

SAFER TOMORROWS ROAD MAP

"...The fears are still there but I'm able to practice all of the skills I've received to move on...it has brought back some feelings of worthiness and strength in the knowledge that I am capable to do more than I thought possible."

- CVIC ADULT THERAPY CLIENT



Your gift changes lives

Dear Friend,

Your continued investment in our work has been nothing short of life changing for so many people across Grand Forks. I'm excited to share our fourth-quarter impact report for 2023.



SAFETY

Your support last quarter was key to our crisis team, which continues to see more complex needs from clients in our communities, including an ongoing uptick in serious mental health challenges and substance use disorder. We are working hard to provide coordinated services across our programs to ensure that clients get the comprehensive support they need to be safe and begin stabilizing their lives.



HEALING

Last quarter we continued to grow the number of clients served in our Restorative Therapy program, providing healing alongside accountability for individuals who use violence in interpersonal relationships. We added another full-time youth therapist to our team who will be working closely with the Grand Forks Public Schools (GFPS) on implementing groups in schools for children exposed to trauma. The funding for this position is shared between GFPS and CVIC. We are also continuing to assess long-term sustainability models for our therapy program, ensuring that we will be able to be a resource for years to come for our community.



EDUCATION/PREVENTION

Last quarter was one of exciting expansion for our Education and Prevention program. We launched a new collaboration with Army ROTC at the University of North Dakota, alongside the university Equal Opportunity and Title IX department, to provide Army ROTC students with education on healthy relationships. Our first session received extremely positive feedback from students and we are excited for our next trainings. In addition, we delivered our first healthy relationships curriculum tailored to younger students in grades K-3 in multiple city and rural schools. We also adapted one of our middle school curricula on digital healthy relationships into an elementary school curriculum and held trainings for fourth and fifth grade students in East Grand Forks, our first program with this school partner. Students, teachers, and administrators all shared positive feedback. This was the first of three new school partnerships in East Grand Forks, where we provided student education on bullying, online safety, and healthy relationships. We also had multiple students speak with one of our advocates after the presentations.



With Gratitude,

Coiya Tompkins Inman

Coiya Tompkins Inman
President/CEO

Together

we make our communities stronger.
I can't wait to see what the coming year
will bring for CVIC and for Grand Forks.

Safer Tomorrows Road Map

Progress toward ending interpersonal violence

2023 was both a year that highlighted how far we have come on our Safer Tomorrows Road Map, and a year that illuminated all the places we still need to reach.

We are incredibly proud of the amazing successes we have had this year, including our new therapy services, our expanded programs to reach immigrants and refugees needing crisis support, our reinvestment in partner training through our Coordinated Community Response (CCR), and the growth of our prevention and education services. We are incredibly heartened to see the levels of community engagement in our work and the momentum behind our programs.

We are also incredibly aware of the remaining needs we have in our community, including economic hardships that make crisis and stability services even more critical, ongoing barriers to medical care and trauma-informed services across our communities, and the alarming resurgence of serious interpersonal violence like strangulation. But, at the same time, we have demonstrated that we have the tools we need to create change. As we head into a new year, we know that we are moving in the right direction, and thrilled to have you continuing to walk with us.



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.

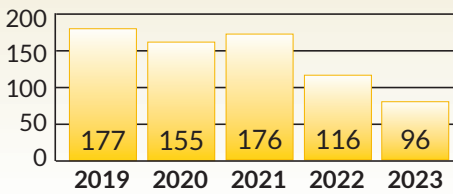


Safer Tomorrows Road Map

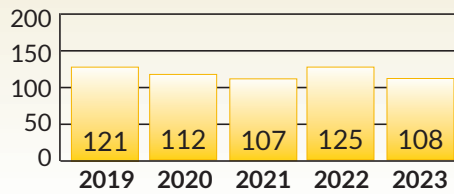
Progress toward ending interpersonal violence



