Making Greater Grand Forks the *best* Midwest community in which to live, learn, work and play
LOOKING BACK OVER 2014, one of our greatest accomplishments was something few people laid eyes on. Our leadership team lived and breathed and sweated it, but mostly behind the scenes.

Our great hope for 2015 and beyond is for the curtain to be lifted on this BHAG (Big Hairy Audacious Goal) and for the community to embrace it in the same way we have this past year.

What is “it”? Our Two-Generation Plan to END Violence in Greater Grand Forks!

THE QUESTION: COULD WE?

OUR ANSWER: YES!

Our leadership team has well over 100 years of combined experience at CVIC. Having spent that much time reacting to violence and picking up the pieces of shattered lives led us to a place of real reflection: Could we find a way to stop the violence before it starts?

Could we build a totally different community, a violence-free community, for our grandchildren? After spending several years researching the answers to these questions, we came up with a resounding “yes” and dug into the research even more to begin to operationalize our ideas.

THE RESEARCH BEGAN

So began the long and arduous process of researching the very best programs and evidence-based practices to prevent violence, adapting them to our populations and communities, and developing a plan. Several tenets were important to us. We wanted it to:

#1. Be based on the latest scientific research on violence prevention.

#2. Be realistic for our community.

#3. Include a rigorous evaluation component so we can measure our success and tweak it as needed to ensure we reach our goals.

2015: THE UNVEILING

The time spent was well worth it. We completed this ambitious plan in 2014 and are ready to unveil it in 2015.

Get ready to raise the curtain, Grand Forks! We have a plan that our whole community can get behind, and we are ready to share it with the world. See more on the following pages.
OUR RESEARCH INTO THE PROBLEM:
WHAT WE NOW KNOW
ABOUT LOCAL VIOLENCE

5,300+
local children are exposed to violence

- Bullying
- Dating Violence
- Domestic Violence
- Sexual Violence

Studies indicate that 40% of children in Grand Forks County are exposed to violence. Some have been severely traumatized by violence and other life events that impair their development and jeopardize their future.

It is estimated that 1,700 local children suffer from significant trauma, with dire effects if they don’t receive help.

Impaired brain development
Trauma can cause neurochemical changes in a child’s brain that impair his or her ability to cope, function and learn. It also may cause chronic anxiety, aggression and bullying.

Difficulty in school
Exposure to violence makes it harder for children to learn. Without specialized intervention, studies show that these kids suffer:
- 3 times increased rate of academic failure
- 5 times increased rate of missed attendance
- 6 times increased rate of severe school behavior concerns

Risky behaviors
Traumatized children may act out in ways that can get them in trouble at school or suspended, which may further lead them to engage in risky behaviors that impact their health:
- 7 times increased rate of alcoholism
- 4.7 times increased rate of illicit drug use

Health problems & early death
Childhood trauma is directly linked to disease and chronic illness, suicide attempt and decreased life span.
- 2.2 times increased rate of heart disease and 2.4 increased rate of stroke
- 12 times increased suicide attempt
- Reduced life expectancy of up to 20 years

We will create a future in which our grandchildren can thrive – reducing violence in two generations and creating healthy relationships.

THE PLAN • #1
BASED ON THE LATEST SCIENTIFIC RESEARCH

SAFETY
Research shows that shelter services reduce the risk of re-assault by 60% to 70% in the months after exiting shelter. Shelter also removes young children from the violence at home, protecting their developing brains from lasting harm. Our new shelter, to be built in 2016, will double the capacity that we are able to serve and enhance the safety and long-term health of women and children.

1. Campbell, J. Ph.D.; RN; FAAN; Anna D. Wolf, Johns Hopkins University School of Nursing, Protective Action and Re-assault: Findings from the RAVE study.

HEALING
We identified key therapies that were the most researched and supported of all current treatments for childhood trauma, proven to help children stabilize themselves, restore their safety, and heal their social and emotional wounds. Already, youth have credited our program with helping them to end suicidal thoughts, stay away from drugs and alcohol, and improve their academic performance.

