



2006 CAPSA Wish List and Service Project Ideas

Donation Instructions

If you wish to donate any item to CAPSA, bring it to our office weekdays between 9 a.m. and 5 p.m. If you do not know where CAPSA's office is located, please call 435-753-2500 during the times listed above. A thank you letter will be sent for any donations you give that will serve as your receipt for tax purposes. All donations are tax-deductible. Thank you for your support.

If you would like to send a monetary donation to CAPSA, please send a check to:

CAPSA
ATTN: Donations
P.O. Box 3617
Logan, UT 84323-3617

MISSION

To provide safe, caring, and confidential shelter, advocacy, and support for victims of domestic violence and sexual assault, and to reduce incidents of abuse through prevention education

VISION

Imagine...

- Empowered Survivors
- Safe Homes
- Children living without fear

Imagine...

No more domestic violence or sexual assault

PHILOSOPHY

We believe in individual worth. We believe a person in an abusive situation has the right to understand the options available and be in control of their own decisions.

We believe that individuals:

1. Have the right not to be abused.
2. Have the right to freedom from fear of abuse.
3. Have the right to choose available options and resources.

SERVICES

- 24-hour availability through telephone and mobile crisis response team
- Emergency shelter and food
- Individual crisis intervention and case-management
- Educational support groups
- Coordination of services and advocacy with criminal justice, law enforcement, legal, medical, mental health, and social services agencies, religious leaders, and employers.
- On-site sexual assault forensic exams and law enforcement interviews.
- Protective Order and civil stalking injunction assistance.
- Court Advocacy
- Children's Program
- Educational Presentations and workshops.

All services are free and provided in English and Spanish.

Interpreters for other languages provided as needed.

Immediate Shelter Needs

Please donate new items only

Baby Food (in Jars)
Baby Formula
Blankets & Comforters (Twin Size Only)
Chapstick
Cleaning Supplies: Bathroom/Household
Cookware
Dental Floss
Deodorant
Dishwashing Soap
Dishwasher Detergent
Dryer Sheets
Freezer Storage Bags/Sandwich Bags
Hairbrushes/Combs
Hairspray
Laundry Soap
Lotion
Mattress Pads (Twin Size Only)
Pacifiers
Phone Cards
Plastic Food Storage Containers (i.e. Tupperware)
Shampoo & Conditioner
Sheets & Pillowcases (Twin Size Only)

We also appreciate monetary donations.

Service Project Ideas

For volunteers and community groups

All services and supplies at CAPSA are provided to the victims free of charge. Your donations directly improve the lives of the victims affected by domestic violence, sexual assault, and rape in Cache Valley. The kit ideas below are put together by CAPSA, but they are not final. Please feel free to expand or narrow down these kits to fit within your time frame and your budget. We appreciate any and all donations that we receive. Additionally, you do not need to donate items in kits. You can donate items listed below and our volunteers can match them with other donations to make kits. The only thing we ask of you is to collect donations from citizens of the community, and not from businesses. CAPSA solicits donations from various Cache Valley businesses for fundraisers throughout the year, so we do not want to overextend our welcome. Please help us keep our relationships with local businesses strong by only collecting from community members. Thank you for your understanding and assistance.

If you have questions about making a donation or putting together a service project, contact the CAPSA Volunteer Coordinator by calling 435-753-2500 between 9 a.m. and 5 p.m. Monday-Friday.

Thank you again for your support of CAPSA and our services.

Project: School Supplies Kit

Age: All ages, preschool-high school

Why: CAPSA provides children's groups and cares for children while parents are using our services. School kits are given to these children during the time they are at CAPSA, and are also provided to children who are staying in the shelter and may need some additional supplies for school. Materials for the kits can be compiled and stored in Ziploc bags, over the shoulder bags, or backpacks.

Item Ideas: Notepad
Pencil and Pencil Sharpener
Pens
Crayons/Markers/Colored Pencils
Construction Paper
Stencils
Books

Project: Baby Supply Kit

Age: Newborn to Toddlers

Why: Babies are expensive!

Item Ideas: Disposable diapers (age-appropriate)
Baby Wipes
Blanket
Bibs
Socks
Bottles
Washcloth

Project: Paper Drive

Why: All types of paper are needed for office and shelter use

Item Ideas: Paper towels
Toilet paper
Napkins
Kleenex
Paper Plates
Paper Cups
Feminine Hygiene Products
Diapers
Baby Wipes
Office Paper (white, colored, cardstock, holiday/special, stationary)
Copy Paper (bright white)
Pocket Folders
File Folders (and hanging file folders)
Binders

Project: Administrative Assistance / Copying

Why: At CAPSA we keep files on every individual client, which requires extensive photocopies and careful assembly. We have four different file types, and would provide you with a master copy of each. You would photocopy them and assemble them in file folders.

Project: Hygiene Kits

Why: When clients check in to the shelter without any personal belongings, they are in need of basic hygiene products such as toothbrushes, shampoo, and soap. Toiletries appropriate for adult men and women, teenage boys and girls, and small children stored in Ziploc bags or small tote bags are perfect to give to these clients.

