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CHI North Dakota Violence Prevention Program:  
Activity Evaluation for FY 2020  
Summary Results for FY 2016 to FY 2020

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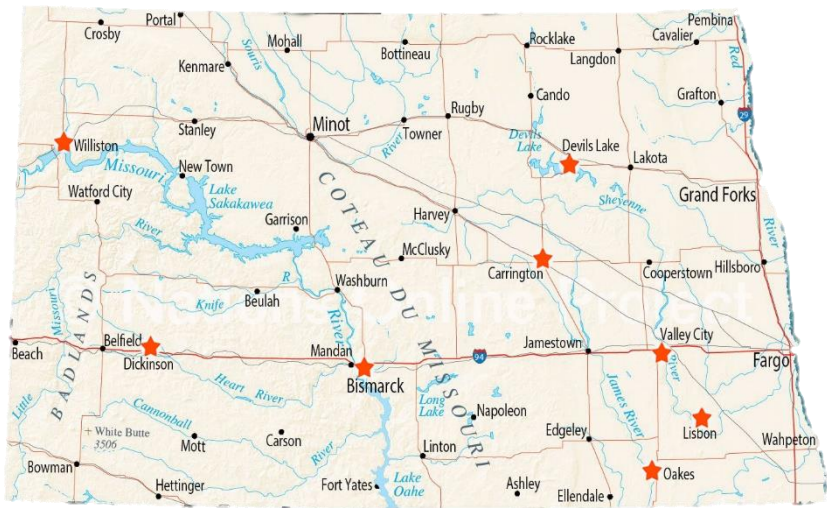
***CHPPR: Working Together for a Healthier North Dakota  
Through Research, Education, and Service***

## The CHI North Dakota Violence Prevention Program (NDVPP)

Several public and private health and community organizations in North Dakota are working to prevent Intimate Partner Violence (IPV) and to reduce the associated harms. IPV includes physical and sexual violence, stalking, and psychological aggression by a current or former intimate partner. IPV is a subset of domestic violence which also includes violence between non-partnered family members including harms to children and parents.

This report details outcomes from the Catholic Health Initiatives (CHI) Mission and Ministry funded North Dakota Violence Prevention Program (NDVPP). The NDVPP, which began in 2015, is focused on the work of 8 North Dakota communities:

- Bismarck
- Carrington
- Devils Lake
- Dickinson
- Lisbon
- Oakes
- Valley City
- Williston



The goals of the NDVPP include the following:

- Building community capacity for intimate partner violence prevention by networking and partnering with health, legal, educational, social, and community agencies and groups. The NDVPP also provides an opportunity for partners to receive knowledge and skills development at an annual IPV Prevention Summit and Professional Trainings.
- Building capacity for prevention by training professionals and organizations in many fields to incorporate intimate partner violence prevention into their existing work. This occurs by training community outreach (CO) Leaders who then provide IPV prevention training to other professionals.
- Educating individuals at-risk of IPV using evidence-based curricula. This occurs by training healthy relationship (HR) Facilitators who then provide healthy relationship knowledge and skill development opportunities to at-risk individuals. The program primarily use *Within My Reach (WMR)*—an evidence-based

relationship education curriculum developed by PREP, Inc. (Prevention and Relationship Enhancement Program).

Successfully meeting the goals of the NDVPP should result in the following short- and long-term outcomes in North Dakota program communities:

- (1) Increased IPV prevention skills development in professionals who may assist victims of IPV.
- (2) Increased healthy relationships knowledge and IPV prevention skills in potential victims of IPV.
- (3) Increased awareness and recognition of IPV in the general population.
- (4) Decreased IPV victimization rates.

Since NDVPP began in 2015, our annual evaluation reports on activities and learning outcomes have clearly demonstrated substantial increases in professional networks capacity-building, professional skills development, and outreach to potential victims of IPV. These annual reports are available at the program website ([www.chistalexiushealth.org/about-us/nd-violence-prevention-program](http://www.chistalexiushealth.org/about-us/nd-violence-prevention-program)) or can be obtained from the NDVPP Director, Veronica Zietz ([vmzietz@primecare.org](mailto:vmzietz@primecare.org)).

