



CHILDREN & FAMILIES OF IOWA

2014 - 2015 Annual Report



Restoring **hope**.
Building **futures**.
Changing **lives**.



children &
families of iowa

A MESSAGE FROM CEO JANICE LANE

Greetings,

On March 1, 2015, I stepped into the role of chief executive officer (CEO) following the retirement of Dr. Gloria Gray. It is an honor and privilege to serve and be a part of such an impressive legacy and respected organization.

I joined Children & Families of Iowa (CFI) in 1998 as the program supervisor of the Ankeny site, Cornerstone Recovery. I was immediately impressed with the vision and commitment level of the staff, administration and boards. It was obvious to me that the passion to make a difference in the lives of children and families was real in every program. I wanted to be an integral part of this movement within the agency – to be a leader providing quality services and utilizing effective and innovative approaches for youth.

In 2007, I was promoted to chief operations officer with oversight of the mental health, residential, child welfare, domestic violence and community-based services. The team of program managers under my supervision were strong, committed professionals with a passion for the field of social work and human services.

Last fiscal year, CFI served more than 29,000 children and families across the state of Iowa. As an organization, we continue to move forward, adjusting to state and national funding challenges and system redesigns. We have been successful in:

- Implementation of agency-wide technology enhancement that aligns us with the advances in Medicaid modernization and improved data collection methodologies.
- Being selected as one of two contractors to provide Family Safety, Risk, and Permanency services to families involved with the Department of Human Services. This program provides services to families within a 15-county service area.
- Partnering with Drake University to provide Early Head Start for families with infants enrolled in our Child Development Center. This will increase child care capacity for families residing in the Des Moines metro area and provide additional capacity for student-parents who are completing their high school education.



Thanks to your ongoing investment, caring donors, board members, volunteers and employees, CFI is able to continue to **restore hope, build futures and change lives** for Iowa's children and families. I welcome the opportunity to meet with you and share the vision of the agency. Please take a moment to review this annual report and visit our website for additional information.

A handwritten signature in blue ink that reads "Janice Lane". The signature is written in a cursive, flowing style.

Janice Lane, LMSW, IADC
Chief Executive Officer
Children & Families of Iowa

OUR PROGRAMS

Domestic Violence Services

Secure shelter, medical and court advocacy, housing assistance, education and support groups, outreach, and counseling for victims of domestic violence and their children.

Early Childhood Development Services

Affordable, quality child care options for low-income working families, with therapeutic classrooms that serve children with emotional and behavioral challenges.

Family Support Programs

Services to prevent child abuse and support family engagement and permanency, as well as financial services for individuals unable to manage financial responsibilities on their own.

Mental Health Services

Therapeutic, trauma-informed counseling for individuals, couples and families.

Teen Programs

Residential group care, substance abuse treatment, mental health therapy, skill-building classes, financial education and career-planning for at-risk youth facing barriers to success.

PROGRAM OPERATING BUDGET

FISCAL YEAR 2014-2015

REVENUES AND SOURCES OF SUPPORT

Purchase of Service	56.9%
Public Grants/Contracts	18.4%
Third Party/Client Fees	14.8%
United Way	4.8%
CFI Foundation Support	2.7%
Miscellaneous	2.4%

Total: \$16,453,993



BY THE NUMBERS

Fiscal Year 2014-2015

Children & Families of Iowa (CFI) provides critical services to those who are facing life's toughest challenges. Here are a few examples of your dollars at work restoring hope, building futures and changing lives for Iowans in need during fiscal year 2014-2015.

29,577 children and adults served

\$16.5 million

amount CFI invested in human service programs.

90 cents

of every dollar CFI receives goes directly to providing client services.

94%

of surveyed clients reported CFI programs had a positive impact on their lives.



Created safe homes for **16,053** children and their families

through in-home counseling, foster care and family support services.

 = 500 Individuals



Restored hope for **6,803** victims of domestic violence

through safe shelter, domestic violence hotline and outreach services.



Providing a warm smile and much needed support during life's hardest moments: that's what CFI has been doing for 128 years. Legislative winds blow, change happens, uncertainty is part of life. At CFI, our families get a rest from the struggle and are equipped with skills to take on tomorrow. I'm thankful for our incredible staff, committed donors, corporate partners and our engaged Foundation and Agency board members. Thanks to their efforts, CFI will continue to provide high quality service to those that need it the most.

I urge anyone reading this message to help us restore hope, build futures and change lives as part of the CFI Family.

