



FY22 ANNUAL REPORT

Report on FY22 (July 2021 - June 2022) and future plans to serve.



CAPSA is a nonprofit domestic violence, sexual assault and rape recovery center serving Cache Valley and the Bear Lake area. Last year, CAPSA sheltered 271 men, women and children fleeing abuse and provides support services to 1,927 individuals.

CAPSA has locations to meet and provide FREE and confidential services in Logan, Garden City, Randolph, Franklin and Preston.

www.capsa.org | 435-753-2500 | 🗗 🖸 🧭 🗲



LETTER FROM JILL ANDERSON CAPSA's CEO and Executive Director

To all of our donors, community leaders and volunteers - thank you for your support. This work is only possible because of the support of our community.

The issues of domestic violence and sexual abuse are scary, complicated and far more

prevalent than most people realize. In Utah, 1 in 3 women and 1 in 7 men will experience domestic violence and/or sexual abuse in their lifetime. Because of your support, each year, CAPSA is able to quietly and expertly support thousands of individuals and families escape the clutches of abuse, start new lives with hope, and heal from the associated trauma.

Thank you for supporting this life-saving and life-changing work.

In the last two years, CAPSA has grown our office, shelter and housing to meet the increasing needs of survivors. In June 2022, CAPSA completed the final phase of a major building addition, which added 16 program offices, created four group rooms, tripled our children's services area, and added a physically accessible room in our shelter. During this same period, CAPSA built a second neighborhood, expanding CAPSA's housing to 21 homes.

This growth increases CAPSA's ability to serve survivors. Just as important, the funding of these projects reflects the compassion our community has for the individuals and families we serve. I am always in awe by the generosity of our community – thank you.

Finally, as we look forward, we again need our community's support to grow CAPSA's next strategic need – our endowment.

When you donate to an endowment, your donation is invested (not spent). CAPSA then uses the dividends generated to fund programs. By making an endowed donation, you are making a perpetual gift that will ensure future survivors have access to CAPSA's services. I am excited to see how our community rallies around this strategic need and helps CAPSA raise the funds to ensure future sustainability.

Thank you from all of our staff and those we serve,

Ju Wanduson

Jill Anderson **CAPSA** | CEO & Executive Director

"Once I became pregnant, the abuse increased. I felt trapped and afraid... afraid for me, but more afraid for my unborn son." "With CAPSA's help, my son was born into a home full of love and without any abuse...."

"Because of CAPSA's support, my future and the future of my son is bright and full of possibilities."

you

CAPSA'S PROGRAMS



CAPSA'S SUPPORT

CAPSA supports individuals who have experienced domestic violence, rape and/or sexual assault. Our wrap-around services help individuals and families escape abuse and heal.

INDIVIDUALS SERVED 1,927

CRISIS/SUPPORT PHONE LINE

CAPSA is available 24/7 to provide support and resources to community members and victims of domestic violence and/or sexual assault and their support network. CAPSA's support line is (435) 753-2500 and operated by trauma-informed staff.

CRISIS CALLS 7,848 | 21.5 AVERAGE PER DAY

EMERGENCY SHELTER

CAPSA provides a safe place for individuals and/or families escaping domestic violence and/or sexual abuse. CAPSA sheltered women (140), men (21) and their accompanied children (110) for an average of 26 days.

INDIVIDUALS 271 | SHELTER NIGHTS 5,857



CASEWORK AND ADVOCACY

CAPSA caseworkers are experts at assisting victims of domestic violence, sexual abuse, rape and stalking to become safe, secure resources, navigate legal proceedings, find housing and reach their goals.

INDIVIDUALS 2,016 | CASEWORK HOURS 11,354





CLINICAL THERAPY

CAPSA clinical therapists are trauma-informed experts in treating anxiety, depression and other disorders associated with abuse. CAPSA offers free and confidential clinical therapy for adults, teens and children.

CLIENTS 525 | THERAPY SESSIONS 3,247

SUPPORT GROUPS

CAPSA offers support, educational and therapy groups for victims of domestic violence and sexual abuse. Groups create a safe place to learn, process and heal while developing a peer-based support network.

