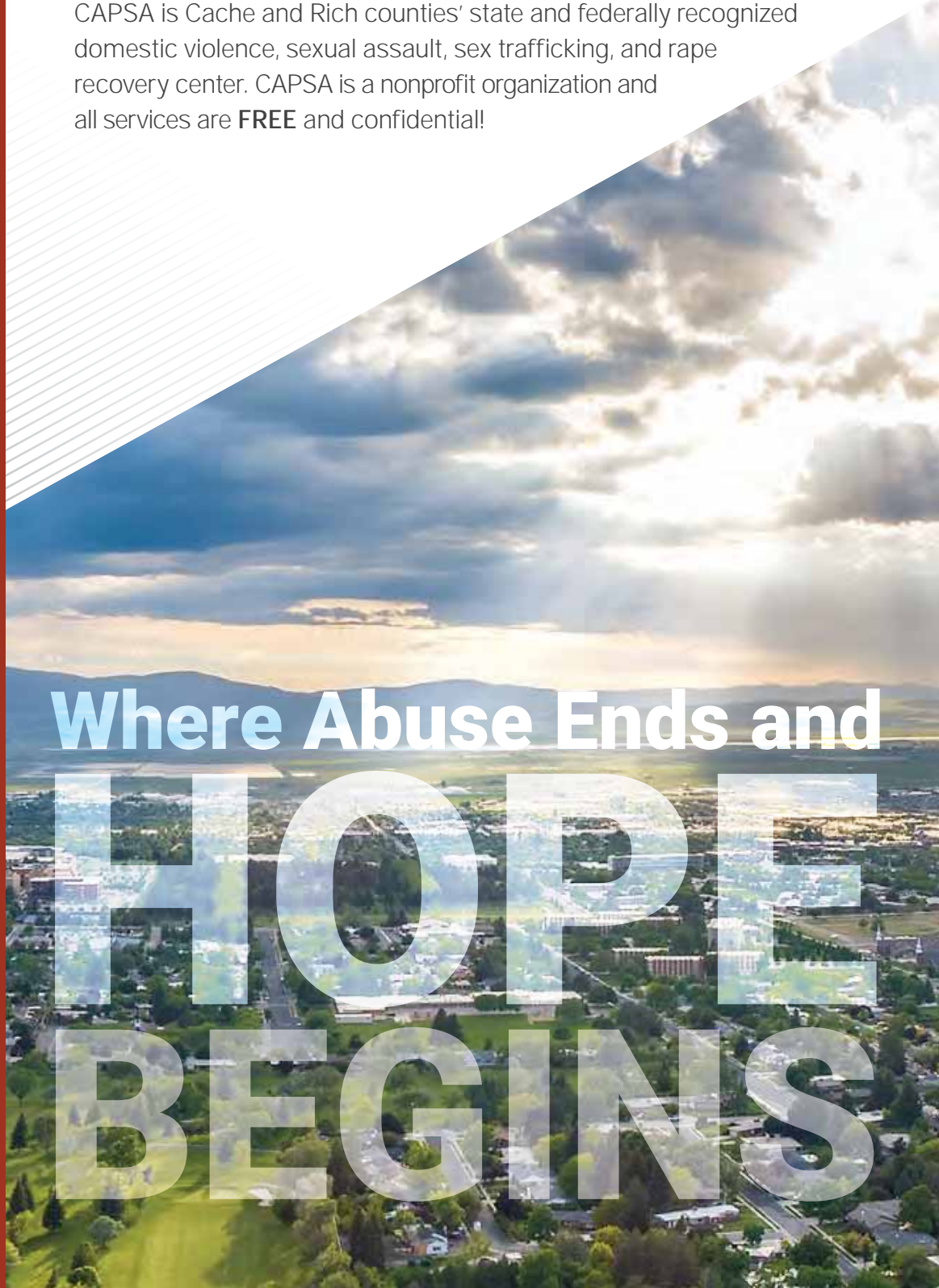


capsa

ABUSE ENDS HERE.

