

HELPING SURVIVORS FIND

HOPE

**ANNUAL  
REPORT**

JULY 2020 - JUNE 2021

# capsa

## ABUSE ENDS HERE.

CAPSA is a nonprofit domestic violence, sexual assault and rape recovery center serving Cache Valley and the Bear Lake area. Last year, CAPSA sheltered 284 men, women and children fleeing abuse and provides support services to 1,670 individuals.

All services are **FREE** and **CONFIDENTIAL**.

CAPSA provides:

### 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 SAFE HOME

Transitional Housing

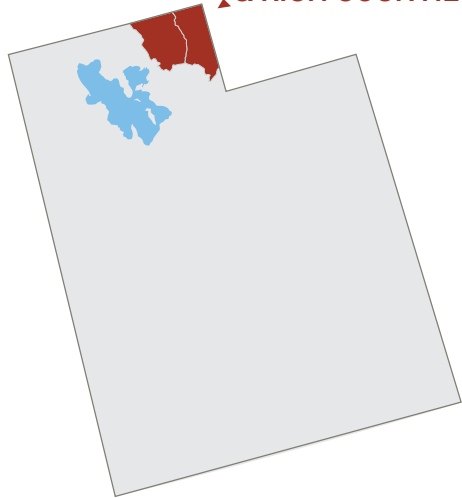
### A BRIGHTER FUTURE

Children's Services

### A FUTURE WITHOUT ABUSE

Prevention Education

**SERVING CACHE  
& RICH COUNTIES**



### SERVING OUR COMMUNITY FOR 45 YEARS

CAPSA was founded on the campus of Utah State University in 1976 and has grown to meet the needs of individuals and families impacted by domestic violence, sexual assault and rape.

Learn more of our history at: [www.capsa.org/about](http://www.capsa.org/about)



CAPSA's theme for last year was growth.

Over the last five years, CAPSA has been laser focused on growing core services to meet the needs of survivors of domestic violence and sexual abuse and has strategically expanded clinical therapy, children advocacy, shelter staffing, transitional housing, community education and service awareness. This growth has improved CAPSA's breadth of support for

survivors; however, it has increased staffing to more than 55, which exceeded capacity for our outreach office.

Last year, CAPSA began construction on a 9,500+ sq. ft. addition, more than doubling CAPSA's office space, which will be completed in the fall of 2021. See more information on pages 10-13.

In Utah, finding safe and affordable housing continues to be a major barrier for domestic violence survivors. In addition to the shortages in housing, many survivors do not qualify for traditional housing; to address this need, CAPSA owns and manages housing units. Last year, we grew our housing from 9 to 21 units. Learn more about CAPSA housing programs on pages 14-20.

Although the above growth was planned, COVID-19 forced unplanned growth. During the first six months of the COVID crisis, CAPSA saw a 125 percent increase in individuals served, which stretched all of CAPSA's services. I am proud of the team at CAPSA for quickly pivoting, implementing technology and modifying services to ensure all survivors had support services. Learn more about the impacts of COVID on CAPSA online at [www.capsa.org/COVID](http://www.capsa.org/COVID)

As CAPSA grows, there is a growing need for an endowment. An endowment creates perpetual revenue by investing the initial donation and only using the dividends. Larger nonprofits, such as universities and hospitals, prioritize endowment growth and CAPSA reached the size where an endowment must be prioritized. Starting this year, CAPSA will focus on growing an endowment to ensure strong programs next year and 20 years from now. Learn more about endowment on pages 8-9, 13 and 19.

Nonprofits can only grow when they have strong support. The growth CAPSA experienced last year was only possible because of you and our community. Thank you for supporting CAPSA and those we serve.

Thank you,

A handwritten signature in blue ink that reads "Jill Anderson". The signature is fluid and cursive, with a large initial "J".

Jill Anderson  
**CAPSA** | Chief Executive Officer



## 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 1,670**



## 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.

**CRISIS CALLS 8,392**



## EMERGENCY SHELTER

CAPSA provides a safe place for individuals and/or families escaping domestic violence and/or sexual abuse. CAPSA shelters men (24), women (129) and their accompanied children (131) for an average of 26 days.

