

# CaPa

*Healing Hearts and Homes*



2015 Annual Report

In 2015,  
CAPA touched the  
hearts of more than

**2,700**

children & individuals

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



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



Message from Executive Director

***Rochelle Parker***



CAPA celebrated a major milestone in 2015—our 40<sup>th</sup> birthday. We hosted a birthday event to celebrate this momentous occasion and honored 40 individuals, groups, and businesses that have made a lasting impact in our mission to prevent child abuse and strengthen families. I cannot fully express how amazing it was to be in that room. CAPA is truly blessed by the support of our community!

While we are proud to celebrate a mission that has provided hope and healing to thousands of children and individuals over the years, the very fact that our mission exists causes a disheartening pause. Sadly, children in our city are victims of crime at increasingly alarming rates.

With this milestone comes further encouragement that we must continue, with all of our might, to do everything that we can to wrap our arms around children and families. We must ensure families have the emotional, social, physical, and financial support they need to be successful. We must also show the utmost love and support to the children in our community. We must end the cycle of abuse.

In the spirit of birthdays, I have a wish that all children will be protected and have a life free of violence. I believe we can and will make this possible through perseverance, understanding, and compassion. I extend my most heartfelt appreciation to everyone who does their part to support CAPA's work. We could not do this without you!

*Rochelle Parker*

## 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.

## 2015 Financials

### Operational Expense Percentages



**69%**  
Program Expenses



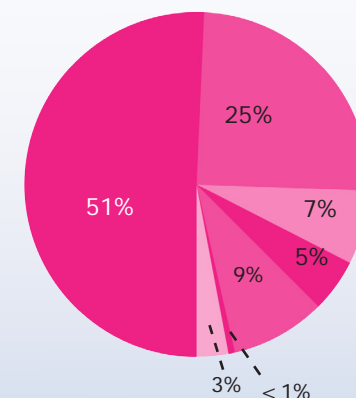
**19%**  
Administrative Expenses



**12%**  
Fundraising Expenses

\* A copy of CAPA's Audited 2015 Statement of Activities is available upon request.

### Operational Revenue Percentages



51% Government contracts  
25% Foundations contributions  
7% Unrestricted contributions  
5% Special events  
9% United Way allocation and designations  
<1% Fees for service  
3% Interest, dividends and other income

## Counseling Services

**1,017** individuals received counseling support

**450** number of crisis calls CAPA's counseling team answered and supported

***CAPA's wish is that no child will ever have to know what it is like to experience abuse.*** But until that day comes, our doors are open 7 days a week to provide individual, family and group counseling to children and their families who have experienced the traumas of abuse and neglect. We believe no family should have to face this challenge alone.

Children and individuals are given a voice through an array of therapies including art, play and hynotherapy in order to tell their story and begin to heal. Adult survivors of abuse are also able to come together to encourage and support each other through Women's Empowerment Group and La Voz de la Madre, and families are able to come together as a family unit in the HEAL (Healing through Education and Love) Group.

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

Our home-based services and support groups work to prevent instances of abuse by strengthening family relationships and helping to foster healthy parenting skills. Through the Healthy Family Connections program, families are connected to additional social supports while increasing their knowledge of age-appropriate expectations for their children. The Strengthening Families group gives parents and children the opportunity to foster healthy attachments while spending quality time together.

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

## Family Support Services



# Prevention Education Services

**672** individuals participated in CAPA's educational & 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 and seminars to the community.*

Whether it is providing parents and guardians with alternative communication and discipline solutions for their children, visiting local schools promoting anti-bullying and safety skills to kids and teens, or supplying knowledge and tools to professionals through Mandated Reporter Trainings, 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 Board President

**Kirk Beye**



## *A Mission Worth Celebrating*



In 2015, CAPA achieved a significant milestone. We celebrated forty years of providing service to our community and hosted our 40<sup>th</sup> Birthday Celebration. This activity enabled us to honor CAPA, its staff and the community that we serve.

In planning for and hosting this event we were reminded of CAPA's history and its legacy of service and dedication. We are grateful to everyone and we want to express our appreciation.

The strengths of CAPA are the programs and the services they provide. These are not possible without a dedicated and skilled professional staff of therapists, clinicians and administrative personnel. It is our role as Board Members to provide support and direction. I am humbled and inspired by the talent and dedication of the people who work for and support CAPA and its mission.

There is a significant need in our community for the services that CAPA provides. We need to strengthen and enhance our ability to meet those needs. This requires us to increase our resources financially and to improve our efforts in the areas of planning and implementation. In 2015, we have undertaken a major initiative in the area of strategic planning.

The planning done in 2015 is being implemented in 2016. I am confident that this will provide a platform for growth and future success. Our success will be measured by how effective we have been in fulfilling our mission.

As thankful as we are for CAPA's past legacy, it is the present and future that require our focus and attention. I am excited when I consider where CAPA is and where CAPA is headed.

*Kirk Beye*



*"CAPA became my safe place where I was able to get help from people who truly care."*

- CAPA client

## 2015-2016 Board of Directors

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### Executive Committee

Kirk Beye, **President**

Kristen Abernathy, **VP External Affairs**

Dayla Bishop Schwartz, **VP Internal Affairs**

Kathleen Eubanks-Meng, DO, **Secretary**

Denise Fears, **Treasurer**

R. Scott Smith, **Member-at-Large**

Jill Esry

Kelle C. Gilmore

Honorable Ann Mesle

Renea Nash

Billie Preston

Scott Roberson, DDS

Tom Seck, DO

John Tramel

## Administrative and Leadership Team

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Rochelle Parker, **Executive Director**

Kristina Brown, **Family Support Services Director**

Amanda Hallier, **Development & Communications Director**

Kerri Koehler-Butt, **Clinical Director**

Melody Morgan, **Program Development Director**

Susan Ruddell, **Office Manager**



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