prevent.

*"No one can break away from
a violent home without help."*



Donors raise more than **\$112,000** in a single day

More than 400 generous donors partnered with CVIC on Giving Hearts Day to raise more than \$112,000 for safety, healing and prevention/education programs. This included 15 leadership donors who matched the first \$33,000 raised on this one-day giving campaign.

"Giving Hearts Day is such an uplifting day and a reminder of the impact CVIC has in our communities thanks to the transformational support our donors provide," said Kara Fosse, senior director of development.

Many, she said, shared incredible stories about why they chose CVIC, some with personal connections including one who received help with education

expenses and emotional support from CVIC many years ago. "She told me, 'No one can break away from a violent home without help,' and she is so grateful to everyone who helped her. Today she is mentally, physically and financially successful. and in addition to her generous Giving Hearts Day gift, this donor wants to provide an additional gift to help someone who is in a similar situation to what she once was. She ended our conversations by telling me, 'Giving back is something I always wanted to do and now I can.'"

Giving Hearts Day is one of CVIC's signature fundraising events, second only to the annual Judd Sondreal Memorial Rise and Shine for Peace breakfast, scheduled this year for June 15.

Donor List

**Also a member of the
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\$5,000+

Tom & Brenda Rosendahl
Brian & Mara Rydell*

\$1,000+

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Giving Hearts Day

MATCH GIFT DONORS

PREVENT PARTNER **\$5,000+**



Anonymous (2)

PROGRESS PARTNER **\$2,500+**



PROTECT PARTNER **\$1,000+**

Advanced Business Methods

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Bremer Bank

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CVIC provides clients additional housing help

CVIC recently became a North Dakota Coordinated Entry housing assessment site. One of only two domestic violence agencies in the state trained to assess housing needs, this designation enables CVIC to directly conduct assessments to discern clients' eligibility for housing assistance without referring them to outside agencies.

For clients, this change eliminates the need for additional steps, which often can be overwhelming for families facing housing challenges and/or homelessness during domestic violence and sexual assault situations. It also enhances CVIC's ability to maintain client confidentiality and safety because we are assisting clients with their housing assessments in tandem with other advocacy support.

Director of Victim Advocacy and Housing Kristi Anderson said CVIC's involvement provides an added level of trauma-informed care and support for clients.

Anyone who is homeless and seeks housing assistance funded through federal Housing and Urban Development (HUD) programs must complete an assessment. Before CVIC became a local assessment site, clients were referred elsewhere and the process took much longer for them to complete, which delays services and prolongs their homeless status, which in turn leads to many additional difficulties for clients.

Intervention program staff leading national conversations

Director of Domestic Violence Intervention Taylor Sorensen has been invited to join a newly formed National Battering Intervention Program (BIP) Network, spearheaded by David Garvin, chair of Battering Intervention Services Coalition of Michigan (BISC-MI).

She will represent the state of North Dakota in a national discussion of statewide issues related to struggles and solutions, policies, and practices that will benefit all who work within programs for people who use violence in relationships.

New Choices Women's Specialist Maia Lunde initiated the formation of a peer group for professionals working with women who use force. She facilitated the first meeting last month with about 25 people from throughout the U.S. attending. They will meet regularly to discuss trends, struggles, and successes, as well as have structured meetings to talk about the dynamics of working with women who use force.

"There was a lot of excitement in this first meeting because there isn't much information out there for women's programming," Lunde said, "and as far as I know, this is the only collaboration group for those of us specializing in working with women who have used violence."



Taylor Sorensen
DIRECTOR OF DOMESTIC
VIOLENCE INTERVENTION



Maia Lunde
NEW CHOICES
WOMEN'S SPECIALIST

CVIC achieves highest seal of transparency

Platinum
Transparency
2022

Candid.

CVIC has achieved the 2022 Platinum Seal of Transparency from Candid.

To reach this level, CVIC provided extensive information to its nonprofit profile on GuideStar, a service of Candid.

The GuideStar database contains profiles for nonprofits registered with the IRS and is used extensively by foundations and donors when evaluating organizations they choose to support.

To remain at the Platinum level, CVIC records with Candid detailed program and financial information including organizational and demographic information; financial statements; organizational goals, strategies, and capabilities; and information about results and progress toward its mission.

"We are thrilled to achieve this milestone rating and continue to provide funders confidence in their decisions to partner with CVIC to transform lives of individuals impacted by interpersonal violence," said Tracy LeDuc, chief financial officer.

SAFER TOMORROWS ROAD MAP

Plan to end violence in two generations leads to learnings, enhancement



Violence is predictable. That's why we know it's preventable.

These two realities literally kept former CVIC President/CEO Kristi Hall-Jiran up at night in the months and years preceding the development of the Safer Tomorrows Road Map (STR).