SESSIONS 383 | 108 ADULT & 156 YOUTH

TRANSITIONAL HOUSING

CAPSA offers a transitional housing program and housing assistance funding to provide a safe place for survivors to live while beginning a new life without abuse. CAPSA provided housing to 89 households, which includes 96 adults and 123 children.

HOUSEHOLDS 89 | INDIVIDUALS 219

EDUCATION AND PREVENTION

CAPSA's awareness educators present curriculum promoting healthy relationships, reducing risk factors, increasing protective factors and bringing awareness to CAPSA's services. Participants include 16,100 youth and 2,357 adults.

PRESENTATIONS 949 | PARTICIPANTS 18,457











CASEWORK AND ADVOCACY

Caseworkers focus on helping survivors to become and stay safe by removing tangible barriers that may cause someone to return to an abusive relationship.

CAPSA's caseworkers encourage self-determination and help survivors build plans based on their goals; this includes building safety plans, completing protective orders, attending court, advocating with law enforcement, navigating cultural barriers, identifying and securing resources and making connections to other services and agencies.

In FY22, CAPSA made 2,834 referrals for 1047 survivors to 64 community partners including BRAG, Cache Community Food Pantry, Workforce Services, medical providers and for legal consultations.

In FY22, CAPSA prepared 141 orders of protection, which include: 102 domestic violence protective orders, 2 dating violence protective orders, 20 civil staking injunctions, 16 child protective orders and 1 sexual assault protective order.

OUTREACH BUDGET FY23

PROJECTED REVENUE

Fed or State Grants Fees to Clients

577,969	
0	
577.969	

\$ \$

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BUDGETED EXPENSE

Salary/Benefits \$ 419,662 Program Expenses \$ 167,957 Utilities \$ 4,294 Insurance/ Building \$ 20,797 \$ 612,710

FUNDS TO RAISE \$ 34,741



CRISIS/SUPPORT PHONE LINE

CAPSA is available 24/7 to provide support and resources to victims of domestic violence and/or sexual assault and their support network. CAPSA's support line is (435) 753-2500 and operated by trauma-informed trained staff.

In FY22, CAPSA answered 7,848 crisis calls for a total of 48,330 minutes.

"When I first came to CAPSA, I was in crisis mode at that time. Your belief and validation gave me the hope to heal. It has been a hard path and I do not think I could have done it without CAPSA."

Thank you, Clenda



EMERGENCY SHELTER

CAPSA's emergency shelter is a 34-bed homeless shelter for survivors of domestic violence and sexual abuse. While in shelter, individuals and families meet daily with shelter caseworkers to create safety plans and develop/complete personalized action plans. Action plans are based on the survivor's goals and often include finding safe and affordable housing, obtaining employment, securing protective orders, and supporting children's social, physical and emotional needs, etc.

In FY22, CAPSA sheltered 271 individuals (140 women, 21 men and 110 accompanied children) for a total 5,857 nights (average of 22). While in shelter, individuals met on an average of 17 times with their caseworker.

SHELTER ADDITION

Phase two of our building addition included updating our emergency shelter by adding two offices and an accessible suite on the main floor (which added two beds to our shelter). This was completed in June 2022. More about the building addition info on page 21.

SHELTER BUDGET FY23

33,601 60,000 26,964 32,579 57,828 706,894

	PROJECTED REVEN	JE		BUDGETED EXPENSE		
	Fed or State Grants	\$	560,684	Salary/Benefits	\$	495,922
	Fees to Clients	\$	0	Program Expenses	\$	33,601
		\$	560,684	Hotel	\$	60,000
			Utilities	\$	26,964	
			Insurance	\$	32,579	
FUNDS TO RAISE \$ 146,210		Repairs/Maintenance	\$	57,828		
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"I felt peaceful returning back to shelter and my room at the end of each day. Peaceful because I was **SAFE** and peaceful because I felt **CARED FOR**. I just want **THE CAPSA PEACE** to continue when I'm out on my own."

Djama T.







