



North Dakota Violence Prevention Program FY21 Outcomes & Achievements

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CHI North Dakota Violence Prevention Program Overview

The CHI North Dakota Violence Prevention Program was created in 2015 with the purpose of promoting a culture of non-violence as essential element of healthy communities. With support from CHI's Mission and Ministry Fund, AgriBank, ConocoPhillips, BNSF Railway Foundation, and Minnesota Power Foundation the program made great strides towards creating communities free from intimate partner violence in FY21. Participating facilities included CHI St. Alexius Health Bismarck Medical Center (fiscal agent), CHI St. Alexius Health Carrington Medical Center, CHI St. Alexius Health Devils Lake Hospital, CHI St. Alexius Health Dickinson Medical Center, CHI Lisbon Health, CHI Oakes Hospital, CHI Mercy Health (Valley City), and CHI St. Alexius Health Williston Medical Center.

The CHI ND Violence Prevention Program's goal is to reduce intimate partner violence (IPV); we use a dynamic approach to operationalize this goal.

1. The program seeks to create and enhance community and organizational capacity for prevention by:
 - Building networks and partnerships through statewide events for multidisciplinary professionals.
 - Training Community Outreach Leaders to teach others IPV prevention skills.
 - Providing Community Outreach Workshops that teach professionals to incorporate IPV prevention into the existing work.
2. The program also works to improve the impact of existing prevention activities by educating at-risk individuals on healthy relationships by:
 - Providing Healthy Relationship Workshops featuring evidence-based curriculums including Within My Reach, Walk the Line, and Safe Dates.

The CHI North Dakota Violence Prevention Program is dedicated to realizing its vision of creating communities free from intimate partner violence. Program activities and achievements have improved IPV awareness, fortified referral networks, encouraged professionals in many fields to incorporate IPV prevention into their practice, and prevented IPV by promoting healthy relationships knowledge and skills.

Spotlight on Prevention Summit

The program held its sixth annual Summit virtually due to the ongoing COVID-19 pandemic. The event featured Dr. Alan Berkowitz a noted scholar, researcher, public speaker and founding figure in the development of social norms theory. The Summit brought together professionals from a variety of fields and organizations to explore the social norms approach to violence prevention. Content focused on best practices in prevention, misperceptions and key concepts of social norms theory, and bystander intervention. The FY21 Summit served 69 individuals with the majority of participants reporting increases in their knowledge and skills a great deal in nine of eleven areas assessed by evaluation. Please see the table below for summit attendance by community and year; for evaluation outcomes see Appendix C.

What Participants Have To Say

- The topic was very interesting and important to understand when doing prevention work.
- As someone who is well versed in violence prevention and bystander intervention, there were still moments where this training was helpful and added to my skillset.
- The speaker was very interesting and engaged well with the virtual audience. He was very personable and provided great information that will be helpful!

Summit Attendance							
Community	FY 2016	FY 2017	FY 2018	FY 2019	FY 2020	FY 2021	Total
Bismarck	24	54	59	60	17	28	242
Carrington	5	0	3	9	4	4	25
Devils Lake	6	10	2	4	4	5	31
Dickinson	6	3	1	3	8	11	32
Lisbon	4	5	5	1	4	5	24
Oakes	5	2	3	5	4	5	24
Valley City	3	5	4	3	5	7	27
Williston	14	8	8	15	4	4	53
Total	67	87	85	100	50	69	458

Community Outreach Leader Training

The program elected to use pre-recorded trainings in lieu of an in-person FY21 Community Outreach (CO) Leader Training. Materials used include evidence-based content from Futures Without Violence Train the Trainer Toolkits for Primary Care, Adolescent Health, Connected Parents Connected Kids, and Workplaces Respond. Virtual learning sessions explored best practices in IPV intervention and prevention with a focus on the evidence-based universal education strategy and safety cards. CO Leader Trainings continue to help CO Leaders gain proficiency in teaching professionals to incorporate intimate partner violence prevention activities into existing practices. During FY21 the program trained three additional CO Leaders. Please see the table below for Community Outreach Leader Training attendance by community and year.

