CVIC uses innovation to get results

YOUR SUPPORT HELPS TO REDUCE THE IMPACT OF CHILDHOOD TRAUMA AND SO MUCH MORE!

Is our work effective?
Just ask Conner,* who attests that he never would have graduated from high school without receiving our evidence-based therapy for teens.
Or Sandra,* who credits our services based on best practices with saving her life.
Or Nicole,* a young mother who was able to remove her newborn son from the trauma of violence at home, moving into our shelter and later our transitional housing.

RESULTS CHANGING LIVES
You may not know that when you support CVIC, you are helping to produce results that change lives.
Our programs are based on best practices and the latest research, offering services that have proven effectiveness and that are at the forefront of practices nationwide.

REDDUCING IMPACT OF TRAUMA
One such area is our therapeutic interventions that address the devastating impact of trauma on children (see sidebar at right).
Our specialized therapies teach children and teens how to use positive coping skills to deal with the symptoms of trauma and ultimately to heal.

PREVENTING VIOLENCE
Other research-based programs ensure safety for those in high-risk situations and provide prevention education for kids of all ages. The pages to follow provide a glimpse of the exciting initiatives at CVIC!

* Names changed to protect confidentiality.

THE FACTS ON babies’ brains

- **Living in constant fear** and crisis can produce neuro-chemical changes to the brain that impair children’s ability to cope, function and learn.
- The part of the brain that helps children to bond and learn to talk is instead focused on **survival**. This can lead to:
  - Smaller brain size
  - Fewer brain connections
  - Difficulty paying attention
  - Chronic anxiety
  - Bullying and aggression
- **Family violence** is especially traumatic because someone whom children are close to is being hurt or hurting them.
- **Young children** are the most vulnerable to trauma, as their brains are newly developing.

For more on trauma, go to www.cviconline.org

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Innovation bring us closer to a violence-free Greater Grand Forks

YOUR SUPPORT ENABLES US TO INNOVATE AND EXPLORE NEW WAYS TO END VIOLENCE

Simply put, we are on our way. On our way to moving our community from violence to vibrance.

And you are a key reason we are moving forward!

Over the past year, our innovative efforts – many highlighted throughout this newsletter – are causing the ground to shift and the momentum to change.

Perhaps those of us who have been working on this issue of violence for 20 years or more feel it even more than others, but I think all of us “get” it.

What for years has seemed like a crazy dream of ending violence now suddenly seems attainable. Not this year, not next year, but clearly our dreams are beginning to payoff, and we are starting to see that a violence-free community is within our grasp.

WE ARE RECEIVING ATTENTION FOR OUR INNOVATION

We can feel that others are starting to believe it too. People are taking a hard look at us and realizing that we have an outstanding plan – and they want to be a part of it. The Bush Foundation’s Prize for Community Innovation awarded in 2013 has perhaps been the most obvious recognition of our efforts, but many others have joined with us, too. Leaders at the national level are investing in the work we do because they see change.

YOU WHO BELIEVE IN THE DREAM HAVE A MAJOR IMPACT

As you, our loyal supporters (who have always believed in the dream), turn the pages of this newsletter demonstrating our innovation and excitement, I want you to really understand your impact in changing our world.

Each one of you plays a role in allowing us to innovate, to explore new solutions to ending violence, and, yes, to lead the nation in doing so! Without you, we would not have had the resources and the freedom to begin to end violence, once and for all. Our dream is within reach!

Supervised parenting time even safer

SECURITY TIGHTENED TO PROTECT FAMILIES

In cases of domestic violence, when moms are safe, kids are safer.

To increase protection for victims and children, we engaged national experts, local law enforcement, court, social services, and many others to offer their expertise in developing best practices to enhance safety.

We tightened security and now devise individualized safety plans to ensure the safety of domestic violence victims and their children.

We also increased the number of hours of safe visitation for victims by 56% in the first half of 2014 over the same period the previous year.

