Every threat. Every slap. Every scream.
With 898 local kids just like her, you see why we can’t wait

In the beginning, Olivia’s* monster came out at bedtime.
Unlike most kids, whose imaginary beasts only threaten to crawl out from their under-bed lair and eat them, Olivia’s monster was real and big enough to paralyze her with fear all the way from the next room.
He smashed anything in his path, he threatened to kill, and he hit her mom. Her mom pleaded with him to stop, to please be quiet so Olivia wouldn’t hear.
But huddled under her covers, Olivia always heard. And she cried herself to sleep, dreading the worst, that her mom would die, and that she would be left alone with the monster.

Then he turned on Olivia
It wasn’t long before he couldn’t wait until bedtime to hurt her mom. He punched her, pulled her hair and wrapped his large hands around her throat, Olivia’s entire world crumbling as she watched her mom struggle to breathe.
Then he turned on Olivia, screaming that she was garbage and not good enough for anyone, calling her degrading names unfit for any ears, let alone a child’s ears.

*Name and some details changed to protect confidentiality.

Continued on Page 7

When we started the year 2014, we knew we would have our work cut out for us to meet our budget for programs serving children like Olivia (at left), as well as others impacted by violence.
As of mid-November, we have closed the gap considerably, but still must raise $55,000 to ensure that no one goes without needed services.
Find out about how others are joining us and how you can help to bridge the gap! Details on pages 4-6.

With your help, we can BRIDGE the GAP

We have supporters who are so generous and caring, sometimes thank you does not feel enough.
I cannot imagine what CVIC would do without all the community support and selfless giving.
So, to you, our supporters: I vow

Continued on Page 7
A WORTHY NEWS STORY

Here in our community, we don’t have to follow the national trend of hype followed by a yawning silence of indifference.

Let’s keep the care and compassion going for those who need us right here at home. Now that would be a worthy news story.

A challenge to Greater Grand Forks: Let’s keep the care and compassion going

As a nation, we had a bit of a wake-up call this fall as several high-profile cases of domestic violence and child abuse played out in the national media. I have to admit I was simultaneously discouraged and encouraged as the whole situation unfolded.

On the one hand, it is certainly no secret that thousands of women are brutalized at the hands of their intimate partners every day in this country. And yet, suddenly, just because we could actually see this assault, it somehow was worthy of our attention and everyone was (justifiably) horrified? Does the fact that we witnessed this assault make it more believable?

On the other hand, I was gratified that it turned into a national conversation—and that so many people spoke out about domestic violence and why victims stay, and how they find the courage to leave. Seeing is believing: and the first step toward action

And I realized, that, of course, witnessing does make it more believable. I have often said if more people could see what those of us working at CVIC see every single day, we would never need to worry about funding again.

If we really could help everyone to understand both the magnitude of the problem and the serious short- and long-term consequences, I believe we’d have every resource we needed to solve the problem and end violence.

So maybe the lesson we can all take from the spotlight on the NFL and others this fall is this: Let’s start believing the Department of Justice when they tell us that more than 1 in 3 women have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime.

Let’s forge our own course in Greater Grand Forks

At CVIC, Ashley’s wish comes true: the violence is over and she finds calm

‘My advocate asked me something that nobody’s probably ever asked me in my life. She asked me what I wanted for myself. So I made a list.’

Ashley saw no way out. It felt like she was living in a coffin, with no space, no air, no escape: constant insults and threats, her every movement watched.

On many occasions she had borne the imprint of her husband’s fist on her cheek for one reason or another: dinner was late, she wasn’t dressed right, she couldn’t keep the baby quiet.

Running for their lives

Ashley will never, ever forget the night that her husband left the house ... and she just knew. It was now or never. She rounded up her sleeping kids, and they ran for their lives.

Lives changed forever

Once huddled inside a grocery store, Ashley dug in her purse for the gift a coworker had given her: a card for CVIC’s crisis line. (Who would ever have thought that such a tiny card could have such an impact?)

That card, Ashley’s call, and our response forever changed the life of this family.

The shelter, crisis support and legal help were invaluable to Ashley and her children, keeping them safe and helping them to take the next step forward.

But a conversation she had with her advocate was transformational, opening her mind to new possibilities.

“My advocate asked me something that nobody’s probably ever asked me in my life,” she said.

Continued on Page 7

A shley’s W ish List

I want to bake cookies without being humiliated.

I want to get dishes and not have them all broken.

I want to put makeup on without being called a bad name.

I want calm.
Will you help us to BRIDGE the GAP and help kids like Andrew and his family?

