SERVICE PROVIDERS
EDUCATORS
BUSINESS PEOPLE
CITY OFFICIALS
SUPPORTERS & MORE

Partners
that are
changing
lives

Together ... making a difference

Teen regains hope

You can join with us and help others in need
LIVES ARE TRANSFORMED IN GRAND FORKS

Whether I am on an airplane or at a cocktail party, when people find out about my line of work they often reply with some version of, “Oh, that must be so depressing. I could never do such sad work.”

Nothing could bring more joy

Anyone who knows me knows I actually feel the exact opposite about our work here at CVIC. Nothing could bring more joy than being even a small part of giving hope—and change. It is an honor.

Partners make it happen

However, without the incredible collaboration that goes on in this community and the partnerships CVIC has built with so many individuals, agencies and entities, I would have to concede that the future would look dim indeed.

director’s voice

KRISTI HALL-JIRAN

Will you join us?

Grand Forks children and families need your help

PROBLEM

889 local kids served by CVIC live with violence at home

SOLUTION

$107 will provide therapy to help a child overcome trauma

PROBLEM

876 local adults need help to flee violence and stay safe

SOLUTION

$95 will provide a night of safe shelter for people in danger

PROBLEM

MANY local kids only know abusive relationships

SOLUTION

$84 will provide a child healthy relationship education

You see, we aren’t just picking up the pieces of shattered lives and dreams. We are fundamentally changing the culture of our community to one that promotes healthy relationships and, quite simply, does not tolerate any type of violence, be it bullying at school or sexual assault while on a date or a child witnessing the beating of a parent.

That type of cultural change is something that requires a significant investment from a multitude of partners.

Will you join us? I hope you enjoy reading about some of our important partnerships and the ways you also are making a difference for kids like “Will” on the facing page, and for so many others.

At left are some ways you can do even more as we work toward the day where violence is simply not a part of our lives in Greater Grand Forks. It is a vision we can all get behind.

Will you join us?

Therapy ends nightmare of abuse for 13 year old

Aggressive behavior subsides as teen begins to heal and regain hope

Will’s backpack had everything he would need for at least a few days. He had decided to run away from home and away from all of his problems. He couldn’t seem to stop the outbursts where he would yell or cry or beat up on his brother. He couldn’t concentrate on school work, and he couldn’t sleep because he would wake up in a sweat from the recurring nightmares.

But Will couldn’t run far enough from what was really bothering him.

A couple of years ago, his mom’s boyfriend would come into his room when his mom wasn’t home and molest him. If he told anyone, the boyfriend said, Will’s mom would be dead.

So Will didn’t tell a soul. He kept it in, where it began to torment and unhinge him. He couldn’t seem to hold it together anymore.

Then he told his mom

Finally, after the boyfriend was out of their lives, Will broke down and told his mom, who cried a thousand tears and then got him right in to CVIC for therapy.

A flicker of hope returns at CVIC

Will met with our youth therapist, who helped him to see that he wasn’t alone, and he wasn’t the only one this had happened to.

She used successful therapies, backed by research, such as Trauma-Focused Cognitive Behavioral Therapy and Eye Movement Desensitization and Reprocessing, helping him to release the traumatic memories he was carrying and start the healing process.

Will is working hard to heal

“During therapy, Will has worked very hard to overcome what he had experienced,” said Malanie, CVIC’s Wellness Coordinator. He would even take exercises home that helped him to stay calm.

Will’s mom told us that his outbursts were subsiding, and he had no behavioral problems at all the previous week.

Will still has some work to do to attain full healing, but he is on his way, and we are confident he will make it!

“Counseling has been helpful by teaching me ways to not just throw my anger out. It showed me how to calm down.”

– Local teen boy

“I think counseling saved my life.”