New plan to increase safety of victims in high-risk cases

LETHALITY ASSESSMENT PROGRAM WILL HELP VICTIMS

After completing a community safety assessment through our Coordinated Community Response Project, we are on the cusp of implementing a research-based program that will increase safety for adults and children in high-risk domestic violence situations, such as those involving weapons or strangulation.

The lethality assessment program will create a common language across disciplines to communicate the risk for victims so all responders will understand the danger level. At that point, there will be a process for law enforcement to communicate directly with CVIC to connect victims immediately with safety services.

Need for shelter soars, services reduce risk of long-term harm

CVIC’s Light of Hope Shelter is so full that we have already made 15 placements into overflow housing in the first half of this year, compared with 18 overflow placements in the entire year of 2013. In the first half of 2014, we have sheltered 71 people.

The local need, coupled with results of national research, make CVIC’s Building Hope Campaign to create a new shelter even more timely.

Once constructed, our new shelter will double the capacity that we can serve, providing refuge for 40 people at a time and, according to national studies, reducing their risk of re-assault by 60% to 70% in the months after leaving.

And we will keep children out of harm’s way; in 2013, half of all children sheltered were just 5 years old or younger.

50% OF CHILDREN SHELTERED AT CVIC ARE AGES 0 TO 5, WHOSE DEVELOPING BRAINS ARE VULNERABLE TO THE EFFECTS OF SUSTAINED TRAUMA
INNOVATION TOWARD
HEALING FOR ALL

Innovative therapies help traumatized kids to heal

MORE THAN 90% OF KIDS SHOW IMPROVEMENT AT CVIC

“I am not as sad as I used to be, and I do not feel the need to self harm anymore.”

– Adolescent completing our teen therapy group

“She is no longer getting written up at school, and positive behavior notes are being sent home from teachers.”

– Parent of a child in individual therapy

More local children are getting the kind of help they need to overcome the trauma of dating violence, sexual assault, bullying, and exposure to domestic violence.

Our therapies are based on research, proven to help kids cope in positive ways and heal. Over the past three years, the number of children receiving therapy and support climbed 280%, from 61 kids in 2011 to 233 kids in 2013.

Already in the first half of 2014, we have served 121 children and teens.

Advocates help families cope with child abuse

INTERDISCIPLINARY TEAM HELPS MORE VICTIMS

When sexual abuse allegations were made at multiple childcare settings, our advocates serving on a team of professionals were there to help frantic parents ensure their children were cared for.

We help children harmed by other forms of child abuse and neglect, as well, assisting with 69 forensic interviews at the Red River Valley Children’s Advocacy Center last year (up 30% over 2012).

The need continues to climb. In the first half of 2014 alone, we have already assisted with 58 forensic interviews.

Finer financial security is the No. 1 predictor of long-term freedom from domestic violence

HOPE TRANSITIONAL HOUSING DOUBLES

We are helping single-parent families to make real inroads toward financial security, which studies show is the key determinant as to whether individuals can break free from abuse.

Of the five families in our Hope Transitional Housing in 2013, five mothers secured jobs, and three attended college. Now, with a federal grant that enables us to double the number housed, we are helping nine households with housing and support! More individuals are now able to meet their basic needs and end the violence in their lives for the long-term.

For the first time in almost a year I felt like I had finally won back some control over my life. I got into the Hope Transitional Housing Program that supported my little family for two years by helping us to live independently and rent-free.... I can’t imagine my life if CVIC hadn’t been part of it. My life now is amazing!”

Eyes of nation on us as we engage traditional healers

To address the needs of Native Americans – who comprise half of the minority individuals that we serve each year – we have received training on Native cultural beliefs relating to trauma and initiated a local strategy team to develop cultural responses that can be integrated into our services.

An innovative strategy we are exploring with Native American leaders is to establish a referral source of ceremonial healers to work in collaboration with CVIC therapists when clients are interested in a more traditional intervention to help them heal.

