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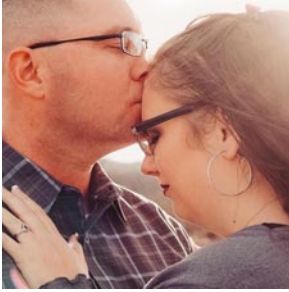
2023 Spring **NEWSLETTER**

A story of courage & resilience

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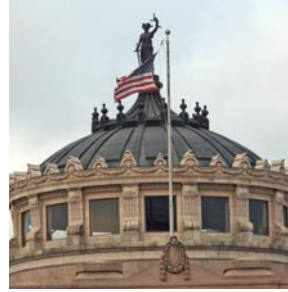


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Giving hearts bring hope and healing to many



Coiya Tompkins
President/CEO

Dear Friends,

Thanks to the incredible generosity of more than 450 giving hearts, which helped us raise more than \$85,000 on Giving Hearts Day. CVIC started 2023 off with a great deal of hope. We greatly appreciate your incredible support of this annual day of giving. Statewide and in parts of western Minnesota, total Giving Hearts Day

contributions reached more than \$26 million. Check out the full report on page 12.

We're also excited to share that several donors have committed to investing and reinvesting in our Safer Tomorrows Road Map, a long-range plan to end interpersonal violence in two generations. Late last year, we shared with you that we were facing a gap of \$800,000 annually. This number represents primarily people resources needed to fund positions that will enable us to serve and educate more clients, students and partners. To date, nearly \$200,000 of that gap has been filled through multi-year commitments and one-time gifts.

In addition to private donors, grant funders also have taken note of the Safer Tomorrows Road Map's potential. Mutual of America Financial Group (see story on page 11) announced in late 2022 that CVIC was one of only six nonprofit organizations nationwide

to earn an Honorable Mention (\$50,000 award) for the company's prestigious 2022 Community Partnership Award. We were recognized for our collaboration with Grand Forks Public Schools to provide healthy relationship education, violence prevention programs and therapy services to students in grades K-12.

We're also grateful to several legislators (see story on pages 6-7), who've partnered with us to pursue additional funding at a state level, particularly for programs that are linked to Century Code mandates, for which CVIC is the core provider. CVIC also has led the development of two bills designed to enhance safety and access for those impacted by interpersonal violence. Both House Bill 1268 and 1269 passed the House by landslides. We are looking forward to seeing what transpires throughout the rest of the 68th Legislative Assembly, with regard to both funding as well as survivor safety and accountability for those who use violence.

As always, we thank you for all you're doing through volunteerism, word of mouth and private giving to enable us to continue this important work. We truly appreciate your investment in our mission and faith in our team.

With gratitude,

A handwritten signature in black ink that reads "Coiya M. Tompkins".

Coiya M. Tompkins
President/CEO

*You are the **STRENGTH** I need
when I feel like I can't swim any longer.*

Thank you!

- CVIC CLIENT

A story of **courage & resilience**

On the day Katrina turned 20, she was four months pregnant and newly married. What should have been a fun celebration took a terrifying turn when her then-husband shoved her out of their moving car during a petty argument over ice cream. Katrina and her unborn child survived this terrifying event; however, they endured far worse in the years to come.



“My father and the police urged me not to go back to my husband after he pushed me from our car. There was a part of me that knew they were right, but I believed marriage was forever and I didn’t want my unborn child to grow up in a broken home,” said Katrina.

Despite a promise that he would never harm her again, the cycle of abuse and violence quickly escalated. From April 2006 until August 2007, the police were called to Katrina’s house 14 times; her husband was taken to jail on at least four occasions. Each time Katrina thought she had left the marriage for good, her husband “sweet talked” her into coming back.

It was after one of these horrific incidents that Katrina was referred to CVIC’s Victim Witness Services by Grand Forks law enforcement during a 911 call.

“CVIC came into my life at a time when I desperately needed help but didn’t have the belief in myself to take it,” said Katrina.

“Peggy Love, who is CVIC’s Director of Victim Witness Services, stood by me without judgment, offering support and information.”