*-Ben Bruns
President*

Agency Board of Directors



Helped **2,409**
individuals reshape
their lives

by offering financial
management and counseling.



Helped **2,116** individuals
build brighter futures

with programs focused on overcoming
substance abuse, trauma and other
barriers to success.



Prepared **2,196**
individuals for success

through affordable, quality
child care as well as case
management for families dealing
with mental health issues.

Foundation for Children & Families of Iowa

What We Do

The Foundation for Children & Families of Iowa (CFI), led by the Board of Trustees, cultivates relationships with those concerned for Iowa children and families struggling in their everyday lives. The Foundation is responsible for raising financial support, overseeing endowment funds and creating public awareness for the programs and services provided statewide by CFI. During fiscal year 2014-2015, the Foundation raised \$1,494,139 in annual support through the generosity of our loyal donors.

Visit www.cf Iowa.org for a complete list of donors.

Endowment for Children & Families of Iowa

When you invest in the Endowment for Children & Families of Iowa, you invest in the families of tomorrow. Our endowment allows you to ensure that future generations will benefit from your generosity, and that you will continue to make a difference for years to come.



Amy Stapp-Arpy, CFRE
CDO/VP of Development
and Communications

“Children & Families of Iowa is an excellent support resource and provides hope and opportunity for thousands of Iowans each year.”

*–Eric Faust
President
Foundation Board
of Trustees*



2016 EVENTS



KIDSFEST

Friday, March 4 - Sunday, March 6, 2016

Iowa State Fairgrounds
Varied Industries Building

A child-centered festival full of fun activities, games and entertainment for children and their families.

FAMILY TEES GOLF TOURNAMENT

Friday, July 1, 2016

Terrace Hills Golf Course

An inter-generational golf tournament for all ages celebrating family, friends and healthy activities.

LADIES' INVITATIONAL GOLF TOURNAMENT

Friday, July 15, 2016

Copper Creek Golf Course

Annual best shot tournament is a premiere event in amateur women's golf.

TANGO

Friday, July 29, 2016

Sheraton, West Des Moines

Honorary Chairs: Suku and Mary Radia

A spectacular night of entertainment featuring delicious food, live music and wonderful auction items.

PRINCESS PARTY

Saturday, November 5, 2016

Jordan Creek Town Center

Little princesses and their chaperones enjoy a fun-filled morning of activities complete with breakfast, dancing, princess spa treatments and appearances by your favorite storybook princess.

Find us online

Visit www.cfiowa.org, "like us" on Facebook, or follow us on Twitter for up-to-date information and to register for CFI events.



CHILDREN & FAMILIES OF IOWA LEADERSHIP



Clockwise, left to right: Amy Stapp-Arpy, Pat Rogness, Janice Lane, Sharon Haning, Jennifer Pavlovec and Cheryl Johnson.

CHILDREN & FAMILIES OF IOWA LEADERSHIP TEAM

Janice Lane
Chief Executive Officer

Sharon Haning
Chief Human Resources Officer/
Vice President of Human Resources

Jennifer Pavlovec
Chief Financial Officer/
Vice President of Finance

Amy Stapp-Arpy
Chief Development Officer/
Vice President of Development
and Communications

Cheryl Johnson
Vice President of
Community Based Services

Pat Rogness
Vice President of
Mental Health Services

CHILDREN & FAMILIES OF IOWA BOARD MEMBERS 2014-2015

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EXECUTIVE COMMITTEES 2014-2015

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BOARD OF TRUSTEES

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Eric Faust, *EMC National Life Company*

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Fundraising Committee Chair

Eric Faust, *EMC National Life Company*

Investments Committee Chair

Paul Erickson, *Bankers Trust Company*





DOMESTIC VIOLENCE SERVICES

WHAT WE OFFER

- Emergency safe shelter
- Domestic violence hotline
- Housing and employment assistance
- Medical and legal advocacy
- Youth and children's services
- Outreach and education

WHO WE SERVE

The majority of our clients are women and children who have no financial resources and are struggling to overcome physical, verbal and economic abuse. Economic abuse leaves victims without funds to leave the abuser.

In fiscal year 2015, CFI's Domestic Violence Services:

- Assisted **6,803** clients, including **313** children.
- Provided more than **20,000** shelter nights at CFI's emergency safe shelter, the largest in Iowa and the only one in Polk County.
- Provided **60** beds and averaged **154** meals per day at the safe shelter, which operates at full capacity.
- Presented outreach and educational workshops to **5,380** adults, teens and children in the community.