Item Ideas: (As appropriate for the gender/age you are preparing kits for)
Feminine Hygiene Products
Toothpaste
Bars of Soap
Shampoo & Conditioner Bottles (or a 2-in-1 shampoo plus conditioner)
Razor(s) and Shaving Cream
Deodorant
Washcloth
Bath Toy(s), Bath Bubbles, and/or Bath Paint
Antibacterial Hand Soap and Refills
Chapstick

Project: Children's Support Group Kits

Why: Children's Groups meet twice a week, and we always need supplies.

Item Ideas: Bubbles
Small Pillows (6-10 inches, solid colors to be decorated)
Empty Film Canisters, Black or White
Colored Index Cards
Encouragement Stickers
Wooden Craft Sticks, Craft Glue/Glue Sticks, and Beads

Project: Home Kits

Why: Sheltered clients who are leaving shelter and moving into a new home or apartment need lots of basic household items. Please assemble these items either in boxes or in tote bags.

Item Ideas: Dish Soap/Dish Towels/Dish Cloths
Laundry Detergent/Fabric Softener/Fabric Sheets
Over the Counter Medicines (like Tylenol or Advil), not close to expiration
Toilet Paper
Toothbrushes
Paper Towels
Cleaning Products (for Bathroom & Household)
Twin Sheets/Blankets/Pillows
Hair Care Products (in large bottles, not travel size containers)
Diapers/Baby Wipes
Towels
Mop/Broom
Antibacterial Hand Soap

Project: Support Center/Office Kits

Why: The office serves thousands of out-of-shelter clients every year, and the staff members are continually in need of supplies.

Item Ideas: Cleaning Supplies/All-Purpose Cleaners
Deodorizers
Disinfecting Wipes/Sprays
Dishwashing Soap/Dishwasher Detergent
Laundry Soap
Plastic Wrap
Tin Foil
Antibacterial Hand Soap and Refills
Kitchen Trash Bags (all sizes)

Project: Advocate Bags

Why: The Mobile Crisis Team is a team of volunteers on call 24 hours a day, 7 days a week. Advocate bags hold all the materials they need if they get called out to assist a victim.

Item Ideas: Black Canvas Shoulder/Briefcase Bag with 2 or more large compartments
Neutral Color Sweatpants and Sweatshirt (Large or XL)
One-inch 3-ring binder with clear 3-ring plastic sheet covers
Kleenex Travel Packs
2-3 Bottles of Water
Small Toys, Activity Books, and Small Pack of Crayons or Markers
Two Notepads: One Blank, One Lined
Three Pens and Three Pencils
Five Copies of Each Type of CAPSA Client File*
CAPSA Fliers and Brochures*

For this project, CAPSA will supply master copies of the files to be copied and put in each bag and brochures/fliers about CAPSA. Please contact Jenn Curtis at 435-753-2500 to arrange for these materials. It is **VERY IMPORTANT that these bags be assembled with great attention to detail as they serve a very specific and crucial need. **We desperately need advocate bags!***

Project: Pampering Kits

Why: Sometimes clients have days where nothing is going right – job leads are falling through, apartment or house hunting is going nowhere – and we want to cheer them up by giving them a pampering kit with a few items that are extra special, and of the highest quality.

Item Ideas: Gift Bag (to assemble the kit in) – NOT Birthday- or Holiday-specific
Fancy Lotion (Bath & Body Works, etc.)
Fancy Soap/Body Wash
Little Cute Bath Toys
Washcloth
Journal
Gift Card (to a general store such as Wal-Mart)
Small Sketching Pad with Colored Pencils or Watercolors
Lip Gloss
Small Perfume Vial(s)
Perfumed Candles

Additional CAPSA Needs

Quilts CAPSA gives each person in the shelter a quilt. We accept quilts of all sizes, but **we especially need twin-size bed quilts**. Satin-edged quilts are a little more expensive to make, but they are always taken first. For now, we have a lot of baby and child quilts, and could use more for twin beds.

Cell Phones CAPSA uses donated cell phones in two ways: (1) we can give them to our clients to use as a 9-1-1 phone in emergencies, and we can give them to our Mobile Crisis Team Advocates to use when they are on-call; (2) we send them to a cell phone recycling program and receive money for each cell phone donated.

Organizing a collection of cell phones is a great way to help us raise needed funds, and is ideal for offices or companies to participate in. CAPSA can provide a list of preferred cell phone brands, and we ask that you sort them before turning them in to us. Also, we can only use the actual cellular phone and one charger – we do not need any of the other accessories such as car chargers, headsets, or boxes that come with the phones. We will just throw these away if we receive them.

Cartridges CAPSA also collects used print cartridges, which we can recycle for money. For a list of preferred print cartridge brands, please contact CAPSA.

All of CAPSA's services and supplies are provided to our clients free of charge. Without the support of volunteer projects, donations, and service projects, this would not be possible. **Thank you for making it possible!**