



PROGRESS
REPORT
JANUARY-JUNE
2024

Prepared for our Rise Up members

Your partnership reaches future generations

Dear Rise Up member,

As we enter our seventh year of our journey on the Safer Tomorrows Road Map, we're humbled by your generosity as we consider the first half of 2024, which has shown signs of both momentum and hope on the education/prevention front as well as increased lethality risks and safety concerns for those in crisis.

SAFETY

In addition to a continued focus on mental health and substance abuse disorders, our team and partners are reporting increased lethality risks for victims as assessed by Grand Forks Police Department, using the Lethality Assessment Protocol. Law enforcement partners are also reporting increased strangulation incidents, which are a serious warning sign linked to potential lethality.

HEALING

We continue to work toward enhancements to our therapy program, which is now fully staffed and at the halfway mark of 2024 has seen a 300 percent increase in youth served in individual therapy and a 133 percent increase in youth served in groups over last year's half-year data. Likewise, adult therapy has seen a marked increase to the clients served and decrease to its wait list numbers. Unfortunately, the need for healing in our community remains, but thanks to the steadfast support of donors like you, we are poised to meet that need and help our neighbors on their journey to new beginnings.

EDUCATION/PREVENTION

Our prevention and education work has demonstrated several bright spots for youth and the future of ending interpersonal violence. The program experienced record growth in presentations given in 2024 and continues to blossom with new curriculum authored by CVIC staff. Results also show marked excitement from students, who appreciate the unique, age-appropriate and innovative techniques our team administers.

In just six short months, for instance, TACO: Teaching About Caring for Others, has reached more than 450 students in grades 1-3. Of these students, 98 percent reported they knew how to show their friends kindness and 90 percent shared that they knew how to show kindness even when their friends were being unkind.

We know that the keys to ending large problems like interpersonal violence start with small, but meaningful changes for our youth. I'm excited to see where the team takes this and other curriculum developments. We will be sure to share more updates in the months to come. In the meantime, our gratitude cannot be overstated. As a Rise Up member, you are moving mountains for so many generations and we're incredibly fortunate to see the fruits of your investment coming to life in real time.



With gratitude,

Coiya Tompkins Inman

Coiya Tompkins Inman
President/CEO



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.

So far, 2024 has been a year of incredible momentum, even as we have continued to see several troubling trends in our community, including intensification of violence and increased mental health needs. Unfortunately, increased lethality is trending in the wrong direction. During domestic violence calls, our law enforcement partners report too many victims being assessed as **high risk for lethality**, using the Lethality Assessment Protocol (LAP). In addition, law enforcement has again documented increased strangulation incidents, which are a serious warning sign about potential lethality of violence. Not only are high-risk victims needing immediate supportive services, but many of these victims are the most isolated, with the fewest personal support networks and resources, as well as high levels of trauma, requiring more intensive care and resources from CVIC.

Alternatively, we have made some amazing strides in our programs that allow us to meet these needs, interrupt cycles of violence, and prevent violence in the future. This includes: working toward the goal to bill private insurance for therapy services, creating a sustainable model for this vital program; and growing our public-private partnership with Rydell to design a mobile advocacy program to reach rural victims. We're also developing a standardized K-12 healthy education curriculum for students at Grand Forks Public Schools and launching a new bystander intervention program for middle school students. Together, our community is building a new model for safety, healing, and a culture of nonviolence.

“We have turned to CVIC during our time of crisis and they have helped us tremendously. They are the only community service that has stuck by us to continue to help.”

-CVIC CLIENT



Safety

Every person deserves to live a life free of violence



CRISIS SERVICES

- **557 adults** were supported through times of crisis, including **456** victims of domestic violence and **81** victims of sexual assault.
- Crisis line advocates answered **196 calls**.
- We assisted clients in obtaining **19 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

- **65 people** were sheltered for **2,115 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.
- **192 individuals** received assistance with housing, employment or education goals.



"I can't tell you how much I appreciate the help I have received from you and everyone at CVIC. I finally realized that

PHYSICAL ABUSE IS NEVER OKAY

and it was so nice to know that you all had my back as I finally took the steps needed to make sure I was safe."

- CVIC CLIENT





CRIME VICTIM ADVOCACY

- **1,027 victims and witnesses** of crimes received case information and support through criminal proceedings.
- CVIC's victim witness specialists attended **903 court hearings** with or on behalf of crime victims and arranged and attended **169 meetings** between crime victims and prosecutors.

