STOPPING SEXUAL ASSAULT
New efforts help victims

WAYS YOU CAN HELP

Sen. Heitkamp tours CVIC

YOUR GIFTS IN ACTION:
2014 ACCOMPLISHMENTS
April is Sexual Assault Awareness Month.

At CVIC, we take the month of April seriously.

As you can see on the facing page, sexual assault happens too often in our community, with devastating consequences.

Delivering the best services possible for victims

We at CVIC are committed to providing professional services to those who have been assaulted and to working hard to end sexual violence. Partnering with amazing agencies, we have initiated new services to better respond to assaults, and we spearhead many efforts to end sexual violence. See the following pages for a few of these efforts.

We can’t do it without you!

But the fact is, we can’t do it without you. At right, see some simple but very effective ways you can get involved in ending sexual violence.

See more on our website: www.cviconline.org

Director’s voice

KRISTI HALL-JIRAN

The birth of Denim Day

This popular activity has its roots in Italy in the 1990s, when an 18 year old was raped by her 45-year-old driving instructor.

The assailant was arrested, convicted, and sentenced to jail. He appealed the sentence, and the case made its way to the Italian Supreme Court. The Supreme Court released the perpetrator and dismissed all charges, on the grounds that “because the victim wore very, very tight jeans, she had to help him remove the...it was no longer rape but consensual sex.”

Women in the Italian Parliament wore jeans in protest, and the California Senate and Assembly did the same. Denim Day was born.

Join us in keeping this day alive!

You are Needed

Here’s How You Can Help:

1. Sponsor a Denim Day at Your Workplace

Allow your staff to wear jeans on certain days in exchange for donating to your Denim Day fund, with proceeds supporting CVIC’s sexual violence prevention activities.

2. Like Us on Facebook and Share Our Messages

We will be posting sexual assault prevention messages throughout the month of April. Help us to spread the word!

3. Provide for Crucial Services for a Victim of Sexual Assault

Your financial support can do wonders:

- $80 will provide for crisis intervention for a sexual assault victim calling our crisis line.
- $107 will provide for a session of specialized therapy to help a victim overcome the trauma of the assault.

“Leave me alone...”

- Woman provided therapy at CVIC for sexual assault.*

Her life as she knew it was over

Thanks to your support, we helped her find her way.

Briana* was having the high school experience you dream of for your child. She was an A student, an athlete, and first chair in the high school band.

Everything Changed

But that all changed one evening on the way home from the movie theater with a friend she suspected had a crush on her. Instead of driving Briana home, he drove to a deserted road and raped her.

She didn’t see it coming. And she didn’t even realize it had a name: sexual assault. It was her friend; how could a friend do such a thing?

She tried to pretend

At first, Briana tried to pretend it didn’t happen, hoping she would forget all about it. She kept the horrible secret to herself and tried to go back to life the way it was. But that proved impossible.

Her life began to crumble

She couldn’t sleep at night, awakened with continual nightmares and flashbacks replaying every second of the assault. She was afraid all of the time, even during the day.

She stayed in her room as much as she could, gradually drifting away from her friends and dropping out of sports. Even her grades declined. Briana’s parents were frantic with worry.

For the longest time, Briana couldn’t say what had happened. She felt stripped of everything. Her capist had robbed her not only of the privacy of her body and sense of safety, but eventually of all the things she valued as well.

And then one day, she couldn’t keep it in any longer.

* Name, photographs and some details changed to protect confidentiality.

Continued on Page 8
Ways CVIC and partners address sexual assault

Speak up. Listen up.

We can break the silence on sexual assault in Grand Forks County.

Everyone has a role to play in lighting our way towards hope. Safeguard Tomorrows has the resources to help you. Visit www.safetomorrows.com

New Sexual Assault Response Team

The Grand Forks Coordinated Community Response Project mobilized a specialized team on March 1 to more effectively respond to victims of sexual assault, after receiving extensive training. Key to the new effort is enhanced communication among team members, a trauma-informed response to victims to increase their comfort, forensic evidence collection, and coordinated follow through to better meet victims’ needs.

How it works: In most cases, the Altru sexual assault nurse will call the team together when a victim comes to the emergency room. The team will quickly assemble to coordinate efforts, and one member will then ask the victim questions designed to assist her/him in describing what happened, considering the impact trauma has on memory. If the victim chooses to move forward, evidence is collected, and the team assists her/him in describing what happened, considering the impact trauma has on memory. If the victim chooses to move forward, evidence is collected, and the team identifies the next steps to best support the victim throughout the process.

New CVIC staff person serves campus

In January, CVIC and the University of North Dakota joined together to hire a confidential CVIC advisor to assist students, faculty and staff who are victims of sexual violence, dating or domestic violence, and stalking. UND provides office space for the advisor, so victims on campus have easy access to quality services, including crisis intervention, assistance with protection orders or changes in housing or class schedules for safety reasons, and related services. To contact her, call 701-777-6550.