TWO PROVEN THERAPIES NOW USED AT CVIC:
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)

PREVENTION
We also identified evidence-based violence prevention curricula for youth, through the collaborative Safer Tomorrows Project, and have implemented them throughout the county. These have been proven to reduce and prevent bullying and other violence, as well as risk factors, create better attitudes toward school, and promote healthy relationships.

TWO PROVEN CURRICULA NOW USED IN LOCAL SCHOOLS:
- Olweus Bullying Prevention Program
- The Fourth R (healthy relationships)
- Coaching Boys Into Men
THE PLAN • #2
REALISTIC FOR OUR COMMUNITY

Building Hope Campaign:
A realistic goal that you are helping us to attain
We are so close to meeting our $2.8 million dollar campaign goal, with $2.3 million in secured and estimated in-kind gifts to build a new shelter to keep women and children safe and prevent harm to children’s development.

SAFETY

HEALING

PREVENTION

We will reach all 1,700 local traumatized children:
With the help of others
While it may seem a lofty goal to reach 1,700 children in the next 10 years, it becomes manageable when we enlist the help of others. With community support, we will hire five more therapists over 10 years to provide trauma-informed therapy at CVIC, and we will host trainings to equip 11 additional local counselors to provide effective, evidence-based therapies for children.

Children will receive the full curriculum at every grade level from K-12
Through the Safer Tomorrows Project, we are already reaching every student in the county with education on dating violence, bullying, and healthy relationships, a highly sustainable effort. If we continue our efforts, by 2025, 20% of the student body—and by 2035, 100%—will receive the full 12 years of this education, providing a cultural shift for an entire generation of children.

THE PLAN • #3
EVALUATION COMPONENT
TO REACH OUR GOALS

We built in a rigorous evaluation component into the two-generation plan to end violence.
We will measure our progress annually toward key goals that will be realized in the first decade. Some goals are provided below.

SAFETY INCREASED BY 2025:
In addition to ensuring the completion of our new shelter to keep women and children safe, we will reduce violence at home by helping batterers to end their violence and establish positive relationships.

HEALING FOR ALL TRAUMATIZED KIDS BY 2025:
We will reach 1,700+ children to help them overcome trauma and make healthy choices, ending the compounding of trauma from one generation to the next.

PREVENTION EDUCATION FOR EVERY CHILD:
By 2035, every child will receive education at three developmental levels—elementary, middle and high school—on bullying, dating violence and positive relationships. One marker in 2025 will be a dramatic decrease in children reporting bullying.
Healthy Relationship Education
Spearheaded by Grand Forks Public Schools, LSSND, and CVIC.
In 2014, nearly all of the 9,400 enrolled K-12 students from 28 county schools, six pre-schools and Head Start received education to prevent violence and promote healthy relationships.

Through Coaching Boys Into Men, 303 male athletes in five high schools were mentored by 30 coaches on respecting girls and women. We are already seeing progress. While in 2012 after one year of the program, 79% of teen boys surveyed rated “telling a dating partner what to do all the time” as abusive, in 2014, 91% had that understanding.

Community Awareness Project
Spearheaded by the City of Grand Forks.
Grand Forks County high school youth learned about healthy break-ups, presented by national trainers during Teen Dating Violence Awareness Month in February.

Restorative Justice Project
Spearheaded by Lutheran Social Services of North Dakota (LSSND).
In 2014, 1,170 local youth met with a trained facilitator to discuss or address situations that cause harm in which restoring relationships may help to create a safer school environment.

Key Safer Tomorrows partners: City of Grand Forks, CVIC, Grand Forks Public Schools, and Lutheran Social Services of North Dakota. About 40 additional organizations also participate in Safer Tomorrows.

Coordinated Community Response Project
Lethality Assessment Program helps victims and children at high risk.
CVIC and local law enforcement received training and initiated a new project to help people in grave danger more quickly access safety services. More victims and kids are now getting crisis services to ensure they are safe.

Sexual Assault Response Team improves crisis response for victims.
CVIC, law enforcement and emergency room nurses mobilized a specialized team in March to more effectively respond to victims of sexual assault. This project will more compassionately address victims’ trauma, improve forensic evidence collection, and coordinate follow-through.

