

HELPING SURVIVORS FIND
HOPE

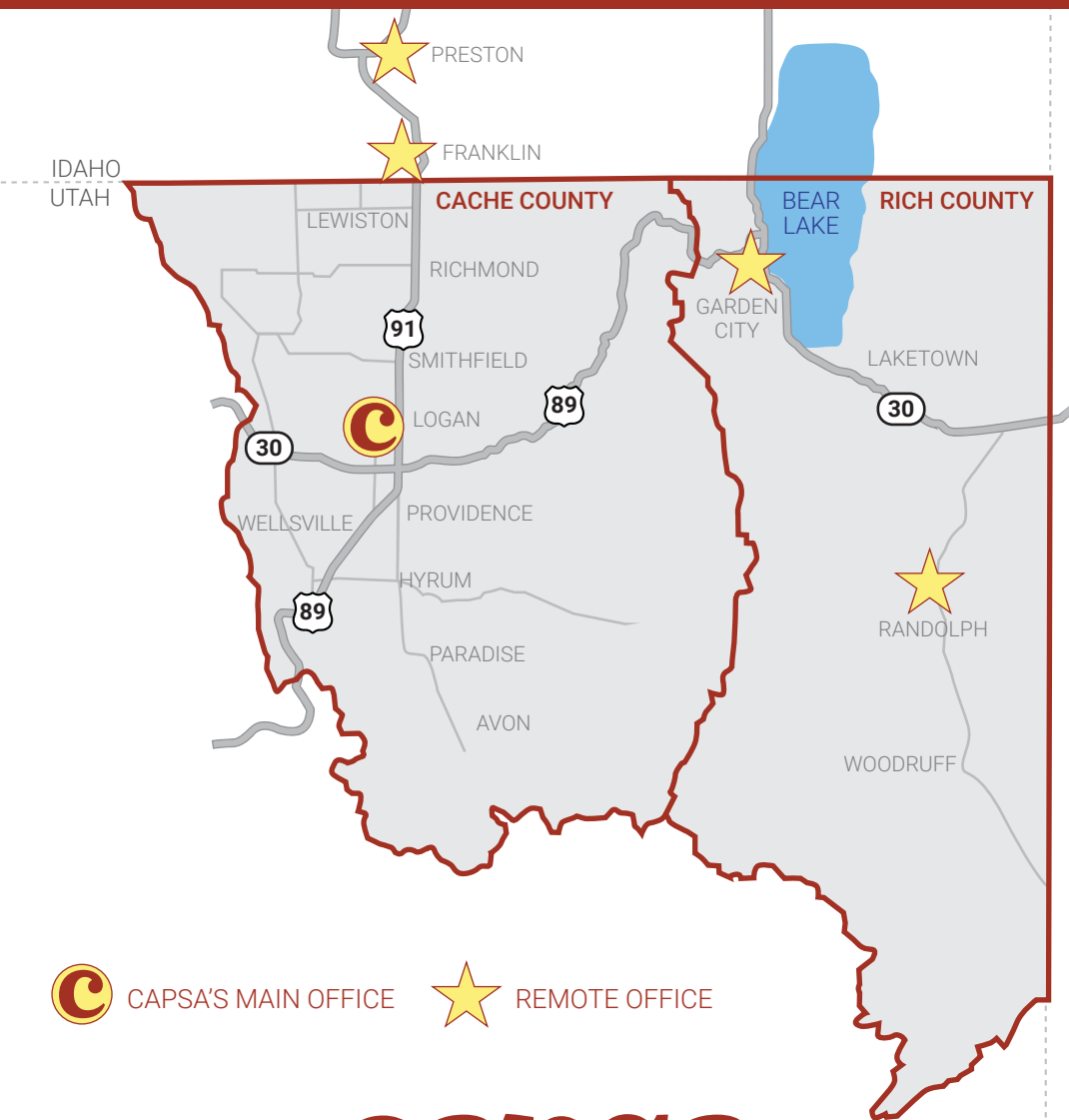


capsa
ABUSE ENDS HERE.

FY22 ANNUAL REPORT

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

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. 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.



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,

A handwritten signature in blue ink that reads "Jill Anderson". The signature is fluid and cursive, written in a professional style.

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."

