



# **Children & Families of Iowa** 2022-2023 Annual Report

*Restoring hope. Building futures. Changing lives.*

# LEADERSHIP



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*Chief Human Resources Officer/  
VP of Human Resources*



**Cheryl Johnson**  
*VP of Community Based Services*



**Pat Rogness**  
*VP of Mental Health Services*



**Amy Stapp-Arpy**  
*Chief Development Officer/VP of  
Development and Communications*

It is with gratefulness that I announce another milestone in the history of Children & Families of Iowa: the 135th anniversary of our organization.

Our humble beginnings were in 1888, when a small group of ministers and lay people started what they called the Iowa Education Aid Association. The sole purpose of the association was to place homeless, abused, and neglected children in what was then described as “childless homes.” This rich history speaks to our enduring commitment to Iowa’s children.

Throughout years of service in the State of Iowa, we have been intentional in our efforts to strengthen families in order to prevent out-of-home placement of children if it was safe to do so. We do this by providing support to ensure safety and fill unmet needs within family units. As an organization, we are responsive to community needs by developing new programs and advocacy initiatives.

Over the past 135 years, our mission has remained the same, “Restoring hope, Building futures, Changing lives” one child, person, and family at a time. We are so grateful to our families and the community who trust us to provide quality, effective services.

Our ability to navigate the multiple system changes, economic crisis, and most recently, a pandemic, speaks volumes to the organization’s resilience and commitment to children and families.

As we embark upon the next 100 years, our goal is threefold: to remain true to the mission, provide the best quality services for children and families, and last, but not least, advocate for those that need us most - children. Thank you for 135 years.

In Gratitude,

Janice Lane Schroeder

*Chief Executive Officer*





# OUR MISSION

Children & Families of Iowa is restoring **hope**, building **futures**, and changing **lives**.

# OUR VISION

Children & Families of Iowa will be known as the standard for excellence in the delivery of services to children and their families.

# PROGRAMS

**Children & Families of Iowa (CFI) offers hope for at-risk individuals and families throughout Iowa. Annually, CFI impacts tens of thousands of Iowans in all 99 counties.**

## **Domestic Violence**

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

## **Work Readiness**

Skill building classes, financial education, and career planning for at-risk youth and adults facing challenging barriers to success.

## **Family Support**

Services to prevent child abuse, help those recovering from trauma, and support for positive family engagement.

## **Early Childhood Development**

Quality child care options for low income, working families as well as therapeutic services that help children with emotional and behavioral challenges progress in a positive manner.

## **Mental Health and Substance Abuse**

Therapy for individuals, couples and families, treatment and assessment for teens and adults dealing with substance abuse.

# CORE VALUES

**Intentional  
COMPASSION**

**Genuinely  
FAMILY-FOCUSED**

**Evolving  
INNOVATION**

**Dependable  
TEAMWORK**

**Highest  
INTEGRITY**

**Exceptional  
PROFESSIONALISM**



# FOUNDATION FOR Children & Families of Iowa

The Foundation for Children & Families of Iowa is led by an engaged board of trustees, which cultivates relationships with those concerned for the wellbeing of Iowans struggling to be successful in their daily lives. We appreciate every donation and the support it provides to our clients.

Visit [cfiowa.org](http://cfiowa.org) to see a list of our donors.

## The Endowment

When you invest in the endowment for Children & Families of Iowa, you invest in restoring hope and resources for at-risk Iowans. The endowment ensures that future generations will benefit from your generosity, and that your gifts will continue to make an impact for years to come.