**SHELTER CLIENTS 284 | SHELTER NIGHTS 7,441**



## CASEWORK / 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 1,475 | CASEWORK HOURS 10,912**

## 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.

**THERAPY CLIENTS 424 | THERAPY HOURS 4,176**

## 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.

**GROUP SESSIONS 112 | PARTICIPANTS 357**

## 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 67 families which includes 73 adults and 90 children.

**HOUSING FAMILIES 67**

## 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.

**PRESENTATIONS 747 | PARTICIPANTS 14,145**

# 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 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, post-traumatic stress disorder (PTSD), personality disorder, disassociation, anxiety, depression and childhood trauma.



“When a client shares their childhood story of trauma for the first time after more than 20 years, it affirms the impact of CAPSA’s specialized trauma informed therapy.”

Jeremy T. - Clinical Therapist



# FREE AND TRAUMA INFORMED

## THERAPY SUPPORTING SURVIVORS

**CRISIS INTERVENTION** – CAPSA’s therapists provide crisis intervention for any survivor working with a caseworker. Crisis intervention helps reduce severe, overwhelming and debilitating panic.

**TREATMENT** – The survivor’s caseworker will make a referral to a CAPSA therapist. The caseworker will continue to assist the survivor with ongoing support. Although there is often 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.

“

“After being raped, I was afraid to leave my home because I would often freeze with debilitating fear.

Therapy helped me identify what triggered my anxiety and taught me how to ground myself when I started to feel uneasy.

CAPSA helped me get my life back.”



when you  
**SUPPORT** CAPSA  
you **SUPPORT** HEALING

when you  
**KNOW**CAPSA  
you**KNOW**SAFETY



“

“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.”



# FUNDING - LAST YEAR

## PROGRAM AND OPERATION FUNDING

FY21 Financials are July 1, 2020 - June 30, 2021

Grants	\$2,967,004	67%	} <b>LASTYEAR'S COMMUNITY SUPPORT</b> \$919,221
Fundraising / Events	\$193,312	4%	
Donations	\$656,909	15%	
Somebody's Attic	\$69,000	2%	
Misc Income	\$524,188	12%	
<b>TOTAL REVENUE</b>	<b>\$4,410,413</b>		

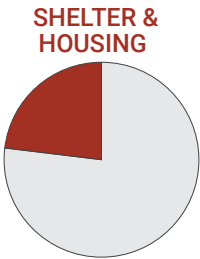
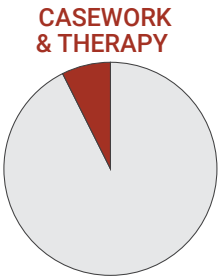


**\$.90** of every dollar supports programs

## FUNDING NEEDS - THIS YEAR

### PROGRAM BUDGET FOR FY22

PROGRAMS	GRANTS	FUNDS TO RAISE
Shelter/ Housing	\$1,058,930	\$317,679
Casework/ Therapy	\$1,397,266	\$111,781
Prevention/Education	\$489,887	\$195,954
Program Support	\$577,670	\$404,369
Endowment Contribution	-	\$400,000
	<b>\$3,523,753</b>	<b>\$1,429,783</b>



■ GRANT  
■ FUNDS TO RAISE

# FUNDING PRIORITY - ENDOWMENT

An endowment is a permanent, self-sustaining source of funding. When you donate to an endowment, your donation is invested and restricted (not spent). Your donation then generates dividends, which are used to support CAPSA programs.

When you donate to an endowment, you provide stability and ensure CAPSA's future financial health. An endowment will allow CAPSA to weather storms either from a crisis like COVID-19, or unanticipated funding losses, such as a loss of a grant.

## CORE PROGRAMS

CAPSA's programs are well developed and staffed by experts who provide advocacy and support to our clients. An endowment will allow CAPSA to better strategically develop programs and make programs more resilient if grant funding is lost.