Sexual Assault Prevention Education

Education in the schools: Through our collaborative Safer Tomorrows Project, 30 area coaches have delivered Coaching Boys Into Men, mentoring 700 high school athletes on respecting girls and women. Trained teachers have provided The Fourth R curriculum on healthy relationships to 1,900 9th-10th graders. We have delivered Friendships That Work, a promising practice that prevents domestic and sexual violence, to 700 5th and 7th graders. We educate hundreds of high school and college students on sexual harassment, rape culture, and healthy relationships.

Strategic Collaboration: We spearhead the Rape Prevention Community Action Team, comprised of key organizations working to prevent sexual assault, and serve on UND’s Committee on Sexual Violence Prevention, as well as placing ads and posting messages on social media.

Consent: Not actually that complicated

Consent. It’s been much discussed recently, what with college campuses bringing in Affirmative Consent rules, and with the film of the book that managed to make lack of consent look sexy raking it in at the box office.... It seems a lot of people really, REALLY don’t get what ‘consent’ means....

Imagine you’re making tea

If you’re still struggling, just imagine instead of initiating sex, you’re making them a cup of tea.

You say “hey, would you like a cup of tea?” and they go “omg... yes, I would ... LOVE a cup of tea! Thank you!” then you know they want a cup of tea.

If you say “hey, would you like a cup of tea?” and they um and say, “I’m not really sure...” then you can make them a cup of tea or not, but be aware that they might not drink it, and if they don’t drink it then – this is the important bit – don’t make them drink it. You can’t blame them for you going to the effort of making the tea on the off-chance they wanted it; you just have to deal with them not drinking it. Just because you made it doesn’t mean you are entitled to watch them drink it.

If they say no, don’t make tea

If they say “No thank you” then don’t make them tea. At all. Don’t make them tea, don’t make them drink tea, don’t get annoyed at them for not wanting tea. They just don’t want tea, ok? They might say “Yes please, that’s kind of you” and then when the tea arrives they actually don’t want the tea at all. Sure, that’s kind of annoying as you’ve gone to the effort of making the tea, but they remain under no obligation to drink the tea. They did want tea, now they don’t. Sometimes people change their mind ... and you are still not entitled to watch them drink it even though you went to the trouble of making it.

Even if they’re unconscious

If they are unconscious, don’t make them tea. Unconscious people don’t want tea, and don’t want the tea at all. Sure, that’s kind of annoying as you’ve gone to the effort of making the tea, but they remain under no obligation to drink the tea. They did want tea, now they don’t.

Ok, maybe they were conscious minutes ago when they were conscious. But if you can understand how completely ludicrous it is to force people to have tea when they don’t want tea, then you are able to understand when people don’t want tea, then how hard is it to understand when it comes to sex?

Whether it’s tea or sex, Consent Is Everything.

And on that note, I am going to make myself a cup of tea.

Excerpted with permission from a blog about consent in regard to sexual assault posted March 2, 2015, by rockstar dinosaur pirate princess: http://rockstardinosaurpirateprincess.com.
Your gifts used wisely

The U.S. Better Business Bureau’s Wise Giving Alliance Standards for Charity Accountability state that no more than 35% of related contributions should be spent on fundraising.

11.7% CVIC revenues spent on fundraising

73.2% – Programs and services
- Shelter & 24-hour crisis intervention
- Specialized therapy
- Transitional housing & career counseling
- Criminal justice advocacy
- Legal representation
- Safe child visitations and exchanges
- Offender treatment
- Prevention education for youth & adults
- Professional training & collaboration

3.4% – Program fees & other

34.1% – Community contributions

62.5% – Grants

Our Promise to You

1. We will listen to your goals in order to connect your vision with the needs of our clients.
2. We will communicate openly and provide a full disclosure of our activities, use of funds, policies and procedures.
3. We will encourage you to discuss proposed gifts with independent advisers and will insist on it if the gift is irrevocable.
4. We will ensure our integrity and accountability by conducting an independent annual audit.
5. We will effectively manage and spend your gifts to assure maximum value to our community.

Your gifts at work

In 2014

2,846 ADULTS AND CHILDREN PROVIDED DIRECT SERVICES

10,830 ADULTS AND CHILDREN PROVIDED PREVENTION EDUCATION AND TRAINING

98% CLIENT SATISFACTION IN OUR LARGEST VICTIM SERVICE PROGRAM AND OUR EDUCATION/TRAINING PROGRAM

904 VICTIMS PROVIDED ADVOCACY as they entered the criminal justice system, including regular updates on case status and sentencing results

138 CHILDREN WERE KEPT SAFE during visits with a parent who posed a risk to their safety. Parents in danger were safe by avoiding contact with abusive ex-partners.

1,001 visits
511 exchanges

74% DROP IN 911 CALLS made to participants’ homes for domestic violence during the two years after completing our program since 2004.

ATTITUINAL SHIFTS: Through Coaching Boys Into Men, in 2012, 79% of teen boys surveyed who had received one year of the curriculum rated “telling a dating partner what to do all the time” as abusive, compared with 91% who had that understanding by 2014.
U.S. Sen. Heidi Heitkamp, for years a strong proponent of efforts to prevent domestic violence, hailed the innovative work of CVIC after touring our agency in January. “Since I served as North Dakota’s Attorney General, I’ve been talking with folks about domestic violence and pushing for programs like many of those at CVIC because no one should have to deal with the mental and physical toll of abuse alone,” Heitkamp said.

