

## Capsa Abuse Ends Here.

### **IMPACT REPORT**

Report on FY24 (July 2023 - June 2024) and future plans to provide hope!



Preston.

### LETTER FROM CAPSA'S EXECUTIVE TEAM



Dear Supporters,

Thank you. Your steadfast support this year has empowered us to offer hope and refuge to survivors of domestic violence and sexual assault across Northern Utah and Southeast Idaho.

From our beginnings in 1976, the support from this community has transformed CAPSA from a simple hotline into a beacon of hope. Standing

with you, we remain committed to providing comprehensive, confidential services tailored to each survivor's unique circumstances.

CAPSA is celebrated and widely recognized as the premier model of social impact organizations. Setting the benchmark in our field, CAPSA consistently leads and drives transformative change for the greater good.

With domestic violence and sexual abuse impacting 1 in 3 women and 1 in 5 men, this private violence often happens behind closed doors, making it hard to see how it touches the lives of people we know and care about—friends, family members, co-workers, and neighbors. Your support ensures CAPSA's services are available to those in your circle and across our community.

Last year alone, CAPSA served 2,429 individuals. This incredible impact was made possible by the unwavering support of our community.

Your donation provides critical resources and fund programs that transforming and often saving lives. Each donation, volunteer hour, and word of encouragement is essential, unlocking new beginnings for those facing their darkest moments. Together, we're not just changing lives; we're transforming futures.

Thank you for being part of our mission and inspiring a legacy of strength, hope, and resilience.

With gratitude,

Ju Wanduson

Jill Anderson CEO & Executive Director

, 11187

Misty Hewitt Chief Program Officer

James Boyd Jr. Chief Development Officer



CAPSA'S SUPPORT INDIVIDUALS SERVED 2,429



### OUTREACH CASEWORK INDIVIDUALS 1,539 | CASEWORK HOURS 6,243



SUPPORT GROUPS ADULT PARTICIPANTS 199 | SESSIONS 164



CLINICAL THERAPY CLIENTS 529 | THERAPY HOURS 5,530



CHILDREN AND YOUTH SERVICES YOUTH SERVED 370 | YOUTH ADVOCACY HOURS 2,458

### **CRISIS/SUPPORT PHONE LINE** CRISIS CALLS 8,612 | 23.6 AVERAGE PER DAY

### **EMERGENCY SHELTER INDIVIDUALS 345 | SHELTER NIGHTS 7,084**

### TRANSITIONAL HOUSING HOUSEHOLDS 69 | INDIVIDUALS 186

### PREVENTION AND TRAINING PRESENTATIONS 917 | PARTICIPANTS 17,584

### **CAPSA VOLUNTEERS**

ACTIVE VOLUNTEERS 121 | HOURS 36,324









### HOW YOUR SUPPORT FUNDS LIFE-CHANGING SERVICES

In this report, we share stories that underscore the invaluable support CAPSA provides to survivors and their families. While our services—shelter, housing, and clinical therapy—are costly to maintain, they are offered free of charge, thanks to our community's support.

For transparency and to highlight the impact of your generosity, here are the service costs based on last year's budget and service counts:

	FY24 BUDGET	FY24 COUNTS	COST PER COUNT
Crisis Phone Call	\$ 91,806	8,612	\$ 11
Outreach Casework	\$ 625,144 —	1,539	\$ 406
Casework Hours		6,243	\$ 100
Shelter (per individual)	\$ 755,526 —	345	\$ 2,190
Shelter (per days)			\$ 91
Housing (per household)	\$720,623	69	\$10,444
Clinical Therapy (per client)	\$837,034	529	\$ 1,582
Youth Advocacy	\$406,370	370	\$ 1,098
COACH Funds	\$240,000		

The stories and photos on the following pages have had identifying information/details changed for confidentiality. Although the photos include current and past employees, the "survivors" depicted are models.

### STORY OF HELP

# **SAFE HOME**

A mother and her two children were trapped and isolated in their home. Her husband was physically and emotionally abusive, and although she believed she was shielding her children from the abuse, the turning point came when her seven-year-old daughter witnessed her being strangled.

Overwhelmed and scared for herself, and even more terrified for the emotional scars on her children, she decided they had to leave. She reached out to CAPSA's crisis phone line, and, over several calls, worked with a caseworker to craft a plan for a safe departure. They fled their home during a brief window when her husband was out on an errand.