In November 2007, Katrina filed for divorce. Days later, her estranged husband broke into the house where Katrina was staying and savagely kicked and punched her. Still, Katrina was determined to move forward with her life.

On April 10, 2008, Katrina’s divorce was finalized. One day later, her now-ex-husband tried to kill her with his car while their toddler watched and cried.

“He was taken into custody and eventually pled guilty to domestic violence and breaking and entering,” said Katrina. “I don’t know what I would have done without Peggy and CVIC. They stood by me at court, encouraged me to join one of their domestic violence support groups, and helped me to see that I deserved more from life than I imagined was possible.”

As Katrina got stronger, her courage grew. She enrolled in school to become a Certified Nurse Assistant. And, a year after her divorce was finalized, she met the man who would become her husband, the father of her children and the love of her life. Still, Katrina never forgot the impact that Peggy and CVIC had in helping her to create a healthier life for her and her family.

“My family grew; my husband and I now have three beautiful, healthy children. As my confidence also grew, I realized that nursing wasn’t my true calling; I want to impact the lives of others in the way Peggy and CVIC have impacted mine,” said Katrina.

“I enrolled in college and need just one more year of credits before I can begin training to become a victim witness advocate. My goal is to work for CVIC so I can give back to an organization that gave me so much.”

It was more than 13 years since Katrina had last spoken with Peggy. However, in May 2021, their paths once again crossed when an unforeseen circumstance brought Katrina and Peggy together. “Seeing Peggy again reconfirmed that I am making the right decision for my career. I am more determined than ever to complete my studies and someday work at CVIC – not as survivor of violence but as a Victim Advocate for others who are suffering unimaginable trauma.”



PEGGY LOVE
*Director of Victim
Witness Services*

For nearly three decades, Peggy has been providing criminal justice advocacy and support for individuals whose lives have been affected by crime. She is a member and former president of the North Dakota Victim Assistance Association and a past recipient of the Margaret Fry National Organization for Victim Assistance (NOVA) Victim Services Practitioner Award. She earned her Bachelor’s Degree in Social Work (BSW) at the University of Minnesota – Moorhead and is a Licensed Baccalaureate Social Worker – ND and a Licensed Social Worker – MN. When Peggy isn’t serving individuals and families harmed by crime, she cherishes time spent with family and friends, yard work, fishing, playing cards and working out.



Legislative progress shows initial support for additional funding

Throughout the past 18 months, CVIC has partnered with lawmakers to encourage stronger funding for domestic violence and sexual assault survivors throughout the state. Along with its peers in the state coalition, CVIC also has led the development of several legislative bills designed to enhance safety for survivors. This activity follows several months of individual and group meetings and educational sessions with area lawmakers, both locally and across the state.

House Appropriations Committee: statewide plea for more dollars

Most recently, Yvonne Griffin, a past CVIC client and current board member; Coiya Tompkins, CVIC president/CEO and chair of the statewide coalition (CAWS) Legislative Committee; and Chris Johnson, executive director of the Rape and Abuse Crisis Center in Fargo, testified in front of the House Appropriations/Human Resources Division. Written testimony also was provided by three county sheriffs (including Grand Forks County Sheriff Andy Schneider), two police chiefs (including Grand Forks Police Chief Mark Nelson), Grand Forks County State's Attorney Haley Wamstad, and another crisis center leader from Dickinson.

On behalf of 19 member programs in the statewide coalition, the \$17.65 million appeal followed a similar July 2022 proposal originally requested by the Department of Health and Human Services for consideration in Gov. Doug Burgum's executive budget. In December 2022, Gov. Burgum recommended an increase in domestic violence and sexual assault funds, but it was nearly \$14 million short of the original \$17.65 million biennium request. Tompkins, along with her peers, made the argument for the original request and increased funds, which have remained flat for more than 10 years, even though service needs have significantly increased statewide. Combined annual operating budgets for the 19 member programs are close to \$22 million. State contributions to these budgets are less than \$2 million (9 percent) annually.