*Thank you
Sunny H*

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	\$ 577,969
Fees to Clients	\$ 0
	\$ 577,969

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

FUNDS TO RAISE \$ 34,741



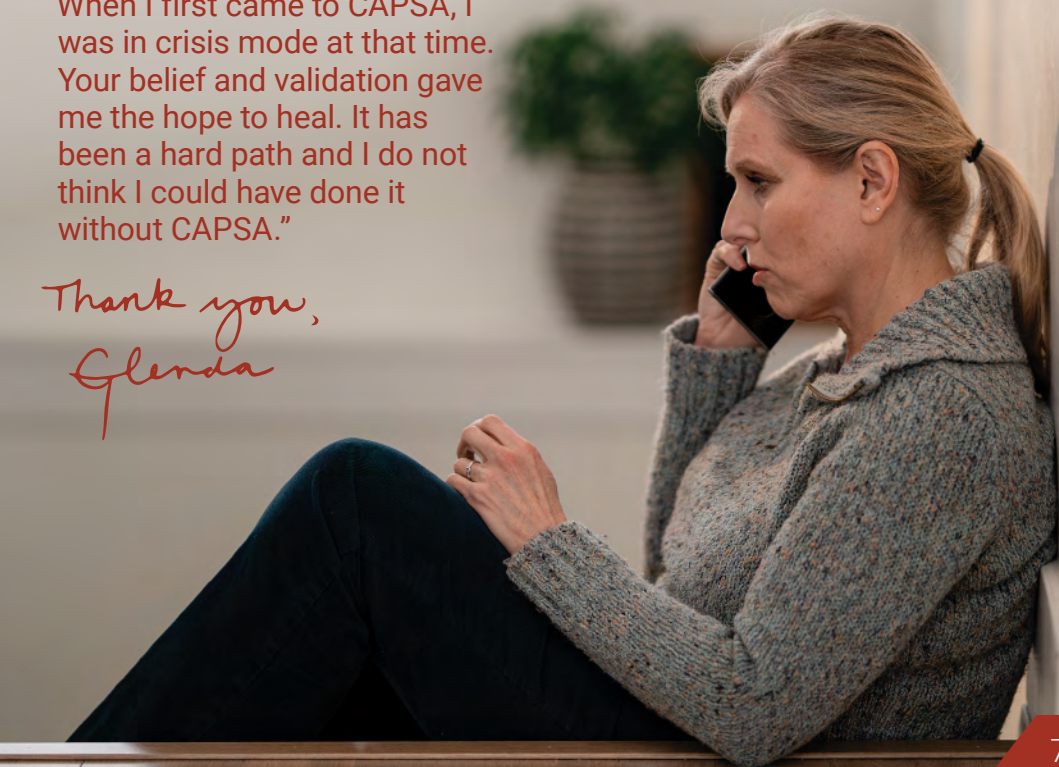
CRISIS/SUPPORT PHONE LINE

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,
Glenda*





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

PROJECTED REVENUE	
Fed or State Grants	\$ 560,684
Fees to Clients	\$ 0
	\$ 560,684

FUNDS TO RAISE \$ 146,210

BUDGETED EXPENSE	
Salary/Benefits	\$ 495,922
Program Expenses	\$ 33,601
Hotel	\$ 60,000
Utilities	\$ 26,964
Insurance	\$ 32,579
Repairs/Maintenance	\$ 57,828
	\$ 706,894

Total budget on page 26



"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."