(435) 753-2500
24 Hour Support Line

CAPSA is Cache and Rich counties' state and federally recognized domestic violence, sexual assault, sex trafficking, and rape recovery center. CAPSA is a nonprofit organization and all services are **FREE** and confidential!



Where Abuse Ends and

**HOPE
BEGINS**

A SAFE PLACE

Emergency Shelter

A LIGHT IN THE DARKNESS

24-hour Support Line

A HAND TO HOLD

Advocacy and Support Services

LIFE SAVING SUPPORT

24-hour Response Team

A PLACE TO HEAL

Therapy Services

A BRIGHTER FUTURE

Children Services

A FUTURE WITHOUT ABUSE

Prevention Education

YOUR SUPPORT CREATES DREAMS

Sara* always wanted to go to college, but her abuser got jealous when she was around other men. He prevented her from going to college or getting a job.

After escaping her abuser, CAPSA helped Sara with shelter, housing, and securing a scholarship. She recently graduated with a BS in Nursing and has a dream job at a local hospital.



ABUSE ENDS WHEN YOU ARE FREE TO DREAM

*Names and details are changed for confidentiality and safety reasons



CAPSA

CAPSA helps our clients become safe, permanently escape abuse, and heal from the trauma. Last year we helped 919 clients with outreach, sheltered 374 individuals, provided therapy to 438 adults, teens and children, and taught 15,252 students.



SHELTER

CAPSA's emergency shelter is safe place for those fleeing domestic violence and/or sexual assault. Last year CAPSA sheltered 12 men, 175 women, and 187 children for a total of 7,795 nights.



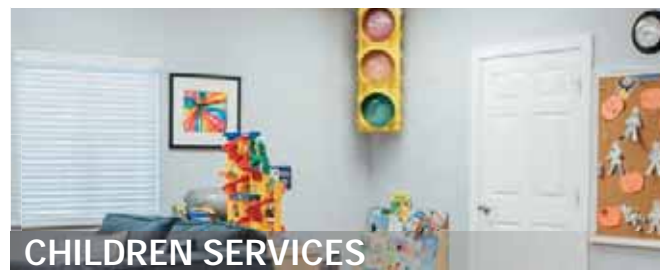
CASEWORK & ADVOCACY

CAPSA provides information, resources, and advocacy to help someone become safe and free from abuse. Last year CAPSA provided services to 919 individuals including 248 protective orders.



TRAUMA INFORMED THERAPY

CAPSA offers confidential and FREE clinical therapy for adults and children who experience trauma from abuse. Last year CAPSA provided 3256 hours of therapy for 438 clients.



CHILDREN SERVICES

CAPSA provides educational groups, individual therapy, safety planning, and support services for teens and children impacted by abuse. Last year CAPSA provided services to more than 500 children.

FY18 PROGRAM AND OPERATION FUNDING

Grants	\$1,449,171	74.7%
Fundraising / Events	\$134,582	6.9%
Donations	\$195,371	10.1%
Somebody's Attic	\$55,000	2.8%
Misc Income	\$106,637	5.5%
Total Revenues	\$1,940,761	

IN KIND / DONATED GOODS

Reported Value	\$242,233
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ENDOWMENT

General Endowment	\$207,500*
Wasatch Support Fund	\$738,911*

* Ending balance for FY17

YOUR DONATIONS WERE MATCHED 8.9X

Your donation to CAPSA goes farther, because every dollar donated in FY18 was matched 8.9 times by other sources. However, the largest source of revenue (grants) is very restrictive, so your donation is worth 100x its actual value to CAPSA.

100% of YOUR DONATIONS HELP SURVIVORS

\$0.88 of every dollar goes directly to survivors



You can feel good that your gift benefits individuals impacted by domestic violence, sexual abuse, and rape. 88% of your donation goes directly to support services, while 12% is used for the cost of running the business and securing contributions to keep CAPSA running.

