



Catholic Health Initiatives

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*North Dakota
Violence Prevention
Program*

About

The Violence Prevention Program began as a community planning and coalition building process that engaged individuals and organizational stakeholders from seven North Dakota communities in developing a plan to prevent violence. With a shared purpose of creating communities free of intimate partner violence, the Violence Prevention Program was formed.

Opportunity

Communities across North Dakota have seen a rise in the number of domestic violence incidents in recent years. The Violence Prevention Program recognized this as an opportunity to enhance the way intimate partner violence is addressed within our communities. A collaborative initiative was formed with help from local partners and national experts to increase awareness and prevention of intimate partner violence.

Initiative

The Violence Prevention Program works toward preventing intimate partner violence using a dual approach. First, the program focuses on building community and organizational capacity, by enhancing referral networks and increasing awareness of intimate partner violence, but also by teaching local community outreach leaders how to train professionals in many fields to incorporate intimate partner violence prevention efforts into their existing work. Community outreach leaders

are trained annually and in-turn offer trainings geared toward professionals in their communities throughout the year.

Local community outreach trainings enhance each professional's knowledge on intimate partner violence prevention techniques, screening tools and referral procedures. Training content was developed in partnership with ND Council on Abused Women's Services and Futures Without Violence, state and national experts on intimate partner violence. Community outreach trainings can be tailored to meet the needs of each audience.

Second, the Violence Prevention Program educates individuals throughout the community on intimate partner violence prevention. This occurs by training local facilitators in *Within My Reach*, an evidence-based curriculum that promotes developing healthy relationships and decision-making skills. Local *Within My Reach* facilitators will use this curriculum to educate individuals in their communities throughout the year on useful skills that enhance relationships and mitigate instances of violence.

Local *Within My Reach* workshops are available in a variety of formats to meet the learning objectives and time requirements of each group. The copy written curriculum is comprised of 15 units, each requiring one hour of teaching time. Units can be taught a la carte or all encompassing. Unit topics include:



- The State of Relationships Today
- Healthy Relationships: What They Are and What They Aren't
- Sliding versus Deciding
- Smart Love
- Knowing Yourself First
- Making Your Own Decisions
- Dangerous Patterns in Relationships
- Where Conflict Begins
- Smart Communication
- The Speaker Listener Technique
- Infidelity, Distrust, and Forgiveness
- Commitment: Why it Matters to Adults and Children
- Stepfamilies and the Significance of Fathers
- Making the Tough Decisions
- Reaching Into Your Future

Our Goal

The Violence Prevention Program hopes to achieve a 15-20 percent reduction in domestic violence related incidents in communities served by 2018.

How We're Funded

The program is made possible through grant funds provided by Catholic Health Initiatives' Mission and Ministry Fund with the purpose of supporting innovative projects designed to improve the health of a community. Grant communities served include Carrington, Devils Lake, Dickinson, Lisbon, Oakes, Valley City and Williston. The Violence Prevention Program is administered out of Bismarck, ND.

Get Involved

- Host a Community Outreach Workshop
- Hold a *Within My Reach* Training
- Attend program events
- Become a local community outreach leader or *Within My Reach* facilitator
- Join your local violence prevention coalition



Contact Us

Bismarck

CHI St. Alexis Health Bismarck Medical Center
701.530.4973 or 701.530.4974

Carrington

CHI St. Alexis Health Carrington Medical Center
701.652.7218 or 701.652.7248

Devils Lake

CHI St. Alexis Health Devils Lake Hospital
701.662.9627 or 701.662.9626

Dickinson

CHI St. Alexis Health Dickinson Medical Center
701.456.4287 or 701.456.4292

Lisbon

CHI Lisbon Health
701.683.6416 or 701.683.6417

Oakes

CHI Oakes Hospital
701.742.3837 or 701.742.3634

Valley City

CHI Mercy Health
701.845.6557

Williston

CHI St. Alexis Health Williston Medical Center
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