

CaPa

Healing Hearts and Homes



2019 Annual Report

In 2019,
CAPA lifted the
hearts of more than

2,090

children & adults



** This total may include some duplicated counts as several individuals participated in multiple CAPA programs.*



Message from Executive Director

Rochelle Parker



2019 was another great year for CAPA! We continued to grow our programs by re-introducing our Community Education program with support from the Children's Services Fund of Jackson County. We extended our reach by signing an agreement with Raytown Quality Schools to provide therapeutic services to grades K-12. We strengthened our home visiting program by actively working with Healthy Families America on our affiliation process. We couldn't be more proud of this process.

Supporters like Sunderland Foundation and Hall Family Foundation helped us stay on track with facility improvements at our 23rd Street location like new LED lighting, a new fence and a new parking lot. While others like the Victims of Crime Act and AmeriCorps helped equip our new office in Kansas City where we added close to 5,000 additional square feet of office space. We are grateful to be located right by a bus line with quick access to Independence, Kansas City, and Raytown.

Our Operational Budget grew to \$2.26 million from roughly \$800,000 just six years ago. This increase has helped us hire competent and caring staff at both locations, provided us funds to help train staff, and given us the opportunity to update our program supplies and equipment including therapy sand, puppets, and miniature toys.

In 2020, we will diligently work on our next five-year strategic plan reflecting back on all that was accomplished over the past five years. Our board of directors and staff leadership team have outlined a twelve-month plan and we look forward to seeing where we can take CAPA. We envision it will include more growth as we have seen great outcomes over our 45 years of service to the greater Kansas City area. This journey would not be possible without supporters like you! Our individual, corporate, civic, faith-based and funder groups like the Jackson County Community Mental Health Fund and United Way make it possible to open our doors and we sincerely appreciate. Thank you for all you do to make CAPA the best resource it can be to our community!

Rochelle Parker



CAPA invests in children & families so they can **heal & reach new heights!**

Our Mission

CAPA strives to prevent and treat all forms of child abuse by creating changes in individuals, families and society that strengthen relationships and promote healing.

2019 Financials (unaudited)

A copy of CAPA's most recent Audited Financial Statement is available upon request.

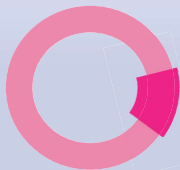
Operational Expense Percentages



80%
Program Expenses



15%
Administrative Expenses



5%
Fundraising Expenses

Over \$75,000 was expended on capital improvements to ensure a safe, comfortable environment for children and families seeking services.

Operational Revenue Percentages

59%

Government Contracts

17%

Restricted Contributions

6%

Unrestricted Contributions

<1% Special Events

<1% Fees for Service

18%

In-Kind, Interest and Other
Income

Counseling Services



596

individuals received 8,709 hours of counseling & crisis support

CAPA's wish is that no child will ever have to know what it is like to experience abuse. Until that day comes, our doors are open to provide individual and family counseling to children and their families who have experienced family trauma, abuse, or neglect.

We believe no family should have to face this challenge alone.

Children and individuals are given a voice through an array of trauma-focused therapies including art and play therapy so they can tell their story and begin to heal.





CAPA understands that parenting is hard even in the very best of circumstances, and sometimes parents need a helping hand.

Our Healthy Families Jackson County™ home-visiting program aims to reduce the risk factors that could lead to adverse childhood experiences, such as child abuse and neglect. Our caring Family Support Specialists made 512 home visits in 2019, working closely with the families to help promote family resiliency and healthy parenting skills. Through this program, families are connected to additional resources and supports while increasing their knowledge of age-appropriate expectations for their children.



92

individuals received guidance in developing skills for building family strength & success

Family Support Services

Prevention Education Services



1,402 individuals participated in CAPA education & outreach programs

CAPA works to achieve the goal of strengthening families and increasing knowledge of the many ways to recognize and prevent child abuse by offering a variety of educational classes to the community.

Whether it is providing parents and guardians with alternative communication and discipline solutions for their children, visiting local schools promoting safety skills with kids and teens, or supplying knowledge and tools to professionals, CAPA is diligently working to prevent abuse through education and outreach. CAPA believes that each member of our community plays an important role in the prevention of child abuse.





Message from 2019 Board President

Merideth Parrish



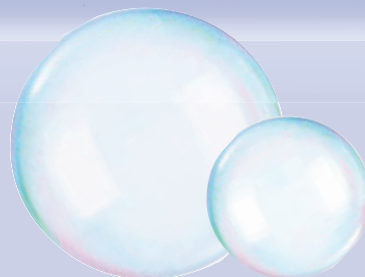
As I think about CAPA's work, it's ever-growing client base and how for more than 40 years it has strived to adapt its therapeutic service delivery model to meet the changing needs of youth and families, there is one piece of this organization that has remained true at the core: it's mission; it's desire to support families in experiencing their best selves through a life complete with healing, safety, balance and long-term resilience.

Like the hundreds of lives we serve each year, CAPA continues to grow and thrive. In a way, we are archeologists of potential and what's possible. Each year we unearth something new and exciting. We learn of more comprehensive tools and methodologies by which to support our families and in great faith, planning and collaboration with our partners, stakeholder and funders, we stretch ourselves in order to provide the greatest possible service in hopes of fostering lifelong, sustainable change.

In this our fifth decade, the commitment of our executive and board leadership has been strong and remains committed. As we look forward to stretching ourselves even further, improving processes and reaching for what's possible – we are anchored in confidence and great gratitude that indeed, we have come a mighty long way. As our preceding Board President would say, we have been the '...little engine that could.' Well I am so proud to say, we did, we have and we will continue to excel to the next great opportunities over the horizon.

For us, 2019 was a year of great success. We are so grateful to the many partners who championed some of CAPA's many milestones including: the expansion of a talented and qualified workforce, continued facility improvements and the opening of our new location in Kansas City, Missouri, to provide a quality space conducive for client and family services, and the existing and new funding streams allowing CAPA to further expand its footprint of family supports and clinical services across the entire Kansas City metropolitan area. Thank you for helping CAPA grow and expand its capacity to fulfill its mission. This capacity to keep going and to improve the lives of children and families is what excites me most about CAPA and its future."

Merideth Parrish





"CAPA stuck with me through some of the hardest times of my life and helped me blossom into a strong and capable mother. Thank you, CAPA."

- CAPA client

Board of Directors

Executive Committee

Merideth Parrish, **President**
Angela Volkmer, **VP Resource Dev.**
Kelle C. Gilmore, **VP Governance**
Jill Esry, **Secretary**
R. Scott Smith, **Treasurer**

Kirk Beye
Jennifer Oswald Brown
Shanna Dennie
Mary House
Katie Rooney, J.D.
Emily Snow
Danielle Trabon
Tamara Veit
Jhordan Woodard

Administrative and Leadership Team

Rochelle Parker, **Executive Director**
Kristina Brown, **Program Director**
Megan Campbell, **Marketing & Community Relations Director**
Melody Morgan, **Director of Grants & Contracts**
Susan Ruddell, **Office Manager**
Kathryn Sterling, **Manager of Clinical Services**
Tonika Benson, **Community Education Manager**
Mindy Kissner, **Family Support Program Supervisor**
Laura Maine, **Intern Supervisor**
Stacy Steely, **Intern Supervisor**



capacares.org

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