

HELPING SURVIVORS FIND
HOPE

capsa

FY23 IMPACT REPORT

Report on FY23
(July 2022 - June 2023)
and future plans to serve.

CAPSA's First Shelter
1984



Moved Office and Shelter
1989



Outreach Office and Shelter Built
2002 & 2004



Therapy & Children's Center Expansion
2017



2021 & 2022





LETTER FROM JILL ANDERSON

CAPSA's CEO and Executive Director

Dear Donors, Community Leaders, and Volunteers,

As CEO of CAPSA, I'm writing to express our deepest gratitude for your unwavering support. You play a pivotal role in our mission, and it's not overstating to say that our work would not be possible without you. Each contribution you make shines as a beacon of hope, transforming countless lives and instilling resilience in our community.

CAPSA, a nonprofit organization, provides crucial domestic violence, sexual assault, and rape recovery services in Northern Utah and Southern Idaho. All services are FREE and confidential and are designed to support the unique needs of survivors.

The prevalence of domestic violence and sexual abuse is both daunting and often underestimated. In our community, 1 in 3 women and 1 in 5 men will encounter these horrifying experiences in their lifetimes. Only because of the support of our community, CAPSA is positioned to support thousands of individuals and families each year in breaking free from the chains of abuse.

Founded in 1976 on the campus of Utah State University after a series of sexual assaults, a dedicated group of parents, students, and faculty joined together to create a rape crisis hotline. As law enforcement started referring victims of domestic violence to this hotline, our founders expanded their support, opening up their living room to provide emergency shelter for those escaping violence. From our founders' living room, CAPSA has become a premier domestic violence and rape recovery center.

Looking forward, CAPSA's next milestone is to grow CAPSA's endowment. When you donate to our endowment, your gift is invested, yielding dividends that directly fuel our programs ensuring your contribution becomes a lasting legacy.

Your unwavering support empowers CAPSA to remain a beacon of hope for survivors across Northern Utah and Southern Idaho. Every donation, every hour volunteered, and every word of encouragement genuinely makes a difference.

On behalf of all those who find comfort, strength, and hope in our services, thank you. Your commitment to our mission is profoundly inspiring.

With sincere and heartfelt gratitude,

A handwritten signature in blue ink that reads "Jill Anderson". The signature is fluid and cursive.

Jill Anderson

CAPSA | CEO & Executive Director



CAPSA'S SUPPORT

INDIVIDUALS SERVED 2,677



OUTREACH CASEWORK

INDIVIDUALS 1,558 | CASEWORK HOURS 5,302

Learn more on pg 4 & 5



SUPPORT GROUPS

ADULT PARTICIPANTS 157 | SESSIONS 144

Learn more on pg 5



CLINICAL THERAPY

CLIENTS 527 | THERAPY HOURS 3,382

Learn more on pg 8 & 9



CHILDREN AND YOUTH SERVICES

YOUTH SERVED 338 | YOUTH ADVOCACY HOURS 1,935

Learn more on pg 12 & 13

CRISIS/SUPPORT PHONE LINE

CRISIS CALLS 7,062 | 19.3 AVERAGE PER DAY

Learn more on pg 5



EMERGENCY SHELTER

INDIVIDUALS 327 | SHELTER NIGHTS 7,084

Learn more on pg 6 & 7



TRANSITIONAL HOUSING

HOUSEHOLDS 74 | INDIVIDUALS 202

Learn more on pg 10 & 11



PREVENTION AND TRAINING

PRESENTATIONS 882 | PARTICIPANTS 17,868

Learn more on pg 14, 15, 18 & 19



CAPSA VOLUNTEERS

ACTIVE VOLUNTEERS 157 | HOURS 38,315

Learn more on pg 15





“My caseworker was a large part of a small team that undoubtedly helped save my life, brought light back into mine and my children eyes and gave us hope for the future.”

Survivor

OUTREACH SERVICES

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.

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.