### **Current Crime Rates of IPV Against Women in 8 North Dakota Communities**

North Dakota statute defines “domestic violence” as “physical harm, bodily injury, sexual activity compelled by physical force, assault, or the infliction of fear of imminent physical harm, bodily injury, sexual activity compelled by physical force, or assault, not committed in self-defense, on the complaining family or household members” (North Dakota Century Code 14-07.1). Definitional categories of intimate partners used by national and state crime reporting agencies include spouse, ex-spouse, common-law spouse, boyfriend/girlfriend, or partners of the same gender.

Table 1 shows North Dakota 2014-2019 reported crime rates per 1000 adult ( $\geq 18$  years) female victims of “domestic incidents” involving an intimate partner in each of the NDVPP’s eight communities. North Dakota law enforcement agencies, including all agencies in the 8 NDVPP communities, use the National Incident-based Reporting System (NIBRS) for reporting crime to the state and to the U.S. Federal Bureau of Investigation (North Dakota Attorney General’s Office, 2018). Reported IPV victimization rates are presented for women only because women comprise the majority (> 75%) of IPV victims. It is estimated that reported crime rates of IPV in the United States account for less than 50% of all nonfatal IPV (Bureau of Justice Statistics, 2017; accessed at <https://www.bjs.gov/index.cfm?ty=pbdetail&iid=6466>).

**Table 1**

Number of Intimate Partner Violence (IPV) Victimizations in Women ( $\geq 18$  years) per 1000 women in 8 North Dakota communities, 2014-2019, North Dakota National Incident-Based Reporting System (NIBRS).

	2014	2015	2016	2017	2018	2019
Jurisdiction	Victimization Rate	Victimization Rate	Victimization Rate	Victimization Rate	Victimization Rate	Victimization Rate
North Dakota	8.1	8.6	8.6	8.5	8.9	9.1
Bismarck Police Department	11.9	14.9	12.0	11.3	11.0	11.1
Carrington Police Department	1.2	1.1	3.5	0	0	1.2
Devils Lake Police Department	14.9	11.1	12.7	16.2	17.8	12.6
Dickinson Police Department	11.2	9.3	9.9	10.2	11.4	10.0
Lisbon Police Department	2.6	5.1	10.1	5.1	2.4	11.0
Oakes Police Department	0	0	3.7	5.1	2.6	2.6
Valley City Police Department	8.4	12.4	11.9	8.1	8.3	8.3
Williston Police Department	14.3	14.0	10.4	13.7	16.8	20.1

See Appendix A for Table 1 data extraction and rate calculation methodology.

### NDVPP Learning Activities, FY 2020

In FY 2020, NDVPP Healthy Relationships (HR) Facilitators and Community Outreach (CO) Leaders conducted 154 healthy relationship workshops and 26 community outreach workshops resulting in 1,814 attendances by healthcare professionals, educators, first responders, students attending nursing and social work programs, middle and high-school students, and diverse community members including incarcerated women and men. Almost all attendees of HR workshops received instruction in 1-15 units of the *Within My Reach* (WMR) curriculum—a healthy relationships program designed by PREP, Inc. There were 1,295 WMR attendances with an average of 5 WMR units learned per person. Our HR Facilitators delivered another HR program by PREP, Inc.—*Walking the Line* (WTL)—a 15-unit program designed to assist incarcerated men with relationship and decision-making skills in prison and as they prepare to re-enter society. In addition to WMR and WTL HR workshops, HR Facilitators provided the Hazelden Foundation’s *Safe Dates* curriculum for several middle and high school students. CO Leaders provided four distinct CO workshops featuring content from Futures Without Violence and CAWS North Dakota. CO workshops were provided to 461 predominately health and educational professionals and professionals-in-training. One workshop focused on informing the general public about the prevalence and effects of IPV, and learning basic ways to recognize and respond to IPV.

Three CO workshops were aimed at elevating professional groups' knowledge, screening, and referral skills for responding to IPV in the general public, in adolescents, and in families. Additionally CO workshops covering the topic of human trafficking were provided, evaluation data for human trafficking workshops is not available.

Beginning in mid-March 2020, the COVID-19 pandemic forced cancellations for almost all remaining FY 2020 CO and HR workshops. The NDVPP Annual Summit and Trainings for CO Leaders, HR Facilitators, and other community health professionals were also canceled. Fortunately, the program was able to train 3 additional HR Facilitators during this fiscal year and active CO Leaders and HR Facilitators were able to provide limited programming in March-June using online platforms. For FY 2021, the program expects that most NDVPP activities will be available either online/remote or on-site.