Yvonne Griffin
CVIC Board Member



Mark Sanford
Representative
District 17



Emily O'Brien
Representative
District 42



Zac Ista
Representative
District 43

Following is a breakdown of the \$17.65 million biennium request:

DOMESTIC VIOLENCE GENERAL FUNDS (CURRENTLY \$1.9M PER BIENNIUM):

- Requesting \$10M/biennium, executive/recommended budget: \$2,686,285

DOMESTIC VIOLENCE OFFENDER TREATMENT (CURRENTLY \$300K PER BIENNIUM)

- Requesting \$1.45M/biennium, executive/recommended budget: \$700,000

SUPERVISED VISITATION AND EXCHANGE (CURRENTLY \$425K PER BIENNIUM)

- Requesting \$2.2M/biennium, executive/recommended budget: \$0

SEXUAL VIOLENCE PREVENTION FUNDS (CURRENTLY \$200K PER BIENNIUM)

- Requesting \$4M/biennium, executive/recommended budget: \$0

Total request: \$17.65M/biennium,
executive/recommended budget: \$3,386,285

In late February, the North Dakota House of Representatives passed House Bill 1004, which provides an appropriation for defraying the expenses of the public health division of the Department of Health and Human Services. It includes \$7.2 million for statewide domestic violence and sexual assault resources throughout the state.

“We were very encouraged by lawmakers’ interest in further supporting domestic violence and sexual assault victims throughout the state,” Tompkins said. “In between committee hearings, we plan to work with our peers to continue educating lawmakers in both the House and Senate. There are still quite a few hurdles to clear, but the initial reactions have been very positive. We are incredibly grateful for several lawmakers and in particular Rep. Mark Sanford (District 17) and Rep. Emily O’Brien (District 42), who have been in lock step with us for more than a year to pursue these dollars. We are confident their support will make a difference once the bill reaches the House floor.”

House Judiciary Committee: focus on protection orders, domestic violence intervention programming

In addition to supporting materials and testimony preparations, Laura Nash Frisch, vice president of victim witness and visitation has worked closely with Rep. Zac Ista, a Grand Forks area legislator (District 43) and colleague from the Grand Forks County state’s

attorney’s office, as well as Seth O’Neill, a lobbyist from CAWS, to craft language for House Bill 1268 (passed in the House on Feb. 2) and House Bill 1269 (passed in the House on Feb. 6).

Also a member of the CAWS Legislative Committee, Nash Frisch has provided written testimony for several bills related to domestic violence and sexual assault. Taylor Sorensen, director of domestic violence intervention, also provided testimony, along with crisis center leaders from Minot and Bismarck. Following is a summary of each of these bills and their purposes, which was presented to the House Judiciary Committee in January.

DOMESTIC VIOLENCE PROTECTION ORDER (DVPO) (HB 1268)

1. Changes to the law to allow a respondent (person whom the order is against) to be served by publication under Rule 4, the same as is already available in the Sexual Assault Restraining Order law. This will help in cases where the respondent is evading personal service of the order, essentially “running out the clock” and avoiding an order being in place.
2. Addition of “stalking” into the definition of domestic violence. This would allow stalking, which can be an indicator of high lethality for domestic violence victims, to be included as behavior that would qualify for a DVPO if the person doing the stalking is a family or household member. In cases where stalking is the primary form of abuse, such as after someone leaves their significant other, the current remedy is a disorderly conduct restraining order that does not have the same protections as a DVPO, including addressing use of a vehicle, housing, custody, restrictions on weapons and enhanced penalties for multiple violations.

MANDATED DOMESTIC VIOLENCE INTERVENTION PROGRAMMING (HB 1269)

1. Updated terminology to replace the words “treatment” and “evaluation” in the statute which have medical connotations similar to chemical dependency treatment, with the words “programming” and “assessment,” which more accurately describes the psycho-education model used by groups for individuals who have used violence.
2. Expands mandated programming for additional crimes such as violation of a protection order, harassment, stalking, felonious restraint, unlawful imprisonment, criminal mischief, interference with a telephone during an emergency call, violation of a disorderly conduct restraining order and violation of a no contact order when the victim is a family or household member.