FY23 OUTREACH STATS

Crisis/Support Phone line:

- 7,619 Calls
- 50,874 Total Minutes
- 19.3 Average Calls Per Day

Casework and Advocacy:

- 1,558 Individuals
- 5,302 Casework Hours
- 60 Rape Exam Response
- 174 LAP recorded (see pg 17)
- 124 Protective Orders Filed

Support Groups:

- 144 Sessions
- 157 Participants

SUPPORT GROUPS

CAPSA offers support, educational and therapy groups for our clients. Groups create a safe place to learn, process and heal while developing a peer-based support network. Support groups are facilitated by clinical therapists, caseworkers and youth advocates.

Many of these groups have complementary children-appropriate curriculum taught by a child advocate; this allows the clients and their children to learn similar concepts and have a shared vocabulary.

OUTREACH BUDGET FY24

PROJECTED REVENUE

Fed or State Grants	\$ 684,357
Fees to Clients	\$ 0
COACH Funds	\$ 80,000
	\$ 764,357

BUDGETED EXPENSE

Salary/Benefits	\$ 599,584
Program Expenses	\$ 61,192
Utilities	\$ 3,350
Insurance/ Building	\$ 37,825
Service Awareness	\$ 15,000
COACH Funds	\$ 80,000
	\$ 796,950

DONATIONS NEEDED \$ 32,593

EMERGENCY SHELTER

CAPSA's Emergency Shelter is a 36-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, develop and complete personalized action plans, and connect with other community resources. Action plans are based on the survivor's goals and can include finding safe and affordable housing, obtaining employment, securing protective orders, and connecting with medical and mental health resources. Youth Advocates meet daily with children of survivors to engage in healthy play, learn about safe relationships, and to provide support to parents.

FY23 SHELTER STATS

Individuals Sheltered:

- 148 Women
- 18 Men
- 158 Children
- 3 Gender not specified

Total 327 | 7,411 Days

Shelter Casework

- 1,988 Sessions
- 2,308 Casework hours



Shelter Room



Shelter Office

SHELTER BUDGET FY24

PROJECTED REVENUE

Fed or State Grants	\$ 646,220
Fees to Clients	\$ 0
COACH Funds	\$ 80,000
	\$ 726,220

BUDGETED EXPENSE


Salary/Benefits	\$ 487,767
Program Expenses	\$ 72,614
Utilities	\$ 58,320
Insurance/ Building	\$ 56,825
Hotel Expenses	\$ 80,000
COACH Funds	\$ 80,000
	\$ 835,526

DONATIONS NEEDED \$109,306



“I want to thank everyone at CAPSA for their kindness and understanding. Nobody ever thinks they will need to go to a shelter, but I am sooo thankful it was there in my time of need”.

Survivor

A woman with long, dark, wavy hair is sitting on a dark brown leather couch. She is looking towards a person whose back is to the camera, likely a therapist. She has a thoughtful expression. In her hands, she holds a crumpled white tissue. The background shows a window with horizontal blinds, through which some outdoor greenery is visible.

"I am SO grateful! I truly don't know how I would be navigating this rocky part of my life without the help of CAPSA. While I feel my "recovery" may take a lifetime, I now feel I have the strength to climb the toughest climbs. Thank you!"

Past therapy client

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 survivors. CAPSA offers in person or remote therapy via phone or online.

CAPSA provides the following evidence based & trauma informed 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 healing from abuse and who may be experiencing PTSD (Post-Traumatic Stress Disorder), personality disorder, dissociation, anxiety, depression and/or childhood trauma.



Therapy Office

FY 23 THERAPY STATS

- 527 Individuals Served
- 2,713 Sessions
- 426 Casework hours
- 12% Virtual or Remote

THERAPY BUDGET FY24

PROJECTED REVENUE

Fed or State Grants	\$	560,991
Fees to Clients	\$	0
	\$	560,991

BUDGETED EXPENSE

Salary/Benefits	\$	742,882
Program Expenses	\$	57,852
Utilities	\$	3,350
Insurance/ Building	\$	17,952
Service Awareness	\$	15,000
COACH Funds	\$	837,034

DONATIONS NEEDED \$276,043

TRANSITIONAL 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.