### **Learning Outcomes for Healthy Relationships (HR) Workshops**

As shown in Table 2, 515 persons completed a 10-item survey to assess their FY 2020 WMR/WTL learning outcomes (six evaluations were from attendees of the WTL program). The majority (57%-71%) reported they had increased their healthy relationships knowledge and skills “a great deal,” in all areas assessed. FY 2020 WMR/WTL learning outcomes were higher on all 10 survey items compared with average outcomes for the previous years (FY 2016-FY 2019), indicating the continued progress in the WMR/WTL program and facilitators' effectiveness. An additional 31 students participated in a HR workshop that focused on preventing teen dating violence (*Safe Dates* curriculum)—half of which was delivered online via Google Classroom. Table 3 details learning outcomes for the *Safe Dates* participants which indicate substantial increased learning in several areas for FY 2020 and were greater than gains reported by students in FY 2019.

### **Learning Outcomes for Community Outreach (CO) Workshops**

Three CO workshops focused on increasing IPV knowledge and skills for IPV screening using a “safety card” and providing sensitive (“warm”) referrals for assistance. The Safety Card workshops were tailored toward educating helping professionals on how to assist the general public (Table 4), adolescents (Table 5), and parents (Table 6). Almost all Safety Card workshop participants completed a seven-item survey that assessed their learning outcomes and potential for implementing screening and referral strategies in community and healthcare settings. As shown in Table 4, 77%-85% of participants completing an evaluation survey for the “General” Safety Card workshop (N=155) reported learning “a great deal” about IPV with 61%-70% indicating they would be “very likely” to implement those skills in assisting IPV

victims. Several of the participants indicated they did not currently work in health or educational settings and therefore reported a lower likelihood of implementing IPV screening and referral strategies. FY 2020 ratings for the General Safety Card workshops were similar compared with ratings in for previous years (FY 2016-FY 2019).

Tables 5 and 6 detail outcomes for CO workshop participants completing evaluation surveys for Safety Card workshops focused on Adolescent Relationships Abuse (N=100) and Parent Education (N=19). The majority of participants reported substantial increases in knowledge, skills, and the potential for implementing their skills with IPV victims. Ratings were especially high for the Parent Education workshop and were substantially higher than Parent Education workshop ratings conducted in the two previous years (FY 2018-FY 2019).

The CO workshop focused on Awareness enhanced knowledge of IPV, impacts of experiencing IPV and local resources; this topic is geared towards professionals who do not provide direct services. Table 7 reports learning outcomes for community and healthcare professionals attending an IPV Community Awareness workshop. Participants (N=74) completed a six-item survey that assessed their increases in IPV knowledge and confidence in responding effectively to an IPV victim. Ratings were very high for these workshops with 80%-95% reporting they learned “a great deal,” in all areas assessed. IPV Community Awareness workshop ratings in FY 2020 were substantially higher than ratings for the workshops conducted in the previous four years (FY 2016-FY 2019).

In summary, participants attending NDVPP HR and CO workshops in FY 2020 reported substantial increases in their IPV knowledge, skills, and likelihood for assisting potential IPV victims (see the Appendix for FY 2020 workshop outcomes attributed to each of the eight NDVPP communities). FY 2020 learning outcomes were generally similar or exceeded previous years’ workshop learning outcomes in all areas assessed. Also consistent with previous years’ workshops, attendees indicated that active discussions and hearing IPV survivor stories were especially interesting and helpful components. Although each workshop is time-limited, participants indicated areas for improvement would be having more time and more opportunities for interacting and role playing. Despite the forced cancellations of many planned activities in FY 2020, CO Leaders and HR Facilitators made a considerable impact in their communities. The NDVPP expects an even greater reach and impact for activities in FY 2021 which may be especially important given national data indicating increases in IPV as a consequence of the pandemic.

