

# CaPa

*Healing Hearts and Homes* 



2022 Annual Report

In 2022,  
CAPA lifted the  
hearts of more than

**1,734**

children & adults



Message from President and CEO

*Rochelle Parker*



In 2022, CAPA celebrated 47 years of serving our community's most vulnerable children and families. Serving alongside our staff for over twenty of those years have been aspiring social workers and therapists from over a dozen local colleges, universities, and high schools. CAPA has been the training ground for over two hundred students who are learning firsthand how to help heal the hearts and homes of those who have experienced neglect, abuse, and other family trauma.

In 2022, CAPA's internship program was acknowledged as the most robust in our region. With the help of a few key community partners, CAPA is well on its way to helping other organizations duplicate this program.

I meet former CAPA interns almost everywhere I go in Kansas City. Ask any social service organization in the area, and you'll find this claim true. This well-oiled machine is helping solve workforce shortage issues in our community and it is challenging our peers to have an intentional conversation and focus on employee retention, self-care, and competitive wages. We are honored to be entrusted by so many with the precious resource of student interns. I am excited to see where this program goes in the next five years!

At CAPA, we have over fifty staff and interns serving throughout the metro six days per week for an average of 10 hours per day. Our reach goes beyond our two offices in Kansas City and Independence into schools in the Kansas City, Raytown, Fort Osage, and Independence school districts, charter schools in midtown, homes of new and expecting parents throughout the county, and virtually across the states of Missouri and Kansas. Our reach has come a long way since 1975, and it is much larger than one can see from afar.

CAPA is committed to preventing and treating all forms of abuse and neglect in our community - one child, one parent, one household, one school, and one advocate at a time. We thank you for your genuine interest in our mission and your shared passion for seeing that all children grow up in safe and healthy homes.

*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.

## 2022 Financials (unaudited)

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

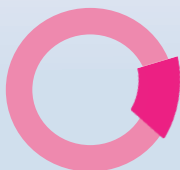
### Operational Expense Percentages



**78%**  
Program Expenses



**14%**  
Administrative Expenses



**8%**  
Fundraising Expenses

### Operational Revenue Percentages

**60%**

Government Contracts

**13%**

Restricted Contributions

**6%**

Unrestricted Contributions

1% Special Events

<1% Fees for Service

**21%**

In-Kind, Interest and Other  
Income

# Counseling Services



**339** individuals received 8,631 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. Adjusting to a "new normal" in 2022, CAPA adopted on-going hybrid counseling options so that children and families have access to support when and where they need 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 a hybrid approach that is most comfortable for families, our caring Family Support Specialists/Home Visitors 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 support while increasing their knowledge of age-appropriate expectations for their children.

**39**

families received 363 individualized support and case management visits



## Family Support Services

# Prevention Education Services



**1,316** individuals participated in education & outreach programs

*In 2022, 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 educational classes to the community.*

Whether it is providing parents and guardians with healthy communication and discipline solutions for their children, visiting with students in area schools, or engaging with the community at health fairs, CAPA is diligently working to prevent abuse through education and outreach in a variety of formats. CAPA believes that each member of our community plays an important role in the prevention of child abuse.





Message from 2022 Board President  
*Katie Rooney, J.D.*



CAPA has continued to thrive in its work to ensure that all children and families feel safe and supported by providing low and or no cost counseling, parenting skills education, family and home visiting support, and community-wide prevention education.

We could not continue this essential work without the community support received year after year.

At a time when mental health and other supportive services are desperately needed, CAPA has been able to provide those services and has adapted its capability for a hybrid model of services, in addition to training future essential mental health providers through our intern program. Our current Therapists, most of whom are Registered Play Therapists or are working to achieve their certification, have utilized amazing play therapy kits that provide the necessary tools for interacting with their clients whether in person or virtual. These kits are essential for engaging the clients and allowing them to open up in the therapeutic environment.

Thanks to the support and contributions received, the Board of Directors, the staff and interns working with and for CAPA are able to focus their energies on the goal of treating and preventing all forms of child abuse and neglect. This in turn allows us to assist the families in reaching their full potential.

I would like to take this opportunity to say thank you for all you have done to support CAPA in the last year. Let's continue moving forward and finding new ways to serve and support our clients.

*Katie Rooney*





*“You were a safe person that my child could trust in a time when they didn't have many, and that is something that will stay with them always.”*

- CAPA client

## 2023 Board of Directors

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### Executive Committee

Danielle Trabon, **President**  
Emily Snow, **VP Programs**  
Kimberly Lor, **VP Resource Dev.**  
Tamara Veit, **VP Governance**  
Terri Brewer, **Secretary**  
LaTasha Tuggle, **Treasurer**  
Jhordan Woodard, **Member-at-Large**

Tamara Buckner  
Shanna Dennie  
Mary House  
Rickey Lee, II  
Kimberly Lor  
Erin Mayfield Craig  
Daniel O'Neill  
Katie Rooney, J.D.  
Merideth Rose

## 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**  
Alexis Wright, **Community Education Manager**  
Mindy Kissner, **Manager of Family Support Services**  
Kiara Ohle, **Intern Supervisor**  
Kayla Zartman, **Intern Supervisor**



**capacares.org**

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