BRINGING HOPE TO IOWA FAMILIES

"I was in an abusive relationship with Joe*, the father of my two daughters. While I did have a job, Joe controlled all of the money I earned, not allowing me the resources to leave him for long. I wanted to believe him when he told me that the abuse would stop and that he would change. He is the father of my children. I wanted them to grow up knowing their father, and I felt that keeping the family together was the best thing for us all.

In 2011, I found myself at Children & Families of Iowa's (CFI) Domestic Violence Shelter. CFI helped me take my daughters to Chicago, away from Joe, and to be near my family. Somehow Joe found us, and once again I believed his promises of change, and I brought the family back to Iowa.

Then last year I realized the damage the abuse was causing me and my children. I did not want my daughters growing up with the same violence that I had experienced as a child. Knowing that my children needed security and safety, I made the choice to leave Joe for good. I came back to the shelter and started taking advantage of support services, groups and classes.

CFI helped me find strength and determination to make a better life for my girls and myself. I want to be a good role model and show them that we can make it on our own. I made a plan with CFI's help, and I stuck to it. I have been talking about going to school for forensic science since 2011, and it has now become a reality. I have enrolled in college classes."

Ashley*

**Names have been changed to protect client confidentiality.*

Follow the stories of five of our clients as they go from tragedy to a new life with help from Children & Families of Iowa's services.



EARLY CHILDHOOD DEVELOPMENT SERVICES

WHAT WE OFFER

- Affordable, quality child care for low-income working families
- Therapeutic child care
- School-based infant and toddler care

WHO WE SERVE

The majority of our clients are low-income families looking for quality child care for their children. Children & Families of Iowa also provides intensive care and education for young children facing severe emotional and behavioral obstacles, as well as school-based infant and toddler care programs.

In fiscal year 2015, CFI's Early Childhood Development Services:

- Assisted **371** clients, including **201** children.
- Provided more than **50,000** days of child care at CFI's Child Development Center and Teddy Bear Town Child Care. Teddy Bear Town is located at SCAVO Alternative High School in Des Moines.

"Jacob* was only three when he began attending CFI's Child Development Center (CDC). He started off in a typical classroom. Soon, however, it became evident to me and CFI staff that this was not a good fit for my little Jacob. He had difficulty forming friendships with classmates, demonstrated behavioral issues like running from his classroom, and he acted aggressively toward others instead of using words to express his needs and wants. After evaluation by CFI's on-site child therapist, we decided that Jacob needed a smaller classroom with more structure and individualized attention.

With unwavering commitment to helping Jacob, CFI staff met with me to discuss the best options for Jacob to develop into a healthy child able to thrive when he entered school. We decided that CFI's Therapeutic Child Care (TCC) program would be the best fit, as it has individualized instruction that targets students with Jacob's specific needs. Since his placement in TCC, Jacob has benefited from exercises in speech therapy and relationship building. Thanks to CFI, my little boy is looking forward to starting kindergarten in the fall."

Mary*

**Names have been changed to protect client confidentiality.*





MENTAL HEALTH SERVICES

WHAT WE OFFER

- Trauma-informed care
- Child-parent psychotherapy
- Eye movement desensitization reprocessing
- Parent child interaction therapy
- Behavioral health intervention services
- Psychiatric services
- Outpatient mental health treatment groups

WHO WE SERVE

The majority of our clients are individuals and families who have experienced trauma.

In fiscal year 2015, CFI's Mental Health Services:

- Assisted **2,060** clients through family counseling services, including **714** children.
- Provided support, direction and education to **693** clients, including **389** children, through behavioral health intervention services in client homes.

“I gained temporary custody of Alex*, my four-year-old grandson, and his little brother when the boys were removed from my daughter's care due to substance abuse issues in her home. When it became apparent that Alex might benefit from therapy, the Department of Human Services referred me to CFI's Fort Dodge Family Service Center.

Alex was acting out and not following directions, throwing tantrums and testing his limits. He was also experiencing separation anxiety. He had supervised visits with his mother, which often left him confused and upset.

Through therapy and behavioral health intervention services provided by CFI, Alex has been able to build a trusting relationship with me. He is able to identify his feelings and use words so that I can help him. Alex went from feeling very sad and filled with anxiety to being my laughing, smiling and sometimes goofy grandson and loving big brother.