Heitkamp, along with Grand Forks Police Chief Mark Nelson, spoke with direct service staff who work with adults and children to ensure their safety and healing, as well as those who spearhead prevention efforts across the county.

“Tackling the challenges of domestic violence means supporting survivors, counseling abusers, and combating domestic violence in the region, which the staff at CVIC do every day,” Heitkamp said. “It was a privilege to keep Madison and her mom safe at our shelter and help them to find a safe place to live.

Now settled into their new home, Madison’s mom wrote to us: “Thank you from my entire heart for all you have helped us with,” Her thanks is for you, our supporters!

**THE DEVASTATION OF SEXUAL ASSAULT CONTINUED FROM PAGE 3**

She desperately needed someone to help her, so she told her mom. And the first thing her mom did, after hugging Briana close and holding back her tears, was to call CVIC.

**A weight is lifted, confidence returns**

It was like a weight was lifted off her shoulders. At CVIC, we provided an innovative therapy that helps to release traumatic experiences and facilitate true healing. In time, the flashbacks and fear subsided.

“Aftr I came to CVIC I slowly got my confidence back,” Briana said. “I realized how good CVIC was for me. Instead of turning to alcohol and drugs to deal with my problems, I turned to counseling and getting my life back on track. CVIC made me realize that no one can do anything to take away who I am.”

**YOU WERE THERE FOR LOCAL FAMILIES IN GREAT NEED**

We shared with you what was keeping us up at night, and you shared with us your compassion and resources. Thanks to you, we made up the 2014 budget shortfall that threatened to reduce critical services to children and adults! “I honestly don’t know of anyone as committed and caring as our supporters,” CVIC Executive Director Kristi Hall-Jiran said. “By supporting us, you made sure that families were safe and that both kids and adults had opportunities to heal. Thank you from the bottom of our heart!”

**YOU HELPED MADISON AND HER MOTHER**

“Madison” awoke to loud noises and saw police handcuffing her dad and taking him away. The floor was covered with broken dishes, and her mom’s face was covered with blood. When police contacted us for assistance, we responded. And because of your support, we were able to keep Madison and her mom safe at our shelter and help them to find a safe place to live.

Now settled into their new home, Madison’s mom wrote to us: “Thank you from my entire heart for all you have helped us with.” Her thanks is for you, our supporters!

**BRIDGING THE GAP**

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**2014 DREAM MAKER SOCIETY**

Investing in human lives to move our community from violence to vibrance!

[Image of a list of donors]

**CHANGING LIVES**

$25,000+ each year for 5 years

Friends of Judd Sondreal – Judd Sondreal Memorial Golf Tournament

Hugo’s – Magnuson Family

$25,000/yr. for 10 yrs.

**BUILDING HOPE**

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

Gifts below are $1,000 each year for 5 years unless otherwise noted.

**CONTINUING FROM PAGE 3**

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Thanks to nearly 400 community members, businesses, church groups, and service clubs below, we have already raised $1.9 million 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.

DREAM MAKER SOCIETY

**BUILDING HOPE**

**SUPPORTERS**

Investing-long term to build a safe and healthy community!

**LIFELINE TO SAFETY** $100,000+

**LIFELINE TO HOPE** $50,000+

**LIFELINE TO JUSTICE** $25,000+

**LIFELINE TO TRANQUILITY** $15,000+

**LIFELINE TO PEACE** $10,000+

**LIFELINE TO FRIENDSHIP** Under $1,000
Save the date for events

**Embark On New Beginnings**

The 2015 Annual Quota Club Table Top Event will be April 11 at St. Paul’s Episcopal Church, with proceeds benefiting CVIC.

The event will include lunch, silent auction and a style show by Two Twenty Bling Boutique. To sponsor a table (8 people for $200), contact Pam at pheisler@altru.org or 701-780-6129.

**Rise and Shine for Peace**

CVIC’s major fund-raising event, the Judd Sondreal Memorial Rise and Shine for Peace Breakfast, will be Thursday, May 7 at 7:30 a.m.

The free, one-hour event will involve inspirational speakers, entertainment and a continental breakfast.

Contact Lacey at 701-746-0405 or laceyb@cviconline.org to reserve your place!

Join us for a new and improved CVIC tour!

We have completely revamped our Break the Silence Tours that provide community members with a snapshot of the innovative ways we are responding to local violence.

Even if you’ve been on a tour before, you won’t want to miss our new one! People have told us:

“The tour was one of the best days I have ever had.... The staff were so passionate and credible, and I am overwhelmed to know that these services exist.”

“Everyone in the community should go through a tour.”

Just contact Lacey at laceyb@cviconline.org or 746-0405 to sign up for an upcoming tour:

- April 16 at 11 a.m.
- April 27 at 5 p.m.
- May 14 at 11 a.m.

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CRISIS 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 WEBSITE
(701) 746-5918 www.cviconline.org

E-MAIL
embracepeace@cviconline.org

ADDRESS
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