Key Safer Tomorrows partners: City of Grand Forks, CVIC, Grand Forks Public Schools, and Lutheran Social Services of North Dakota. About 40 additional organizations also participate in Safer Tomorrows.

Community Action Team
In 2014, we launched a Community Action Team to increase awareness of sexual violence and to reduce its occurrence, accomplishing:

- Key organizations and individuals recruited to serve on the team
- Training received to build our prevention capacity
- Community Readiness Assessment completed to guide our efforts.

Community Action Team members: Altru Hospital, Prevention Dept. • Boy Scouts of America • CVIC • Girl Scouts of America • Grand Forks Air Force Base Realignment Impact Committee, Family Advocacy Programs, Sexual Assault Prevention & Response Program • North Central Judicial District Court • Northeastern Police

SAFETY AND HEALING
876 PROVIDED CRISIS INTERVENTION with close coordination with law enforcement in 911 calls • 788 crisis line calls • 99% of clients surveyed reported they were safer after receiving services.

131 SHELTERED: 27% increase over 5 years, with the need for overflow housing up nearly 2,000% because our shelter was full.

97% OF CHILDREN PROVIDED THERAPY who were surveyed increased their use of positive coping skills, reduced symptoms of trauma and experienced improved emotional well-being.

VIOLENCE PREVENTION
96% OF EDUCATION PARTICIPANTS surveyed increased knowledge of abuse and healthy relationships.

96% OF PROFESSIONALS surveyed indicated the training provided them with skills that would assist in their line of work.

Comments by participants:
- “She made me know more about good and bad relationships.”
- “I like that it showed me good things to do.”
- “It gave me a different way to view trauma and how it affects kids.”
### Statement of Financial Position

#### ASSETS

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
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<tbody>
<tr>
<td>CURRENT</td>
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<tr>
<td>Cash</td>
<td>$283,324</td>
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<tr>
<td>Savings</td>
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<tr>
<td>Board-Designated Savings</td>
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<td>Building Maintenance Fund</td>
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<td>Accounts Receivable</td>
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<td>Prepaid Expenses</td>
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<td>PROPERTY AND EQUIPMENT</td>
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<td>Building</td>
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<tr>
<td>Furniture &amp; Equipment</td>
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<td>Leasehold Improvements</td>
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<tr>
<td>Accumulated Depreciation</td>
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<td>TOTAL ASSETS</td>
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#### LIABILITIES & FUND BALANCE

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<td>Payroll Withholding</td>
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<td>Other Liabilities</td>
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<tr>
<td>FUND BALANCE</td>
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<tr>
<td>TOTAL LIABILITIES &amp; FUND BALANCE</td>
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</tbody>
</table>

Our fundraising costs of 14.7% fall well below the U.S. Better Business Bureau’s Wise Giving Alliance Standards for Charity Accountability, which recommend a maximum of 35% spent on fundraising.

1. We received the Bush Foundation Prize for Community Innovation that has been designated to further special innovative projects during 2014-2016. Though some of the Bush Prize funds are included here, they will be expended over three years.
2. Endowment funds are restricted by the donor; the principal is saved and the earned interest and appreciation may support operations.
3. These funds are restricted to large repair and maintenance costs.
4. Accounts receivable represent amounts due from granting agencies for expenses incurred but not yet reimbursed and amounts to be received from contribution promises to give.
5. Grants include federal and state grants, county and city contracts, corporate/foundation/service club grants, and United Way grants, as well as the Bush Prize.
6. Includes pledges to give for future years, endowment and capital campaign gifts.
7. While services to victims of violence are free, we charge a fee for offender treatment. "Other" includes $52,063 of unrealized loss on investments.
8. Revenues include pledges to give for future years and funds reserved for our endowment, capital campaign and board designation, which may not be applied toward operating expenses. Actual audited revenues for 2014, without considering the above categories, totaled $3,137,038. Actual net gain for our modified cash basis operating fund was $27,407.