YOUR DONATION MAKES MIRACLES POSSIBLE

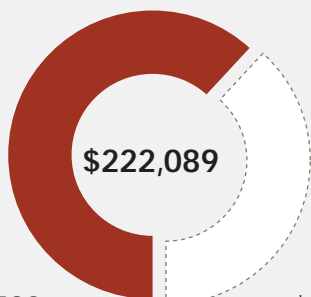
Most grants require a percent of programs to be funded by donations demonstrating community support. Failure to receive sufficient donations would result in the loss of programs. Therefore, your donation is truly funding _____.

(Insert your favorite program)

As of July 1, 2018, CAPSA has secured \$1,968,990 in grant funding for FY19. Grant funding benefits our community by allowing CAPSA to offer shelter, clinical therapy, educational services and more at little cost to our community. However, grants only cover 70% of our program funds and we need the communities support to raise the remaining funds from fundraising events, donations, and misc income. Here are three examples of major programs and the funds we need to raise:

PREVENTION EDUCATION

SCHOOL AND COMMUNITY EDUCATION

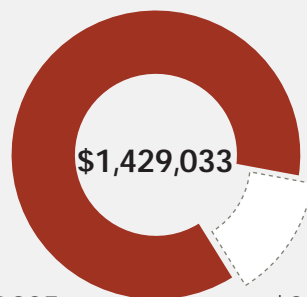


\$137,589
GRANT FUNDS

\$84,500
DONATIONS

CLINICAL PROGRAMS

THERAPY AND ADVOCACY SERVICES



\$1,227,935
GRANT FUNDS

\$201,098
DONATIONS

EMERGENCY HOUSING

SHELTER AND TRANSITIONAL HOUSING



\$618,497
GRANT FUNDS

\$102,572
DONATIONS



capsa

ABUSE ENDS HERE.

PREVENTION EDUCATION ENDING ABUSE BEFORE IT HAPPENS

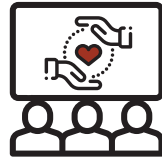
For more than 20 years, Cache Valley's high school and middle school teachers, counselors, and administrators have been supported by and used curriculum provided by CAPSA's Prevention Educators. CAPSA's Prevention Educators also coordinate Youth Leadership Programs and partner with a multitude of Community Organizations: law enforcement, religious groups, businesses, and coalitions.

Currently CAPSA has two Prevention Educators working in all the Middle Schools and High Schools in Cache County District, Logan City School District, and Rich County School District. With the growth of the school districts (which shows no sign of slowing down) there is an urgent need for additional CAPSA Community Educators. With your help, this year we will be increasing our prevention program.

2017-18 SCHOOL YEAR PREVENTION



599
CLASSROOM
PRESENTATIONS



15,252
HIGH SCHOOL & MIDDLE
SCHOOL STUDENTS



TOPICS INCLUDE:

- Confidence Building
- Healthy Relationships
- Anti-Bullying
- Bystander Intervention



PREVENTION SAVES & CHANGES LIVES

Following a CAPSA presentation on Bullying in a local middle school during the 2018 school year, a young girl approached our Prevention Educator. She shared her experience of being bullied for several years and explained that she had been contemplating suicide earlier that morning. CAPSA was able to connect her with school support and she later received some additional CAPSA services.

WAYS TO SUPPORT CAPSA

MARY FLYNN PALLEY ENDOWMENT

This year, CAPSA is proud to announce the creation of the Mary Flynn Palley Endowment. Mary served on CAPSA's Board of Trustees for over 26 years where she gave her time, passion, and money to protect and empower individuals impacted by domestic violence and sexual abuse.

Within her estate, Mary bequeathed \$200,000 to CAPSA. This gift will create a named endowment to both honor Mary and continue her support of CAPSA. The dividends from this endowment will support individuals impacted by abuse.

If you knew Mary, she probably already encouraged you to give to CAPSA and put CAPSA in your will. She loved CAPSA and would be happy to see CAPSA's endowment grow. Please contact Jill Anderson or James Boyd at (435)753-2500 to donate to the Mary Flynn Palley Endowment.



