

CaPa

Healing Hearts and Homes♥



2020 Annual Report

In 2020,
CAPA lifted the
hearts of more than

2,190

children & adults



** This total may include some duplicated counts as several individuals participated in multiple CAPA programs.*



Message from President and CEO

Rochelle Parker



I want to sincerely thank you for all your support in 2020! It was one of the most challenging years this generation has seen, and you were there every step of the way to make sure we had what we needed to support the families we serve.

Within a short time frame, we transitioned all our counseling, case management, and prevention education services to a virtual platform. This was something we had never done!

With this new way of engaging, we continued to enroll families at a high rate and even provided additional support to combat the trauma they experienced due to racial, political, and economic unrest throughout the nation. We accomplished so much together last year, and I just want to share a glimpse with you:

- All enrolled families were given gift cards to purchase food, baby supplies, and other necessities and offered a family fun night basket for the holidays to foster connection.
- All families in our home visiting program continued to receive diapers through Happy Bottoms.
- We celebrated one year at our second location in the Blue Ridge Tower.
- We hired two new therapists of color to support the needs of our communities of color.
- Staff and interns completed an impactful diversity, equity, and inclusion training.
- Staff and interns were equipped with work equipment and furniture to work remotely from home.
- Both CAPA offices adhered to strict COVID-19 guidelines and we had only one reported positive case.
- We celebrated job title changes and promotions to accompany our growth.
- We had a clean financial audit and successful funder site visits.
- We welcomed new board members to the family.

Thank you for your emotional and financial support! We couldn't have done this work without you and I mean that from the bottom of my heart!

Rochelle Parker



CAPA invests in children & families so they can **heal & reach new heights!**

Our Mission

CAPA strives to prevent and treat all forms of child abuse by creating changes in individuals, families and society that strengthen relationships and promote healing.

2020 Financials (unaudited)

A copy of CAPA's most recent Audited Financial Statement is available upon request.

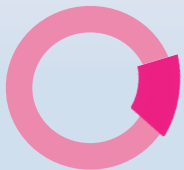
Operational Expense Percentages



80%
Program Expenses



12%
Administrative Expenses



8%
Fundraising Expenses

Operational Revenue Percentages

65%

Government Contracts

12%

Restricted Contributions

5%

Unrestricted Contributions

<1% Special Events

<1% Fees for Service

18%

In-Kind, Interest and Other
Income

Counseling Services



725

individuals received 8,060 hours
of counseling & crisis support

CAPA's wish is that no child will ever have to know what it is like to experience abuse. Until that day comes, CAPA is here to provide individual and family counseling to children and their families who have experienced family trauma, abuse, or neglect. Children and individuals are given a voice through an array of trauma-focused therapies including art and play therapy so they can tell their story and begin to heal.

We believe no family should have to face this challenge alone. With the emergence of COVID-19 in 2020, CAPA quickly responded by developing virtual and telehealth counseling options so that children and families continued to have access to support during a time when they needed it the most.





CAPA understands that parenting is hard even in the very best of circumstances, and sometimes parents need a helping hand.

Our Healthy Families Jackson County™ home-visiting program aims to reduce the risk factors that could lead to adverse childhood experiences, such as child abuse and neglect. With the emergence of COVID-19 early in the year, the program successfully pivoted to deliver critical services virtually. Our caring Family Support Specialists continue to work closely with pregnant and new parents to help promote family resiliency and healthy parenting skills. Through this program, families are connected to additional resources and supports while increasing their knowledge of age-appropriate expectations for their children.



38

individuals received 268 hours of guidance in developing skills for building family strength & success

Family Support Services

Prevention Education Services



1,441

individuals participated in
education & outreach programs

In 2020, CAPA worked to achieve its goal of strengthening families and increasing knowledge of the many ways to recognize and prevent child abuse by offering a variety of virtual educational classes to the community.

Whether it is providing parents and guardians with alternative communication and discipline solutions for their children, visiting with local schools to promote safety skills for children, or supplying knowledge and tools to professionals, CAPA is diligently working to prevent abuse through education and outreach. CAPA believes that each member of our community plays an important role in the prevention of child abuse.





Message from 2020 Board President

Merideth Parrish



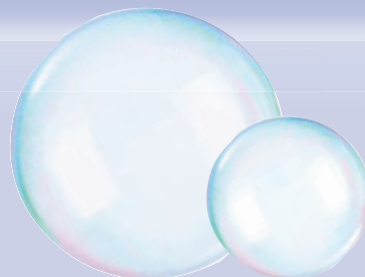
CAPA remains anchored in the fundamental belief that all children and families deserve to feel safe, cared for and loved. In times like these, no truth could be more important as we find ourselves walking through the most unprecedented times of our lives. From navigating the impacts of a global pandemic, to working through how to best serve, educate and support our children during times of crisis and uncertainty, CAPA continues to embrace the opportunity to thrive.

In 2020, the world's climate as we knew it forever changed. Conversations around how to support children and families moved into layers and spheres that were both challenging and complex. Through its dedicated mental health and youth development professionals, CAPA leaned into love and its own learning, retooling many of the aids in our toolbox to include supports around coping with the uncertainties of a pandemic, creating healthy environments for our littlest virtual learners, candid and caring conversations around race reconciliation and developing mental health supports for adults carrying the heaviest of loads. Realizing our children and families are our most important assets and treasured responsibility, we did the hard work. We walked heart first into vulnerable spaces and conversations, unpacking where we believed CAPA had the ethical and moral responsibility to lead, to listen and to love.

On behalf of CAPA's Board of Directors, staff, our professional intern cadre and the many volunteers and stakeholders who work tirelessly to uphold and support this great organization, thank you for continuing to choose CAPA. Thank you for believing and investing in our mission to prevent and treat all forms of child abuse and neglect across the Kansas City area community. Thank you for reinforcing that indeed, our work matters.

Together we will continue to do more than we ever imagined. Together, we will roll up our sleeves, find strength in the messy, the uncertain and the unknown, and perform as good stewards of the clients' lives, our professionals' time and skills, and the financial resources our community has entrusted to us. I'm so excited to serve with and alongside you in work ahead.

Merideth Parrish





“CAPA stuck with me through some of the hardest times of my life and helped me blossom into a strong and capable mother. Thank you, CAPA.”

- CAPA client

Board of Directors

Executive Committee

Merideth Parrish, **President**
Angela Volkmer, **VP Resource Dev.**
Katie Rooney, J.D., **VP Governance**
Mary House, **Secretary**
Shanna Dennie, **Treasurer**
Jennifer Oswald Brown, **Member-at-Large**

Rickey Lee, II
Cristina Marquez
Emily Snow
Danielle Trabon
Tamara Veit
Jhordan Woodard

Administrative and Leadership Team

Rochelle Parker, **President and CEO**
Kristina Jones, **Vice President of Programs**
Megan Campbell, **Vice President of Marketing & Community Relations**
Melody Morgan, **Vice President of Grants & Contracts**
Susan Ruddell, **Manager of Administration**
Kathryn Sterling, **Director of Clinical Services**
Tonika Benson, **Community Education Manager**
Mindy Kissner, **Manager of Family Support Services**
Laura Maine, **Intern Supervisor**
Stacy Steely, **Intern Supervisor**



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