CLINICAL THERAPY

CAPSA provides **FREE** therapy for individuals who have experienced trauma from abuse. CAPSA's therapists are licensed clinical therapists who specialize in providing trauma-informed mental health services for survivors of domestic violence, sexual abuse and secondary victims. CAPSA offers in person or remote therapy via phone or online.

CAPSA provides the following evidence based modalities:

- EMDR (Eye Movement Desensitization Reprocessing)
- **CBT** (Cognitive Behavioral Therapy)
- **TF-CBT** (Trauma-Focused Cognitive Behavioral Therapy)
- **DBT** (Dialectical Behavioral Therapy)
- Play Therapy
- MBB (Mind Body Bridging)
- Art Therapy

Clinical therapy supports survivors who are experiencing, though not limited to, PTSD (Post-Traumatic Stress Disorder), personality disorder, dissociation, anxiety, depression and childhood trauma.

In FY22, CAPSA provided clinical therapy to 525 individuals for 4,055 hours (3,594 clinical therapy hours and 461 therapeutic advocacy hours) with 75% of sessions held in person.

SECONDARY SURVIVORS

Therapy is also available to family members or friends who may need therapy support as a result of trauma from witnessing abuse or supporting a survivor. "I just wanted to let you know and thank you for saving my life. I realize now how sick he made me physically, spiritually and emotionally, and I now see things very clearly, thanks to you. I just want to tell you thank you and God bless you because you truly, truly blessed me."

CRISIS INTERVENTION – CAPSA therapists provide crisis intervention for any survivor working with a caseworker. Crisis intervention helps survivors develop skills necessary to reduce severe, overwhelming and debilitating symptoms of trauma.

TREATMENT – The survivor's caseworker will make a referral to a CAPSA therapist. The caseworker will continue to assist the survivor with ongoing support. If there is a waiting list, with CAPSA, you will not wait alone or feel unsupported.

CAPSA'S CLINICAL THERAPY IS TOTALLY FREE – CAPSA does not charge insurance or require co-pays; this is to ensure safety, remove any barriers to treatment and not limit treatment plans. CAPSA makes emotional healing easily accessible.

CLINICAL THERAPY BUDGET FY23

PROJECTED REVEN	UE	BUDGETED EXPENS	E	
Fed or State Grants	\$ 610,579	Salary/Benefits	\$	599,110
Fees to Clients	\$ 0	Program Expenses	\$	31,529
	\$ 610,579	Paid Internships	\$	25,000
		Utilities	\$	4,980
		Insurance/Building	\$	26,086
FUNDS TO RAISE	: \$ 76,126		Ś	686,705

"To everyone who helped me get out of a bad situation. I never thought there was a way out; I had no money, support, plan, or courage. Thank you for being there ready to help. It was amazing how much love, understanding and direction I received.

CAPSA is a great organization.

Thank you again for all of your help!"

Moggil



CAPSA HOUSING

Domestic violence is the number one contributor to homelessness for women, and while CAPSA's emergency shelter is critical in diverting homelessness, eliminating homelessness requires an integrated approach to empowering individuals and families find and maintain safe and stable homes.

CAPSA's housing program is among the best in the State of Utah and is a national model for transitional housing programs.

Transitional housing is available to clients for up to two years and incorporates housing subsidies (scattered site) with ongoing advocacy, practical skill development, community building and educational support. Because many victims of domestic violence face increased barriers to housing, CAPSA has built and secured 21 homes, providing additional housing and support for families.

In FY22, CAPSA provided housing to 89 households or 219 individuals (96 adults and 123 children).

HOUSING PROGRAM BUDGET FY23

PROJECTED REVEN	UE	
Fed or State Grants	\$	290,217
Rental Income	\$	141,000
Fees to Clients	\$	0
	\$	431,217

FUNDS TO RAISE \$ 318,697

BUDGETED EXPENSE	
Salary/Benefits	\$ 356,554
Program Expenses	\$ 20,124
Housing Assistance	\$ 182,800
Utilities	\$ 44,166
Insurance	\$ 20,653
Repairs/Maintenance	\$ 125,617
	\$ 749,914





INDEPENDENCE PLACE 9 HOMES





HANSEN FOURPLEX 4 UNITS

INDEPENDENCE WAY 5 HOMES & TRIPLEX



THANK YOU HOME SPONSORS For supporting CAPSA's Housing Program





THE KIRBY FAMILY

SHELLEY & MIKE FUNK









NED & GAIL WEINSHENKER









Home sponsorship is \$6,000 per year, which represents the average cost for CAPSA to provide housing assistance.