## Appendix A

### Notes on IPV victimization extraction and rate calculation methodology:

1. This data does not include IPV incidents reported to tribal law enforcement agencies. ND NIBRS 2019 data reported here was accessed in July 2020. ND NIBRS 2018 data was updated from the FY 2019 NDVPP report to reflect newly released Census data. North Dakota total number of IPV victimizations in women may change from year to year as records are updated.
2. The extraction methodology from North Dakota's Incident-based Reporting System was the following: Select "crimes against persons" involving intimate partner relationships (spouse, ex-spouse, common-law spouse, boyfriend/girlfriend, same gender partners) and involving victims who were adult women (ages 18 and older). IPV crime categories include physical and sexual assaults, intimidation, and stalking. The majority of reported IPV incidents were from simple and aggravated assaults.
3. Victimization rates were calculated by dividing the annual number of reported adult female victimizations involving an intimate partner by the number of adult women in the community per the U.S. Census American Community Survey (ACS) of 5-Year Estimates (<https://www.census.gov/programs-surveys/acs>) with the exception of the most recent year (2019) which is not yet available from the ACS. 2019 adult women population estimates were obtained by multiplying overall population estimates from the U.S. Census Population Estimates Program (<https://factfinder.census.gov/faces/nav/jsf/pages/programs.xhtml?program=pep>) by the percentage of the population that was 18 years or older from the American Community Survey's 2018 estimates and then multiplying that product by the percentage of the adult population that was female based on the ACS's 2018 estimates. Estimated census data are recalculated each year following updated estimates by the ACS.
4. Comparisons (rankings) across jurisdictions should be avoided according to the FBI, citing substantial differences in the way local law enforcement agencies respond to and record IPV incidents. For example, the percentage of police department "calls for service" coded as potential domestic violence that resulted in a recorded incidence of IPV varied considerably across our 8 North Dakota communities.

## Appendix B

**Table 2**

**Learning Outcomes for Within My Reach (WMR) & Walking the Line (WTL)\* Workshops: FY16-19, FY20, & Total (FY16-20)**

<b>(FY16-20) what extent did this workshop: (0=not at all, 1=a little, 2=somewhat, 3=a great deal)</b>	% Reporting 3 = A Great Deal			Average (Mean) Rating		
	FY16-19 N=1868	FY20 N=515	Total FY16-20 N=2383	FY16-19 N=1868	FY20 N=515	Total FY16-20 N=2383
Increase your knowledge of how to identify communication danger signs in relationships?	67%	70%	67%	2.58	2.63	2.59
Increase your knowledge of healthy communication techniques?	67%	69%	68%	2.62	2.61	2.62
Improve your ability to positively communicate with important people in your life?	67%	69%	68%	2.61	2.62	2.61
Improve your skills for effectively managing conflict?	56%	58%	57%	2.47	2.49	2.47
Increase your awareness of the difference between healthy and unhealthy relationships?	69%	71%	69%	2.60	2.61	2.61
Increase the confidence you have in yourself to have healthy relationships?	61%	63%	62%	2.52	2.51	2.52
Increase your comfort in sharing your thoughts and feelings?	55%	57%	56%	2.41	2.43	2.41
Improve your knowledge of what you want in and from your relationships?	65%	69%	66%	2.57	2.62	2.58
Increase your knowledge of how to get help if you were in an unhealthy relationship?	61%	64%	62%	2.48	2.48	2.48
Increase your knowledge of the negative behavior patterns that are present in unhealthy relationships and the positive behavior patterns that promote healthy relationships?	65%	66%	65%	2.57	2.53	2.56

**\*Results include 10 participants in FY 2019 and 6 in FY 2020 who completed Walking the Line—a healthy relationships curriculum designed for persons who are incarcerated.**



**Table 3****Pre-test and Post-test Learning Outcomes for Safe Dates Workshops: FY19 and FY20**

<i>Safe Dates</i> True/False Knowledge Items	2019 (N=68)		2020 (N=31)	
	% of students with correct responses		% of students with correct responses	
	Pre-test	Post-test	Pre-test	Post-test
Emotional abuse can be just as serious as physical abuse.	100%	100%	90%	97%
Any forced sexual activity is sexual assault, even kissing.	92%	98%	55%	97%
Both females and males can abuse the people they date.	100%	100%	90%	100%
Abuse usually goes away over time if you just ignore it.	100%	100%	90%	90%
Abuse may be used to control the way a person thinks, acts or feels.	91%	95%	90%	94%
Sometimes a person's response to anger is uncontrollable.	46%	66%	16%	77%
Conflict will occur in all relationships.	80%	89%	68%	97%
Holding expectations of dating partners based on their gender can sometimes lead to abuse.	80%	89%	68%	100%
Both males and females can be victims of dating abuse.	98%	100%	100%	100%
Date and acquaintance rape victims are most often teenagers.	78%	83%	48%	90%

