

PROGRESS  
REPORT  
Q3 2023

*Prepared for friends of CVIC*

# SAFER TOMORROWS ROAD MAP

*"You have been my  
rock through all of  
this. I cannot tell  
you how much I  
appreciate  
everything you  
have done for us."*

- CVIC CLIENT



# Your giving opens new doors for clients

Dear Friend,

We're excited to share this quarter's updates with you, which include remarkable progress on the Safer Tomorrows Road Map.



## SAFETY

Our crisis team continues to see individuals seeking protection orders and other emergency services following domestic violence, and reports of sexual assault are rising. This creates a bit of a conflict for our team because an increase means more people are seeking help from CVIC. What keeps us pursuing the plan is education, which can serve to limit or even stop sexual assaults, particularly in youngsters, who continue to learn new ways to develop lasting and healthy relationships and friendships.



## HEALING

Last quarter we shared with you that we've recently launched restorative therapy services for individuals who use violence. Since the program launched in early January, our therapist has facilitated more than 50 sessions with clients in our domestic violence intervention program. In addition, for the first time in several years, we have no adults on the waiting list for therapy. In addition to evidence-based services that support both youth and adult wellbeing, your investment has really encouraged our team, who can feel good about effective staffing to serve individuals who are healing.



## EDUCATION/PREVENTION

This quarter alone, your support has enabled our prevention and education team to reach more than 1,000 youth and nearly 3,000 adults. Our outreach has grown to include bystander training for

youngsters through a CVIC-authored curriculum that is set to launch in the coming months. The team also looks forward to collaborating with CVIC partners Ralph Engelstad Arena and Gate City Bank to host bystander intervention awareness activities during a hockey game in January. We continue to be grateful for our partnerships with both rural and urban schools, which provide the best place for us to prevent violence before it begins.

Thank you, as always, for the imprint you leave on the lives of so many clients.

With Gratitude,

Coiya Tompkins Inman  
President/CEO





## Starting to Break Cycles of Violence Through Restorative Therapy



Jamie\* was incarcerated three weeks after beginning restorative therapy at CVIC. Fortunately, CVIC's restorative therapist was able to continue services. Jamie has had long-term struggles with substance use and needing to heal from childhood trauma. They expressed feelings of falling short in many different life roles including as a parent, spouse and provider. For Jamie, they recognized that their children and partner are the 'why' – why they sought out restorative therapy, want to change, and are committed to healing. Processing through childhood trauma for the first time has offered a sense of hope that change and healing are possible. While working with individuals who have used violence in their relationships comes with many challenges, it is vital to begin to break cycles of violence by helping individuals take accountability and learn to manage themselves and their actions while also healing from unresolved trauma to create long-term change.

\*Name, some details changed.

# Safer Tomorrows Road Map

Progress toward ending interpersonal violence



Individuals will heal from trauma and develop resiliency.



As families increase stability, intergenerational violence will decrease.



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

Over the third quarter of 2023 we have had so many exciting developments at CVIC. Our therapy services are fully staffed, and our adult client waitlist is at zero for the first time in nearly two years – meaning that every adult who has requested our vital evidence-based therapy is able to get it! Our Kids First program is also fully staffed, ensuring that we will be able to sustain the expanded level of services we have built over the last few years. Our partnership with the Grand Forks Public School District continues to deepen in incredibly meaningful ways, including adding a joint position shared by the District and CVIC. This group facilitator role will work under CVIC within the schools to provide group support for students who need it. Similarly, our work at the University of North Dakota (UND) during the new fall semester has been off to a great start. CVIC has participated in several tabling events, started providing training to graduate teaching assistants and research assistants with the Office of Equal Opportunity and Title IX, and collaborated closely with UND Housing to provide programming in residence halls. Our Green Dot bystander intervention program hosted the Green Dot Spot event in collaboration with Grand Forks Downtown Street Fair, which was visited by more than 500 community members.

We continue to see challenges, especially with mental health needs and substance use disorders, alongside ongoing economic hardship and a shortage of affordable housing. But we are more sure than ever that through our Safer Tomorrows Road Map we will build a thriving future for our community.

## Helping a Client Home



In August CVIC heard exciting news from our client Nancy\*. She had delivered her baby and gained custody of her older child. Not only that, but she had been accepted into Housing, something that has been years in the making. Nancy thanked CVIC for our Transitional Housing program, sharing that she wouldn't have been able to make ends meet without it. She has been working on identifying the things she needs for herself and her children in their new home and continues to work toward her self-sufficiency goals.



\*Name, some details changed.

# Safer Tomorrows Road Map

Together, we are helping to end interpersonal violence



## CRISIS SERVICES

- **193 adults** were supported through times of crisis, including 170 victims of domestic violence and 23 victims of sexual assault.
- Crisis line advocates answered **93 calls**.
- We assisted clients in obtaining **6 orders** for protection.
- **97% of clients** reported feeling safer and more aware of ways to plan for safety as a result of CVIC services.

## SAFE SHELTER

- **21 people** were sheltered for 684 nights at Mary's Place while they worked toward safe and independent lives.

## SELF SUFFICIENCY

- **6 families** with 8 children received transitional housing services/rental assistance.
- **92 individuals** received assistance with housing, employment or education goals.