Diana 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**

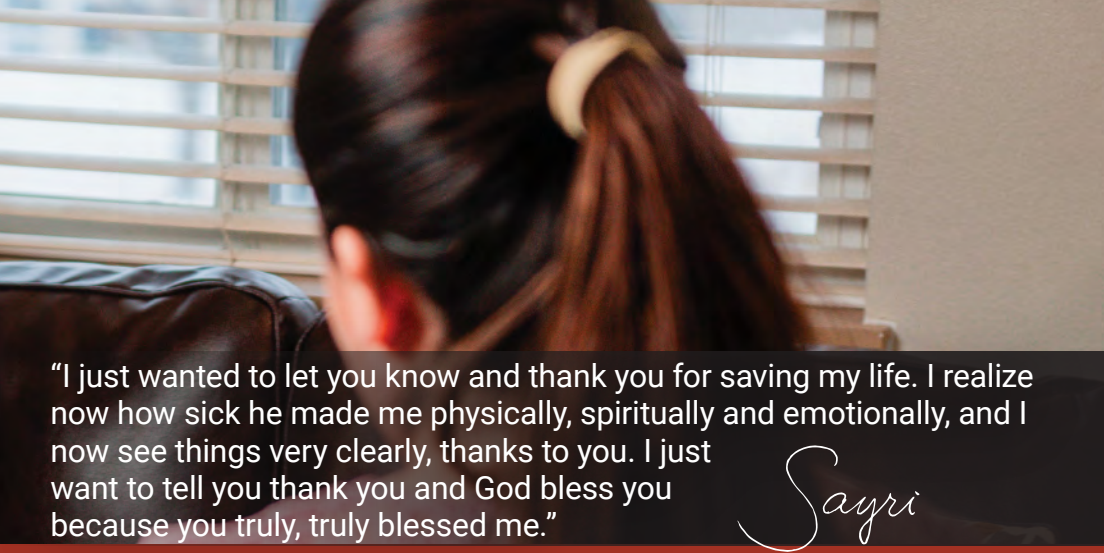
Clinical therapy supports survivors who are experiencing, though not limited to, PTSD (Post-Traumatic Stress Disorder), personality disorder, dissociation, anxiety, depression and childhood trauma.

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.”

Sayri

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 REVENUE	
Fed or State Grants	\$ 610,579
Fees to Clients	\$ 0
	\$ 610,579

FUNDS TO RAISE \$ 76,126

BUDGETED EXPENSE	
Salary/Benefits	\$ 599,110
Program Expenses	\$ 31,529
Paid Internships	\$ 25,000
Utilities	\$ 4,980
Insurance/Building	\$ 26,086
	\$ 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!"

Maggie





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 REVENUE	
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

NCE

The entry to Independence Place

THANK YOU HOME SPONSORS

For supporting CAPSA's Housing Program



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Division of Glacier Bank

MEASOM FAMILY
foundation

THE KIRBY FAMILY

**SHELLEY &
MIKE FUNK**



Malouf
Foundation




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NED & GAIL WEINSHENKER

iFIT  **FOUNDATION**



**LORNA
WANLASS**



**CACHE
VALLEY
BANK**

**MIKE & RONDA
CALLISTER**

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 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 children’s center staff 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 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.

In FY22, CAPSA worked with 177 youth for a total of 942 interactions.

YOUTH SERVICES BUDGET FY23

PROJECTED REVENUE	
Fed or State Grants	\$ 173,753
Staff Daycare	\$ 35,000
Fees to Clients	\$ 0
	\$ 208,753

FUNDS TO RAISE \$ 192,345

BUDGETED EXPENSE	
Salary/Benefits	\$ 353,560
Program Expenses	\$ 25,264
Utilities	\$ 3,970
Insurance/Building	\$ 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,
Lucia 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

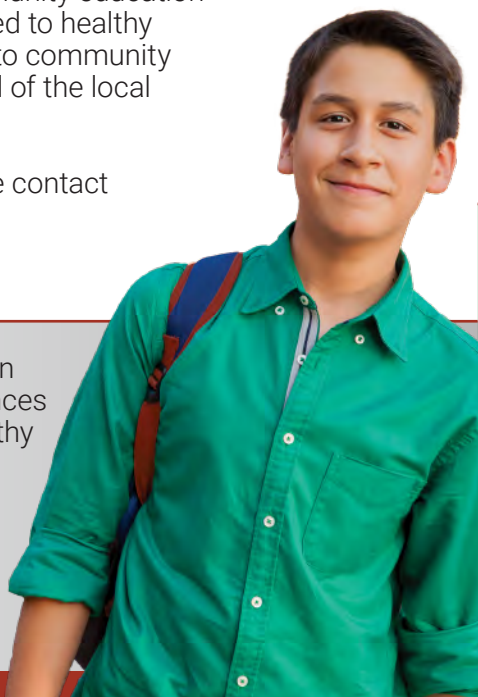
PREVENTION EDUCATION

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 REVENUE	
Fed or State Grants	\$ 426,582
Fees to Clients	\$ 0
	\$ 426,582

FUNDS TO RAISE \$ 400,569

BUDGETED EXPENSE	
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



BUILT 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
- SAFETY
- SUPPORT
- 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.