– Local teen girl

* Name, photo and some details changed to protect this child’s safety and confidentiality.
An unprecedented partnership changes the lives of local children and youth

When talented and passionate people come together, great things happen! Through the Safer Tomorrows Project, a U.S. Defending Childhood Initiative begun in 2011, four key agencies (see below) and 40 other organizations across Grand Forks County rolled up their sleeves to change the lives of kids exposed to violence. Here is a snapshot of the key accomplishments:

**Healthy Relationship Education**
Spearheaded by Grand Forks Public Schools, LSSND, and CVIC

20,000+ students educated

Since the project began, more than 20,000 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, 682 male athletes in 5 high schools were mentored by 30 coaches on respect in relationships. 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, an impressive 91% had that understanding.

**Community Awareness Project**
Spearheaded by the City of Grand Forks

We initiated The Winner’s Way to promote respectful behavior at sporting events, used social media to increase awareness of abuse, taught youth about healthy break-ups, and other activities.

**Evidence-based Therapy**
Spearheaded by CVIC

500+ kids were helped through trauma

We have seen a 200% increase in kids receiving therapy and support to overcome trauma since Safer Tomorrows began, with youth crediting our program with helping them to improve their grades, avoid drugs, and end thoughts of committing suicide.

**Restorative Justice Project**
Spearheaded by Lutheran Social Services of North Dakota (LSSND)

1,600+ kids helped through conflict

More than 1,600 local youth have met with trained facilitators to address situations that cause harm, in which restoring relationships may help to create a safer school environment.

**Safer Tomorrows Project Stakeholders:** From left: Jody Thompson, Assistant Superintendent of Grand Forks Public Schools; Kristi Hall-Jiran, CVIC Executive Director; Grand Forks Mayor Michael Brown; Grand Forks Community/Government Relations Officer Pete Haga; Janell Regimball, Vice President - Children & Family Services for Lutheran Social Services of ND.

“We’re not really giving away anything. We are receiving contentment and satisfaction that we are part of something positive and terribly important.”

– Wayne Stark

**Starks partner with CVIC to help local families**

Major gift honors Carol’s life, continues calling to help the vulnerable

Wayne and Carol Stark pledged a major gift of $1,000,000 to CVIC prior to Carol’s death in February. Wayne, a retired pastor, spent time with us in July to discuss the inspiration behind the gift and its intended impact.

**How do you hope your generous gift honors Carol’s life?**

Carol was a person who was the underdog’s champion ... a woman of great faith and principle and compassion, particularly for the vulnerable.

We’ve known people through the years who have been abused, and it’s always been a burden for us, particularly for her. We felt powerless. We would speak together, not infrequently, and wonder what it must be like to live in fear all the time. We decided that we needed to fasten our attention, our concern, and our prayer on people in our community experiencing that.

**What are you excited about in regard to what CVIC is doing in the community?**

I like the comprehensive nature of the work of CVIC. CVIC has a quiet, yet progressive way of dealing with some of the worst stuff that goes on in our community. What thrills me is that the staff works with a lot of different programs and is obviously committed to doing a good job, and we like to help with that. You have to equip the workers, that’s basically No. 1. We put this gift in God’s hands, knowing that he’s using his strength to help people, and CVIC is an extremely vital part of that help.

**Your gift will help so many in need. How will it impact your own life?**

Carol’s death has been very traumatic for me, and I’m glad that, in a sense, our participation in CVIC’s programs is more than just a memory of her and our life together, but it’s something we can still do together.

It helps me, probably more than CVIC, to be a part of this ... It’s part of my healing. I think many times when we do our giving or civic duty, our needs are met more than those who receive the gift, and that’s how I feel about CVIC. There is evidence that God’s will is being carried out through CVIC.”

– Wayne Stark
Celebrity Night at Sanders
Just a few hours in June + 130 compassionate people
- 110 sessions of evidence-based therapy for 11 children and teens
- 127 nights at shelter for 6 families
- 130 group sessions of New Choices to help 5 people end their violence

Thank you to all who raised funds to help families!

We have so many people to thank for making our 14th annual Celebrity Night at Sanders a tremendous success, raising nearly $44,000 to help local families.

