A child’s wish to be safe:
A pet dragon to guard his house

It starts with just one: You can keep a child safe this holiday
Director’s Voice
KRISTI HALL-JIRAN

Our clients lack the most basic of needs

Do you remember learning about Maslow’s Hierarchy of Needs in school? What I have learned in my years at CVIC is that the dry pyramid sketched out in a textbook does nothing to truly capture the angst that happens when the most basic needs can’t be met.

The first level of the hierarchy, as you may remember, involves physical needs—food, water, and shelter. As humans, if we don’t have these basic needs met, we really can’t focus on anything else.

The second level is the need for safety and security. But if you aren’t sure your partner won’t fly into a rage at any time and kill you or your children, the need for safety can become a first-level need.

Our clients in poverty face a paralyzing choice

For many of our clients, the choice to move beyond the first two levels of the hierarchy is not even on their radar. Because 90% of clients in our largest program (roughly 2,000 adults and kids) live below the poverty line, they are right this very minute facing a choice that would paralyze many of us:

Do I stay in an unsafe home where my kids have access to food and warmth and beds or do I risk leaving all of that in hopes of finding safety (not really knowing if that is even a possibility)?

This holiday, you can meet the most basic of needs

This holiday season, while I am thinking about what kind of holiday treats to bake and how many Christmas letters I should send, our clients will be figuring out if they can keep themselves and their children safe for a few more weeks.

Would you help to ease the burden? It starts with just one—you—and then the miracles begin to happen. Needs are met, and lives change!

How full will our shelter be this holiday?
Thanks to your support, many families are safe and free
Still more are in need, as overflow housing increases 165 percent

So many people have needed our shelter to stay safe this year that we are having difficulty keeping up.

Our shelter has been so full that our use of overflow housing has increased by 165 percent, from 26 nights in the first nine months of 2015 to 69 nights in 2016. “This isn’t the best situation for these families, because we’re not able to offer the same level of protection and support,” said Laura Nash Frisch, CVIC’s Director of Advocacy and Empowerment.

We expect to shelter at least 25 more people in December alone. Also on the rise are local kids in need of therapy to overcome trauma from the violence they have seen at home.

One family’s life was changed
Kristen* was terrified, desperate for someone to help her and her son. Her boyfriend had threatened that if she ever tried to leave him, he would track her down and kill her. She believed him. She feared that her son would be left without a mom.

So she called CVIC. We provided them shelter, and they began to blossom in our safe and supportive environment. Kristen enrolled in our women’s group, where she realized that others have made it, and she gradually built up her confidence.

Her son started meeting with our child advocate and realized that he and his mom were now safe. His fears started to subside, and he found his smile again.

Today, thanks to your support, Kristen and her son are healthy and happy—and so grateful to CVIC for helping to set them free.

*Name and details changed to protect confidentiality.
Fear is an every day reality for many local children

Our priorities: bring them to safety and help them to heal from trauma

Many local children live in fear every single day because of the violence going on around them.

That’s why children are a No. 1 priority for us at CVIC. Our crisis services help kids and their parent get away from the abuse, and our shelter provides a secure refuge as they figure out their next steps. And our specialized therapy helps them to learn positive ways to cope with what happened and to heal from the trauma.

The kids at right and below have found their way to CVIC and are getting the help they need to be safe, to heal, and to end the cycle of violence once and for all.

Alex takes on the protection of his sister

We are helping kids like Alex*, 9, who sat across from our youth therapist, Winonah, in his first session, trying to make himself as small as possible. He looked at the floor, at the toys in the corner, anywhere but at Winonah.

Alex was good at staying small, staying quiet, and staying out of the way. His dad’s unpredictable violence made that a necessity, because he didn’t have just himself to look out for – he also had to make sure his little sister, Becky*, 4, was safe. That’s a big burden for a 9 year old. He would pick up Becky, put headphones over her ears, and pretend like nothing awful was going on in the next room. But the abuse escalated, to the point that Alex’s dad took his mom and sister on a drive, holding them hostage while wielding a knife and threatening to kill them.

Family finally safe but Alex still struggles

Alex, Becky, and his mom found safety at CVIC and are now living on their own. His mom is getting therapy and legal services. But Alex was struggling, and he didn’t want to talk with his mom about it because he didn’t want to make her sad. So Alex started therapy, as well.

Alex speaks up and comes out of his shell

Meeting weekly with Winonah, Alex learned how to talk with his mom so he didn’t have to hold his feelings in. He learned the true source of his anger, so he didn’t take it out aggressively on others. And he learned breathing techniques to get through hard situations at school.