CHILDREN & YOUTH PROGRAMS

CAPSA programs are designed to s children who witnessed the abuse

CAPSA's youth services include a c The children's center provides traur with their caseworker or therapist. parent and family's caseworker and this often includes teaching emotic safety planning. CAPSA's youth adv and in CAPSA's transitional housing

Children's programs are designed t help children find their own healthy

In FY22, CAPSA worked with 177

YOUTH SER

PROJECTED REVEN	UE	
Fed or State Grants	\$	173,753
Staff Daycare	\$	35,000
Fees to Clients	\$	0
	\$	208,753
FUNDS TO RAISE	\$1	92,345

BUDGETED EXPENSE

Idin

- 3,970 18,305

401,098

"I just wanted to reach out and say thank you for your help. Everything was so shocking and stressful in ways I never could imagine. CAPSA was a huge blessing and I want you all to know that the work and dedication you put in every day means so much to me.

> Thank you for giving my family their lives back. It has been years since my children have truly smiled, and they now light up the room."

Thank you, Juria Family



BUSINESS PRESENTATIONS

CAPSA provides education to local businesses to increase awareness of signs of domestic violence, sexual abuse and other trauma and, how to support employees.

For business presentations, please contact our prevention team at: (435) 753-2500 or community@capsa.org

PREVENTION EDUCATION -

CAPSA works to prevent abuse through community education and awareness. Educators present topics linked to healthy relationships in middle and high schools, and to community groups. CAPSA sponsors a youth council in all of the local high schools creating peer-based education.

For community/youth group education, please contact our prevention team at: (435) 753-2500 or educationteam@capsa.org

Prevention education plays an important role in CAPSA's mission to prevent and reduce instances of abuse in our community by promoting healthy relationships, reducing risk factors, increasing protective factors and bringing awareness to CAPSA's services.

In FY22, CAPSA provided 949 presentations to 18,457 participants.



CAPSA VOLUNTEERS

Volunteers play a critical role in supporting CAPSA's programs and providing direct services to survivors of domestic violence and sexual abuse.

In FY22, CAPSA had 235 volunteers for 43,737 volunteer hours - equal to 21 full time employees.

Volunteer opportunities include:

INDIRECT SERVICES

Nonclient or Supervised

- Community Education
- Children's Center Support
- Service Projects

DIRECT SERVICES

Working with Clients

- Crisis Hotline Calls
- Mobile Crisis Team
- Youth Services Advocate
- Shelter Support

Contact CAPSA's Volunteer Coordinator to learn more and get involved at: (435) 753-2500 or volunteer@capsa.org

EDUCATION AND COMMUNITY ENGAGEMENT BUDGET FY23

PROJECTED REVEN	UE	
Fed or State Grants	\$	426,582
Fees to Clients	\$	0
	\$	426,582

FUNDS TO RAISE \$400,569

BUDGETED EXPENS	Ε	
Salary/Benefits	\$	733,067
Program Expenses	\$	32,757
Service Awareness	\$	33,000
Utilities	\$	2,927
Insurance/Building	\$	25,400
	\$	827,151

CAPSA BUILDING TOUR









BUILDING EXPANSION

In October 2021, CAPSA completed construction on a 9,575 sq. ft. addition to our outreach services building, which more than doubled CAPSA's office space.

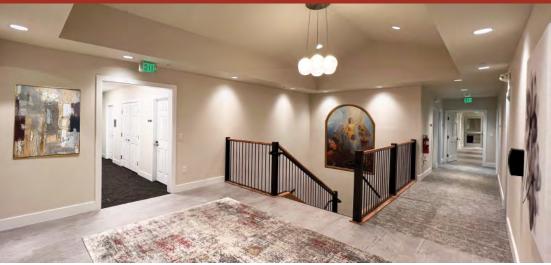
FUNDED IN FULL BY





Thank you to the Charis Legacy Foundation for their generous donation and even more for their time and support throughout this project, which will forever bless every individual and family who enters this building.