### 2014 REVENUES

<table>
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<th>Category</th>
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<tbody>
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<td>1. Grants</td>
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<td>2. Community Contributions</td>
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<td>3. Program Fees/Other</td>
<td>$304,358</td>
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<tr>
<td>TOTAL</td>
<td>$3,848,230</td>
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Includes pledges, capital campaign, endowment, and restricted funds.

### 2014 EXPENSES

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<tr>
<td>1. Programs &amp; Services</td>
<td>$2,296,761</td>
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<tr>
<td>2. General &amp; Administration</td>
<td>$417,810</td>
</tr>
<tr>
<td>3. Fundraising</td>
<td>$466,236</td>
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<tr>
<td>TOTAL</td>
<td>$3,110,807</td>
</tr>
</tbody>
</table>

Includes capital campaign.

### EXPENSES BY PROGRAM

- **LIGHT OF HOPE**
  - Shelter, 24-hour crisis intervention, specialized therapy, transitional housing, career counseling, legal representation

- **COMMUNITY INNOVATIONS**
  - Violence prevention and healthy relationship education for youth and adults, professional training, and collaboration through major multi-agency projects

- **PATHWAYS TOWARD JUSTICE**
  - Advocacy within the criminal justice system, notification about court cases

- **NEW CHOICES**
  - Treatment for adults who have been violent within their intimate partner relationships to end domestic violence

- **KIDS FIRST**
  - Supervised parenting time and exchanges of children to ensure safety
CHANGING LIVES
$1,000 to $9,999 each year for 5 years

BUILDING HOPE
$1,000 to $9,999 each year for 5 years

CREATING DREAMS
$10,000 to $24,999 each year for 5 years

DREAM MAKER SOCIETY

BRENNER BANK
$3,000/yr. for 10 yrs.
Mark & Marily Brown
$1,000/yr. for 10 yrs.
Merrilee & Randy Brown
$1,000/yr. for 10 yrs.
Cindy & Daryl Evarald
$1,000/yr. for 10 yrs.
Ellen Feldman & Ronald Brockman
$1,000/yr. for 10 yrs. & $2,500/yr. for 5 yrs.
John Marchell & Nancy Eklund
$1,000/yr. for 10 yrs.
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$1,000/yr. for 10 yrs.
Ellen Feldman & Ronald Brockman
$1,000/yr. for 10 yrs. & $2,500/yr. for 5 yrs.
John Marchell & Nancy Eklund
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\end{align*}
Thanks to the nearly 400 community members, businesses, churches, groups and service clubs below, we already have $2,3 million in secured support and estimated in-kind gifts toward our total goal of $2.8 million to build and operate a new shelter for women and children fleeing violence. Since we must vacate our current shelter in 2016, we plan to begin construction for the new shelter in late 2015 or early 2016.

BUILDING HOPE CAMPAIGN SUPPORTERS

2014

SUPPORTERS

Under $100.00

Anonymous

$100.00+

Tara & Derek Johnson

$500.00+

Derrick & Tara Johnson

$1,000.00+

Brent Jiran

$2,500.00+

Michael & Shelby Llaudet

$5,000.00+

Mark & Faye Kibodeaux

$10,000.00+

Mark & Mary Ann Doner

$25,000.00+

Kathy Larson

$50,000.00+

Greg & Traci LaDouceur

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Mark & Mary Ann Doner

$25,000.00+

Kathy Larson

$50,000.00+

Greg & Traci LaDouceur

Promoting safety, healing and an end to violence!

2014

Operating Supporters

Changemaker

$50,000+

Browning Foundation/City of Grand Forks

$10,000+

Brothers of the Third Way

$5,000+

Churches United for a Safer Tomorrows

$1,000+

Church of Jesus Christ of Latter-day Saints

$500+

City of Grand Forks

$250+

Catholic Charities

$100+

Community Foundation of the Red River Valley

$50+

Cornerstone Church

$20+

Children's Miracle Network Hospitals

$10+

Children's Hospital Foundation

$5+

Churches United for a Safer Tomorrows, Inc.

$2+

Church of Jesus Christ of Latter-day Saints

$1+

Community Foundation of the Red River Valley

$0.50+

Cornerstone Church

$0.10+

Children's Miracle Network Hospitals

$0.05+

Churches United for a Safer Tomorrows, Inc.