#### Upon arriving at CAPSA's emergency shelter, her first request was to sleep, revealing, "I haven't slept in months, fearing what he might do next."

During their stay, she met daily with her caseworker to devise a tailored action plan, with employment and housing as primary goals. CRISIS PHONE LINE 4 calls \$44

EMERGENCY SHELTER Mom & two children \$6,570



**CAPSA's youth advocates also stepped in, focusing on her children's emotional healing.** Their support continued when they found safe housing, with home visits and support groups.

Securing a job at a call center, she began applying for rentals. It was then she discovered her partner had taken out credit cards in her name, damaging her credit. Devastated and fearing she'd never find a home, her caseworker arranged for her to move into a home in Independence Place, a CAPSA-owned neighborhood.

### Imagine the joy and hope she felt walking her children into their own home - a truly safe home. As

part of CAPSA's transitional housing program, they received ongoing support from housing caseworkers, including home visits and support/educational groups.

She and her eldest child benefited from CAPSA's

**clinical therapy.** At her call center job, a customer with a deep voice once triggered a panic attack. She later shared that CAPSA's therapy "helped me learn how to recognize my trauma and use grounding techniques to center myself." For her seven-year-old daughter, therapy was a healing sanctuary where she was able to process her fears and her own trauma. YOUTH ADVOCATES Two children \$2,197

#### CAPSA HOUSING 1.5 Years \$15,666

CLINICAL THERAPY Mother & one child \$2,373 The legal journey, from divorce to creditor negotiations, was both challenging and costly. Thankfully, **CAPSA's COACH funds helped cover some expenses, allowing her to finalize her divorce just over a year after leaving.** 

COACH FUNDS Legal Fees \$2,500.00

After 1.5 transformative years, first in CAPSA's shelter and then CAPSA's transitional neighborhood, the family was ready and financially stable enough to move into their own place. **In gratitude, she expressed, "I am so grateful for CAPSA and wish to move out early, so this home will be available for the next family like mine."** 

#### TOTAL COST FOR CRISIS AND SUPPORTIVE SERVICES FOR THIS FAMILY WAS \$29,350





# FROM SILENCED

Immigration status is often weaponized in abusive relationships. One woman's husband used her uncertain immigration status as a means of control, frequently threatening to have her deported.

CASEWORK \$406

EMERGENCY SHELTER \$3,285 When she discovered she was pregnant, the emotional abuse and fear of what might happen became unbearable. She initially contacted CAPSA, where her caseworker observed her to be extremely timid—her voice essentially stifled by her circumstances.

Out of fear, she disengaged with CAPSA. Although we were concerned for her well-being, we respected her choice to stay with her abuser and assured her that CAPSA would be here whenever she was ready to return.

Months later, after the birth of her son, she did return, seeking refuge in CAPSA's emergency shelter.

During her stay in shelter, we provided legal support, including filing a Protective Order and connecting

CAPSA HOUSING \$8,355	her with specialized legal services to navigate the complexities of domestic abuse intertwined with immigration issues.
COACH FUNDS	Because her citizenship status would make finding housing nearly impossible, <b>we placed her in one of</b> <b>CAPSA's owned homes, which she ultimately utilized for</b> <b>8 months.</b>
\$950.00	During the legal process, it came to light that her husband had deliberately withheld vital documentation, obstructing her from securing her Green Card. With the help of CAPSA's COACH Funds, she had the funds to petition on her behalf. The outcome was transformative: she was able to obtain her Green Card and residency.

But perhaps the most significant transformation was internal. When the time came to appear in court for her Protective Order, she amazed her caseworker by confidently advocating for both herself and her son.

The once-timid woman had found her voice. As she exited the courtroom, her gratitude was heartfelt. "I feel free, I feel safe, and I feel like there is a future for me and my son—thank you," she expressed.

TOTAL COST FOR CRISIS AND SUPPORTIVE SERVICES WAS \$12,996

# **TO EMPOWERED**



**One woman, perpetually walking on eggshells within her marriage, didn't think CAPSA could assist her. "Because he never hit me,"** she said. His abuse was more insidious — belittling her, criticizing her appearance, giving her the silent treatment, and then blaming her for his behavior.

Her perspective began to change **during a** company-sponsored CAPSA training on domestic violence. She learned about various forms of abuse, including emotional, psychological, and financial. She still questioned whether CAPSA's services could help her, but began to wonder.