Andrew (see story below) didn’t ask to be raised in a home with violence. In fact, he didn’t even know there was any other kind of home. At just 3 years old, the thing Andrew knew most about in life was what it felt like to be afraid. That’s why, when he and his mom finally came to CVIC to find refuge and a new start on life, we felt that no one could possibly deserve anything more than this little guy did to feel safe.

Now it costs about $90 a day to ensure Andrew’s safety for a night at our shelter. And it costs $98 to provide a session of therapy to help his nightmares go away, or to help his mom overcome the trauma she experienced from the beatings and threats she endured.

Funding gap for vital services

But today, we have a year-end funding gap of $55,000 that we must make up to ensure services for families like Andrew and his mom to find safety and healing and to get back on their feet, as well for his dad to stop his violence.

The gap in funding is not a surprise to us this year as, with our Building Hope Campaign to create a new shelter, we anticipated that some of our supporters would choose to give to the capital project and may have to forego their normal operating support for the year. What we didn’t anticipate was an additional $30,000 in cuts from federal and other funding to the agency.

There is a place for you to help

We have already reduced the gap by more than a third, but we still must raise $55,000 by the end of the year to ensure that we can do the work our community requires us to do to help and save lives. We have more to do, and there is a place for you to join with us and the others featured on the following pages to support kids like Andrew and his family this year. Will you consider helping us to bridge the gap?

Andrew and his family find safety and healing at CVIC

Every day for Andrew* was clouded by a fear that wouldn’t go away.

When he got up in the morning, when he left for daycare, and when we went to bed at night, he worried about his mom. He had seen her with black eyes more times than he could count, the mornings after he heard the beatings from under his covers at night. He began to act out toward other kids, he had nightmares, and he started wetting the bed. The trauma he had experienced was just too much—until he came to CVIC.

Today, Andrew is a changed little boy. He and his mom are now safe and, with the help of our child therapists, Andrew found his smile again. His fear went away.

What if it were your daughter, your friend, your sister? Or ours? We must step up and hear the call!

Bridging the GAP

‘Why we gave’

When Ivan and Gerry Lucht, CVIC supporters for more than two decades, realized they could do even more to help others this year, CVIC was the first place that came to mind. They made an additional year-end gift to fund services to both adults and children harmed by violence—and to overhead costs of keeping the lights on and the building heated.

What inspires you to invest so significantly in CVIC?

We admire and trust the leadership of CVIC and their ability and intent to be a ministry to those in need.

What services did you support?

We wanted to support the area of greatest need, realizing that overhead expenses are often harder to raise than the things that tug at the heart.

What does it feel like for you to support those served by CVIC?

We take our giving seriously. Naturally it makes us feel good to have a part in the healing of those who have been abused, for their wounding can be deep. On the other hand, those who are a part of the healing process, those who provide leadership, those who provide counseling and a safe place, are important, too, and cannot be forgotten.

What would you say to others who are considering a gift to CVIC?

* Name and some details changed to protect confidentiality.

 Ways you can give:

- Simply send your check to CVIC in the enclosed envelope.
- Donate online at www.cviconline.org.
- Contact Nick at nick@cviconline.org or 701-746-0405 for more information.

What your gift could do

SERVICES FOR ADULT AND CHILD VICTIMS

- $48: Provide a holiday meal for 4 families at shelter
- $180: Provide 2 nights of safe shelter and support for an adult or child fleeing violence at home
- $268: Provide intervention in a crisis on 4 occasions for adults and children in danger
- $490: Provide 5 sessions of specialized therapy for an adult or child harmed by domestic, sexual or dating violence or bullying
- $630: Provide a full week of shelter and support for an adult or child in danger

Your gift could directly support Conner* and his mom and baby sister, who are currently staying in our shelter because their home is not safe. We are giving them lots of love and support, enrolling Conner in preschool, and helping them to find safe housing.

* Name and photo changed to protect confidentiality.

Gerry and Ivan Lucht made a year-end gift to bridge the gap.
Jonathan and Emily Holth have pledged a financial gift to bridge the gap.

Contact nick at nick@cviconline.org or 701-746-0405 for more.

Donate online at www.cviconline.org.

Simply send your check to CVIC in the enclosed envelope.

Ways you can give:

•  A session of the New Choices curriculum designed to end domestic violence and promote a healthier home environment
•  $54: $324: Provide 6 sessions of the New Choices curriculum
•  $648: Provide 12 sessions of the New Choices curriculum

This 27-week, evidence-based course provides men new choices, helping them to reframe their beliefs about violence and offering them techniques and exercises to practice. New Choices has had great results within two years of men participating. 70% drop in 911 calls made to offenders' homes for domestic violence.

What does it feel like for you to support those served by CVIC?