**Amy Stapp-Arpy**  
Chief Development Officer/VP of Development and Communications

**37,794**

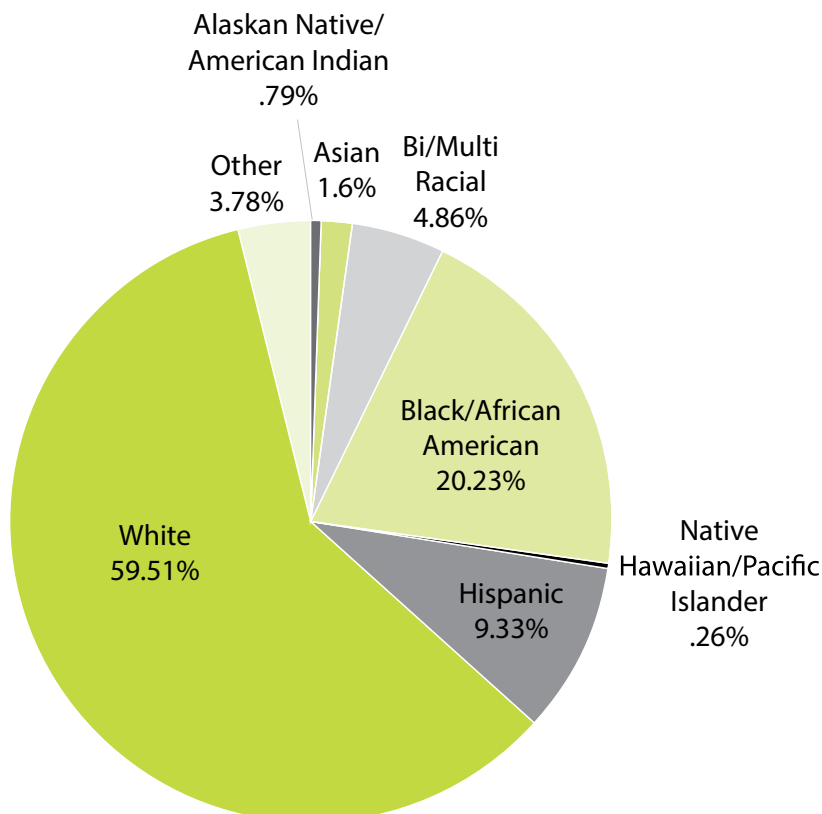
Total lives improved in fiscal year 2022-23 through CFI's services.

**17,413**

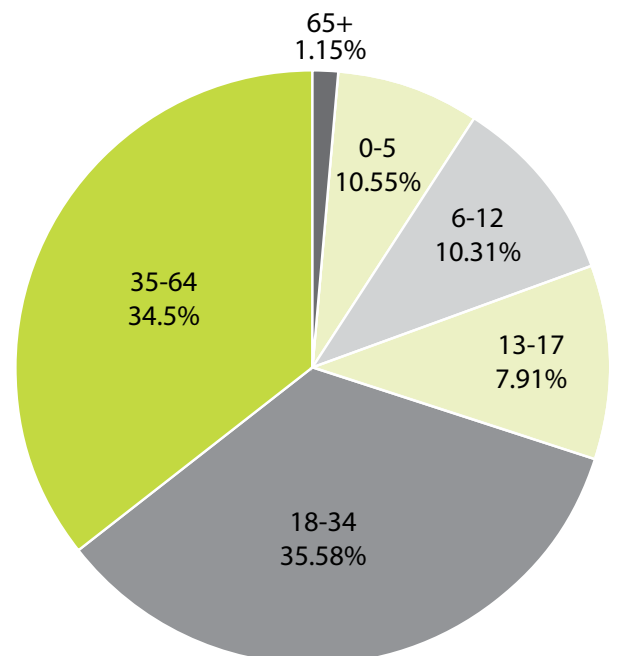
Lives impacted through our youth and adult work readiness programs.

**4,617**

People impacted by providing services to prevent child abuse and support families recovering from trauma.