$0.01+

Cornerstone Church

Provider

$50,000+

Alpha Chi Omega

$25,000+

Mark & Mary Ann Doner

$10,000+

Derek & Tara Johnson

$5,000+

Kathy Larson

$2,500+

Michael & Shelby Llaudet

$1,000+

Brent Jiran

$500+

Churches United for a Safer Tomorrows, Inc.

$200+

Mark & Mary Ann Doner

$100+

Derek & Tara Johnson

$50+

Kathy Larson

$25+

Churches United for a Safer Tomorrows, Inc.

$10+

Cornerstone Church

$1+

Children's Miracle Network Hospitals

$0.50+

Brothers of the Third Way

$0.25+

Churches United for a Safer Tomorrows, Inc.

$0.05+

Cornerstone Church

$0.01+

Children's Miracle Network Hospitals
FRIEND

$1,000
- Bonnie & Rick Aamot
- Blais Development
- Alum Federal Financial
- Bravo Civil Construction
- Shella Brant
- Richard & Laura Black
- Greg & Janice Bopper
- Josh Brown
- Calvary Lutheran Church
- Corey & Jackie Cleveland
- Lwan Cook
- Commerence Baptist Church
- Christ the King Lutheran
- Smith & Marilyn Covac
- Makayla Cowan
- The Cowan Development - Inc.
- Doug & Barb Cowles
- Roger & Kari Dykstra
- 450 Squad
- John & Keni Egner
- Tim & Susan Ellis
- John & Kayla Erickson
- Calvary Lutheran Church
- Louis & Susan Fagerholt
- John & Debra Fagerholt
- David Fagerholt
- Mark Fagerholt
- Susan Fagerholt
- J.R. Fagerholt
- John & Barb Fagerholt
- Randy & Sheila Fagerholt
- Patsy & Gary Fagerholt
- John & Edna Fagerholt
- Paul Fagerholt
- William Fagerholt
- Jim & Wendy Fagerholt
- Mary Ellen Fagerholt
- Steve & Julie Fagerholt
- David Fagerholt
- Beth Fagerholt
- Nancy Fagerholt
- Fagerholt Family
- Fagerholt Foundation
- Fagerholt Group
- J & J Fagerholt
- William & Lila Fagerholt
- Beth & Eric Fagerholt
- Gary & Martha Fagerholt
- David & Linda Fagerholt
- Margaret Fagerholt
- John & Becky Fagerholt
- Jack Fagerholt
- Lisa Fagerholt
- Lila Fagerholt
- John & Judi Fagerholt
- Steve Fagerholt
- Jim & Nancy Fagerholt
- David Fagerholt
- John Fagerholt
- Linda Fagerholt
- David & JoAnn Fagerholt
- Robert Fagerholt
- David Fagerholt
- Gary Fagerholt
- John Fagerholt
- Mike Fagerholt
- Mary Fagerholt
- Paul & JoAnn Fagerholt
- John & Kay Fagerholt
- Colby Fagerholt
- Mary Fagerholt
- John Fagerholt
- Tim Fagerholt
- David & Sandra Fagerholt
- Daniel Fagerholt
- Robert Fagerholt
- Jack Fagerholt
- John Fagerholt
- Lisa Fagerholt
- James Fagerholt
- Linda Fagerholt
- Paul Fagerholt
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2014 BOARD OF DIRECTORS

Darla Adams
UND College of Nursing

Randy Boettner
Custom Air, Inc.

Tom Erickson
Energy and Environmental Research Center

Dr. Joanne Gaul
Altru Clinic Family Medicine Center

Marcia Kelley
UND

Dr. Linda Neuerburg
UND American Indian Student Services

Eric Plummer
UND Police Department

Marlene Miller
Altru Health System

Dr. Linda Neuerburg
UND American Indian Student Services

Heather Strandell
Altru Health System

Jody Thompson
Grand Forks Public Schools

Community Violence Intervention Center
211 South Fourth Street, Grand Forks, ND 58201 • (701) 746-0405
embracepeace@cviconline.org • www.cviconline.org