



# **Children & Families of Iowa** 2023-2024 Annual Report

*Restoring hope. Building futures. Changing lives.*

# LEADERSHIP



**Trent Bildstein**  
*Chief Financial Officer/VP of Finance*



**Sharon Haning**  
*Chief Human Resources Officer/  
VP of Human Resources*



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



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

We move forward with excitement and new opportunities to connect and make a difference in the lives of those we serve on a daily basis. Over the past year, I have been amazed by the fortitude and compassion of our staff within the organization during this time of economic uncertainty. We remain committed to the mission of “Restoring hope, Building futures, Changing lives”.

Several staff members have been with the agency for over twenty-five years. I was proud to be recognized within this group of dedicated professionals. As I thought about my first year with the organization, my goals for the program, and my connection to the community at large, I remember my excitement surrounding the development of new programs and services for families. Twenty-five years later, building new services remains at the forefront of who I am and what we do as an organization.

We are navigating through very difficult times. It feels unsurmountable, yet we work collaboratively with our community partners and leaders to advocate for change for children and families. It is about lending a hand up and being prepared to speak up and out about key issues that will make a difference in the lives of those accessing services at CFI. As an organization, we wear multiple hats to get the job done.

I would like to take this opportunity to thank our donors, CFI Board of Directors and the Foundation Board of Trustees, for their contributions to the organization. You help us fulfill the mission every day. Thank you for your support and commitment to families.

Sincerely,

A handwritten signature in cursive script that reads "Janice Lane Schroeder".

**Janice Lane Schroeder**  
*Chief Executive Officer*





# OUR MISSION

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

# OUR VISION

CFI is the preferred experts in holistically treating people of all ages and backgrounds to guide them toward well-being so they can reach their full potential.

# 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, financial education, and career planning for adults facing challenging barriers to success and employment.

## **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**



# CFI BOARD OF DIRECTORS 2023-2024

## Executive Committee

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St. John Fisher University

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Black Antler Advisory & Consulting

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Iowa State University

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### **Governance Committee Chair**

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It is both a privilege and a heartfelt honor to serve as the 2024-2025 President of the Board of Directors for Children & Families of Iowa (CFI). I am continually inspired by this organization's unwavering commitment to restoring hope, building futures, and changing lives. For over 135 years, CFI has stood as a beacon of compassion and resilience, helping countless Iowans navigate life's most difficult challenges and emerge stronger on the other side.

Because of your support—whether through time, talent, or treasure—the dedicated team at CFI has provided essential services in health and wellness, childcare, domestic violence support, workforce readiness, and more. Yet, as we look forward, we recognize there is still much to be done. We ask for your continued partnership, knowing that, together, we can do even more to expand our reach, deepen our impact, and ensure that every Iowan has the opportunity to thrive.

Thank you for standing with us. Together, let's continue to make Iowa a place where everyone can feel hopeful, supported, and valued.



**Kira Barclay**  
*President, Board of Directors  
(2024-2025)*

27,651

Total lives improved in fiscal year 2023-24 through CFI's services.

1,319

Number of people that received holiday assistance.

3,437

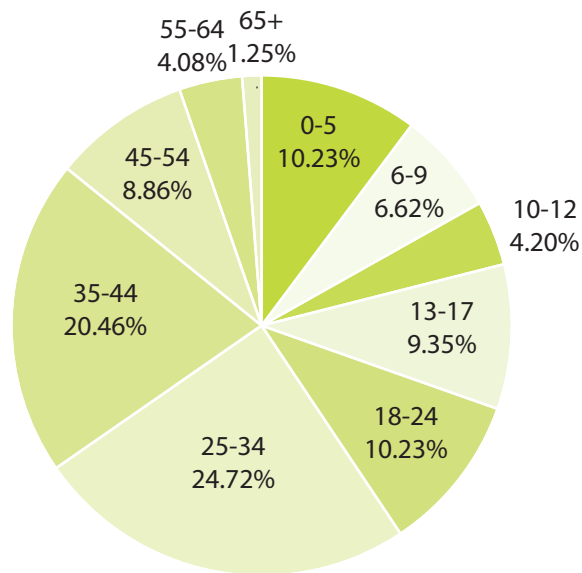
Individuals impacted through our Mental Health Therapy Program.