SAFE VISITS # Families

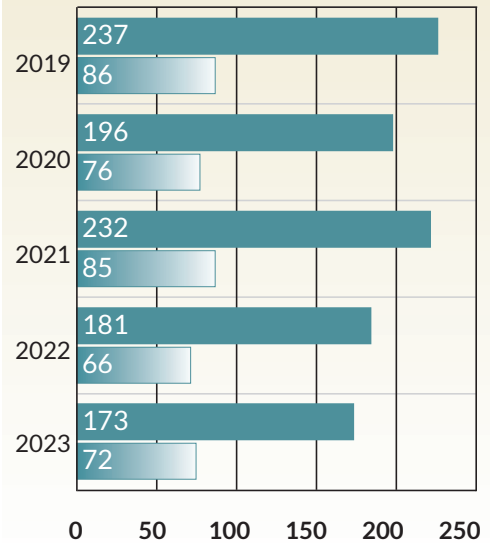


SAFE SHELTER # People

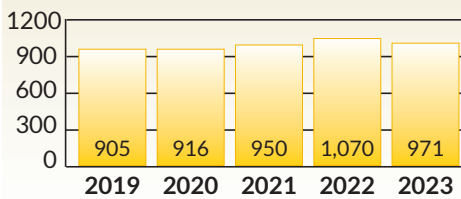


VIOLENCE INTERVENTION

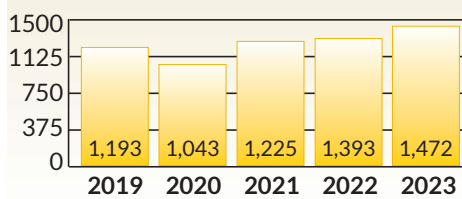
Participants
Completions



CRISIS RESPONSE # People

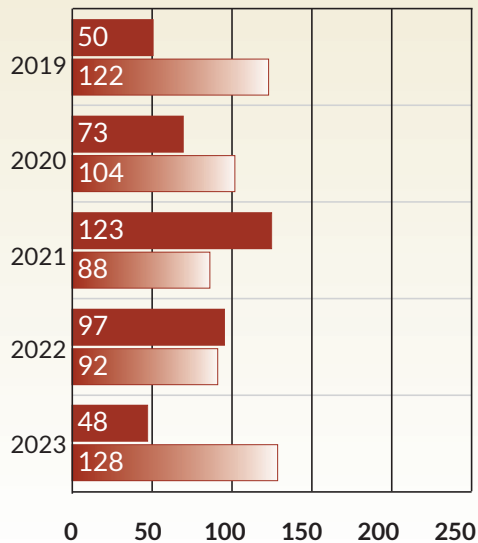


CRIME VICTIM RIGHTS # People



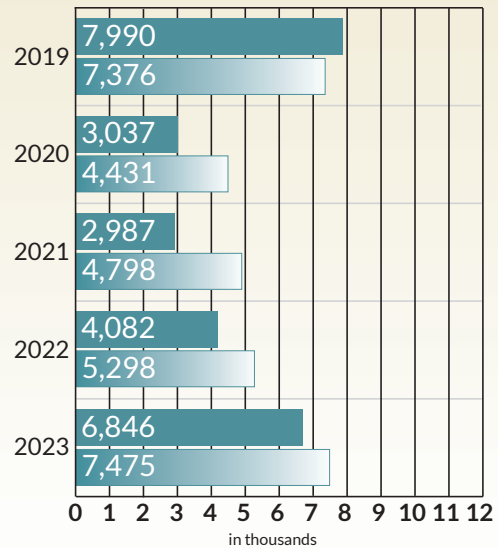
THERAPY

Youth # Adults



PREVENTION/EDUCATION

Youth # Adults



"I really appreciate you and knowing I always have someone to call."

- CVIC CLIENT



CRIME VICTIM ADVOCACY

- **1,472 victims and witnesses** of crimes received case information and support through criminal proceedings.
- CVIC's victim witness specialists attended **1,715 court hearings** with or on behalf of crime victims and arranged and attended **346 meetings** between crime victims and prosecutors.