Community Outreach Leaders Trained							
Community	FY 2016	FY 2017	FY 2018	FY 2019	FY 2020	FY 2021	Total
Bismarck	20	31	57	58	18	0	184
Carrington	4	1	3	9	4	0	21
Devils Lake	5	4	2	6	4	1	22
Dickinson	5	4	0	3	6	0	18
Lisbon	4	2	5	1	4	0	16
Oakes	4	0	3	5	4	1	17
Valley City	3	6	5	3	5	1	23
Williston	6	9	7	12	4	0	38
Total	51	57	82	97	49	3	339

Community Outreach Workshops

Twenty-two active Community Outreach (CO) Leaders provided 34 CO Workshops reaching 1,426 professionals in FY21. Audiences included nurses, social workers, home health workers, and college students entering helping professions. The program currently offers a variety of content to professionals, including 1) IPV: A Community Awareness & Outreach Workshop for mixed professionals, 2) IPV: Universal Education & The Safety Card for helping professionals working with all populations, note this content was also provided via CommonSpirit Health online learning platforms, 3) Adolescent Relationship Abuse: Universal Education & The Safety Card for helping professionals working with youth, 4) Connected Parents Connected Kids: Universal Education & The Safety Card for helping professionals working with children and families, 5) Workplaces Respond to IPV for all businesses and employees. In addition, the program partnered with CAWS North Dakota, BCI and Youthworks to offer additional trainings 1) Ending the Stigma: Changing the Perception of IPV in Rural Communities, 2) IPV Advocacy within the Medical Setting, and 3) Human Trafficking and Exploitation. CO Workshops generate IPV awareness, highlight the importance of universal education as a strategy of prevention, and provide information on relevant topics. All of which result in local professionals incorporating IPV prevention and intervention into their existing work. FY21 and cumulative outcomes are outlined in the table below; for a detailed list of FY21 CO Workshops see Appendix A; for evaluation outcomes see Appendix C.

What Participants Have To Say

- I liked learning about resources to help someone if they are experiencing abuse.
- The presentation was very good. I knew I was in a relationship that was abusive in all ways, but did not realize that it was that bad. The more I hear about partner violence the more I realize how bad it was. The things I thought were nothing, weren't nothing.
- The presentation was very informative about the effects of intimate partner violence and there were great examples for how to screen for IPV.
- I found it really interesting getting to gain experience as to how I should properly ask questions and address difficult situations with those around me and I learned how to better reach out and be an ear to listen for those who need it.

Community Outreach Workshops				
Community	FY21		FY16 – FY21	
	Events	Attendance	Events	Attendance
Bismarck	19	1080	98	2422
Carrington	2	23	12	159
Devils Lake	4	89	23	476
Dickinson	3	132	15	368
Lisbon	1	12	15	245
Oakes	3	72	23	246
Valley City	1	15	26	294
Williston	1	3	17	425
Total	34	1426	229	4635

Healthy Relationship Facilitator Training

The program enhanced the impact of intimate partner violence prevention work by sponsoring Healthy Relationship (HR) Facilitator Training featuring *Within My Reach* (WMR), an evidence-based healthy relationship curriculum. This rigorous three day training transitioned to a virtual platform due to the COVID-19 pandemic. Virtual sessions were led by Master Trainers from the Prevention and Relationship Enhancement Program and allowed WMR Facilitators to learn the content, skills, and tools necessary to develop proficiency in facilitating preventative educational sessions for individuals at-risk of intimate partner violence. The program trained 11 additional HR Facilitators in FY21 bringing the cumulative program total to 59 trained facilitators. Please see the table below for Healthy Relationship Facilitator Training attendance by community and year.

Healthy Relationship Facilitators Training							
Community	FY 2016	FY 2017	FY 2018	FY 2019	FY 2020	FY 2021	Total
Bismarck	2	3	1	0	0	3	9
Carrington	3	1	0	0	1	0	5
Devils Lake	4	2	3	0	1	5	15
Dickinson	4	0	1	1	0	0	6
Lisbon	2	2	2	0	0	1	7
Oakes	3	0	0	0	0	0	3
Valley City	3	2	0	0	0	0	5
Williston	1	3	1	1	1	2	9
Total	22	13	8	2	3	11	59

Healthy Relationship Workshops

Thirty-two active HR Facilitators provided 87 Healthy Relationship (HR) Workshops teaching 155 hours of curriculum to 861 at-risk individuals in FY21. Participants included middle/high school students, college students, single/young moms, foster care parents, church groups, social workers, domestic violence shelter clients, social service clients, and other high-risk individuals. The program primarily used PREP’s *Within My Reach*, a 15 unit evidence-based healthy relationship curriculum. The program also used PREP’s *Walk The Line* an evidence-based curriculum for incarcerated males and Hazelden’s *Safe Dates* an evidence-based healthy relationship curriculum for youth in grades 6-12. These interactive workshops taught healthy relationship and decision-making skills, covering a variety of topics. FY21 and cumulative outcomes are outlined in the table below; for a detailed list of FY21 HR Workshops see Appendix B; for evaluation outcomes see Appendix C.