**Racial Statistics**



**Client Age Breakdown**

# FOUNDATION FOR CFI BOARD OF TRUSTEES 2022-2023

## Executive Committee

### **President**

Chris Frazier, *EMC National Life Company*

### **President Elect, Investment Committee Chair**

Steve Allen, *Principal*

### **Secretary**

Greg Bailey, *Infomax Office Systems*

### **Treasurer**

Bryan Johnson, *Central Bank*

### **Past President, Events Committee Chair**

Ann Smisek, *Ahlers & Cooney, P.C.*

### **Fundraising Committee Chair**

Nick McCleish, *Nationwide Agribusiness*

## Trustees

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David Attaway, *Sammons Financial Group*

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Jeremy Harder, *Hansen Company*

Laurie Mardis, *IMT Insurance*

Tony Ranniger, *Professional Solutions Insurance Company*

Kara Wilson, *PricewaterhouseCoopers*

Stepping into the role of President for the Children and Families of Iowa Foundation is both an honor and a chance to contribute to this amazing organization.

Observing Agency and Foundation staff and volunteers deliver essential services has deepened my appreciation for their unwavering dedication. The ripple effect of CFI's work extends far beyond the immediate beneficiaries. It weaves into the fabric of our community, sparking positive change and empowering those who need it most. From offering educational opportunities to nurturing resilience, CFI is actively shaping brighter futures. Your involvement, whether new or old, is key to CFI's success. Together, we can accomplish CFI's mission of restoring hope, building futures and changing lives.

Steve Allen

*President, Foundation Board of Trustees (2023-2024)*



Restored hope for **4,169** individuals through domestic violence services including safe shelter, domestic violence hotline and outreach.

**925**

Number of clients that received holiday assistance.

**\$309,000**

Housing assistance for domestic violence survivors.

Prepared **5,534** low income children and youth for success through affordable, quality child care, tutoring, mentoring and employment training.

Helped **11,830** individuals build brighter futures through programs focused on overcoming substance abuse, trauma and other barriers to success.



# INDIVIDUAL STORIES

Since being enrolled at CFI's Therapeutic Child Care program (TCC), Dillon's\* teachers, mental health consultant, and mom have seen a great improvement in his behaviors. The program's smaller class size and excellent ratio allowed him to receive the individualized attention he needed to work through his challenges. While in the program, he has learned coping skills, what to do with his feelings when he is feeling frustrated and how to ask for help. Rather than acting out aggressively or being destructive, he is now able to take time away from the group activity and verbalize his feelings. He has also been able to learn social skills that have allowed him to build friendships with the children in his classroom.

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Through CFI's Domestic Violence Service (DVS) outreach Sabrina\* learned how to make a safety plan, recognize healthy relationships, set boundaries, and the warning signs of abuse. Along the way, she began to value herself as a person. She has also learned that the adverse experiences she had as a child, and the experiences that her children were living through were affecting all of the family's mental health and stability. Through counseling she was able to set realistic goals for herself.



Sabrina is one of the lucky ones; she understood that she needed to connect with domestic violence outreach services. Many are not so lucky. In a 24-hour Iowa survey of all 22 agencies providing domestic violence services, which took place on September 7, 2022, victims of domestic violence made 57 requests for service that could not be met because of the lack of resources to meet victim's needs. (Domestic Violence Counts, Iowa Summary).

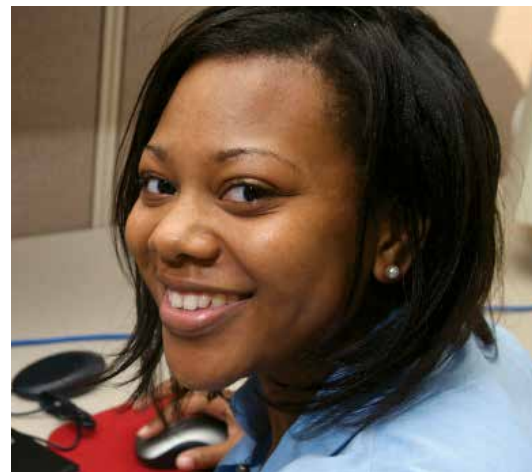
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"I started out using individual therapy services at CFI. I now utilize a family therapist with my family so that we can repair and maintain our relationships. The improvements made in our lives have been tremendous. I have not only learned a lot about myself, but about my family too. I have come to terms with certain things in my life, and have more confidence in myself. I look forward to my weekly sessions, and find they put me in a better mood and help deal with daily stressors more effectively. I feel like a weight is lifted from my shoulders every time I walk out the door."