CRISIS SERVICES

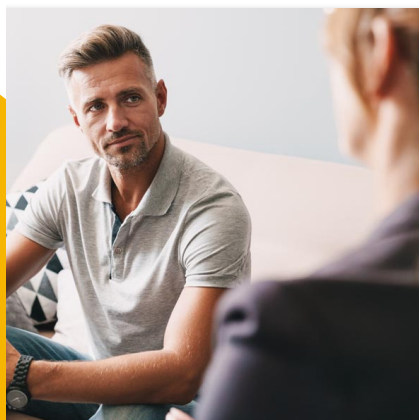
- **971 adults** were supported through times of crisis, including **828** victims of domestic violence and **143** victims of sexual assault.
- Crisis line advocates answered **459 calls**.
- We assisted clients in obtaining **23 orders for protection**.
- **99% of clients** reported feeling safer and more aware of ways to plan for safety as a result of CVIC services

SAFE SHELTER

- **108 people** were sheltered for 2,269 nights at Mary's Place while they worked toward safe and independent lives.

SELF SUFFICIENCY

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



SUPERVISED VISITATION

- **96 families** were supported during 1,062 supervised visits and 343 supervised exchanges. 94% of adult participants surveyed agreed they felt that they and their children were safe while using these services.

VIOLENCE INTERVENTION

- **155 new men and women** in the New Choices program participated in group, addressing their use of violence and promoting accountability for the harm they have caused to others.
- **139 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 made **469 contact attempts to 140 partners** of New Choices participants to keep them informed of the participant's status and provide information about CVIC services. Of the partners contacted, 52 received CVIC advocacy services.

LETHALITY ASSESSMENT

- **157 individuals** were screened by law enforcement, with 71% found to be in high danger. 54 victims spoke with a CVIC advocate about what services are available to keep them safe.

"I never considered myself a violent person. I had gone through a lot of life changes in a short period of time and I didn't know how to control my emotions. I used violence as a reaction to my pain and I am very ashamed of myself. I didn't realize the effects it would cause not only to myself but my entire family and friends.

I learned a lot in my time with the New Choices program.

Hearing different stories has helped me understand more and how to handle reactions to conflict in different ways. I take full accountability of my actions and I know violence is not the answer to any problems."

- NEW CHOICES PARTICIPANT

Healing

Specialized support heals the impact of trauma so individuals can thrive



YOUTH THERAPY

- **48 children** impacted by violence received therapy to address trauma. 42 youth received 322 individual therapy sessions and 6 youth participated in 33 group sessions at their middle school.
- **22 parents** received education about parenting needs of children living in violent homes and the effects of violence/trauma on children.

ADULT THERAPY

- **128 adults** received therapy services, including 112 adults who received 1,368 sessions of individual therapy, 15 in restorative therapy, and 26 adults who participated in 228 support group sessions.
- **94% of adult clients** surveyed showed improvement in emotional condition.

Expanding Restorative Therapy

Nick*, who is currently incarcerated at a correctional facility, experienced trauma and abuse for most of his life. After being connected to CVIC's restorative therapy program, Nick began meeting with a restorative therapist weekly at the county correction center to address unresolved childhood trauma. However, his therapy services were interrupted when Nick was transferred to another correctional facility. Nick advocated for his mental health preferences and was permitted to resume trauma therapy work as he serves out his remaining sentence. Nick expressed his gratitude for the opportunity to continue to heal. "It means everything to me that I have someone who is so supportive, listens, and never judges me for my past experiences."



*Name, some details changed.



YOUTH EDUCATION

- CVIC reached **6,846 youth** through 539 presentations; 71% of youth surveyed planned to use what they learned in their daily lives.

ADULT PRESENTATIONS

- CVIC reached **7,475 adults** through 134 presentations; 97% indicated that the presentation provided them with knowledge on topic.
- CVIC trained **1,315 professionals** through 40 presentations; 87% indicated they plan to use the information learned from training.

“I feel like I learned a lot of new things about telling the difference between healthy and unhealthy relationships from this presentation.”

- ADULT PARTICIPANT



Realtime Impact of Education

During a training for third graders at a rural school, CVIC got to see the impact of a presentation in real time. Throughout the training, students were incredibly enthusiastic participants and during the classes, students demonstrated the content and topics they were learning about, such as respect and boundaries. During the last session, one student asked if everyone could join in a group hug. When one student did not want to join in on the hug, multiple other students asked him to join. Before CVIC’s staff were able to say anything, another student spoke up and reminded the class about boundaries, telling him that this was “outside his fence” and that he did not have to join the hug if he didn’t want to.