Transitional housing is available to clients for up to two years and incorporates housing subsidies (scattered site) with 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.

FY23 HOUSING STATS

- 74 Households
- 198 Adults & Children
- 27,439 Housing Days
- 499 Casework Sessions



Independence Place



Hansen Fourplex



Independence Way

HOUSING BUDGET FY24

PROJECTED REVENUE

Fed or State Grants	\$ 328,950
Rental Fees	\$ 175,000
COACH Funds	\$ 80,000
	\$ 583,950

BUDGETED EXPENSE

Salary/Benefits	\$ 299,404
Program Expenses	\$ 54,188
Insurance/ Building	\$ 137,030
COACH Funds	\$ 80,000
Service Awareness	\$ 10,000
Housing Assistance	\$ 220,000
	\$ 800,623

DONATIONS NEEDED \$216,673

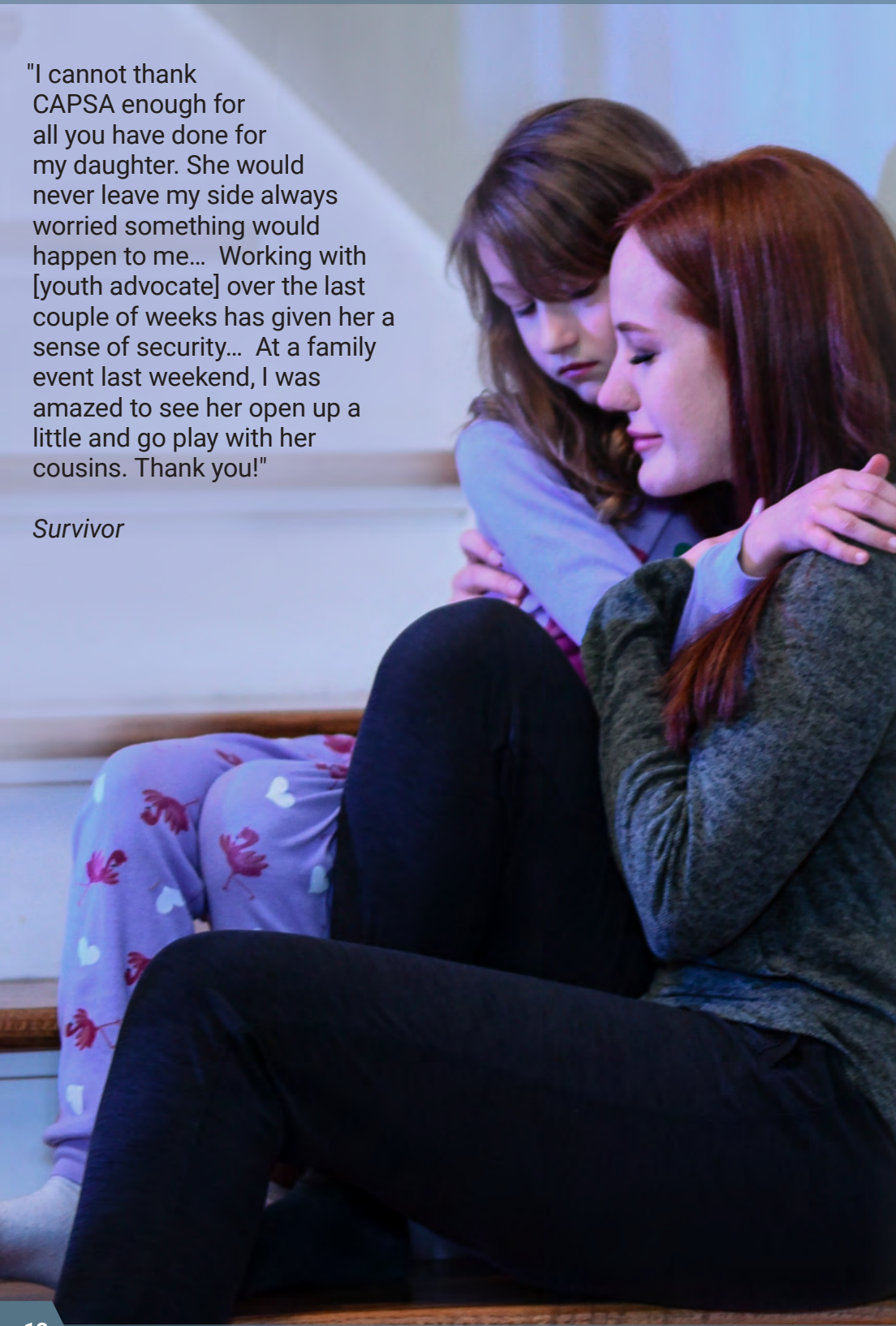
"I have gone to many different programs, but CAPSA is the first place that has truly helped and has done what they say they do. Because of the Transitional Housing Program, I was able to rebuild a life for me and the kids without having to go back."