What Participants Have To Say

- This is exactly the kind of workshop I need right now. I’m struggling with multiple relationships (family/friends/romantic) in my life and the content is eye opening.
- The workshop made me more aware of the role I play in conflicts. I am excited to learn some of the communication techniques, now that I am more self-aware of my limitations and hidden issues.
- I liked learning when to walk away from unhealthy relationships and taking stock of the support systems in my life.
- There was great information and relatable examples in each session, which helped make it easier to translate the content to personal life.
- I liked the getting to know yourself section. I do truly believe knowledge is power and that includes knowing yourself, that way you can be proactive in knowing your own strengths and weaknesses, so you can be more effective in communication.

Healthy Relationship Workshops						
Community	FY21			FY16 – FY21		
	Events	Units	Attendance	Events	Units	Attendance
Bismarck	25	60	261	132	337	1107
Carrington	18	26	349	71	117	1241
Devils Lake	0	0	0	40	56	548
Dickinson	0	0	0	46	140	383
Lisbon	4	9	57	56	196	840
Oakes	0	0	0	2	3	19
Valley City	15	35	143	91	194	1085
Williston	25	25	51	86	91	424
Total	87	155	861	524	1134	5647

Additional Achievements

- The CHI ND Violence Prevention Program's eLearning course was featured in the CommonSpirit Health system newsletter. This course has been completed by 784 CommonSpirit Health employees. This was assigned as a mandatory course for Bismarck, Garrison, Oakes, and Turtle Lake facilities in FY21. The program also worked with the Bismarck, Garrison, and Turtle Lake facilities to assign the CHI Human Trafficking course as a mandatory course for FY20 and FY22.
- The Program celebrated Domestic Violence (DV) Awareness Month in October 2020. Carrington, Devils Lake, Lisbon and Valley City hosted e-mail BINGO games for all associates, instead of calling numbers domestic violence phrases were called; this was a fun way to educate staff and create IPV awareness. Devils Lake collaborated with their local Head Start to share DV information, resources, and giveaways via at home parent kits provided to high need families. Oakes partnered with their local senior center to disperse IPV info and treats with at home meal deliveries; they also partnered with the school to give purple DV awareness bracelets to the entire student body. Williston Hospital hosted an informational table to educate staff. All program locations provided purple pins to staff and displayed awareness posters at their facilities. The program also celebrated DVAM with a social media campaign.
- The CHI ND Violence Prevention Program was featured in a February 2021 Catholic Health World article, [Pandemic fuels domestic violence and makes aiding victims more challenging](#).
- The program completed an analysis of FY21 program events which can be viewed on our [webpage](#).

Appendix A: FY21 Community Outreach Workshop Details

Community	Date	CO Leader	Audience	Topic*	Events	Attendance
Bismarck	10.26.20	Schiele	BSC Students	1	1	6
Bismarck	10.26.20	Schiele	BSC Students	1	1	10
Bismarck	5.3.21	Schiele	BSC Students	2, 3	2	42
Bismarck	5.7.21	Schiele	BSC Students	2, 3	2	60
Bismarck	9.28.20	Schiele	Farwest Rotary	5	1	12
Bismarck	10.1 & 10.6.20	Krukenberg	U Mary Students	1	2	36
Bismarck	2.9.21, 2.11.21	Krukenberg	U Mary Students	2	2	38
Bismarck	6.18.20	CAWS	Multidisciplinary Professionals	7	1	13
Bismarck	6.23.20	CAWS	Multidisciplinary Professionals	7	1	25
Bismarck	6.18.20	CAWS	Multidisciplinary Professionals	6	1	33
Bismarck	6.23.20	CAWS	Multidisciplinary Professionals	6	1	10
Bismarck	10.19.20	Zietz	U Mary Students	2	1	22
Bismarck	10.21.20	Zietz	CHI Health at Home	2	1	30
Bismarck	12.14.20	Zietz	U Mary Students	2	1	5
Bismarck	5.27.21	LMS	Hospital Staff	2	1	738
Carrington	4.14.21	CAWS	Multidisciplinary Professionals	7	1	14
Carrington	3.24.21	CAWS	Multidisciplinary Professionals	6	1	9
Devils Lake	5.11.21	SAAF	Hospital Staff	2	1	27
Devils Lake	5.11.21	SAAF	Hospital Staff	2	1	17
Devils Lake	5.20.21	SAAF	Hospital Staff	2	1	24
Devils Lake	5.20.21	SAAF	Hospital Staff	2	1	21
Dickinson	3.25.21	HT Taskforce	Multidisciplinary Professionals	8	1	94
Dickinson	4.20.21	CAWS	Hospital Staff	7	1	21
Dickinson	1.19.21	CAWS	Hospital Staff	6	1	17
Lisbon	10.6.20	CAWS	Hospital Staff	7	1	12
Oakes	9.9.20	CAWS	Hospital Staff	7	1	22
Oakes	6.23.21	Voigtman	Sanford Clinic	2	1	4
Oakes	5.27.21	LMS	Hospital Staff	2	1	46
Valley City	6.14.21	Spickenreuther	Mental Health Coalition	1	1	15
Williston	2.17.21	CAWS	Multidisciplinary Professionals	6	1	3