- JOHN MANSKE: New owner of Sanders, who will generously continue this great event.
- KIM HOLMES: Former owner of Sanders 1907, who has hosted this fundraiser for 13 years and helped us to raise a total of $250,000!
- OUR MASTERS OF CEREMONY: Dave Berger and Jonathan Holth
- OUR CELEBRITY SERVERS: Brad Berry, Travis Brewster, Emily Evers, Marilyn Hagerty, Robin Huebner, Dr. Eric Lunn, Dave Molmen, Mark Plois, and Bubba Schweigert.
- IN-KIND CONTRIBUTIONS: Happy Harry’s generously donated the wine for the evening, and others contributed silent auction items: Adam Kemp and Bernie Woodman, Dr. Jeremiah Danel, Dr. Steve Erdandson, Hugol’s, ICON Architectural Group – Mike & Tanya Kurtz and Todd & Lisa Mitzel, Bob & Marcia Kelley, Rhomibus Guys, and River City Jewelers.

Lisa Sondreal sponsors event
Bremer Foundation provides $50,000 match

Our sincere thanks goes to Lisa Sondreal, who with her family sponsored our entire Rise and Shine for Peace Breakfast this year, and pledged the same for the next four years, in memory of her late husband, Judd.

We are also grateful to the Otto Bremer Foundation, which provided a match of $50,000 to gifts made. The event was an amazing success, with 365 households making a gift to help local adults and children in need. Here are some of the great results:
- 530 people (497 households) attended and learned about our innovative programs that help to end violence in our area.
- $132,000 was raised for 2015 to provide safety, healing and self-sufficiency for families, as well as violence prevention efforts.
- 19 new Dream Maker Society members pledged multi-year gifts to sustain intervention and prevention services.

Thanks to those making challenge and in-kind gifts!

Susan Kraft
Stephanie LaDue
Tami Lazur
Ellen Lommen
Leilie Lazic
Marlene Miller
Karen Molmen
Meg Morley
Amy Mudemier
Sandi Newgard
Angie Nord
Beth Ann Nord
Jackie Nord
Allison Perez
Kristen Price
Dion Rasmussen
Sandy Riss
Courtney Ritterman
Sadia Robertson
Elizabeth Sandberg
Kate Stauss
Heather Strandell
Valerie Teppo
Coleen Tweten
Laurie Tweten
Matt Walkowski
Amy Warnke
Penny Wolf
Nancy Yoshida
Anne Zimmer
Penny Zola

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CHALLENGE GIFTS TO INSPIRE OTHERS
Otto Bremer Foundation
Tim & Sandy Dittus
Korsmo Family Dentistry, Inc.
Grant Korsmo
Sally Pyle
Lisa Sondreal

IN-KIND GIFTS
Aerus Center
Aerus Financial
Badman Designs
HB Sound & Light
S&S Promotional Group, Inc.
Shelter campaign needs you to help cross the finish line!
Ground-breaking set for April 2016

We are on the final stretch to completing our Building Hope Campaign to build a new shelter for people in danger. We currently have $2.3 million in secured and estimated in-kind and cash gifts for a new shelter to keep women and kids safe, with $500,000 needed to cross the finish line.

“I invite you now to help us reach the end of the campaign to ensure safe shelter for years to come,” Campaign Chair Karl Bollingberg said.

The ground-breaking is scheduled for April 2016. Currently, generous businesses in the construction trades are confirming their support to provide labor and materials to make the new shelter a reality.

If you would like to give to the Building Hope Campaign, contact Lacey at (701) 746-0405 or laceyb@cviconline.org. You may also go to our website to donate online and check out the naming opportunities for supporters: www.cviconline.org.

Corrections
We incorrectly listed gifts by our generous supporters below in our last newsletter. They should read:

- ICON Architectural Group (Mike & Tanya Kuntz and Todd & Liz Mitzel): $2,000 to our Building Hope Campaign and eight years of support in our Dream Maker Society.
- U.S. Bancorp Foundation: $7,500 to our Building Hope Campaign.
- Marcia & Brad Wehe: $15,000 to CVIC’s endowment through our Building Hope Campaign.

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