Housing Family



"I cannot thank CAPSA enough for all you have done for my daughter. She would never leave my side always worried something would happen to me... Working with [youth advocate] over the last couple of weeks has given her a sense of security... At a family event last weekend, I was amazed to see her open up a little and go play with her cousins. Thank you!"

Survivor



CHILDREN AND YOUTH SERVICES

CAPSA programs are designed to support all victims of abuse - this extends to children who witnessed the abuse and/or experienced their own trauma.

CAPSA's youth services include a children's center and youth advocates. The children's center provides trauma-informed childcare while parents meet with their caseworker or therapist. The youth advocates partner with the parent and family's caseworker and therapist to support their treatment plans; this often includes teaching emotion regulation, empowering life skills and safety planning. CAPSA's youth advocates support all children who come through our doors including the children living in shelter and in CAPSA's transitional housing.

Children's programs are designed to create safety, break the cycle of abuse and help children find their own healthy path.

FY23 YOUTH SERVICES STATS

Total Served

- 388 Children/Youth

Supportive Youth Advocacy

- 777 Sessions
- 906 Hours

Youth Groups

- 274 Sessions
- 1,016 Hours



CHILDREN & YOUTH BUDGET FY24

PROJECTED REVENUE

Fed or State Grants	\$	224,473
Fees to Clients	\$	0
Staff Daycare	\$	48,000
	\$	272,473

BUDGETED EXPENSE

Salary/Benefits	\$	353,297
Program Expenses	\$	32,536
Utilities	\$	3,350
Insurance/ Building	\$	17,187
	\$	406,370

DONATIONS NEEDED \$133,897

PREVENTION AND COMMUNITY ENGAGEMENT

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.

SCHOOL AND YOUTH PRESENTATIONS

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.

BUSINESS TRAINING AND ENGAGEMENT

CAPSA provides education to local businesses to increase awareness of signs of domestic violence, sexual abuse and other trauma and, how to support employees. More info on page 18 - 19.

FY23 STATS

- School and Youth Education
 - 784 Presentations
 - 13,986 Participants
- Business Training
 - 98 Presentations
 - 2,015 Participants
- Volunteers
 - 157 Volunteers
 - 2,936 Shifts Covered
 - 38,315 Hours

CAPSA VOLUNTEER

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

COMMUNITY BUDGET FY24

PROJECTED REVENUE

Fed or State Grants	\$ 348,607
Fees to Community	\$ 0
Total	\$ 348,607

BUDGETED EXPENSE

Salary/Benefits	\$ 881,047
Program Expenses	\$ 79,651
Utilities	\$ 3,350
Insurance/ Building	\$ 14,411
Service	\$ 10,000
Total	\$ 988,459

DONATIONS NEEDED \$639,852

"I enjoy serving on the CAPSA Youth Council because helping my community through service is really special to me. I believe it's important for youth to see and understand that making an effort to help others creates a lasting impact... And, it's important to know that no matter how young you are, your actions can help others." *Youth Council Member*





LT. GOV. DEIDRE M. HENDERSON

Lt. Governor toured CAPSA on November 16, 2022 to learn more about community based domestic violence nonprofits and the partnership with law enforcement in an effort to develop the Utah Intimate Partner Violence Lethality Assessment Protocol.