MORE THAN 90% OF YOUTH SERVED HAVE:

✓ Increased use of positive coping skills
✓ Better school performance
✓ Less anxiety, depression and suicidal thoughts

CHILDREN SERVED

250

150

50

2011 2012 2013

STABILITY FOR ALL

INNOVATION TOWARD

Financial security is the No. 1 predictor of long-term freedom from domestic violence

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New Choices prevents domestic violence

911 CALLS PLUMMET AFTER MEN COMPLETE PROGRAM

We continue to see amazing progress after men complete our New Choices Program, designed to end domestic violence and promote a healthier home environment for children. Our 26-week evidence-based curriculum helps men to reframe their beliefs about women and violence and to understand the devastating impact their violence has on their children, while offering them techniques and exercises to practice.

We track their progress for two years after they complete our program, using our nationally recognized data monitoring system. Over the past nine years (2013 is the latest data available), we have seen a 70% drop in 911 calls made to participants’ homes for domestic violence during the two years after completing our New Choices Program.

Safer Tomorrows educates K-12 students about healthy friendships and relationships

EQUIPPING CHILDREN WITH TOOLS TO END VIOLENCE

The goal of CVIC and our Safer Tomorrows Project partner agencies is to equip every child in Grand Forks County with what he or she needs to develop healthy relationships. Our research-based prevention education, proven to reduce violent and disrespectful behavior, addresses the following:

- **BULLYING PREVENTION:** Reduces and prevents bullying, increases a positive school climate and creates better social relationships.
- **HEALTHY FRIENDSHIPS:** Increases healthy relationship skills within friendships, promoting healthy intimate partner relationships in the future.
- **HEALTHY RELATIONSHIPS:** Reduces violence, bullying, unsafe sexual behavior and substance abuse and improves relationships.

*Partner agencies: City of Grand Forks, Grand Forks Public Schools, Lutheran Social Services of ND, and many others.*

K-12 STUDENTS IN GRAND FORKS COUNTY EDUCATED THROUGH 8 PREVENTION CURRICULA

* Some duplication in attendance among curricula

AREA COACHES EDUCATE ATHLETES ABOUT RESPECT

Coaches in five Grand Forks County high schools deliver the worldwide Coaching Boys into Men Program to their athletes, leading them through activities each week that address respectful behavior, relationship abuse, and personal responsibility.

With 1 in 3 teens across the country impacted by dating violence, this evidence-based program is a proactive way to help teens build healthy relationships and prevent violence before it ever starts.

Most importantly, he showed me how to act like a real man and treat others with respect.

– LOCAL SENIOR ATHLETE

498 ATHLETES EDUCATED IN 5 HIGH SCHOOLS
Leading national researcher on childhood trauma to speak in GF

The Safer Tomorrows Project is hosting leading trauma researcher Dr. Chris Blodgett at the workshop, “Trauma: How It Affects Us All,” on October 16 at Sharon Lutheran Church in Grand Forks.

“We are thrilled that Dr. Blodgett will be with us to share his knowledge about trauma,” CVIC Director of Prevention and Community Services Faye Kihne said. “He is doing ground-breaking work in helping professionals and educational systems to become trauma-informed.”

Dr. Blodgett will be joined by Virginia Duplessis of Futures Without Violence.

REGISTRATION DEADLINE: October 10, 2014
COST: Free
TRAINING INFORMATION: October 16, 2014
8 a.m. sign-in
8:30 a.m. to 4:30 p.m.
Sharon Lutheran Church
TO REGISTER: E-mail margie@cviconline.org to find out registration information.
CONTINUING ED CREDITS: ND Social Work, ND Counseling, POST and PRISM

CRISES LINES
24-Hour Line: (701) 746-8900
Toll Free: (866) 746-8900
OFFICE LINES
Main Office: (701) 746-0405
ND TTY: (800) 366-6888
Kids First: (701) 787-5806
FAX: (701) 746-5918
WEBSITE: www.cviconline.org
E-MAIL: embracepeace@cviconline.org

ADDRESS
211 S. Fourth St., Grand Forks, ND 58201

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