



CHILDREN & FAMILIES OF IOWA

2015 - 2016 Annual Report



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



children &
families of iowa

A MESSAGE FROM CEO JANICE LANE

Greetings,

Children & Families of Iowa (CFI) continues to excel in meeting the needs of children and families throughout the state of Iowa. Last fiscal year, CFI impacted the lives of more than 37,500 children and families throughout all 99 counties with essential services and programs. Our senior leadership team and staff are committed to making a difference in the lives of people that we touch and the communities in which we serve.

We are pleased with the acknowledgements and recognition that we have received for the various services that we provide to our clients and community. We have several recent achievements to highlight:

- CFI's Fort Dodge Family Service Center received the Agency Excellence Award from the Northwest Foundation and United Way of Fort Dodge.
- The United Way of Central Iowa OpportUNITY Summit recognized CFI's Connect 2 Careers program for their important work in career readiness and employment for youth.
- Pat Rogness, Vice President of Mental Health Services at CFI, was one of the recipients of the Iowa Coalition of Child and Family Services Champion of Children Award as a KINNECT Level III Trauma Coordinator. Pat is one of only six statewide Level III Trauma Coordinators in Iowa.
- Cornerstone Recovery Program expanded its outpatient programming to include substance abuse services for adults.

Thank you to our board members, caring donors, volunteers and employees for your ongoing support and investment. CFI continues to restore hope, build futures and change lives for children and families

that reside in Iowa. I look forward to seeing you at our fundraising events or a scheduled visit to 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 MISSION

***Restoring Hope.
Building Futures.
Changing Lives.***



ABOUT CHILDREN & FAMILIES OF IOWA

Children & Families of Iowa (CFI) is a 501(c)(3) nonprofit organization dedicated to improving the lives of children and families throughout Iowa. Headquartered in Des Moines with offices in Ankeny, Fort Dodge, Osceola and Ottumwa, CFI provides services in the following areas: domestic violence prevention and intervention, teen programs, family support, early childhood development, mental health and substance abuse.

CFI PROGRAMS

BY THE NUMBERS

Fiscal Year 2015-2016

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 2015-2016.

37,573

children and adults impacted.

\$16.5 million

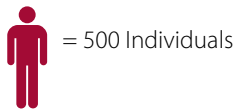
amount CFI invested in human service programs.

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 **10,981** children and their families

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



Restored hope for **9,528** individuals through domestic violence programs

including safe shelter, domestic violence hotline and outreach services.



Helped **6,890** individuals build brighter futures

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



Helped **6,402** individuals reshape their lives

by offering parenting education and support.



Prepared **3,772** individuals for success

through affordable, quality child care and employment readiness training for youth.



"I've always considered CFI a great organization in support of children and families in Iowa. My decision to join the board was made quickly with my tour of the child care facility. As I toured and met staff and children a four year old boy grabbed my hand and looked up at me with this amazing smile.

It spoke the mission of restoring hope, building futures, and changing lives."

*–Carmen Yancey
President
Agency Board of Directors
2016-2017*

AGENCY BOARD OF DIRECTORS 2015-2016

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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 2015-2016, the Foundation raised \$1,464,138 through the support of our generous and loyal donors.

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

Make a lasting impact

When you invest in the Endowment for Children & Families of Iowa, you invest in helping 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



With a thankful heart, we remember...

Mary Mantz

In 2005, Mary Mantz of San Francisco discovered Children & Families of Iowa through a Wells Fargo outreach program. After learning about CFI's mission and services, Mary made an initial gift – and many more throughout the years. Mary ultimately wanted to help at-risk children overcome their circumstances and enjoy better lives.

Sadly, this past summer Mary passed away following a courageous battle with cancer. However, Mary had graciously included CFI in her trust as one of three organizations to benefit from her estate.

CFI extends an extra measure of gratitude and appreciation to Mary, a remarkable woman who did remarkable things for others. Additional appreciation is due to Mary's family, especially her sister, Andrea Uitley, for sharing Mary's story with CFI.

The Marian and Don Easter Family has been

a longtime supporter of Children & Families of Iowa. Marian and Don deeply cared about the futures of Iowa's youth. Marian, an avid reader and classical music connoisseur, taught elementary students for two years before marrying Don in 1941. They raised five children together in central Iowa, who continue their philanthropic efforts.