The Lethality Assessment Protocol (LAP) is an evidence-based approach designed to prevent domestic violence homicides, serious injury, and re-assault. It promotes collaboration between law enforcement and nonprofit domestic violence advocates.

The LAP provides law enforcement officers with a research-based lethality screening tool and an accompanying referral protocol to instantly connect high-risk individuals with community-based advocates (locally CAPSA) for confidential supportive services.

LETHALITY ASSESSMENT PROTOCOL IN UTAH

In 2015, Cache County was chosen as a pilot community for the LAP, which enhanced already strong partnerships between CAPSA and local law enforcement agencies. This protocol significantly increased victims' access to CAPSA's services, earned recognition as a best practice in Utah, and was consequently adopted across many communities in the state.

This protocol is saving lives. **Over the past five years, using this protocol, local law enforcement has identified and referred 803 individuals who scored in high-danger to CAPSA.**

UTAH INTIMATE PARTNER VIOLENCE LETHALITY ASSESSMENT

In 2023, Utah formally established Utah Intimate Partner Violence Lethality Assessment Protocol – a Utah specific protocol to assess lethality and enhanced data sharing of criminal history and interactions. CAPSA served in an advisory capacity during the prelaunch development.

FY23 LAP STATS

- 174 LAPs Completed
- 158 LAP Clients Served

LETHALITY ASSESSMENT PROTOCOL

Dr. Jacquelyn Campbell, of The Johns Hopkins University found:

4%

Only 4% of domestic violence murder victims ever received domestic violence support services.

50%

In 50% of domestic violence related homicides, officers had previously responded to the scene.

60%

Re-assault of victims in high danger reduced by 60% if connected with a community-based service provider.

The Lethality Assessment Protocol creates a formal process for law enforcement to connect high danger individuals with confidential community-based services providers.



CAPSA IS YOUR BUSINESS PARTNER

CAPSA's approach is centered on building mutually beneficial relationships with business partners.

When you partner with CAPSA, your business gains access to **leadership and front-line training on recognizing the signs of domestic and sexual violence** among your team, clients, and/or customers, and crucially, how to respond effectively. When you become aware of abuse or associated trauma, **CAPSA will provide direct assistance to you in navigating these complex issues and ongoing support for the individual and family.**

Then, as your business supports CAPSA, it is more than just a donation - it's an investment in your business and our shared community. Through this partnership, your business and team will cultivate a profound connection with our cause, leading you to seek meaningful ways to further our mission and extend your support to CAPSA.

PARTNER WITH CAPSA TODAY!



DOMESTIC AND SEXUAL VIOLENCE IS ~~NONE OF~~ YOUR BUSINESS

Since, 1 in 3 women and 1 in 5 men will be impacted by domestic or sexual violence in their lifetime, it is crucial that businesses are prepared to effectively support their team members, customers, and community.

CAPSA TRAININGS

Offering on-site training, CAPSA educates participants on recognizing warning signs of domestic and sexual violence, responding effectively, and referring individuals to CAPSA. Training modules include Service Awareness, The Impact of Domestic Violence & Sexual Assault and Creating a Trauma-Informed Workplace.



PARTNERING WITH CAPSA

Businesses are continually seeking ways to infuse their operations with purpose. Through a partnership with CAPSA, your company directly supports a cause deeply rooted in our community, aiding local victims of domestic and sexual violence and supporting a local nonprofit organization.

CAPSA SIGNAGE

We can provide posters, banners, lobby signs, yard signs, and bathroom signs for you to show your support for CAPSA and bring awareness to your team, customers, and the community.