**Table 4****Learning Outcomes for Community Outreach Workshops, Intimate Partner Violence: Universal Education & The General Safety Card: FY16-19, FY20, & Total (FY16-20)**

To what extent did this presentation/training: (0=not at all, 1=a little, 2=somewhat, 3=a great deal)	% Reporting 3 = A Great Deal			Average (Mean) Rating		
	FY16-19	FY20	Total FY16-20	FY16-19	FY20	Total FY16-20
	N=834	N=155	N=989	N=834	N=155	N=989
Increase your awareness and knowledge of intimate partner violence (IPV)?	81%	77%	80%	2.78	2.72	2.77
Increase your knowledge of the effects of IPV on physical and behavioral health?	80%	80%	80%	2.78	2.75	2.78
Increase your knowledge of best practices for IPV screening?	80%	85%	81%	2.79	2.80	2.79
Increase your knowledge of how to make a “warm” referral?	80%	83%	81%	2.80	2.81	2.80
After today’s presentation/training, how likely are you to: (0=not at all, 1=slightly, 2=moderately, 3=very)	% Reporting 3 = Very			Average (Mean) Rating		
	FY16-19	FY20	Total FY16-20	FY16-19	FY20	Total FY16-20
	Regularly implement IPV screening into your work with clients/patients?	63%	61%	63%	2.61	2.57
Use a safety card when talking about IPV with a client/patient?	63%	65%	63%	2.58	2.62	2.59
Make a warm referral?	72%	70%	72%	2.70	2.67	2.69

**Table 5****Learning Outcomes for Community Outreach Workshops, Focus on Adolescent Relationships Abuse: Universal Education & The Safety Card: FY18-19, FY20, & Total (FY18-20)**

To what extent did this presentation/training: (0=not at all, 1=a little, 2=somewhat, 3=a great deal)	% Reporting 3 = A Great Deal			Average (Mean) Rating		
	FY18-FY19 N=97	FY20 N=100	Total FY18-20 N=197	FY18-FY19 N=97	FY20 N=100	Total FY18-20 N=197
Increase your awareness and knowledge of adolescent relationships abuse (ARA)?	75%	74%	75%	2.71	2.67	2.69
Increase your knowledge of the impact ARA has on adolescents?	73%	69%	71%	2.70	2.62	2.66
Increase your knowledge of best practices for universal education for ARA?	79%	60%	70%	2.78	2.54	2.66
Increase your knowledge of how to make a warm referral?	77%	67%	72%	2.73	2.61	2.67
After today's presentation/training, how likely are you to: (0=not at all, 1=slightly, 2=moderately, 3=very)	% Reporting 3 = Very			Average (Mean) Rating		
Regularly implement universal education into your work with adolescents?	52%	50%	51%	2.38	2.34	2.36
Use a safety card when talking about ARA with adolescents?	64%	41%	52%	2.50	2.29	2.40
Make a warm referral?	66%	63%	65%	2.55	2.55	2.55

**Table 6****Learning Outcomes for Community Outreach Workshops, Focus on Connected Parents Connected Kids: Universal Parent Education & The Safety Card: FY18-19, FY20 & Total (FY18-20)**

To what extent did this presentation/training: (0=not at all, 1=a little, 2=somewhat, 3=a great deal)	% Reporting 3 = A Great Deal			Average (Mean) Rating		
	FY18-FY19 N=69	FY20 N=19	Total FY18-20 N=88	FY18-FY19 N=69	FY20 N=19	Total FY18-20 N=88
Increase your awareness and knowledge of adverse childhood experiences (ACEs) and their relationship to intimate partner violence?	77%	94%	80%	2.74	2.94	2.78
Increase your knowledge of the impacts ACEs has on development, physical and behavioral health, and	70%	95%	75%	2.68	2.95	2.74
Increase your knowledge of best practices for universal parent education?	58%	53%	57%	2.54	2.53	2.53
Increase your knowledge of how to make a warm referral?	65%	76%	67%	2.55	2.53	2.55
After today's presentation/training, how likely are you to: (0=not at all, 1=slightly, 2=moderately, 3=very)	% Reporting 3 = Very			Average (Mean) Rating		
Regularly implement universal parent education into your work?	49%	63%	52%	2.42	2.63	2.47
Use a safety card when talking about ACEs with a parent?	46%	68%	51%	2.38	2.58	2.42
Make a warm referral?	59%	65%	60%	2.54	2.65	2.56