The catalyst for her decision to contact CAPSA was a harsh verbal tirade from her husband, who was angry that dinner wasn't ready.

At that moment, **she decided to call CAPSA's crisis line.** Initially withholding her name due to apprehension, **she found an empathetic and non-judgmental listener in a CAPSA caseworker.** 

#### BUSINESS TRAINING \$250.00

CRISIS PHONE LINE 3 calls \$33.00 Over several calls, a cautious trust was established, and she began to meet with her caseworker in person.

Initially, she wanted to remain in the marriage but sought ways to feel empowered. **She appreciated that the caseworker respected her choices, including her decision to stay in the relationship.** 

To help her become more empowered, her caseworker referred her to CAPSA's clinical therapy program.

#### CASEWORK \$406

CLINICAL THERAPY \$1,582



Her therapist shared, "During a breakthrough session, she decided to seek a divorce, recognizing her own strength and the need for independence. This was a significant milestone."

With the continued support of her CAPSA caseworker, she was able to find a new place to live and initiate the divorce process. Reflecting on her journey, her caseworker stated, "Helping someone reclaim their autonomy and freedom is why we do what we do at CAPSA."

TOTAL COST FOR CRISIS AND SUPPORTIVE SERVICES FOR THIS WOMAN WAS \$2,271

### YOUR SUPPORT CHANGES LIVES

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### **TRANSFORM LIVES THROUGH YOUR DONATION**

In our community, countless neighbors, friends, and family members silently endure the aftermath of abuse, carrying the weight of trauma in isolation. They need more than hope; they need life-changing support — support that your generosity can bring to life through CAPSA.

This year, our community will need to show support of \$1,789,860 from private donations, foundations, and events to sustain our essential services, which thrive on your unwavering support (breakdown on pages 21-22). Every dollar counts. Whether you give a little or a lot, your contribution directly transforms lives, providing critical resources and support when it's needed most.

As we expand our reach into Idaho, the need for additional resources grows. We're dedicated to enhancing our services in alignment with the funds collected, ensuring every dollar makes a significant impact (for details, see pages 18-19).

Looking ahead, we aspire to create an enduring legacy of assistance and hope. By contributing to our endowment fund, you're not just donating, you're investing in a future where support for survivors is constant and reliable. For more about this vision, see pages 22-23.

### DONATE TODAY!

When you contribute to CAPSA, you become the champion of change, providing immediate aid like our crisis line, and long-term solutions such as housing and therapy. You are not just giving resources, you're giving the gift of a fresh start and a safer tomorrow.



**ONLINE:** capsa.org/donate

**BY MAIL:** CAPSA P.O. Box 3617 Logan, UT 84323-3617

# FUNDRAISING PRIORITY PLAYGROUND

### TURN PLAY INTO POWER

CAPSA is seeking to enhance our youth and children's services with a new playground zone where youth advocates can turn play into engagement. The new playground will include age-appropriate zones, more sensory engagement, shade for all summer play, and overall enhanced safety.

Gift a safe space where play sparks healing and growth. Your support lays the foundation for a safe space to experience needed play, which will create a brighter, joyful future for our children.

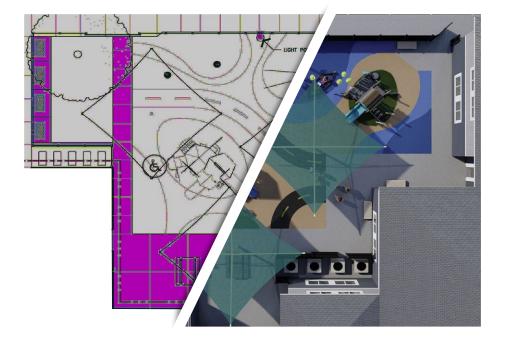
The project cost is \$450,000.

Learn more and donate at: [future URL]









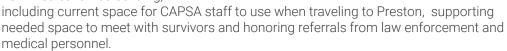




### **MEETING THE NEED**

In response to requests from law enforcement and civic leaders, we are prioritizing the establishment of a CAPSA branch in Preston, Idaho. Over the next three years, our goal is to deploy multiple program staff members, such as caseworkers and therapists, to a CAPSA of Idaho office.

The Franklin County Medical Center (FCMC) has generously pledged office space in their new medical office building,



### HELP SUPPORT GROWTH

As CAPSA grows into Idaho, we invite you to join us on this groundbreaking journey.