Topics*

- 1 – IPV: A Community Awareness & Outreach
- 2 – IPV: Universal Education & The Safety Card
- 3 – Adolescent Relationship Abuse: Universal Education & The Safety Card
- 4 – Connected Parents Connected Kids: Universal Education & The Safety Card
- 5 – Workplaces Respond to IPV for all businesses and employees.
- 6 – IPV Stigma in Rural Communities
- 7 – IPV Medical Advocacy
- 8 – Human Trafficking

Appendix B: FY21 Healthy Relationship Workshop Details

Community	Date	Facilitator	Audience	Topic*	Events	Units	Attendance
Bismarck	6.17.20	Nasers	Diocese Group	WMR	1	4	4
Bismarck	11.6.20	Nasers	College Students	WMR	1	2	9
Bismarck	11.3.20	Nasers	Community Group	WMR	1	3	3
Bismarck	11.10.20	Nasers	Community Group	WMR	1	2	3
Bismarck	11.17.20	Nasers	Community Group	WMR	1	3	3
Bismarck	11.24.20	Nasers	Community Group	WMR	1	3	3
Bismarck	12.1.20	Nasers	Community Group	WMR	1	4	2
Bismarck	12.6.20	Nasers	Community Group	WMR	1	3	8
Bismarck	12.13.20	Nasers	Community Group	WMR	1	2	7
Bismarck	12.20.20	Nasers	Community Group	WMR	1	2	6
Bismarck	12.27.20	Nasers	Community Group	WMR	1	2	3
Bismarck	1.3.21	Nasers	Community Group	WMR	1	2	6
Bismarck	2.7.21	Nasers	Diocese Group	WMR	1	3	4
Bismarck	2.14.21	Nasers	Diocese Group	WMR	1	2	9
Bismarck	2.21.21	Nasers	Diocese Group	WMR	1	2	10
Bismarck	2.28.21	Nasers	Diocese Group	WMR	1	2	6
Bismarck	3.7.21	Nasers	Diocese Group	WMR	1	2	6
Bismarck	2.10.21	Nasers	Women's Care Center	WMR	1	2	8
Bismarck	2.17.21	Nasers	Women's Care Center	WMR	1	2	8
Bismarck	2.24.21	Nasers	Women's Care Center	WMR	1	2	9
Bismarck	3.3.21	Nasers	Adoption Services	WMR	1	3	33
Bismarck	3.10.21	Nasers	Adoption Services	WMR	1	2	28
Bismarck	3.17.21	Nasers	Adoption Services	WMR	1	2	30
Bismarck	3.24.21	Nasers	Adoption Services	WMR	1	2	28
Bismarck	3.31.21	Nasers	Adoption Services	WMR	1	2	25
Carrington	1.19.21	Bakke	Middle School Students	SD	1	2	20
Carrington	1.21.21	Bakke	Middle School Students	SD	1	1	20
Carrington	1.26.21	Bakke	Middle School Students	SD	1	2	20
Carrington	1.28.21	Bakke	Middle School Students	SD	1	2	20
Carrington	2.2.21	Bakke	Middle School Students	SD	1	1	19
Carrington	2.4.21	Bakke	Middle School Students	WMR	1	2	19
Carrington	2.16.21	Bakke	Middle School Students	SD	1	1	20
Carrington	1.20.21	Bakke	Middle School Students	SD	1	2	20
Carrington	1.25.21	Bakke	Middle School Students	SD	1	1	19
Carrington	1.27.21	Bakke	Middle School Students	SD	1	2	19
Carrington	2.1.21	Bakke	Middle School Students	SD	1	2	19
Carrington	2.3.21	Bakke	Middle School Students	SD	1	1	19
Carrington	2.8.21	Bakke	Middle School Students	WMR	1	2	18