CAPSA BUILDING TOUR





OFFICE SPONSORSHIP - a new way to show your support

Office sponsors have a sign placed outside of a caseworker or therapist's office or a meeting room with their name or logo and the phrase, "is honored to support a place of ______."

- PEACE
- HOPE
- SAFETYSUPPORT
- HOPE • HEALING
- BELIEF
- Your sign will be seen by CAPSA's staff and volunteers, community and business leaders,

and the survivors you are supporting.

Office Sponsorships start at \$4,000 per year.



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"I'm just so grateful that you helped me get connected with all the different resources I needed. You are helping more than anyone ever has!

You seriously made me feel comfortable enough to open up, and that's HUGE because I haven't felt safe enough to open up to anyone since coming back from so much horrible abuse. You really listen when I talk and actually care."

Thank you, Korm S.

OFFICE SPONSORS (at time of printing)









FUNDING PRIORITY - ENDOWMENT

WHAT IS AN ENDOWMENT

An endowment is a permanent, self-sustaining source of funding. Endowment funds are restricted (not spent) and invested, which generate dividends to support CAPSA programs. An endowment provides stability and ensures CAPSA's future financial health - allowing CAPSA to weather funding crises, which may include future pandemics and/or funding insecurity, such as a loss of a grant.

THE NEED

CAPSA's programs are funded primarily by competitive grants, which are not guaranteed - grants require reapplying every one to two years and may not renew. Since most grants fund multiple positions across departments, when grants don't renew, CAPSA is forced to end program(s) and let staff go, hurting survivors.

YOUR ENDOWED GIFT FUNDS FUTURE HOPE

NAMED ENDOWMENT

Named endowments are created with an initial donation of \$1,000,000 or the intent for multiple donations to exceed \$1,000,000. Until a named endowment reaches \$500,000, it will be managed in the primary fund and the purpose will remain unrestricted. The contributions will be tracked and reported as an account note.

Please note: A named endowment under \$500,000 that does not receive new contributions for more than five years, at the board's discretion, can be unrecognized and rolled into the primary endowment fund.

FUNDING PRIORITY - ENDOWMENT



CAPSA'S ENDOWMENT

CAPSA's programs are well developed and staffed by experts who provide life-saving and life-changing advocacy and support to our clients. An endowed gift supports programs today and in the future.

CAPSA's endowment goal is

\$15,000,000 - the intent of this goal is to diversify CAPSA's funding so that 15% of the total operating revenue is generated by our endowment.

CAPSA's Endowment balance at printing is \$1,003,578.



WASATCH CAPSA SUPPORT FOUNDATION

Wasatch CAPSA Support Foundation is an independent 501(c)(3) organization established by Dell Loy Hansen, Scott Stettler and Wasatch Companies to provide financial support to CAPSA. The majority of the principle of this foundation is real estate investments/ownership in Wasatch properties. The goal of this foundation is to help cover CAPSA's housing program expenses.

The Wasatch CAPSA Support Foundation value at printing is \$1,534,643.

FY22 PROGRAM AND OPERATION FUNDING

FY22 Financial are July 1, 2021 - June 30, 2022

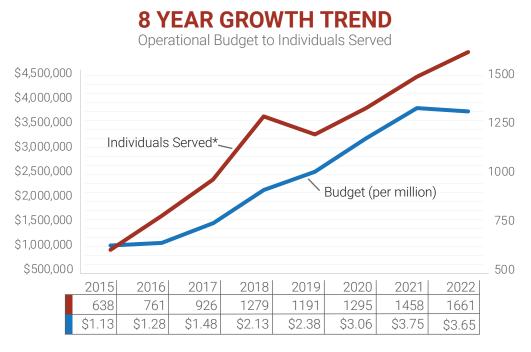
REVENUE		
 Grants Fundraising/Events Donations Somebody's Attic Misc Income TOTAL REVENUE 	\$2,873,808 \$99,648 \$1,630,434 \$101,000 \$207,327 \$4,912,217	59% 2% 33% 2% 4%
EXPENSE		
 Program Fundraising General & Admin Endowment/Reserves TOTAL EXPENSE 	\$3,097,255 \$40,143 \$510,739 \$1,264,080 \$4,912,217	63% 1% 10% 26%