When giving becomes a way of life



For artist, author, entrepreneur, wife, and mother of three Katie Bergner, life is a swirl of activity.

Yet, Katie and her husband never miss an opportunity to give back to the Grand Forks community – including CVIC. If you ask Katie why philanthropy is so important to her, she'll tell you that for her family, giving is just a way of life.



Katie and her husband, Brian, are passionate about passing on the spirit of giving to their children.

Katie is a professional artist whose paintings can be seen in hotel lobbies, high-end restaurants, high-traffic public spaces, and homes all across the United States. In 2011, Katie and two friends co-founded TAG (The Art of Giving) – a company that joins together its co-founders' shared passion for art and philanthropy.

"Each year, we host a high-end art sale, where a portion of the proceeds is donated to one or more

"My parents have long supported CVIC, so I grew up attending events with them and seeing how their support of CVIC was helping to make a difference for individuals and families whose lives were turned upside down by violence," said Katie. "At the same time, I also saw how giving was woven into the fabric of my parents' and grandparents' everyday lives. My mom is a hands-on giver; she's the first to run over to help a neighbor. It's a mindset that she learned from her mother, who also reminded me to 'just go over there and help.'"

local charities. About 75 regional artists participate, making TAG the largest art exhibit and sale in North Dakota," said Katie. "What's especially gratifying is seeing how the proceeds from TAG's art sale are helping in powerful ways to make our community safer, healthier and more inclusive. A few years ago, CVIC was selected to receive a TAG donation. The funds were used to purchase artwork for CVIC's center, helping to reinforce the idea that art can be a tool to help survivors of violence heal physically, mentally and emotionally."

Having the ability to improve the lives of others is, to many people, a privilege – and it's one that Katie takes seriously. "Giving back to my community enables me to live in a way that reflects and reinforces my families' values. It's way for us to invest in people and places that make up our everyday lives; it also provides a way for my husband and me to show our children that they can make positive changes in the world," said Katie.

Katie and her husband make a point of sharing the experience of philanthropy with their children by including them in their philanthropic activities as is appropriate for their ages. "I learned what an amazing organization CVIC is by accompanying my parents to CVIC events. Over time, I came to understand the critical importance of their work and I was able to see the impact donors make in CVIC's ability to deliver services. The passion, enthusiasm and determination of CVIC's team continues to inspire my family and we plan to support them any way we can."





"Giving back to my community enables me to live in a way that reflects and reinforces my families' values."

- KATIE BERGNER



Sharing knowledge on the international stage



Sheila Morris
Vice President
of Advocacy

When the Supervised Visitation Network (SVN) holds its 2023 international conference in Newport Beach, CA this May, CVIC will be in the spotlight with its newly created workshop: Self-Regulation and De-Escalation Tactics in Supervised Visitation.

“Supervised visitation can be essential to reducing a child’s sense of abandonment and anxiety when separated from a parent. Yet these meetings can quickly derail, especially when a parent becomes frustrated or angry with the constraints of a supervised visit with their child,” said Sheila Morris, CVIC’s vice president of advocacy. “Amber and I created this workshop specifically to provide social workers, counselors and other social services providers with insights and tips to help de-escalate a meeting, especially when things get heated.”



Amber Paulson
Director of Visitation
and Exchange

The workshop leans on brain science to help attendees understand why, when someone starts yelling, it’s easy to “flip your lid.” It also provides easy-to-remember strategies to help calm the situation and get back on track.

“The ability to self-regulate and de-escalate is a crucial one in any visitation setting. So we’re especially pleased that SVN selected our workshop for this important conference. We can’t wait to share what we’ve learned with other practitioners in our field,” said Amber Paulson, director of visitation and exchange at CVIC.