Most programs are funded by competitive grants, which require reapplying every one to two years. Without an endowment, if a grant does not renew or



“I work for the moments when a survivor recognizes that no matter how big or small their barrier, CAPSA stands with them and will help them reach their goals.”

# FUNDING PRIORITY - ENDOWMENT



changes emphasis, CAPSA is forced to end core programs, which hurts survivors, or find continued outside funding.

## PROGRAM ENDOWMENT GOAL IS \$5,000,000\*

You can donate any amount to CAPSA's endowment – just designate the purpose at the time of donation.

## ADDITIONAL GOALS

In addition to the core program endowment, CAPSA has the following endowment goals:

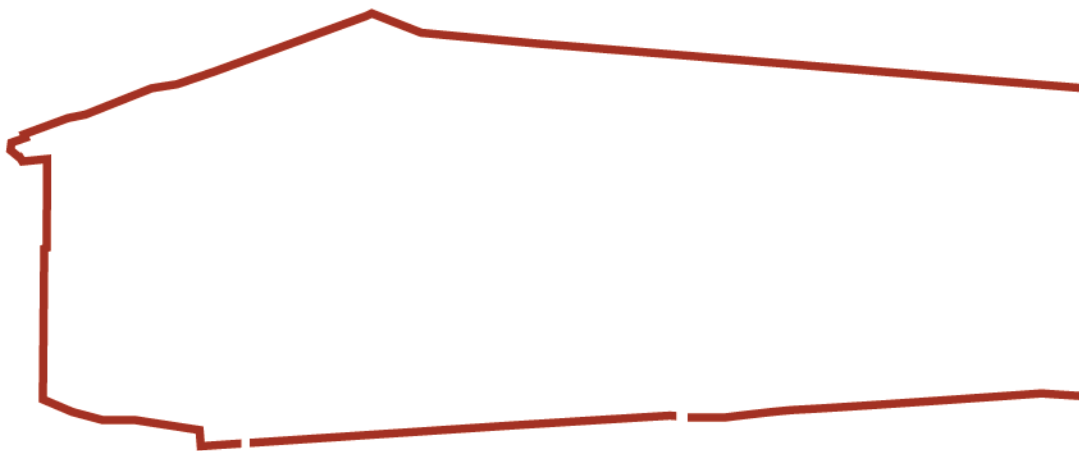
- Building Endowment  
\$3,000,000 | Page 13
- Housing Endowment  
\$5,000,000 | Page 19

Learn More at [capsa.org/endowment](https://capsa.org/endowment)

*\*This is our initial funding goal - the longterm goal is \$25,000,000*

when you  
**SUPPORT** CAPSA  
you **SUPPORT** HOPE

# OUTREACH BUILDING ADDITION



## EXPANDING OUTREACH SERVICES

In FY20, CAPSA began construction on a 9,575 sq. ft. addition to our outreach services building (main office). This will more than double CAPSA's office space, supporting the growth of programs to meet the needs of our clients and community.

### FEATURES OF THE BUILDING

This addition will create a single entry for improved security and adds 16 program offices for clinical therapy offices and casework, community education space, dedicated group rooms, an administrative space, accessible shelter room and creates a space for the Prevention Education Department.

#### FUNDED IN FULL BY



#### BUILT BY

**MIKE FUNK**  
CONSTRUCTION

We want to thank the Charis Legacy Foundation for their generous donation and even more for their time and support throughout this project. Their support will forever bless every individual and family who enters this building, seeking peace and safety.