FY23 PROGRAM AND OPERATION BUDGET

FY23 Financial are July 1, 2022 - June 30, 2023

	REVENUE (excluding fundraising)	EXPENSE	FUNDS TO RAISE
Shelter	\$ 560,684	\$ 706,894	\$ 146,210
Housing	\$ 431,217	\$ 749,914	\$ 318,697
Outreach Casework	\$ 577,969	\$ 612,710	\$ 34,741
Clinical Therapy	\$ 610,579	\$ 686,705	\$ 76,126
Children & Youth Services	\$ 208,753	\$ 401,098	\$ 192,345
Prevention and	\$ 426,582	\$ 827,151	\$ 440,569
Community Engagement	φ 1 20,002	φ 027,101	Ş 440,009
Business Operations	\$ -	\$ 424,481	\$ 424,481

THIS YEAR, CAPSA NEEDS TO RAISE \$1,593,170 - WE NEED YOUR SUPPORT



* Enrolled clients - does not include individuals who only utilized the crisis line.

ENDOWMENT BALANCES

at time of publication

CAPSA has the goal to raise a \$15,000,000* endowment, which will generate approximately \$600,000 each year to support programs and business operations. Endowment Balance at publication:

CAPSA Program Endowment	\$ 625,078
Charis Legacy Foundation Endowment	\$ 100,000
Donna and Kent Alder's Endowment	\$ 20,000
Board Legacy Endowment	\$ 258,500
Housing Endowment (Goal: \$5,000,000)	\$ -
Building & Business Operation (Goal: \$3,000,000)	\$ -
CAPSA ENDOWMENT TOTAL	\$ 1,003,578

WASATCH CAPSA SUPPORT FOUNDATION

\$ **1,534,643**

* CAPSA's endowment goal is set to diversify CAPSA's funding so that 15% of the total operating revenue is generated by our endowment.

Thank you to the charitable foundations who support and fund CAPSA's services.





DANIELS FUND.



HOMETOWN STRONG





THE DELL LOY HANSEN FAMILY FOUNDATION

THE MARY KAY FOUNDATION

GEORGE S. AND DOLORES DORÉ ECCLES f o u n d a t i o n

WE NEED YOUR HELP

We need your financial support to ensure our neighbors, friends and family members impacted by abuse and trauma have CAPSA's life-saving and life-changing support services.

> This year, CAPSA needs to raise \$1,593,170 from our community, including business donations and sponsorships, foundation grants, home and office sponsorships, and individual donations.

In addition, CAPSA is raising funds for a \$15,000,000 endowment (pg 25).

WHEN YOU SUPPORT CAPSA, YOU SUPPORT SAFETY YOU SUPPORT HEALING YOU SUPPORT HOPE YOU SUPPORT PEACE YOU SUPPORT DIGNITY

SUPPORT CAPSA, DONATE TODAY

When you donate to CAPSA, you provide critical core services including crisis line, case management, clinical therapy, shelter, housing, and youth services.

ONLINE: www.capsa.org/donate

MAIL:

CAPSA P.O. Box 3617 Logan, UT 84323-3617



SOMEB © DY'S

ANOTHER WAY TO SUPPORT

Somebody's Attic is a local thrift store, with locations in downtown Logan and Smithfield; they raise funds for CAPSA. Last year, Somebody's Attic donated over \$100,000 to CAPSA.

When you donate to and shop at Somebody's Attic, you are supporting CAPSA and those we serve.

Learn more at: www.somebodysattics.org



GROWING to meet the NEEDS of OUR COMMUNITY



Outreach Building Expansion 2021 | Building Improvements & Shelter Addition 2022