I admit that I do not know everything about raising a child with special needs, and I appreciate the suggestions from CFI staff. I now have been granted permanent custody of Alex and his brother, and have no doubt that, with the help of CFI, we will continue to live a happy and stable life.”

Sophia*

**Names have been changed to protect client confidentiality.*





TEEN SERVICES

WHAT WE OFFER

- Mental health and addiction treatment for teens
- Youth work readiness program
- Residential treatment group homes
- Tracking and monitoring

WHO WE SERVE

Most clients have long histories of abuse, trauma, mental illness and/or addiction. We are the last hope for many of these teens.

From our group homes for troubled teens, to our teen addiction recovery center, to our foster care support groups, we are dedicated to ensuring a brighter future for teens in our state.

In fiscal year 2015, CFI's Teen Services:

- Assisted **2,116** clients, including **1,285** youth.
- Provided **999** clients, including **566** youth, with substance abuse treatment and counseling.
- Assisted **549** clients, including **218** youth to continue their education and find employment.
- Provided tracking and monitoring services for **439** clients of the justice system, all of whom were youth.

"At 16, I have come a long way from the angry, defiant kid I used to be. Just a year ago, I was facing a judge in court after running away from home. I was charged with assault and marijuana possession.

The judge ordered me to come to CFI's Cornerstone Recovery program, a substance abuse treatment center for teenagers. I attended four nights a week after school. Cornerstone helped me deal with things in my life. The staff there helped me realize the issues my actions were causing.

My troubles began during my parents' divorce when I got involved in the wrong crowd and started smoking marijuana and skipping school. I just didn't care about anything or anyone, and my parents were dealing with their own stuff.

I still receive counseling services from CFI, and I feel like I am dealing with things better since I started the program. I think more about the consequences of my actions. I am very thankful for all CFI has done for me and my family."

Jasmine*

**Name has been changed to protect client confidentiality.*





"I was clean and sober for almost five years when I came face-to-face with the source of suffering from my past. I had been raising my young daughter and living a healthy lifestyle, working hard to maintain my recovery and forget the violence that I had endured. One day while shopping with my mom, I recognized the clerk at the cash register. He was my rapist. I was horrified to see him, but he didn't recognize me.

The painful memory of my assault had haunted me every day for years, yet I had pushed it to the back of my mind. After seeing my attacker in the store, I became consumed by the possibility he felt no remorse. I reverted back to substance abuse as a coping mechanism and put myself at risk of losing custody of my little girl. Fortunately, I had the opportunity to participate in CFI's in-home counseling program. CFI helped me deal with the root of my trauma, address my pain and stay focused as a mother. I am thankful for CFI's counseling program which connected me with support groups and community resources to keep me and my daughter safe and healthy."

Amber*

**Name has been changed to protect client confidentiality.*

FAMILY SUPPORT SERVICES

WHAT WE OFFER

- Adoptive services
- Family-centered services
- Financial management services

WHO WE SERVE

Most clients are in need of a safe, stable home for themselves and their children.

Our services range from home studies, support for foster/adoptive parents and relative caregivers, to safety planning for families in crises, as well as life and parenting skills training. CFI's staff is flexible, supportive and committed to finding every family the help they need. Our goal is to keep children safe and, whenever possible, to keep families together.

In fiscal year 2015, CFI's Family Support Services:

- Assisted **87** clients, including **47** children, through our adoptive services program.
- Educated and assisted **2,094** clients to become better parents through our Parent Partners and 24/7 Dads programs.
- Helped stabilize **5,303** individuals, including **2,344** children, through our family safety, risk and permanency program.



CHILDREN & FAMILIES OF IOWA'S FAMILY SUPPORT CENTERS

DES MOINES

Family Service Center

1111 University Avenue
Des Moines, IA 50314
Phone: 515.288.1981

Child Development Center

801 Forest Avenue
Des Moines, IA 50314
Phone: 515.282.2193

ANKENY

Cornerstone Recovery

501 S.W. Ankeny Road
Ankeny, IA 50023
Phone: 515.289.2272

FORT DODGE

Family Service Center

111 Avenue O West
Fort Dodge, IA 50501
Phone: 515.573.2193

OSCEOLA

Family Service Center

105 E. McLane Street
Suite 400
Osceola, IA 50213
Phone: 641.342.3444

OTTUMWA

Family Service Center

408 East Main Street
Ottumwa, IA 52501
Phone: 641.682.3642

www.cfiowa.org
www.givetocfi.org



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