LEARN MORE AND CONNECT

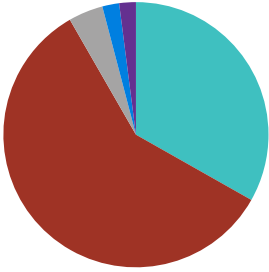
Learn more about partnership opportunities and stay updated with our expanding list of trainings at capsa.org/business or connect with our business engagement team at community@capsa.org.



FY23 PROGRAM AND OPERATION FUNDING

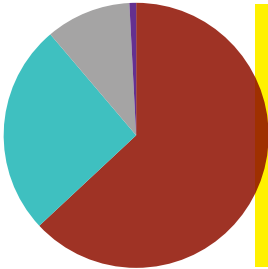
FY23 Financial are July 1, 2022- June 30, 2023

REVENUE



Grants	\$2,873,808	59%
Fundraising/Events	\$99,648	2%
Donations	\$1,630,434	33%
Somebody's Attic	\$101,000	2%
Misc Income	\$207,327	4%
TOTAL REVENUE	\$4,912,217	

EXPENSE



Program	\$3,097,255	63%
Fundraising	\$40,143	1%
Business Operations	\$510,739	10%
Endowment/Reserves	\$1,264,080	26%
TOTAL EXPENSES	\$4,912,217	

FY24 PROGRAM AND OPERATION BUDGET

FY24 Financial are July 1, 2023 - June 30, 2024

	REVENUE (excluding fundraising)	EXPENSE	FUNDS TO RAISE
Shelter	\$ 726,220	\$ 835,526	\$ 109,306
Housing	\$ 583,950	\$ 800,623	\$ 216,673
Outreach Casework	\$ 764,357	\$ 796,950	\$ 32,593
Clinical Therapy	\$ 560,991	\$ 837,034	\$ 276,043
Children & Youth Services	\$ 272,473	\$ 406,370	\$ 133,897
Prevention and Community Engagement	\$ 348,607	\$ 988,459	\$ 639,852
Business Operations	\$ 395,400	\$ 595,971	\$ 200,571

**THIS YEAR, CAPSA NEEDS \$1,608,934 IN DONATIONS
- WE NEED YOUR SUPPORT**

SUPPORT SURVIVORS

WHEN YOU **SUPPORT CAPSA**



CAPSA relies on your generosity, regardless of donation amount, to directly fund critical support services. Your donation stays local and creates real change for individuals and families in our community. Donate today to fund life-changing and life-saving programs.

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:

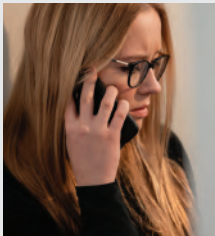
capsa.org/donate



BY MAIL:

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

EVERY DONATION, BIG OR SMALL, SUPPORTS CRITICAL SERVICES



CRISIS PHONE LINE
A VOICE OF HOPE

\$13 Per call



CLINICAL THERAPY
A PLACE TO HEAL

\$100 Per session



EMERGENCY SHELTER
A PLACE OF SAFETY

\$120 Per night



CASEWORK
AN ADVOCATE

\$50 Per session

ENDOWMENT

CAPSA'S ENDOWMENT

A close-up photograph of a hand holding a stack of gold coins. The hand is positioned on the right side of the page, with the fingers curled around the coins. The background is white, and there are some green leaves visible in the upper right corner.

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.

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 - this goal will diversify CAPSA's funding so that 15% of the total operating revenue or \$600,000 is generated by our endowment to support programs and business operations.

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.

PLANTING THE SEED OF FUTURE HOPE



BECOME PART OF CAPSA

“I am so grateful for CAPSA and everyone who is a part of it. This was a blessing for myself and my daughter. Finally, I’ve gotten the help I needed and now I am – FINALLY – making roots and I am safe.”

Survivor

CAPSA’S ENDOWMENT

CAPSA Program Endowment	\$ 2,205,890
Charis Legacy Foundation Endowment	\$ 100,000
Donna and Kent Alder’s Endowment	\$ 40,000
Board Legacy Endowment	\$ 210,000
CAPSA Endowment Balance	\$ 2,555,890

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.