"I remember looking through our offender database and seeing a man we had helped as a young boy. He was caught in the same place his father had been (patterns of violence)... We had worked so hard and done so much and it still wasn't enough. We had to find a way to stop this; prevent it from ever happening," she shared in CVIC's 40th anniversary book, Two-Generation Guardians. "We had to do something different," she said. We wanted to build a community response that would be consistent."

In sync with these realities, and also the promise of strong partnerships and supporters who believed in possibilities, in late 2017 CVIC launched the STR, a long-range vision to end interpersonal violence in two generations. Within its research-based innovation are several projected measurements and milestones – including the tipping point: Dec. 31, 2025 - the year we projected that violence in Grand Forks County would begin to decline.

DESIRED OUTCOMES

● RESILIENT INDIVIDUALS

Individuals heal from trauma and develop resiliency.

● STRONG FAMILIES

Families will increase stability and intergenerational violence will decrease.

● THRIVING COMMUNITIES

Our communities realize a shift in cultural norms that value healthy relationships over violence.

Research based

"Since the STR began nearly five years ago, we've studied, experienced and discovered a great deal. A national pandemic, magnified social justice issues and new partnerships have created silver linings to help evaluate what we've learned, adjust some long-range plans and shift next steps," said Coiya Tompkins, current CVIC president/CEO. "Long term, we plan to expand the STR's foundation to address core *safety, healing and education/prevention* measures while also adopting strategic enhancements to customize services, enhance protective factors, and address service gaps. Ultimately this plan focuses on the desired outcomes that keep us engaged with this audacious vision: *resilient individuals, strong families and thriving communities.*"

The plan's core uses data from research on adverse childhood experiences (ACEs). From that, we estimate at least 5,300 children in Grand Forks County have been impacted by domestic/sexual/dating violence or bullying and at least 1,700 suffer from significant trauma (defined as four or more ACEs).

The impact of this trauma is shocking: greatly increased risks for substance abuse, mental illness, academic failure, suicide attempts, health problems including heart attack, stroke, and premature death. Since the pandemic began, individuals' lethality risks have increased. Local law enforcement reports spending increased time on domestic violence calls because of the growing severity of the instances. Recently, CVIC had a 23% increase in the number of protection orders obtained with the assistance of our staff and our agency-wide services to clients are up 17%.

Progress, learnings of driving forces

Since implementing the STR, we have made inroads in treating trauma and helping families stabilize and even thrive. Clients frequently share with us the ways their lives have been transformed. But so many lives are still at stake. In 2020, we learned that balancing the view of ACEs with protective factors, such as developmental assets, can help inform our

work to prevent violence and accelerate healing. The traditional ACE assessment, for example, does not include experiences such as racism and poverty, nor does it point to the types of services that could help to increase assets toward building resiliency.

Emerging approaches

Moving forward, we plan to focus on both challenges and opportunities including:

- **PROVIDING ACCOUNTABILITY THERAPY FOR THOSE WHO CAUSE HARM.** Last year more than half of the participants in our domestic violence intervention program reported they, themselves, were victims or witnesses of violence in their childhood homes.
- **BUILDING UPON OUR ADVERSE CHILDHOOD EXPERIENCES KNOWLEDGE** to incorporate developmental asset applications to our client interactions. This includes identifying children's developmental assets (internal and external) at the onset of CVIC services, addressing gaps, and potentially tailoring safety and healing services to increase youth developmental assets.
- **REACHING YOUTH AT YOUNGER AGES** with specialized therapies to further strengthen parent-child relationships and developmental assets.
- **INCREASING COMMUNITY OWNERSHIP IN ENDING LOCAL VIOLENCE** to include expanded efforts through the Green Dot (bystander intervention) program and ongoing prevention work in the schools and communities, as well as awareness and outreach campaigns.
- **STRENGTHENING SOCIALLY AND CULTURALLY RELEVANT OUTREACH** to better address diversity, equity and inclusion crucial to service delivery, employee culture and community vitality.