"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,

Karen S.



OFFICE SPONSORS

(at time of printing)



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Division of Glacier Bank

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

iFIT 
FOUNDATION

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.



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

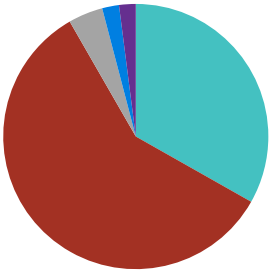
Wasatch CAPSA Support Foundation is an independent 501(c)(3) organization established by Dell Loy Hansen, Scott Stettler and Wasatch Companies to provide financial support to CAPSA. The majority of the principle of this foundation is real estate investments/ownership in Wasatch properties. The goal of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

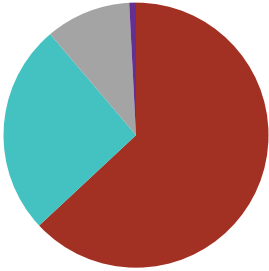
FY22 Financial are July 1, 2021 - June 30, 2022

REVENUE



Grants	\$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%
General & Admin	\$510,739	10%
Endowment/Reserves	\$1,264,080	26%
TOTAL EXPENSE	\$4,912,217	

FY23 PROGRAM AND OPERATION BUDGET

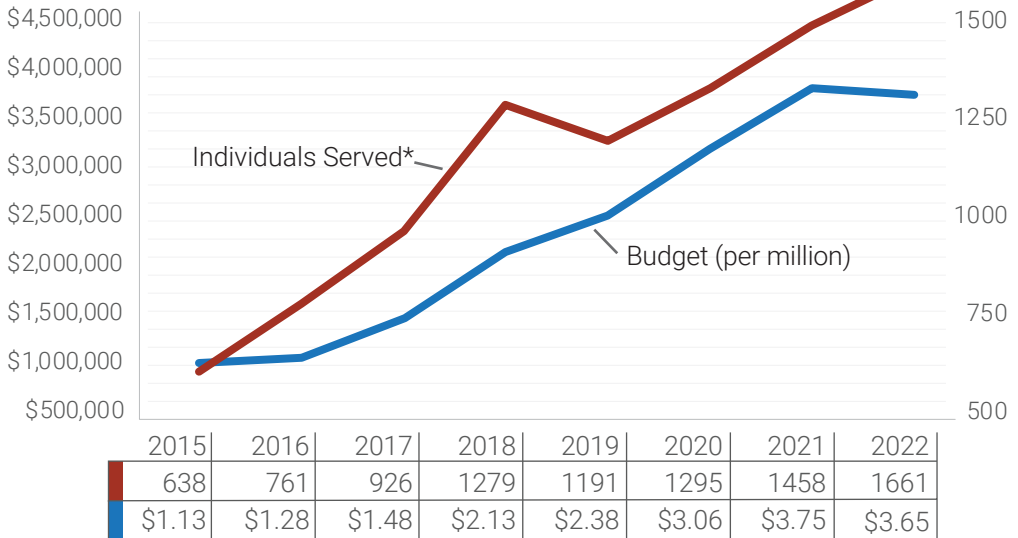
FY23 Financial are July 1, 2022 - June 30, 2023

	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 Community Engagement	\$ 426,582	\$ 827,151	\$ 440,569
Business Operations	\$ -	\$ 424,481	\$ 424,481

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

8 YEAR GROWTH TREND

Operational Budget to Individuals Served



* 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
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* 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.



**CHARIS
LEGACY**
FOUNDATION



Malouf
Foundation.



DANIELS FUND.



HOMETOWN STRONG



**SORENSEN
LEGACY
FOUNDATION**



**THE DELL LOY
HANSEN FAMILY
FOUNDATION**



**THE MARY KAY
FOUNDATION**

**GEORGE S. AND DOLORES DORÉ ECCLES
FOUNDATION**



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



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

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



CAPSA's First Shelter

--- 1984



Moved Office and Shelter

--- 1989



Built Outreach Office and Shelter

--- 2002 & 2004



Therapy & Children's Center Expansion

--- 2017

2021 & 2022