CAPSA IS THE ONLY SHELTER IN UTAH TO HAVE ZERO TURN-A-WAYS

Imagine the courage it takes to leave an abusive relationship and ask for help - this is why emergency shelters exist. However, shelters across Utah are forced to turn away thousands of individuals seeking shelter because of limited space and lack of funding.

CAPSA committed in June 2016 to ensure there will always be a safe place for anyone leaving a dangerous relationship. CAPSA is working with local hotels to provide rooms at a discounted rate. Your monthly donation of \$5 guarantees a safe place for a night for someone fleeing abuse.

\$5 PER MONTH = A SAFE PLACE

Last year, CAPSA spent \$11,388.09 (nearly double of prior year) to ensure every qualified individual had a place to escape abuse. The funding for zero turn-a-ways is from individual and partnering businesses (employee payroll deductions). You can help by setting up a monthly donation.

Set up a monthly donation at www.capsa.org/donate.



SPONSOR A HOME AND FAMILY

In 2018, CAPSA began securing sponsorships for the nine homes in Independence Place. Independence Place is the core of CAPSA transitional housing program. Families stay in these homes for up to two years. The second housing type is called scattered site – clients secure their own housing and CAPSA subsidizes their rent through a federal grant. CAPSA also help secure housing subsidies through other government programs.

Sponsoring a home is \$6,000 a year and includes signage, publish recognition, team building service opportunities, and knowing you are supporting a family rebuilding their life. Our sponsors as of printing are:



Please contact James Boyd at (435)753-2500 to learn how your family, business, or group can sponsor a home.



YOUR SUPPORT CHANGES LIVES

Lydia* escaped an abusive relationship. Like many of our clients, she suffered from PTSD (Post Traumatic Stress Disorder) which manifested as anxiety and panic attacks. Lydia had difficulty accomplishing daily tasks, including going through a car wash.

CAPSA offers FREE and specialized therapy services. For Lydia this helped her recognize her triggers and she was able to develop processes to stop the anxiety from setting in. Though it may seem small, a major accomplishment for Lydia was the first time she went to the car wash and didn't feel fear.

*Names and details are changed for confidentiality and safety reasons



**ABUSE IS FEAR
FREEDOM IS PEACE**

CAPSA SERVICES

24-HOUR SUPPORT PHONE LINE

CAPSA is here for you anytime providing support and resources. If you or someone you love have experienced domestic violence or sexual assault. Call CAPSA at 435-753-2500 to speak with a trained advocate.

EMERGENCY SHELTER

CAPSA provides a safe place for you or someone you love who has experienced domestic violence, rape, and/or sexual assault. Our shelter provides a refuge to begin healing. We shelter men and women and their accompanied children.

THERAPY SERVICES

CAPSA offers free and confidential clinical therapy for adults and children who experience anxiety, fear, depression or other trauma from domestic violence, sexual assault, and/or rape. CAPSA's licensed and trauma informed therapists empower you to find hope and healing.

ORDER OF PROTECTION

Protective Orders and Stalking Injunctions are legal tools to assist in securing protection from your abuser. CAPSA specializes in assisting you with completing and securing these legal tools.

SUPPORT AND SAFETY PLANNING

CAPSA offers personalized safety planning helping you and your children identify ways to improve your personal safety. We will help you create a plan for safety whether you choose to stay in the relationship or leave.

HOUSING PROGRAMS

Without access to housing options, victims fleeing an abusive relationship often return to their abusers. CAPSA offers a transitional housing program that provides a safe place for survivors to live while beginning a new life without abuse.

CHILDREN AND TEENS

Children who witness abuse are 2.6 times more likely to be in an abusive relationship as an adult. CAPSA provides group and individual therapy, educational groups, safety planning, and support services for teens and children impacted by domestic violence or sexual abuse.

EDUCATIONAL AND THERAPY GROUPS

CAPSA provides educational and therapy groups for adults and children survivors of domestic violence and sexual assault at no cost. Groups focus on helping survivors begin the healing process and learn life skills.

WE BELIEVE YOU!