Learn more and donate at: [future URL].

Note: All funds earmarked for Idaho will support Idaho programs and operations. FUTURE QR CODE

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### **OPERATING BUDGET**

Ensuring that our expansion does not dilute our current services is paramount. To that end, we are actively seeking new funding sources and donations, specifically for Idaho services. The projected operating budget for the next three years is outlined as follows:

	FY25	FY26	FY27
Travel	\$ 2,500	\$ 5,000	\$ 5,000
Salary & Benefits	\$ 20,000	\$ 80,000	\$ 160,000
Supervision - Program	\$ 15,000	\$ 25,000	\$ 25,000
Utah Staff Support	\$ 20,000	\$ 40,000	\$ 40,000
Insurance /Licenses	\$ 11,250	\$ 31,250	\$ 31,250
Tech/Office Supplies	\$ 4,000	\$ 8,000	\$ 8,000
Service Awareness	\$ 50,000	\$ 100,000	\$ 100,000
Housing (rent & repairs)	\$ 0	\$ 48,000	\$ 48,000
TOTAL EXPENSE	\$ 122,750	\$ 337,250	\$ 417,250

Additional capital expenses include the purchase of a fourplex for transitional housing at \$1 million and raising funds for a stand alone CAPSA campus in Franklin County.

### CAPSA OF IDAHO CORPORATE SPONSORS -







### FINANCIAL TRANSPARENCY

	REVENUE EXPENSE (excluding fundraising)		(PENSE	FUNDS TO RAISE		
Shelter	\$	702,802	\$	864,681	\$	161,878
Housing	\$	843,111	\$	994,391	\$	151,280
Outreach Casework	\$	830,578	\$	980,471	\$	149,893
Clinical Therapy	\$	571,014	\$	954,579	\$	383,565
Children & Youth Services	\$	321,628	\$	467,271	\$	145,643
Prevention and Community Engagement	\$	591,072	\$	776,156	\$	185,084
Business Operations	\$	212,065	\$	601,583	\$	389,518
Endowment	\$	432,803	\$	432,803		-

CAPSA's FY25 Operating Budget is \$6,069,734, which includes \$1,789,860 IN DONATIONS AND PRIVATE SUPPORT ←

PROJECTED REVENUE					
Fed or State Grants	\$	636,803			
Fees to Clients	\$	-			
COACH Funds	\$	65,999			
	\$	702,802			

BUDGETED EXPENS	SE	
Salary/Benefits	\$	508,604
Program Expenses	\$	63,753
Utilities	\$	52,087
Insurance/Building	\$	79,238
Hotel Expenses	\$	80,000
Service Awareness	\$	15,000
COACH Funds	\$	65,999
	\$	864,681

### **DONATIONS NEEDED \$161,878**

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PROJECTED REVEN	IUE	
Fed or State Grants	\$	562,111
Rental Assistance	\$	190,000
COACH Funds	\$	91,000
	\$	843,111

**DONATIONS NEEDED \$151,280** 

BUDGETED EXPENS	Е	
Salary/Benefits	\$	368,342
Program Expenses	\$	55,058
Utilities	\$	33,333
Insurance/Building	\$	184,508
Housing Assistance	\$	247,150
Service Awareness	\$	15,000
COACH FUNDS	\$	91,000
	\$	994,391

#### 18

FY25 Financial are July 1, 2024 - June 30, 2025

ТНЕКАРҮ

**CHILDREN** 

PROJECTED REVEN	IUE	
Fed or State Grants	\$	764,578
Fees to Clients	\$	-
COACH Funds	\$	66,000
	\$	830,578

### **DONATIONS NEEDED \$149,893**

**PROJECTED REVENUE** Fed or State Grants

Fees to Clients

BUDGETED EXPENS	SE	
Salary/Benefits	\$	691,368
Program Expenses	\$	177,301
Utilities	\$	5,997
Insurance/Building	\$	24,805
Service Awareness	\$	15,000
COACH Funds	\$	66,000
	Ś	980,471

BUDGETED EXPENS	SE	
Salary/Benefits	\$	861,342
Program Expenses	\$	47,020
Utilities	\$	6,151
Insurance/Building	\$	25,066
Service Awareness	\$	15,000
	\$	954,579