5,172

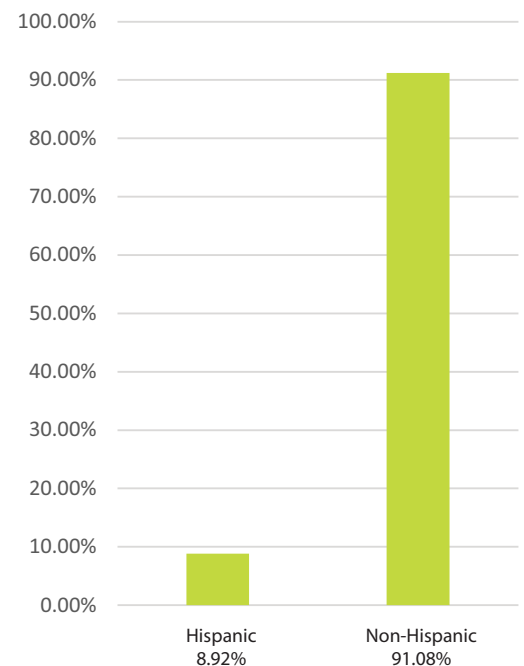
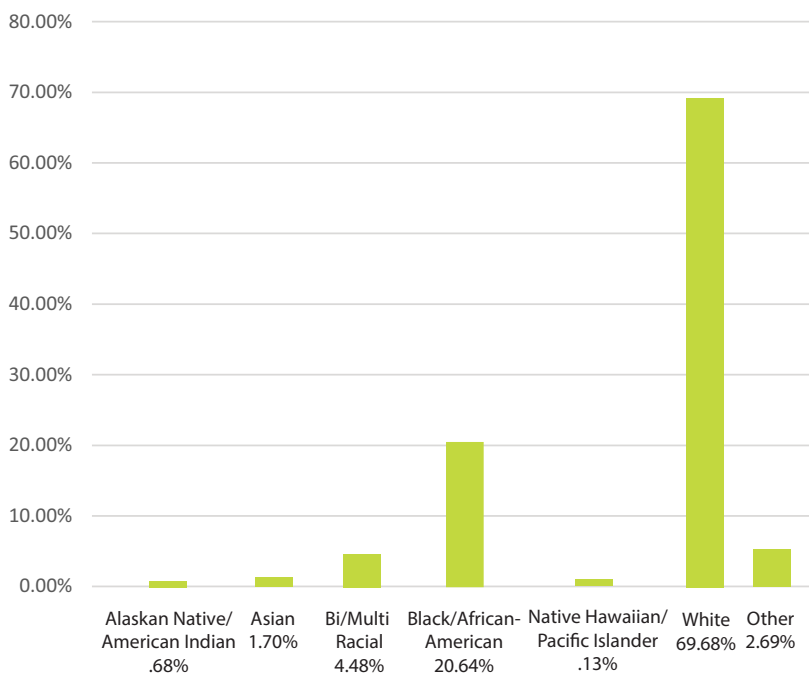
People impacted by providing services to prevent child abuse and support families recovering from trauma.

710,000

Miles driven last year by Family Centered Services staff to ensure that children and their families could stay connected.



Client Age Breakdown



Racial Statistics



# 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.**

## 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.

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



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

## INDIVIDUAL STORIES

“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 acting 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.”

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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.”

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



# FOUNDATION FOR CFI BOARD OF TRUSTEES 2023-2024

## Executive Committee

### **President**

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*Principal Financial Group*

### **President Elect, Fundraising Committee Chair**

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*Nationwide Agribusiness*

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*Central Bank*

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Kara Wilson  
*PricewaterhouseCoopers*

I am immensely proud to serve as the President of the Foundation Board of Trustees for Children & Families of Iowa. The dedication and hard work of our board members, donors, staff, and especially our volunteers never cease to amaze me. Their steady commitment to our mission is truly inspiring, and for that, I extend my deepest gratitude. I am continually impressed by the breadth and depth of the work done by Children & Families of Iowa. Despite constant challenges and headwinds, they consistently find innovative ways to serve more vulnerable children and families than ever before. While many individual successes are celebrated quietly, the impact on our community is profound and unmistakable.

Together, we will continue our relentless pursuit of restoring hope, building futures, and changing lives.



**Nick McCleish**  
*President, Foundation Board  
of Trustees (2024-2025)*



Jayden\* was a 31-year-old single mother and worked as a registered nurse. She was content with her life. When she met her boyfriend, she lost her way. Within two years, she lost her job, became homeless, and lost custody of her children and her nursing license. She hit rock bottom.

She went to CFI's Violence Shelter (DVS) at the request of the Department of Health and Human Services. Jayden learned about emotional and financial abuse. She realized that she could no longer live this life. Through the support of CFI, Jayden recognized how much she had suffered and lost as a result of her boyfriend's controlling behavior. She realized that she needed the support of others and a safe environment to heal.

As a result of her treatment, Jayden is now sober, has regained custody of her children, secured employment, and is in the process of petitioning the Nursing Board in hopes of regaining her nursing license.

# 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 Street  
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 Street  
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

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

1111 University Avenue  
Des Moines, IA 50314  
Phone: 515.697.7972

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

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

For a full list of programs and services, please visit our website at [cfiowa.org](http://cfiowa.org).

## 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, work readiness programs, family support, early childhood development, mental health, and substance abuse.



children &  
families of iowa