Wasatch CAPSA Support Foundation	\$ 1,534,643
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Balances are at the time of publication

SPONSORSHIP

BECOME A SUSTAINING SPONSOR

CAPSA provides various sponsorship options, each offering unique ways to support our mission.

OFFICE SPONSORSHIP: For an annual commitment of \$4,000, your name or logo will be displayed outside a program staff's office, acknowledging your support to all CAPSA's stakeholders.

NEIGHBORHOOD SPONSORSHIP: For a \$4,000 annual donation, support CAPSA's housing programs and communities. You'll participate in service projects, be recognized at events and in our annual report, knowing your contributions are making a real difference.

HOME SPONSORSHIP: With a \$6,000 annual donation, you'll receive all Neighborhood Sponsor benefits, and a sign displayed on one of CAPSA's homes. This sum represents the average housing assistance cost at CAPSA.



OFFICE SPONSORS

at time of printing



Altabank[™]

Division of Glacier Bank

**SOMEBODY'S
ATTIC**
THRIFT BOUTIQUE

 **SentryWest**
INSURANCE SERVICES

Auto-Owners
INSURANCE



BECOMES PART OF CAPSA | PART OF HOPE

HOME AND NEIGHBORHOOD SPONSORS
at time of printing



MEASOM FAMILY
Foundation

THE KIRBY FAMILY

MIKE & SHELLEY FUNK



LORNA WANLASS



NED & GAIL WEINSHENKER



MIKE & RONDA
CALLISTER



FROM THE ASHES



**BUY A
PRINT**

More info at capsa.org/fromtheashes

From the Ashes by Mike Malm was commissioned by Dave and Lynette Jenkins to create a featured center art piece for CAPSA's building. The artwork honors the dedicated advocates who tirelessly work to change lives and inspire hope for all survivors who enter CAPSA.

THE STORY - ADVOCATE, INFORM AND EMPOWER

The heroic figures in *From the Ashes* represent CAPSA's staff, advocates and volunteers who tirelessly strive to change lives as they **advocate, inform** and **empower survivors**.

To advocate requires being present during a victim's darkest hours while shining a light – ensuring they know they are not alone and creating hope for a future without abuse.

To inform is to educate, mentor and instill. To inform is to show there is a way forward and help them see their first and next steps on their path.

To empower is to stand behind the survivor as they rise from the ashes and build faith in themselves and their future.

The final heroic figure is the supporter who charitably sustains this work to ensure CAPSA can provide life-changing and life-saving support out of the ashes and into the light.

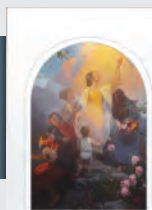


CAPSA FUNDRAISER

Prince Gallery is selling framed prints as a fundraiser for CAPSA. Because Mike Malm gifted the digital rights to CAPSA and Prince Gallery is printing/framing at cost, more than 75 percent of the purchase price is a donation to CAPSA.

AVAILABLE AT

Prince
GALLERY



Visit Prince Gallery to purchase a print of *From the Ashes* by Mike Malm - a CAPSA Fundraiser.
2600 North Main Ste 106, North Logan, UT 84341