Carrington	2.15.21	Bakke	Middle School Students	SD	1	1	19
Carrington	2.17.21	Bakke	Middle School Students	SD	1	1	17
Carrington	2.9.21	Hilbert	Middle School Students	SD	1	1	21
Carrington	2.11.21	Hilbert	Middle School Students	SD	1	1	21
Carrington	2.10.21	Hilbert	Middle School Students	SD	1	1	19
Lisbon	6.23.21	Jones	ARN Staff	WMR	1	3	3
Lisbon	1.26.21	Anderson	High School Students	WMR	1	2	15
Lisbon	1.26.21	Anderson	High School Students	WMR	1	2	20
Lisbon	1.26.21	Anderson	High School Students	WMR	1	2	19
Valley City	6.17.20	Bjorum	Foster Care Parents	WMR	1	1	13
Valley City	9.25/28.20	Bjorum	High School Students	WMR	1	2	21
Valley City	9.25/28.20	Bjorum	High School Students	WMR	1	2	20
Valley City	5.20/21.21	Bjorum	High School Students	WMR	1	2	19
Valley City	5.20/21.21	Bjorum	High School Students	WMR	1	2	21
Valley City	5.20/21.21	Bjorum	High School Students	WMR	1	2	8
Valley City	6.8.20	Koch	Community Group	WMR	1	2	3
Valley City	6.15.20	Koch	Community Group	WMR	1	2	2
Valley City	6.22.20	Koch	Community Group	WMR	1	2	2
Valley City	6.29.20	Koch	Community Group	WMR	1	3	2
Valley City	6.1.21	Koch	Community Group	WMR	1	3	7
Valley City	6.3.21	Koch	Community Group	WMR	1	3	6
Valley City	6.8.21	Koch	Community Group	WMR	1	3	6
Valley City	6.10.21	Koch	Community Group	WMR	1	3	6
Valley City	6.15.21	Koch	Community Group	WMR	1	3	7
Williston	9.21.20	Grunenwald	Young Moms	WMR	1	1	5
Williston	9.28.20	Grunenwald	Young Moms	WMR	1	1	4
Williston	10.5.20	Grunenwald	Young Moms	WMR	1	1	4
Williston	10.12.20	Grunenwald	Young Moms	WMR	1	1	3
Williston	10.19.20	Grunenwald	Young Moms	WMR	1	1	4
Williston	10.26.20	Grunenwald	Young Moms	WMR	1	1	2
Williston	11.9.20	Grunenwald	High School Students	WMR	1	1	2
Williston	11.12.20	Grunenwald	High School Students	WMR	1	1	1
Williston	11.16.20	Grunenwald	High School Students	WMR	1	1	2
Williston	11.17.20	Grunenwald	High School Students	WMR	1	1	1
Williston	11.23.20	Grunenwald	High School Students	WMR	1	1	2
Williston	11.24.20	Grunenwald	High School Students	WMR	1	1	1
Williston	12.1.20	Grunenwald	High School Students	WMR	1	1	1
Williston	12.2.20	Grunenwald	High School Students	WMR	1	1	2
Williston	12.9.20	Grunenwald	High School Students	WMR	1	1	2
Williston	12.10.20	Grunenwald	High School Students	WMR	1	1	1

Williston	12.17.20	Grunenwald	High School Students	WMR	1	1	2
Williston	1.11.21	Grunenwald	High School Students	WMR	1	1	2
Williston	1.12.21	Grunenwald	High School Students	WMR	1	1	1
Williston	1.13.21	Grunenwald	High School Students	WMR	1	1	2
Williston	1.15.21	Grunenwald	High School Students	WMR	1	1	1
Williston	1.18.21	Grunenwald	High School Students	WMR	1	1	1
Williston	1.20.21	Grunenwald	High School Students	WMR	1	1	2
Williston	1.25.21	Grunenwald	High School Students	WMR	1	1	2
Williston	1.26.21	Grunenwald	High School Students	WMR	1	1	1

Topics*

WMR - Within My Reach

SD - Safe Dates

Appendix C

CHI North Dakota Violence Prevention Program

Activity Evaluation for FY21; Summary Results for FY16 to FY21

Available at www.chistalexiushealth.org/about-us/nd-violence-prevention-program.