Alex no longer needs to stay small and out of the way. He is speaking up and coming out of his shell. And he’s learning perhaps the most important lesson of his life: how to have healthy, positive relationships with his family and friends.

* Names and photos changed to protect confidentiality

“I wish I had a pet dragon, named Scar, to protect my house.”

– 6-year-old boy named Sam*

‘Why we give’

Mac and Debbie McLennan are members of CVIC’s Dream Maker Society, pledging significant financial support over five years. Debbie is also involved with Friends of the Library, which provides backpacks filled with school supplies and books for CVIC kids and other local children. Debbie answered a few of our questions below.

How did you become involved with CVIC?

“We were invited to attend the Rise and Shine for Peace Breakfast. It was a real wake up call to realize that violence was such an issue even in a small community like Grand Forks. I was also incredibly impressed with the quality and content of the presentation CVIC put on that day and knew it was an organization with which we needed to be involved.”

What inspires you to invest so significantly in CVIC?

“It is a personal and gratifying experience to donate to such a well run organization here where we can actually see on an almost daily basis the ways our contribution is making a difference.”

What services are you most excited about?

“All the work CVIC does is amazing. CVIC does such a great job of setting goals and expectations for themselves and communicating those goals to the Grand Forks community. Knowing that our continued support helps the goals be achieved is so rewarding. In particular I’m thinking of the shelter campaign, which will be such a great achievement for CVIC and those it serves.”

* Names changed to protect confidentiality
The **BEST GIFT** many CVIC kids could receive is a **full belly** and to wake up in a **home** that is **safe** and **warm**.

What your gift today could do to provide the basic needs of safety, food and freedom from fear this holiday

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
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<tbody>
<tr>
<td>$35</td>
<td>Fill a child’s belly by providing a warm holiday meal for a family at shelter</td>
</tr>
<tr>
<td>$95</td>
<td>Help a child or an adult to sleep in peace by providing 2 nights of safe shelter</td>
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<tr>
<td>$214</td>
<td>Restore a child’s playful spirit by providing 2 sessions of specialized therapy to help him or her overcome trauma and fear</td>
</tr>
<tr>
<td>$475</td>
<td>Give a family 5 precious days and nights of safety and calm at our shelter</td>
</tr>
<tr>
<td>$574</td>
<td>Bring relief and safety for 7 people fleeing for their life by providing intervention in a crisis</td>
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Ways you can give:
- Send your check to CVIC in the enclosed envelope
- Donate online at www.cviconline.org
- Contact Brittany at brittanyc@cviconline.org or (701) 746-0405 for more information and to get options for saving more on your 2016 taxes

Oh, my goodness. I’ve been waiting and wondering when our old furnace would break down and was hoping it wouldn’t be this year."

CVIC supporters bring warmth for the winter for CVIC client

Dan Mulroy, owner of C.L. Linfoot Co., recently donated and installed a furnace for a CVIC family. Dan and his wife, Janelle, as well as his company, are members of CVIC’s Dream Maker Society, pledging significant financial support over five years. Dan answered a few of our questions below.

*What inspired you to donate a furnace?*
“It’s hard to imagine the financial stress that many families are under as winter approaches, especially those who have left an abusive relationship and are trying to support their kids on their own. It is our privilege to help ensure that at least one local family is safe and warm this holiday season.”

*Why do you give to CVIC?*
“When we give to CVIC, we know our support makes all the difference in the world to helping adults and kids leave very difficult and dangerous situations. What could be better than knowing you helped save a life or gave a child a chance at a better life?”

*What would you say to others who are considering a gift to CVIC?*
“It’s not just our responsibility as community members to give back, it’s our great privilege.”

Alicia*, a grateful mother and UND student who is working two jobs to support her daughter, was elated to find out that she would receive a free furnace from C. L. Linfoot Co. of Grand Forks. Both Alicia and her daughter have endured domestic violence and were grateful for such a generous gift.

* Name and photo changed to protect confidentiality
CVIC awards two as 2016 Peacemakers!

Read more about our winners at cviconline.org

Al Boucher and Linda Funkhouser are the winners of CVIC’s prestigious Peacemaker Award, given annually to those who have gone above and beyond in working for peace in our community.

“Al and Linda have been so amazing in supporting our work to end local violence,” said Kristi Hall-Jiran, who presented the awards at the Take Back the Night Rally in October.

Boucher served as CVIC’s legal counsel for 25 years, donating thousands of dollars in services to CVIC over the years. Funkhouser, with the Grand Forks County Sheriff’s Department, has helped many victims to access tools to keep themselves safe.