It’s made a difference in our life just knowing that we are supporting an organization that is so necessary. As the parents of two young daughters, we know that the people who will be using CVIC’s services in the future are our daughters’ classmates, neighbors, and friends. We feel it’s critical to raise awareness in our community about CVIC’s services, and to be proactive rather than reactive.

What would you say to others who are considering a gift to CVIC?

We encourage you to give because it’s up to us to create the community we want to live in.

What inspires you to invest so significantly in CVIC?

We give because we want our daughters to grow up in a safe community. We want to do our part to protect victims of domestic violence, and to help prevent violence from happening to others.

What does your gift could do SERVICES TO PREVENT VIOLENCE

- $ 54: Provide a session of the New Choices curriculum
- $324: Provide 6 sessions of the New Choices curriculum
- $648: Provide 12 sessions of the New Choices curriculum

We are happy to report that Olivia’s monster has gone away and the gleam in her eye is back again. But 898 other kids that we know of are living in violent homes, feeling alone and afraid. For their sake, we can’t wait.

Will you to join with us and so many others to help heal the hurt? See what your gift can do on pages 4-6.

CONTINUED FROM PAGE 1

She hears every word: You see why we can’t wait

‘She was crying and crying’

Months later, while safe and protected at CVIC, Olivia’s mom shared her horror as she watched her terrified daughter being verbally torn apart. It was so much harder than any of the abuse she had endured herself.

“She just cried,” she said. “She was crying and crying. She didn’t know what to do with any of that. She hadn’t had anything like that happen to her before.”

You helped them escape

Olivia’s mom knew she had to get away. Thanks to your support, we were able to provide emergency help to get them to safety and settled into a new home, far from the monster that haunted Olivia’s dreams.

But Olivia was still confused, asking over and over where he went and why he called her those names.

The hurt goes deep

The impact of the abuse on Olivia went deep. Though the monster was no longer there, it was as if Olivia still couldn’t rid herself of the darkness he had brought into her life.

“She always loved to play pretend and dress-up,” her mom said. After that incident, “the games she wanted to play were almost dark in nature. They weren’t her usual happy-go-lucky princesses and things like that. There was always a very bad character in them and she would sometimes be that character.”

Kids carry a heavy burden

“As kids grow up, they are formulating who they are. When that includes violence and fear, part of a child’s development is stunted, the light inside them dims, and their full potential is denied,” said Laura Nash-Frinch, CVIC’s Director of Victim Services. “It’s such a confusing and heavy burden for kids to carry. They believe that if they had been a better child, then the abuse wouldn’t ever have happened. Often, they feel like they just want to disappear.”

CONTINUED FROM PAGE 3

At CVIC, Ashley’s wish comes true

“She asked me what I wanted for myself,” Ashley said. “So I made a list.”

Simple wishes are a dream come true

“There were so many little things,” she said. “You want to bake cookies without being humiliated or chewed out. You want to try to put makeup on without being called a bad name.”

Ashley’s simple wishes soon filled up a page. And her biggest wish of all?

“I just want calm,” she said. “People may be bored by that, but for me that’s the best day there could be, just calm.”

And today, thanks to your support of our programs, that is what Ashley and her children have. Calm.

You can help to heal the hurt

But at CVIC, kids just like Olivia find a place where they know they are safe and can share the scary parts of their life.

And they learn the truth: that they didn’t cause the abuse, they didn’t deserve it, and they don’t have to be invisible. Most of all, they can heal—and finally be kids again.

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Join us for a Break the Silence Tour of CVIC’s mission!

We invite you to join us for a free, one-hour Break the Silence Tour at CVIC.

Community members have said great things about our tours:
“I thought the tour was awesome! I think you did a great job of showing the facility and all that you do...I did not realize the breadth of all that CVIC does for victims and the community.”

“I really enjoyed the tour! The staff was so friendly, enthusiastic and well prepared to talk to us. I think all of your programs are great.”

All you need to do is contact Lacey to sign up for an upcoming tour. You can reach her at 701-746-0405 or LaceyB@cviconline.org.

### Break the Silence Tours:
- December 11 at 11 a.m.
- January 8 at 8 a.m.
- January 12 at 11 a.m.
- February 12 at 11 a.m.

### Ease your tax burden with a gift to CVIC

With the stock market and tax rates up this year, a gift to CVIC may ease your tax burden while keeping local families safe.

You may be able to receive a double tax benefit by deducting the full fair market value of your securities and also avoiding capital gains taxes. Or a gift to CVIC’s endowment may realize the above benefits in addition to a state income tax credit of up to 40 percent. Please consult your tax adviser.

For more information, contact Nick at nick@cviconline.org or 701-746-0405.