THANK YOU

FOUNDATIONS, GRANTS AND CORPORATE DONATIONS



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

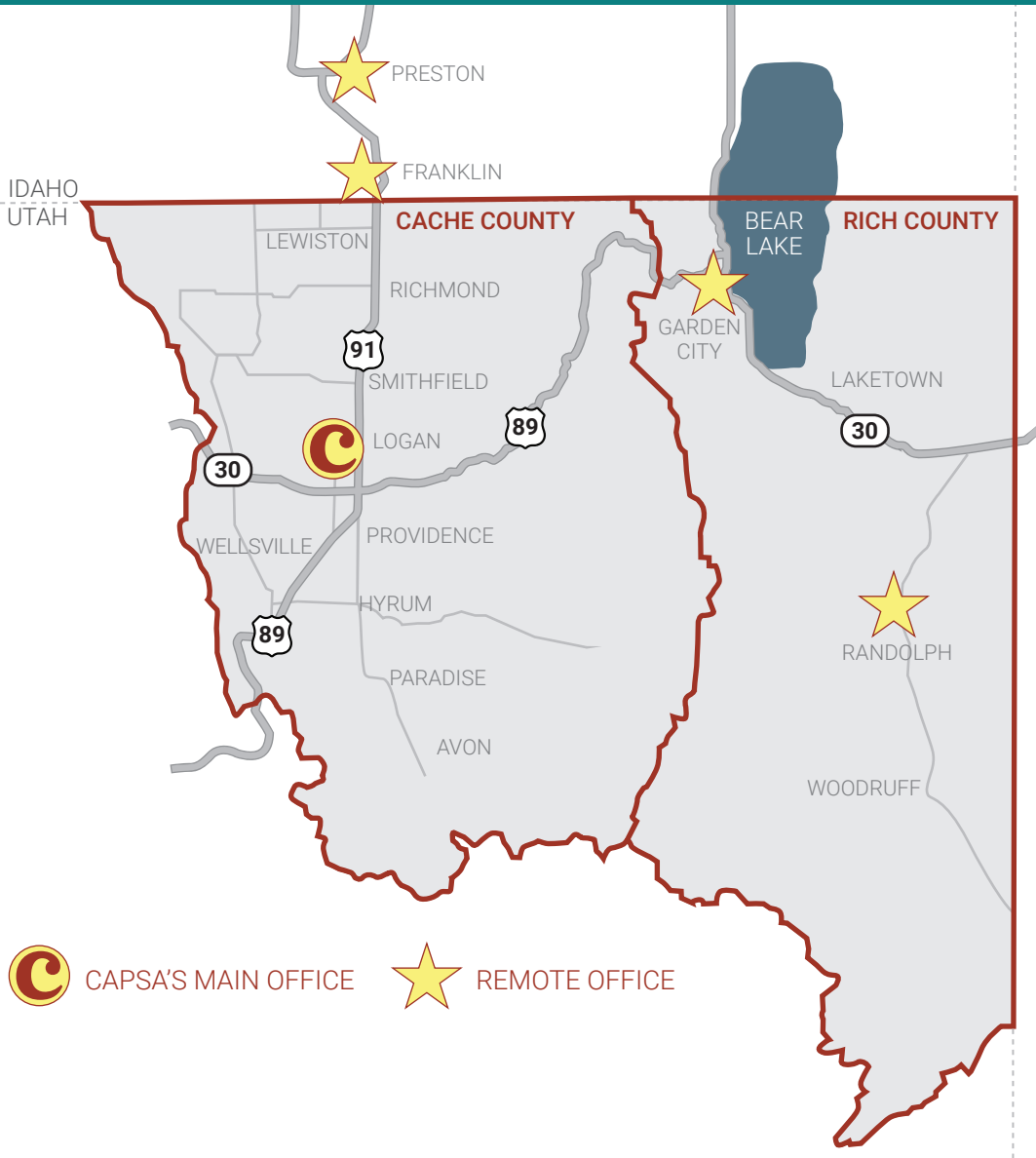


THE DELL LOY
HANSEN FAMILY
FOUNDATION



GEORGE S. AND DOLORES DORÉ ECCLES
F O U N D A T I O N

CAPSA'S SERVICE AREA



CAPSA'S MAIN OFFICE



REMOTE OFFICE

capsa
ABUSE ENDS HERE.

CAPSA is a nonprofit domestic violence, sexual assault and rape recovery center serving Cache Valley and the Bear Lake area. CAPSA has locations to meet and provide FREE and confidential services in Logan, Garden City, Randolph, Franklin and Preston.

FY23 IMPACT REPORT

HOPE
BEGINS at CAPSA