LETHALITY ASSESSMENT

- **73 individuals** were screened by law enforcement, with **59%** found to be in high danger. **22** victims spoke with a CVIC advocate about what services are available to keep them safe.

SUPERVISED VISITATION

- **64 families** were supported during **493** supervised visits and **310** supervised exchanges. **97%** of adult participants surveyed agreed they felt that they and their children were safe while using these services.

VIOLENCE INTERVENTION

- **116 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.
- **52 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 **86 partners** of New Choices participants to keep them informed of the participant's status and provide information about CVIC services.

"I have learned from my past and learned so much in group. I am so thankful for the many skills I learned while attending group. I'm thankful for my facilitators and all the women I've met in group have helped me with my healing and helping forgive myself and move forward with my life and being a mom my kids feel they can come talk to about their feelings and the hurt throughout this time. I'm thankful group has taught me to address my thoughts and emotions, and be able to work throughout and be able to come out with understanding better why I'm feeling and thinking. To be able to stop, take a moment, breathe, and think before reacting.

Thank you to everyone in group for the advice, kind words, and being here for me in a time in my life where I needed a lifeboat but didn't know how much I truly needed it in the beginning.

From the bottom of my heart, thank you for helping me to heal and start forgiving myself, and move forward."

– NEW CHOICES PARTICIPANT



"Therapy was something that I would avoid and make every excuse in the book to not go to, but now

IT'S THE ONE THING I LOOK FORWARD TO EVERY WEEK."

- CVIC ADULT CLIENT



Healing

Specialized support heals the impact of trauma so individuals can thrive



YOUTH THERAPY

- **67 children** received individual and/or group therapy to address trauma.
- **22 parents** received education about parenting needs of children living in violent homes and the effects of violence/trauma on children.

ADULT THERAPY

- **98 adults** received healing services, including **91** adults who received individual therapy, **11** in restorative therapy, and **16** adults who participated in support groups.
- **100% of adult clients** surveyed showed improvement in emotional condition.

RESTORING Self-Worth

When asked what has been the most helpful with therapy, a CVIC adult client responded, "Being able to restore my self-worth after trauma, has been the most valuable part of my healing journey. I wouldn't be where I am today without the help of my therapist."

A youth was asked what their favorite thing about therapy is, and they responded, "Having someone to talk to." Later, they shared, "and the sand tray. I love to play with the sand tray." This same child has processed both sexual abuse that they experienced at the hands of a caregiver and coping with a "new normal" in terms of who lives with them through experiential and play-based therapeutic exercises. They are now thriving, according to their primary caregiver, playing, singing and dancing at home while enjoying time with their siblings. Although life is and will never be perfect, this child is equipped with coping skills, knowledge of boundaries, and hope that will serve them well for years to come.



COMPREHENSIVE CARE for Survivors

Nancy*, a long-time adult client has accessed services in every available program at CVIC; most recently she has been receiving therapy. The client has voiced that, through therapy, she has gained confidence in herself and knows what she wants and needs in relationships. She has been more confident in advocating for herself and not willing to be in relationships that do not positively serve her. She states that CVIC has had a positive impact on her and her children, as the agency has given them a space to feel safe. She has recently obtained a degree in a helping profession, which she states would not have been possible without the support from CVIC.



*Name, some details changed



YOUTH EDUCATION

- CVIC reached **4,177 youth** through **431** presentations; **65%** of youth surveyed planned to use what they learned in their daily lives.

ADULT PRESENTATIONS

- CVIC reached **4,758 adults** through **34** presentations; **91%** of adults surveyed planned to use what they learned in their daily lives.
- CVIC trained **761 professionals** through **30** presentations; **95%** indicated they plan to use the information learned from training.

*“One thing I found helpful is they helped me understand what a **HEALTHY RELATIONSHIP** looks and sounds like.”*

– CVIC YOUTH PARTICIPANT

SCHOOL PARTNER Feedback

CVIC heard from multiple school partners about how critical our services are. After one healthy relationship presentation a teacher noted that many of her students needed to hear the information, and that having them talk through different healthy, unhealthy, and abusive situations was helpful. Another teacher noted how important it is to have someone come in who the students don't see every day, as this can make it easier to discuss things they feel uncomfortable, noting that CVIC "opens the door" for these conversations to happen. After CVIC's first full presentation of our middle school bystander intervention curriculum, designed in collaboration with students from every middle and high school in Grand Forks Public Schools, the school counselor noted that the program was greatly needed, and would make a huge difference. We are so grateful for our amazing school partners, and excited whenever we hear that together we are changing students' lives for the better.

