

# CaPa

*Healing Hearts and Homes*



## 2021 Annual Report

In 2021,  
CAPA lifted the  
hearts of more than

1,730

children & adults



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



Message from President and CEO

*Rochelle Parker*



Twenty twenty-one marked the second year of virtual services for CAPA. It still amazes me how we transitioned so quickly to a service delivery model that we had not given much thought to before. And it is interesting how circumstances and situations can birth creativity and innovation.

The staff at CAPA used this time to continue developing meaningful ways to connect with families that kept every safe.

Their innovation has allowed CAPA to meet the same benchmarks and service outcome levels that were being met pre-COVID. These achievements are because of the brilliant work of our therapists, home visitors, and community educators. We have a fantastic staff! Not even a pandemic can keep them from providing quality services.

Serving alongside our staff is our caring, competent Board of Directors. Each member of the board gives their time, talent, and treasure to help families they will never meet. Holding up the arms of our staff and board are our volunteers and supporters. They are like stage crew in a Broadway musical. You may never see them, but the fruit of their work is apparent. The staff, board, volunteers, and other supporters are exactly what it takes to provide critical services like those offered by CAPA, and we couldn't do this work without ours.

As we look forward to 2022 and beyond, we will revisit our values, policies, and procedures to ensure inclusion and equity in our outreach and delivery. We will continue to provide the highest level of support to families with varying needs, which may involve continuing education and training for staff. Whatever it takes to be the best resource in our community is worth considering. Thank you for cheering us on!

Glean from the information shared in this report and challenge yourself to find your place in our work. We cannot do this alone. It takes each one of us to change the world.

*Rochelle Parker*



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

## Our Mission

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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.

## 2021 Financials (unaudited)

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

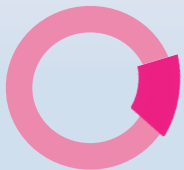
### Operational Expense Percentages



**79%**  
Program Expenses



**12%**  
Administrative Expenses



**9%**  
Fundraising Expenses

### Operational Revenue Percentages

**62%**

Government Contracts

**12%**

Restricted Contributions

**6%**

Unrestricted Contributions

<1% Special Events

<1% Fees for Service

**20%**

In-Kind, Interest and Other  
Income

# Counseling Services



# 556

individuals received 11,267 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 CBT and play therapy so they can tell their story and begin to heal.

We believe no family should have to face this challenge alone. As COVID-19 continued to be a concern for our community in 2021, CAPA maintained critical virtual and telehealth counseling options so that children and families had access to support when they needed it 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 continued health and safety risks of COVID-19, the program again delivered critical services virtually during 2021. Our caring Family Support Specialists 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.



**47**

families received 714  
individualized support and  
case management visits

## Family Support Services

# Prevention Education Services



990

individuals participated in education & outreach programs

*In 2021, 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 Board President

***Katie Rooney, J.D.***



There were high hopes to return to some sense of normalcy in 2021, and while our expectations may not have been met in many ways, CAPA continued to provide vital educational, counseling, and supportive services to families during these difficult times.

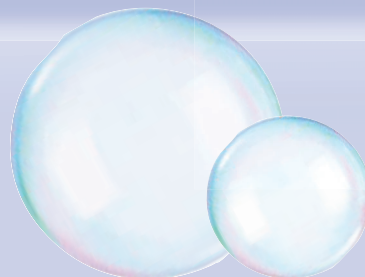
At one recent Board Retreat we were able to experience some of these services firsthand.

CAPA Clinical Program staff members walked board members through activities used with clients during virtual therapy sessions. To say that CAPA professionals have adapted is an understatement! Board members participated in several activities. One was back-to-back drawing which is a communication tool generally used with older youth or couples and shows the two people participating where their communication issues may lie or how they may be communicating differently. The participants sit back-to-back while one person prompts the other one to draw what they are describing. My attempt definitely looked nothing like a penguin in spite of a detailed description by Clinical Services Director, Kathryn Sterling!

We also participated in an activity using miniatures in a virtual sandbox to tell a story that contained a beginning, middle and end. Generally, this is used with children who choose their own miniatures after being prompted with questions such as, "Where is your safe place and who is a safe person?" Our final activity was an emotions identification event. We were shown photos and asked to identify the emotion we thought the individual in the photo was feeling, and what led us to identify that emotion. Board members found these activities to be engaging, entertaining and meaningful.

The community support that CAPA receives allows its professional staff to continue to provide, innovate, and implement new ways to work with children and families in our community to ensure they feel safe and supported. CAPA's commitment to treating and preventing all forms of child abuse and neglect cannot be done without the community support we receive year after year. All of us - the Board of Directors, the staff, interns, and children and families we serve appreciate the support and contributions you made during 2021. Thank you.

*Katie Rooney*





*“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

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### *Executive Committee*

Katie Rooney, J.D., **President**  
Merideth Rose, **VP Programs**  
Danielle Trabon, **VP Resource Dev.**  
Tamara Veit, **VP Governance**  
Mary House, **Secretary**  
Shanna Dennie, **Treasurer**  
Rickey Lee, II, **Member-at-Large**

Terri Brewer  
Jennifer Oswald Brown  
Mike Hobson  
Kimberly Lor  
Cristina Marquez  
Emily Snow  
LaTasha Tuggle  
Angela Volkmer  
Jhordan Woodard

## Administrative and Leadership Team

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Rochelle Parker, **President and CEO**  
Kristina Jones, **Vice President of Programs**  
Megan Campbell, **Vice President of Development & Communications**  
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**  
Kayla Zartman, **Intern Supervisor**



**capacares.org**

503 E. 23<sup>rd</sup> Street, Independence, MO 64055  
(816) 252-8388