**Table 7****Learning Outcomes for Community Outreach Workshops, Intimate Partner Violence: A Community Awareness & Outreach Workshop: FY16-19, FY20, & Total (FY16-20)**

To what extent did this presentation/training: (0=not at all, 1=a little, 2=somewhat, 3=a great deal)	% Reporting 3 = A Great Deal			Average (Mean) Rating		
	FY16-19 N=633	FY20 N=74	Total FY16-20 N=707	FY16-19 N=633	FY20 N=74	Total FY16-20 N=707
Increase your awareness and knowledge of intimate partner violence (IPV)?	77%	92%	79%	2.74	2.91	2.76
Increase your knowledge of the prevalence of IPV?	78%	93%	79%	2.75	2.93	2.77
Increase your knowledge of the effects of IPV on victims?	72%	80%	73%	2.68	2.78	2.69
Increase your knowledge of how to respond to disclosures of IPV and how to support victims?	73%	95%	75%	2.70	2.95	2.73
Increase your knowledge of IPV resources and service providers?	77%	93%	79%	2.74	2.93	2.76
How confident are you that you have the information needed to respond effectively to someone who has disclosed IPV?	67%	85%	69%	2.64	2.85	2.66

**Appendix C****FY 2020 WMR/WTL and Community Outreach Workshops, Evaluation Mean Ratings: By Communities & Total**

<b>WMR/WTL (10 Qtns)</b>											
Location/Year	N	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Bismarck	253	2.69	2.66	2.67	2.59	2.70	2.59	2.54	2.67	2.56	2.64
Dickinson	64	2.61	2.64	2.66	2.18	2.56	2.34	2.46	2.60	2.26	2.45
Lisbon	66	2.50	2.72	2.65	2.40	2.27	2.48	2.25	2.67	2.44	2.22
Valley City*	95	2.42	2.32	2.38	2.34	2.43	2.31	2.13	2.39	2.33	2.26
Williston	37	2.95	2.83	2.78	2.75	2.89	2.73	3.70	2.81	2.75	2.83
All Locations	515	2.63	2.61	2.62	2.49	2.61	2.51	2.43	2.62	2.48	2.53

\*6 of the Valley City evaluations were from participants in the "Walking the Line" workshops.

**Community Outreach Workshop – Intimate Partner Violence: Universal Education & The Safety Card**

Location/Year	N	Awareness of IPV	Know Effects	Best Practices	Warm Referral	IPV Screening	Safety Card	Make Referral
Bismarck	84	2.64	2.69	2.73	2.73	2.55	2.59	2.65
Carrington	20	2.75	2.80	2.80	2.85	2.35	2.53	2.58
Dickinson	8	2.75	2.75	3.00	3.00	2.88	2.88	2.88
Oakes	12	2.83	2.83	2.83	2.83	2.75	2.75	2.75
Valley City	21	2.81	2.81	2.90	2.90	2.48	2.67	2.62
Williston	10	3.00	3.00	3.00	3.00	2.90	2.60	2.90
All Locations	155	2.72	2.75	2.80	2.81	2.57	2.62	2.67

**Community Outreach Workshop – Adolescent Relationships Abuse**

Location/Year	N	Awareness of ARA	Know Effects	Best Practices	Warm Referral	Implement Into Work	Safety Card	Make Warm Referral
Bismarck	53	2.56	2.53	2.43	2.52	2.47	2.36	2.46
Carrington	47	2.79	2.72	2.66	2.70	2.21	2.22	2.64
All Locations	100	2.67	2.62	2.54	2.61	2.34	2.29	2.55

**Community Outreach Workshop – Connected Parents, Connected Kids**

Location/Year	N	Awareness of ACEs	Know Effects	Best Practices	Warm Referral	Implement Into Work	Safety Card	Make Warm Referral
Bismarck	19	2.94	2.95	2.53	2.53	2.63	2.58	2.65

**Community Outreach Workshop – Intimate Partner Violence: A Community Awareness & Outreach Workshop**

Location/Year	N	Awareness of IPV	Know Prev	Know Effects	Know Support	Know Resources	Confidence
Bismarck	47	2.96	2.96	2.81	2.96	2.96	2.81
Lisbon	22	2.77	2.86	2.73	2.91	2.86	2.95
Oakes	5	3.00	3.00	2.80	3.00	3.00	2.80
All Locations	74	2.91	2.93	2.78	2.95	2.93	2.85