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Consuela\* had been in and out of trouble most of her life. A lack of parental supervision had left her with no direction and lots of time to get into trouble. With the goal of finding a better job than the fast food industry, Consuela signed up for one of CFI's summer work readiness workshops. "During the four week workshop I did a lot of reflecting, and decided that I was ready for a change. I finally found the support and accountability I needed through CFI." Consuela has now gained full-time employment in the human services field.



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

# CFI BOARD OF DIRECTORS 2022-2023

## Executive Committee

### **President**

CJ Jacobson, *ITA Group, Inc.*

### **Vice President, Strategic Planning,**

#### **President Elect**

Daniel Connolly, *St. John Fisher University*

### **Secretary/Treasurer**

Tera Jordan, *Iowa State University*

### **Past President**

Brian Mamola, *FBL Financial Group*

### **Advocacy Committee Chair**

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### **Governance Committee Chair**

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### **Audit Committee Chair**

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Harvey Weinberg, *Retired*

Kate Wolfe, *Bank Iowa*

Children & Families of Iowa (CFI) is a special organization featuring a team of dedicated, passionate, and caring professionals committed to serving the people of Iowa who need a little extra help, support, and care to overcome some of life's challenges. For 135 years, CFI has been a trusted provider of choice among Iowans. Its mission of Restoring Hope, Building Futures, and Changing Lives speaks volumes to the organization's purpose and of the great work performed each year in tackling some of the most pressing needs of Iowan citizens and their families. Services include health and wellness, childcare and development, domestic violence and shelter, and workforce readiness. Each year, thousands of Iowans are the beneficiaries of the services and care provided by CFI, and as a result, they are now leading better and more fulfilling lives.

We are grateful for the generous support of so many—those who share their treasures, volunteer their time, and offer their talents in ways that enable CFI to provide an extensive array of services to help Iowans in need. Every Iowan deserves better, and thanks to you, CFI is doing its part to realize this goal. Clearly, though, there is more work to be done, and we know that with your continued help, support, and encouragement, we can do more to make an even bigger difference. Please continue to give generously so that CFI can expand its reach and scope of services in ways that will afford every Iowan opportunities to enjoy the many blessings life has to offer. It takes a village, and if we all do our parts, just imagine how much more fantastic Iowa will be as a place to live, raise children, and work!

Daniel Connolly

*President, CFI Board of Directors (2023-2024)*



# Children & Families of Iowa's Family Service Center Locations

## **Des Moines**

1111 University Avenue  
Des Moines, IA 50314  
Phone: 515.288.1981

## **Northside**

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

## **Ankeny –**

### **Cornerstone**

### **Counseling Center**

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

## **Osceola**

105 West McLane, Ste 400  
Osceola, IA 50213  
Phone: 515.288.1981

## **Ottumwa**

111 East Main St.  
Ottumwa, IA 52501  
Phone: 515.288.1981

## Additional Des Moines Area Programs

### **Child Development Center**

801 Forest Avenue  
Des Moines, IA 50314  
515.282.2193

### **Domestic Violence Shelter and Outreach Services**

515.471.8699 (Main Office)  
515.243.6147 (24/7 Hotline)

### **Connect 2 Careers**

1200 University, Suite 206  
Des Moines, IA 50314  
515.205.9981

### **Foundation for Children & Families of Iowa**

1111 University Avenue  
Des Moines, IA 50314  
Phone: 515.697.7972

### **IowaWorks**

200 Army Post Road  
Des Moines, IA 50315

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

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, Osceola, and Ottumwa, CFI provides services such as domestic violence prevention and intervention, teen programs, family support, early childhood development, mental health, and substance abuse.



children &  
families of iowa