STR PROGRESS



SAFETY



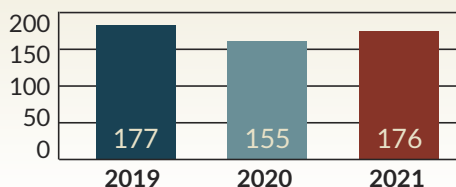
HEALING



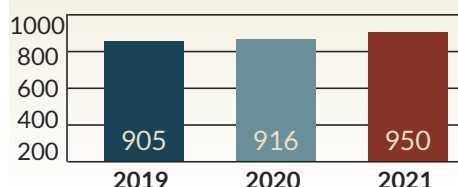
PREVENTION/EDUCATION



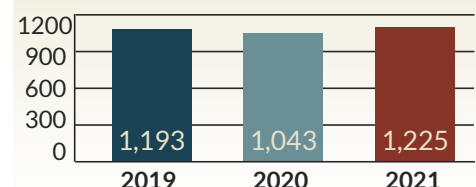
CHILD SAFETY # Families



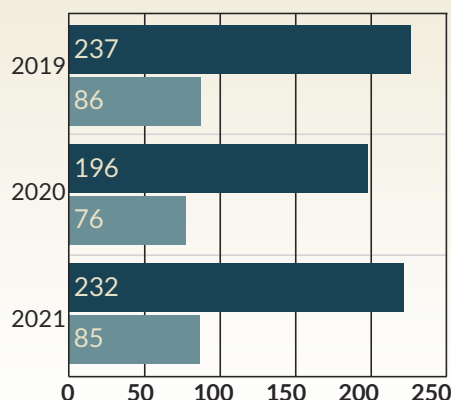
CRISIS RESPONSE # People



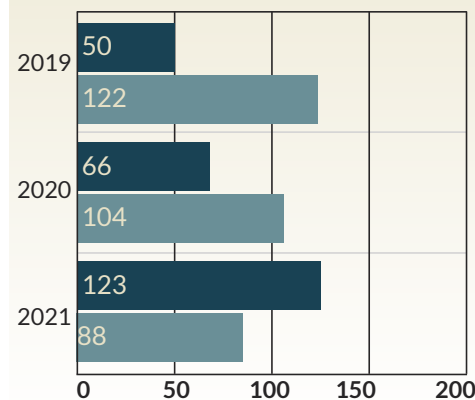
CRIME VICTIM RIGHTS # People



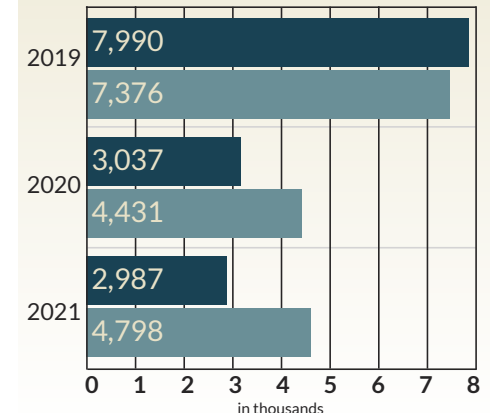
ACCOUNTABILITY # Participants # Completions



THERAPY # Youth # Adults



PREVENTION/ EDUCATION # Youth # Adults



Next generation STR donor

Give-back guitarist inspires generosity

In November, CVIC was the recipient of servant leadership at the hands of an eight-year-old musician who's been giving back for more than half his life. His spunky spirit and heart for giving back shine through in both his performances as well as his encouragement for others to contribute.

A true guardian for future generations and a shining example of what it takes to make the Safer Tomorrows Road Map a reality, Herlof Huso held court on behalf of CVIC clients during an afternoon benefit concert for a group of 30 Northwood residents.

The young guitarist, who introduced himself as a farmer from Aneta who also plays guitar, belted out rock, country and old school tunes that would make both living and deceased artists envious. In between ditties, he cracked a few jokes, switched from an acoustic to electric guitar, and ended the hour-long program raising more than \$700 for CVIC clients. He's been playing since he was 5.

"As I sat in the audience watching this young man share his talents, I was struck by his ideal balance of humility and risk taking. I know few eight-year-olds who would give up a Sunday afternoon to share their talents to help kids they have never met," said CVIC President/CEO Coiya Tompkins. "At one point the crowd was so engaged, we were clapping along in unified rhythms. As Herlof's talents have grown, his heart has seems to follow."



He's been donating toys and clothing items to CVIC since he was just a toddler, said his mother, Elizabeth Huso. When they considered a concert for the Northwood area community, Herlof immediately suggested a benefit on behalf of CVIC. Herlof believes music brings people together.

"He just loves music and when we talked about where to donate the proceeds, his first choice was CVIC," Elizabeth said.

PHOTO: guitarist Herlof Huso.

SAFER TOMORROWS TRAILBLAZERS

Thank you to the following who invested in our long-range vision in 2017, & continue to pave the way for our work to end interpersonal violence for the next generation. To learn how you can help, please reach out to our development team.

Altru Health System
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Gate City Bank
Gershman Family Foundation

Grand Forks County
Pete & Melanie Hoistad
Margaret A. Cargill
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SAVETHEDATE

Annual Breakfast Event

Wednesday, June 15
7:30 a.m.

Alerus Center



PARTNER to Protect. **PARTNER** to Prevent.