CVIC panelist discusses ‘The Wisdom of Trauma’

Therese Hugg, vice president of therapy services, took part in a panel discussion at last month’s North Dakota Human Rights Film and Arts Festival. The event, which is now in its fourth year and was centered on exploring trauma-informed care and other social justice issues, included a showing of “The Wisdom of Trauma.” The film examines the impact of trauma and seeks to uncover its varied sources to help society best address and prevent its spread. Festival attendees, which included therapy and industry professionals, trauma survivors and other members of the public, heard from Hugg and two other experts via a post-film discussion. To learn more about the festival, visit www.ndhrff.org.



The panel was moderated by Janell Regimbal who is the Founder/Owner of Insight to Solutions, LCC (on the far left), Jennifer Modeen with East Grand Forks Public Schools, Kim Miller, LAC with Mountain Plains ATTC, and CVIC’s vice president of therapy services, Therese Hugg.

CVIC staffer appointed to state committee

Congratulations to Andria Pinkerton, senior director of legal services at CVIC, on her recent appointment to a three-year term on the State Bar Association of North Dakota’s Ethics Committee. The committee is responsible for issuing advisory opinions to attorneys across the state on matters related to ethics and professional responsibility.



Andria Pinkerton
Senior Director
of Legal Services



Expanding our partnership for greater impact

Obtaining an undergraduate or graduate education should be a time for healthy exploration and for social, intellectual and emotional growth. Yet, sexual assault, stalking, intimate partner violence, and harassment are a devastating reality at colleges and universities.

Grappling with these complex problems is challenging, which is why the University of North Dakota (UND) recently expanded its partnership with CVIC to provide full-time, on-campus advising and support services to UND students and employees. These services are free and confidential.

“Sexual violence thrives when nobody is talking about it, yet conversation and empowerment are essential to healing and to creating awareness after violence,” said Lindsay Bell, confidential advisor at CVIC at UND. “Our office at McCannel Hall (Room 200), which also houses UND’s University Counseling Center, enables us to provide a safe, judgement-free environment where students who have experienced sexual violence and trauma can find support, connection and community.”

CVIC’s work also includes a growing calendar of in-person and virtual presentations, workshops and events that aims to educate and empower students, faculty, and staff to end sexual violence by preventing it in the first place. Topics include recognizing the

differences between healthy and unhealthy relationships, educating on the signs of emotional abuse, understanding the impact of social media, navigating healthy LGBTQIA+ relationships, identifying stalking behaviors, providing tactics for being an active bystander, and recognizing what consent looks like, among others.

“The expansion of our presence at UND provides an incredible opportunity to broadcast new and relevant resources that reinforce prevention messages, mobilize the UND population, and engage new partners in prevention through outreach,” said Allison Burkman, campus prevention and education specialist for CVIC at UND. “Sexual assault affects the entire campus community. Our growing partnership with UND also opens the door to new collaborative opportunities to help advance all the resources students and faculty need to thrive at UND. We look forward to furthering UND’s commitment to ending violence on campus and growing our impact together.”



Lindsay Bell, confidential advisor and Allison Burkman, campus prevention and education specialist at CVIC at UND

CVIC earns prestigious national grant

Mutual of America Financial Group announced at the end of 2022 that CVIC and its Safer Tomorrows Road Map was named an Honorable Mention recipient of its prestigious 2022 Community Partnership Award.

CVIC will receive \$50,000 as one of just six nonprofit organizations selected for their outstanding contributions to society, made in partnership with public, private and other social impact organizations.

“Exposure to domestic violence, either directly or indirectly, can have a significant and long-ranging impact on a child’s ability to learn and thrive,” said Coiya Tompkins, president/CEO of CVIC. “CVIC created the Safer Tomorrows Road Map and collaborates with Grand Forks Public Schools to provide school-age children and their families the awareness, skills and support needed to learn, thrive and build healthy relationships. The award from Mutual of America will enable us to extend our reach even further so that every child in our region and beyond can look forward to a safer tomorrow, free from bullying and violence.”

“Through its commitment to ending the generational cycle of domestic violence, CVIC and their Safer Tomorrows Road Map exemplifies the power of partnership to bring greater hope and opportunity to the community.”