Marian and Don began supporting CFI financially in the early 1990s, and graciously continued their support for many years. CFI was saddened by Don's passing in 2011 and, most recently, Marian's passing in 2014. Marian and Don had generously named CFI as a beneficiary of their estate; their legacy continues in CFI's efforts to help at-risk children and families throughout Iowa.

CFI is grateful for the Easter family and their vision, dedication and generosity.

"It is a privilege for me to work with the Foundation for Children & Families of Iowa Board of Trustees. CFI provides exceptional services including domestic violence, teen programs, family support, early childhood development and mental health to those in need throughout the state. The board of trustees are committed to doing their very best work to support this great organization."

*–Paul Erickson
President
Foundation Board of Trustees
2016-2017*



FOUNDATION BOARD OF TRUSTEES 2015-2016

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Vice President of Finance



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Vice President of Human Resources



Cheryl Johnson
Vice President of
Community Based Services



Pat Rogness, MS, LMHC, CADC
Vice President of
Mental Health Services



CFI PROGRAMS

CFI strives to restore hope, build futures, and change lives for Iowa's most vulnerable children and families. CFI accomplishes this mission through the following family-centered, evidence-based, interconnected program areas:

Domestic Violence Services

Emergency safe shelter; rental and utility assistance; outreach advocacy, and education; and support groups for victims and their children.

Teen Programs

Services for teens who are not well-equipped to manage the transition to adulthood. CFI helps these teens through outpatient mental health and substance abuse services, workforce readiness programs, and mentoring.

Family Support Programs

In-home programs that provide support for families in crisis.

Early Childhood Development Services

Child Development Center for low-income families with children ages two weeks to 10 years. Therapeutic classrooms designed to serve children with special needs.

Mental Health and Substance Abuse Services

CFI provides mental and behavioral health services for individuals and families, delivered by highly-trained mental health professionals. CFI also provides substance abuse services for individuals or all ages, designed to halt the progression of alcohol and substance abuse at its earliest stages, before chronic dependency sets in.



YOUR GENEROSITY HAS AN IMPACT

With the help of CFTJ's programs...

- **A boy** with a history of behavioral problems attended kindergarten and thrives in a traditional classroom setting for the first time.
- **A woman** dealing with multiple mental health issues made significant improvements, restoring balance to her life.
- **A man** with a history of aggressive behavior learned to take responsibility for his actions and mend broken relationships.
- **A mother** and her children received better housing, along with education about safety, household organization and improvement.
- **A father** struggling with substance abuse overcame depression, anxiety and guilt to become a better parent for his two daughters.
- **A mother-daughter relationship** greatly improved after they both developed conflict resolution and communication skills.
- **A teenager**, once addicted to drugs, overcame his addictions, learned positive social skills, and enrolled in college after successfully completing his high school degree.





INDIVIDUAL TESTIMONIES *Names have been changed to ensure client confidentiality

“The knowledgeable and caring teachers at the Childhood Development Center (CDC), the classroom structure, and low teacher-to-student ratio have made all the difference for my son Seth*. He now works well in groups and is able to use self-control with others. He is learning to think before he acts. The CDC is a blessing, and I am grateful for all of the help we have received. I cannot say thank you enough.”



“My Parent Partner has taught me that there are better choices to be made in my life – that I’m capable of making a better life for myself. I am growing in positive ways, thanks to the Parent Partners program: I am in my second term of college, even though I thought college would never be a possibility. Also, I have been sober for eight months. Between taking college courses, working a full-time job, and being a parent for my kids, I can see now that I am more than capable of success.”



“Throughout my therapy sessions I felt valued and respected. This sense of worth taught me that there are people who care about me, and I felt comfortable sharing my emotions honestly with my therapist. As I made progress, I began to notice small yet positive changes in my life – changes inspired by new-found trust and self-confidence. I finally learned how to trust others and, most importantly, myself.”



“I brought my five-year-old son, Cory*, to CFI’s Mental Health Services after gaining legal guardianship of him. He was very closed off and protective, a reflection of the difficult childhood he had experienced. But through CFI’s extensive work with him, Cory is beginning to open up about the past traumas in his life. He is learning how to function in society and as part of a family. And even though he still has a lot to overcome, Cory finally has the support needed to help him succeed.”