## The Little Things Have a Big Impact



Sometimes the most meaningful ways we support our clients seem like the smallest. We love being able to offer our clients joy, extra support, and a celebration of a victory. This last quarter some of our biggest little moments included:

- When a CVIC shelter client's 14th birthday was coming up, CVIC staff purchased supplies for his mom to help make his favorite dessert – a strawberry cake! – to celebrate his big day.
- At a training with school educators, several teachers asked questions about how they could have supported past students even more, driving home to CVIC staff how much faculty care for their students and want information about how to best be there for them.
- A shelter client received a haircut donation during her stay at Mary's Place. She arrived at shelter with nearly waist-length long hair, but told CVIC staff, "every time I look in the mirror all I see is my old relationship." After her haircut she reported, "I am so happy."





## CRIME VICTIM ADVOCACY

- **1,213 victims** and witnesses of crimes received case information and support through criminal proceedings to date in 2023.
- CVIC's victim witness specialists attended **1,212 court hearings** with or on behalf of crime victims and arranged and attended 271 meetings between crime victims and prosecutors to date.

*"You attended court with my daughter when I couldn't be there with her and I'm so grateful for that, thank you."*

– CVIC CLIENT

## LETHALITY ASSESSMENT

- **39 individuals** were screened by law enforcement, with 72% found to be in high danger in quarter 3. 14 victims spoke with a CVIC advocate about what services are available to keep them safe.

## SUPERVISED VISITATION

- **18 families** were supported during 270 supervised visits and 89 supervised exchanges. 92% of adult participants surveyed agreed they felt that they and their children were safe while using these services.

## VIOLENCE INTERVENTION

- **31 new men and women** were served in the New Choices program, addressing their use of violence and promoting accountability for the harm they have caused to others.
- **24 participants** were also ordered into Domestic Violence Court, the specialized post-sentencing review court that works to hold individuals accountable, monitor sentencing progress, and encourage successful completion.
- The New Choices Partner Contact reached out to **27 partners** of New Choices participants to keep them informed of the participant's status and provide information about CVIC services. Of the partners contacted, 7 received CVIC advocacy services.

*"I have changed how I approach issues in our relationship. I'm not screaming and fighting as much as I used to before. I still have a lot that I need to change, but I notice that I want to resolve our differences instead of proving that I am right. We seem closer."*

– NEW CHOICES PARTICIPANT

## Helping Families Move Forward



When Nina\* first started having supervised visits with her dad at Kids First, she was very reluctant to see him. During the first several visits she left early. Each time, Kids First staff supported her decision to leave the visits early, while encouraging her to see her dad next time. As time went on, Nina stayed for more and more of her visits, as staff continued to demonstrate that Kids First is a safe place. Each time, she began feeling a little more comfortable seeing her dad. By the time her Kids First services concluded, she was excited to spend time with him.



\*Name, some details changed.

# Healing

Specialized support heals the impact of trauma  
so individuals can thrive



## Ensuring Child Survivors Can Heal



CVIC's specialized evidence-based therapy is crucial for helping children who experience domestic violence, sexual assault, or other interpersonal violence to process what has happened to them and to heal. Bennett\* came to CVIC after showing signs of abuse, including bed-wetting, nail-biting, and emotional outbursts. He had experienced sexual abuse at the hands of a caregiver. CVIC provided play-based therapeutic interventions, including sand tray play, to help Bennett process what he had experienced. Over time, CVIC also used arts-based therapy, along with other trauma-informed therapeutic interventions to help Bennett heal. With support from CVIC, his symptoms of distress reduced. He is now doing well in school and at home, thriving with his family and friends.

### YOUTH THERAPY

- **12 new children** impacted by violence received therapy address trauma.
- **1 parent** received education about parenting needs of children living in violent homes and the effects of violence/trauma on children.

### ADULT THERAPY

- **24 new adults** received healing services, including 21 adults who received individual therapy, 4 in restorative therapy, and 9 adults who participated in support groups.
- **83% of adult clients** surveyed showed improvement in emotional condition.

*"One thing I found very helpful with my therapy was the feeling and the idea that I am not alone and someone cares to help me rather than keeping it to myself. This means a lot to me for I kept holding on and blaming myself for what happened in my head. I know that I did not deserve to be treated cruelly and badly. The therapy is helping me to cope better for my head and heart are tired of running."*

- CVIC ADULT CLIENT



\*Name, some details changed.





## YOUTH EDUCATION

- CVIC reached **1,024 youth** through 47 presentations; 72% of youth surveyed planned to use what they learned in their daily lives.

## ADULT PRESENTATIONS

- CVIC reached **2,929 adults** through 40 presentations; 100% indicated that the presentation provided them with knowledge on topic.
- CVIC trained **140 professionals** through 4 presentations; 95% indicated they plan to use the information learned from training.

*"I learned the difference between flirting and harassment."*

- YOUTH PARTICIPANT

## New Resources for Schools



At the request of a school partner principal, CVIC developed 10 modules, consisting of PowerPoint recordings, videos, online activities, and resources for students on key healthy relationship topics. Modules include empathy, digital safety, coping skills, bullying and more. These resources will give school partners another tool to help students learn about and internalize healthy relationships and coping skills, building on the trainings and presentations that CVIC provides. CVIC is reaching out to additional school partners to share materials and exploring other ways to expand resources available for students.