- JOHN GREED,
Chairman, President and CEO
of Mutual of America
Financial Group

GUARD the future. **PARTNER** to protect and prevent.



Giving Hearts Day

More than **\$85,000** raised by giving hearts throughout the community

Over 450 generous match partners and donors partnered with CVIC on Giving Hearts Day to raise more than \$85,000 for safety, healing and prevention/education programs. This included 19 leadership donors who matched the first \$30,700 raised with this campaign.

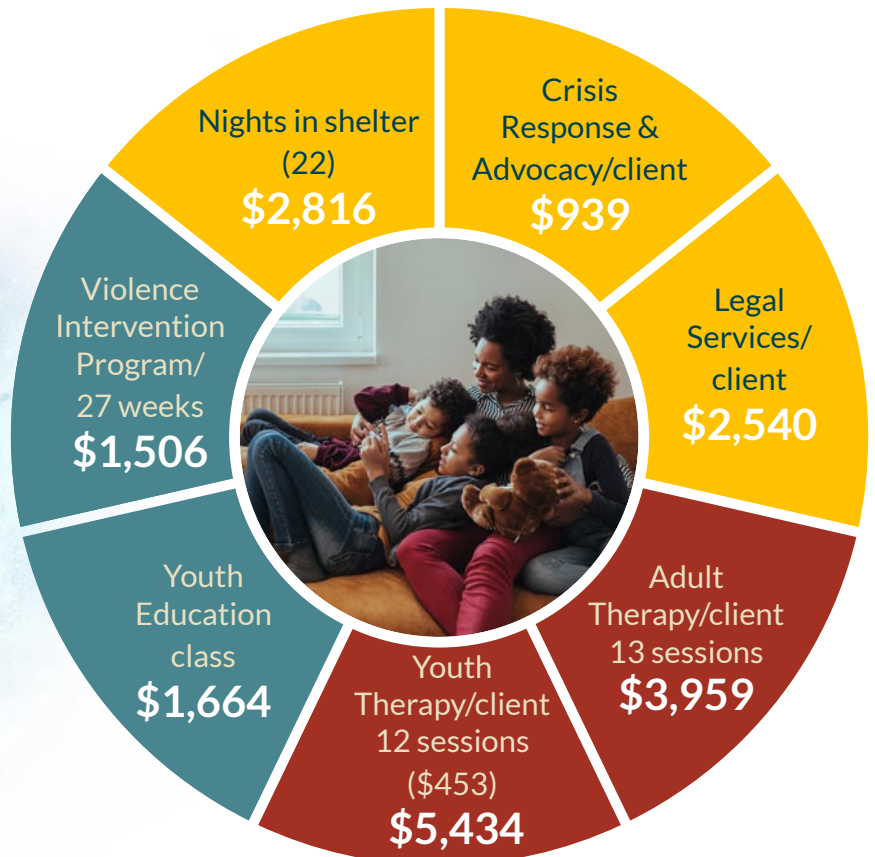
"Giving Hearts Day is one of our favorite times of the year. The giving spirit of our community is both heart-warming and inspiring," said Kara Fosse, Senior Director of Development for CVIC. "When calling to thank donors for their gifts, our CVIC team and volunteers hear all kinds of personal stories of transformation and hope. The calls that really hit home for all of us at CVIC are those in which donors who used our services in the past are now in a position to be able to give back and help others. When clients come full circle in this way it's incredibly rewarding to be a part of it – to hear the passion and pride in their voices as they share a part of their healing journey and desire to now help others seek safety and healing as well."

CVIC services are free to anyone and everyone who needs help, whatever their gender, race or economic status. We provide confidential and free services so clients don't risk their safety in seeking help and creating an exit strategy. We can do this because CVIC belongs to the community. We never walk alone in this work, which means that our clients never walk alone either. 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 for May 4, 2023.



Interpersonal violence is a complex and expensive problem

CVIC offers a holistic approach to helping clients move from fear to freedom and educating our youth, community and people who use violence on healthy relationships.