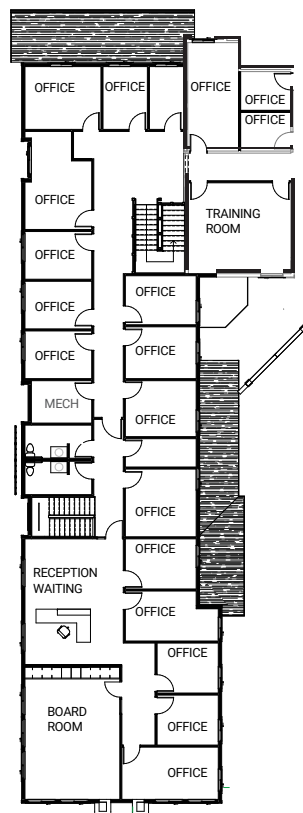
# GROWING TO MEET THE NEED



## MAIN FLOOR



## SECOND FLOOR



**OPENING  
FALL 2021**

For more information, including construction photos,  
visit [www.capsa.org/building](http://www.capsa.org/building)







# BUILDING ENDOWMENT

For our clients, CAPSA’s outreach offices and shelter are refuges from the storm of abuse. We are seeking support to fund an endowment for the maintenance and operational costs of our campus.

There are significant costs to operate and maintain a building of this size, and due to the nature of running a domestic violence shelter, we have additional safety systems (security, fire, gates and more) and accessibility features, including an elevator.

Our annual building expense budget for:

MAINTENANCE	\$ 60,000
UTILITIES	\$ 45,000
LIABILITY INSURANCE	\$ 25,000
<b>TOTAL</b>	<b>\$130,000</b>

## BUILDING ENDOWMENT GOAL \$3,000,000

Learn more at [capsa.org/endowment](https://capsa.org/endowment)







## TRANSITIONAL HOUSING

For most of our clients, finding affordable housing continues to be the most significant barrier to start a life free from abuse.

CAPSA's Transitional Housing program is a two-year program, which includes housing subsidies, coupled with advocacy and educational programming.

CAPSA is leading the state in domestic violence transitional housing programs and is nationally recognized. Completed in 2016, Independence Place is the first and only neighborhood in Utah operated and owned by a domestic violence nonprofit.

In 2020, CAPSA was gifted a fourplex by the Dell Loy Hansen Family Foundation and in July 2021, opened Independence Way (more info on page 16). CAPSA now owns 21 housing units. Learn more and see additional photos at: [capsa.org/housing](https://capsa.org/housing)

“

CAPSA helped me with my rent, but they really helped me with the confidence to leave and never go back.”

when you  
**KNOW** CAPSA  
you **KNOW** GROWTH



INDEPENDENCE PLACE  
9 HOMES



HANSEN FOURPLEX  
4 UNITS



INDEPENDENCE WAY  
5 HOMES &  
TRIPLEX



# INDEPENDENCE WAY

Last year, CAPSA purchased an unfinished development, which includes an existing triplex and five building lots. CAPSA finished construction of the five homes in July 2021.

With your support, CAPSA continues to meet the housing needs for our clients and leads Utah in domestic violence transitional housing programming.

Learn more at [www.capsa.org/housing](http://www.capsa.org/housing)

**OPENED JULY 2021**



## INDEPENDENCE WAY SUPPORTERS

**MEASOM FAMILY**  
foundation





“

“I did not think anyone would believe or help me.

When I first went to CAPSA, I took photos as proof of injuries, but my caseworker did not need to see them. She just believed me.

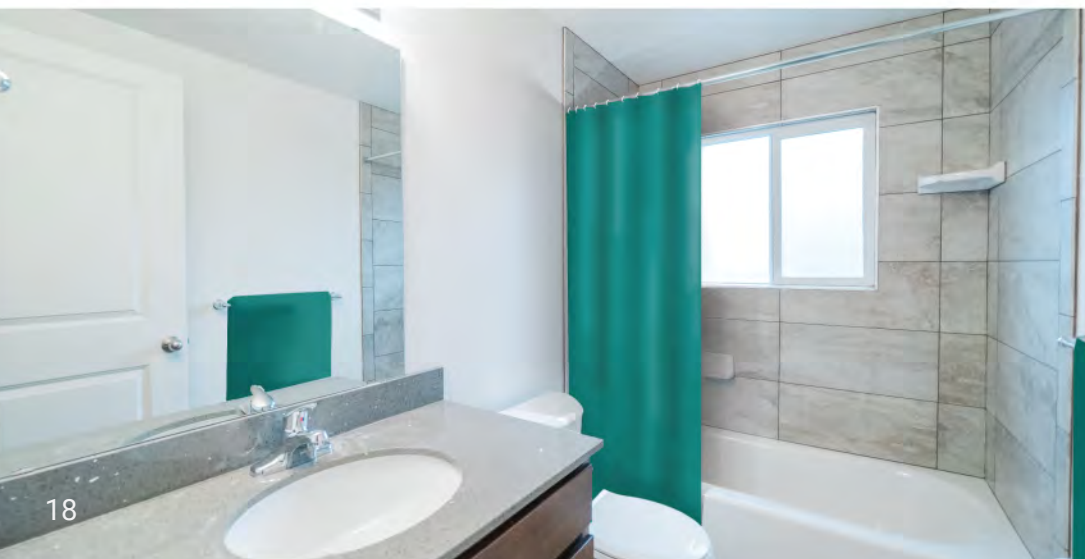
CAPSA helped me in so many ways, but the most impactful help was just believing me.”