OFFERING

HOPE

FOR ALL IOWANS

"For years I have given my time and money to many causes I believe in. However, nothing hit home for me more than when I found myself as the person in need of help.

I never thought of myself as someone in need; rather, I saw myself in the position of helping others. But when my marriage turned abusive, my husband brought illegal drugs into the house, and my baby girl and I felt threatened, I knew I needed help. Attempting to handle it on my own was simply not enough. **Being the victim of domestic violence was something I never thought would happen to me.**

I grew up in a great home and benefited from quality education. I'm smart and have a wonderfully successful job; yet, there I was in this seemingly helpless situation. I needed help making the right decisions, keeping my family safe, and being there for my baby girl, while somehow being productive at work.

I decided to call Children & Families of Iowa.

Because of that call and referral to their domestic violence services, and the counseling I received, I successfully filed for a protective order against my husband that is in place indefinitely, providing reasonable safety for my daughter and me at home. And though it took nearly two years and many, many sleepless nights, I am now successfully divorced with enforceable controls in place to monitor my daughter's care when she has visitation with her father.

I simply want to say thank you. Thank you for helping me deal with my trials in a way that was not filled with shame, or blame, but with compassion."

Erica*

*Name has been changed to protect client confidentiality.

UPCOMING CFI EVENTS



Family Tees Golf Tournament

Date: June 19, 2017

Location: Terrace Hills Golf Course - Altoona, Iowa

Join us for an inter-generational golf tournament that is fun for all ages! Three flights are available. Two nine hole, morning flights are alternating shot, reserved for youth and adult duos. Flight three is an adult, 18 hole, best shot foursome.



Ladies' Invitational Golf Tournament

Date: July 21, 2017

Location: Copper Creek Golf Club - Pleasant Hill, Iowa

This favorite annual four-person scramble tournament is a premier event in amateur women's golf.



Tango

Date: July 28, 2017

Location: Sheraton West Des Moines Hotel - West Des Moines, Iowa

The annual Tango Gala features live music, dancing, live and silent auctions, hors d'oeuvres and more! This enjoyable evening raised over \$140,000 for Iowa families last year.



Princess Party

Date: October 21, 2017

Location: Jordan Creek Town Center (food court) - West Des Moines, Iowa

A special morning with that little princess in your life – breakfast, crafts, games, dancing and lots of fun for the tiara-wearing crowd!



Kidsfest, presented by Veridian Credit Union

Date: March 2-4, 2018

Location: Iowa State Fairgrounds Varied Industries Building - Des Moines, Iowa
Children & Families of Iowa's Kidsfest, presented by Veridian Credit Union, is about families, fun and building bright futures for Iowa kids. Enjoy costume characters, super heroes, kid-friendly exhibitors, free entertainment and activities.



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Thank you

to our 2015-2016 event sponsors!

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- Brian & Kelly Wirt
- Wright Tree Service, Corp
- Larry & Kathi Zimpleman

CHILDREN & FAMILIES OF IOWA'S FAMILY SUPPORT CENTERS

Family Service Center Locations

Des Moines

1111 University Avenue
Des Moines, IA 50314
Phone: 515.288.1981

Cornerstone Recovery Center – Ankeny

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

Northside

2331 E. 8th Street
Des Moines, IA 50316
Phone: 515.266.6338

Southside

1011 Park Avenue
Des Moines, IA 50315

Fort Dodge

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

Osceola

105 East McLane, Suite 400
Osceola, IA 50213
Phone: 641.342.3444

Ottumwa

408 E Main Street
Ottumwa, IA 52501
Phone: 641.682.3642

Foundation for Children & Families of Iowa

1111 University Avenue
Des Moines, IA 50314
Phone: 515.697.7972

Additional Des Moines Area Programs

Child Development Center

801 Forest Avenue
Des Moines, IA 50314
Phone: 515.282.2193

Domestic Violence Services

Phone: 515.243.6147

Teddy Bear Town

1800 Grand Avenue
Des Moines, IA 50309
Phone: 515.242.7577

www.cfiowa.org

www.givetocfi.org



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families of iowa