Safety



Healing



**Education/
Prevention**



THANK YOU to our lead guardians and match partners who collectively gave more than \$30,000 to inspire others to support CVIC on Giving Hearts Day. Nearly 3,000 domestic violence and sexual assault survivors benefit from CVIC's safety and healing services each year. With your help, we can serve these survivors and more than 9,000 adults who experience interpersonal violence each year.

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Tom and Brenda Rosendahl

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\$100+

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Laetitia & Mark Hellerud	Betty Longoria	Jessica Rerick	Lindsay Weisser
Chris Henderson	David & Judy Ludtke	Nicole Rieger	Brad and Yvonne Westrum
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Zachary Ista	*Kari McLean Kerr & Kelly McLean	Debbie & Ed Schenk	Roberta Zick
John & Jaclyn Jeffrey	Greg & Joan McMahon	Phil Schettler	*Wayne Zink & DeAnna Zink Carlson
Susan Jenö	McVile Lutheran Church	Kathryn Schiele	Jeff & Tammy Zola
Warren & Cindy Jensen		Judy Schill	



1 in 4 women and 1 in 9 men will be impacted by domestic violence or sexual assault in their lifetime. More than likely, you know someone.

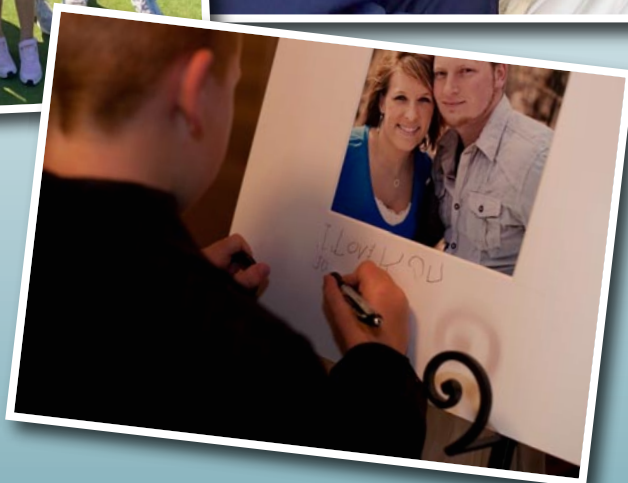
Meet Sarah

Sarah has 22 years of experience in healthcare, with the last 10 years dedicated to her role as a family nurse practitioner working in primary care on a college campus. She is passionate about helping her patients to understand the components that promote mental well-being, including the importance of healthy relationships in their lives.

Like so many women you may know, Sarah is also a busy mom who loves spending time with her family and friends, volunteering and attending sporting activities for her children and the Thompson community, where she lives. She enjoys going to the lake in the summer, exercise, photography and living life to the fullest.

While Sarah is happily married to her husband of nearly 12 years, her life didn't always feel safe and secure. That's because Sarah is a survivor of an abusive relationship that she left behind more than nearly 16 years ago. Today Sarah and her son are thriving due to her courage, supportive family and friends, and the support she received from CVIC when she needed it most.

What happened to Sarah could happen to anyone. That's why your support is essential to helping us prevent future violence in Grand Forks County.





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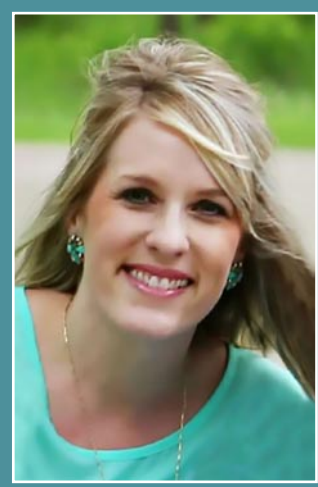


SAVETHEDATE

Signature Fundraising Event

Thursday, May 4
7:30-8:30 a.m.

Alerus Center



Join us for a meaningful and inspiring program, including a special guest keynote from Sarah Gustafson, a survivor of domestic violence and a former CVIC client.

GUARD the Future. **PARTNER** to Protect and prevent.