Olene Walker Housing  
Loan Fund



when you  
**SUPPORT** CAPSA  
you **SUPPORT** DIGNITY





## HOUSING ENDOWMENT

Last year, CAPSA provided \$127,878 in housing assistance. If CAPSA lost these grant funds, and without an endowment, we would be forced to stop providing direct housing assistance.

CAPSA also owns and manages 21 housing units. The annual maintenance budget for these units is \$75,000.

For an endowment to cover these expenses and ensure the same level of housing, the endowment needs to generate approximately \$200,000 in housing funds.

### HOUSING ENDOWMENT GOAL \$5,000,000

Learn more at [capsa.org/endowment](https://capsa.org/endowment)





# HOME SPONSORSHIP

Housing is a key part of helping families escape abuse and heal. **When you become a home sponsor, you become part of the neighborhood.**

## HOME SPONSORSHIP INCLUDES

Home sponsorship is \$6,000 per year - this represents the average cost for CAPSA to provide housing assistance. Sponsorship includes:

- Signage on a CAPSA Home
- Public Recognition - sponsorship at all CAPSA events
- Team building opportunities at your home
- Knowledge you are providing a safe home for a family



## SPONSORSHIP AVAILABLE

With the addition of Independence Way, there are still a number of homes available to sponsor. Learn more at [www.capsa.org/housing](http://www.capsa.org/housing)

## HOME SPONSORS (ATTIME OF PRINTING)



MEASOM FAMILY  
foundation



THE KIRBY FAMILY



MALOUF  
FOUNDATION



MIKE & RONDA  
CALLISTER



LORNA  
WANLASS



SHELLEY &  
MIKE FUNK

NED AND GAIL WEINSHENKER

# OTHER WAYS TO SUPPORT CAPSA



We cannot do this work without you and support from people like you. Please consider supporting CAPSA in the following ways:

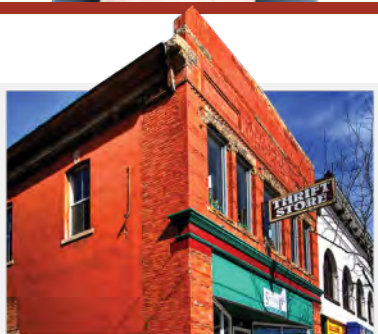
## DONATE

Your donation will help CAPSA provide life-saving and life-changing support services. You can donate online at [www.capsa.org/donate](http://www.capsa.org/donate)

Or by mail at:

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

**THANK YOU FROM EVERYONE CAPSA SERVES**



**SOMEBODY'S  
ATTIC**  
— THRIFT BOUTIQUE —

## SUPPORT SOMEBODY'S ATTIC

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 \$60,000 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](http://www.somebodysattics.org)

## PROMOTE OUR MESSAGE

Please follow us on Facebook and Instagram and like, comment on and share our posts. There are people in your network who need CAPSA's support. By sharing our content, you are showing them your support and giving them a valuable resource.

**@CAPSAservices**





# capsa

Mike and Shelley Funk are passionate supporters of CAPSA. To show their support they covered the printing cost for this publication.