### **DONATIONS NEEDED \$383,565**

\$

\$

571,014

\$ 571,014

PROJECTED REVENUE				
Fed or State Grants	\$	291,628		
Fees to Clients	\$	-		
Staff Daycare	\$	30,000		
	\$	351,628		

DONATIONS NEEDED \$115,643

BUDGETED EXPENSE				
Salary/Benefits	\$	407,419		
Program Expenses	\$	28,858		
Utilities	\$	4,449		
Insurance/Building	\$	19,045		
Service Awareness	\$	7,500		
	\$	467,271		

COMMUNITY

PROJECTED REVENUE				
Fed or State Grants	\$	591,072		
Fees to Community	\$	-		
	\$	591,072		

**DONATIONS NEEDED \$185,084** 

BUDGETED EXPENSE					
Salary/Benefits	\$	705,804			
Program Expenses	\$	53,005			
Utilities	\$	1,823			
Insurance/Building	\$	8,024			
Service Awareness	\$	7,500			
	\$	776,156			

### **CAPSA 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.

### 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	\$ 4,046,616
Charis Legacy Foundation Endowment	\$ 100,000
Donna and Kent Alder's Endowment	\$ 100,000
Board Legacy Endowment	\$ 211,050
Mackenzie Madden and Johnathon Sadler Endowment	\$ 5,030
CAPSA Endowment Balance	\$ 4,462,696

### 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

\$ 1,667,756

Balances are at the time of publication

### SUSTAINING SPONSORS

CAPSA provides various sponsorship opportunities, 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 and 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.



### THANK YOU!











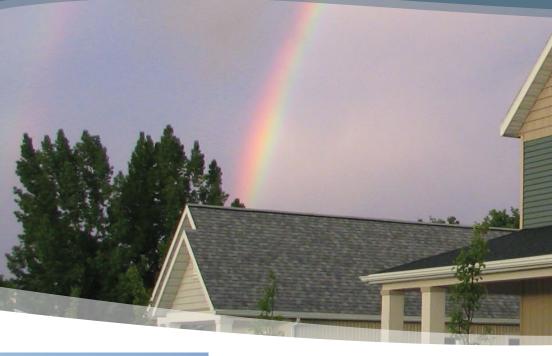


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ZIONS BANK.



### SUSTAINING SPONSORS













### **MIKE & SHELLEY FUNK**



### THANK YOU! HOME & NEIGHBORHOOD SPONSORS





MEASOM FAMILY Foundation

### MIKE & RONDA CALLISTER

### THE KIRBY FAMILY

Timo & Judy
JONES
Family Foundation

FIT > FOUNDATION





### **NED & GAIL WEINSHENKER**

### **THANK YOU!** FOUNDATIONS, GRANTS & CORPORATE DONATIONS







THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS







THE DELL LOY HANSEN FAMILY FOUNDATION











### TRANSFORM LIVES THROUGH YOUR DONATION

CAPSA can only provide this support because of financial contributions from our community. Donations to CAPSA, regardless of the amount, directly fund critical support services. Your donation stays local, creating real change for individuals and families in our community. Donate today to fund life-changing and life-saving programs.

**Domestic and sexual violence are not just statistics; they are the silent struggles endured by our neighbors, friends, and family members.** In our community, 1 in 3 women and 1 in 5 men will experience such trauma, carrying the weight of abuse in isolation. These individuals need more than hope; they need tangible, life-altering support — the kind of support that only your generosity can provide!

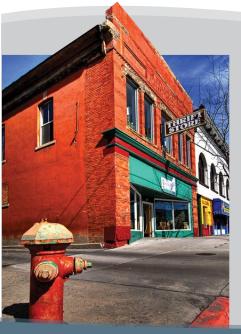
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**ONLINE:** capsa.org/donate

#### BY MAIL:

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



### ANOTHER WAY TO SUPPORT SOMEB SDY'S ATTIC THRIFT BOUTIQUE

Somebody's Attic is a local thrift store, with two locations in downtown Logan and one in 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.

#### ONLINE AT SOMEBODYSATTICS.ORG

# capsa

Tour for Governor Spencer Cox, First Lady Abby Cox and Lt. Governor Deidre Henderson May 2024

Bridging Hope Event April 2024

### ADVOCACY THROUGH COMMUNITY BUILDING

Tour for Rachel Louise-Snyder Author of No Visible Bruises May 2024



Tour for President Elizabeth R. Cantwell and Mica McKinney October 2023













