



Children & Families of Iowa
2024-2025 Annual Report

Restoring hope. Building futures. Changing lives.

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Trent Bildstein
Chief Financial Officer/VP of Finance



Melissa Pasker
*Chief Human Resources Officer/
VP of Human Resources*



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

I am continually inspired by the innovation in our services, community engagement, and unwavering commitment to children and families across the Des Moines metro and throughout Iowa. CFI's founders intentionally focused on strengthening families and creating pathways to success, and their vision continues to guide everything we do today.



This year, we advanced several key initiatives supporting workforce stabilization, family health and well-being, and transitional housing for survivors of domestic violence. Growth across our programs has created new opportunities for sustained collaboration among organizations, neighborhood associations, and elected officials. As a result, we are strengthening communication and deepening our collective understanding of the needs of the families we serve.

We secured funding to engage youth and elevate the voices of those with lived experience- empowering them to mentor others and lead meaningful change. We are proud of our program participants' accomplishments and the measurable impacts of our work. We remain honored to play an integral role in reuniting families across Iowa and beyond.

This spirit of innovation, paired with our steadfast commitment to the mission, drives everything we do. Everyone contributes to fulfilling that mission — whether through board service, collaboration with colleagues, or sharing a volunteer story. Your engagement has been central to our continued growth, stability, and success.

In the coming year, we will continue prioritizing children's success by focusing on changing educational trajectories and strengthening partnerships with colleges and universities. I extend my sincere thanks to the Foundation Board of Trustees and the Board of Directors for their steadfast commitment to our vision and mission.

Together, we make a difference,

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

Janice Lane Schroeder

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. Transitional housing provides survivors with safe housing and advocacy to help them rebuild stability, independence, and long-term self-sufficiency.

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. Statewide parent supportive mentors for families that are involved with the HHS system

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**



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I am honored to serve as 2025-26 Board President for such an impactful organization as Children & Families of Iowa. CFI has a long tradition, dating back to the 1880s, of restoring hope, building futures, and changing lives for the most vulnerable Iowans. I am both proud of and amazed by the breadth of impact we have, spanning the areas of early childhood development, domestic violence support, work readiness, mental health and substance abuse counseling, and family support.

I began my board service over four years ago in the wake of the pandemic and the societal turmoil of 2020, hoping to meaningfully contribute to this great organization dedicated to helping people less fortunate than myself. The challenges are significant for many of us and for CFI and other nonprofits, so I welcome everyone reading this report to do the same, whether through volunteer work, lending your expertise, or monetary giving. Having served Children & Families of Iowa and witnessed our great work for several years, I assure you that your contribution will be amplified. Thank you!



Dolph Robb
President, Board of Directors
(2025-2026)

OVER 20,000

Total lives improved in fiscal year 2024-25 through CFI's services.

1,319

Number of people that received holiday assistance.

3,053

Individuals impacted through our Mental Health Therapy Program.

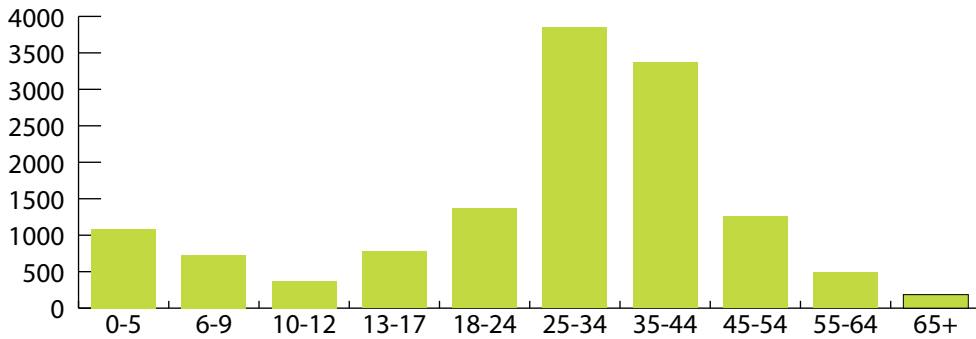
5,787

Individuals received essential support through CFIs domestic violence shelter and outreach services.

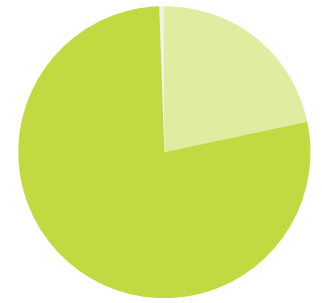
93%

The percentage of individuals that used our domestic violence shelter and obtained/maintained safe and stable housing once they left the shelter.

Client Age Breakdown

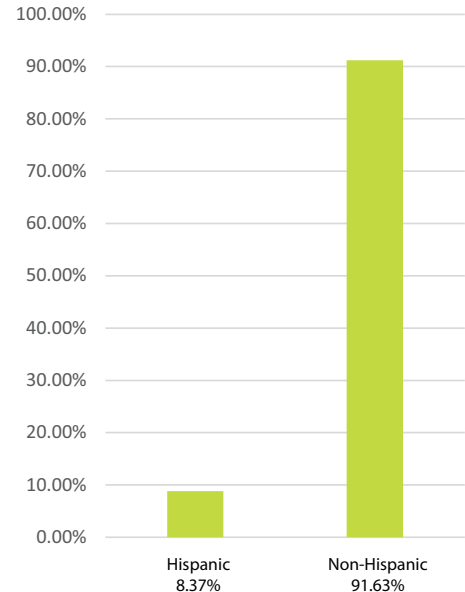
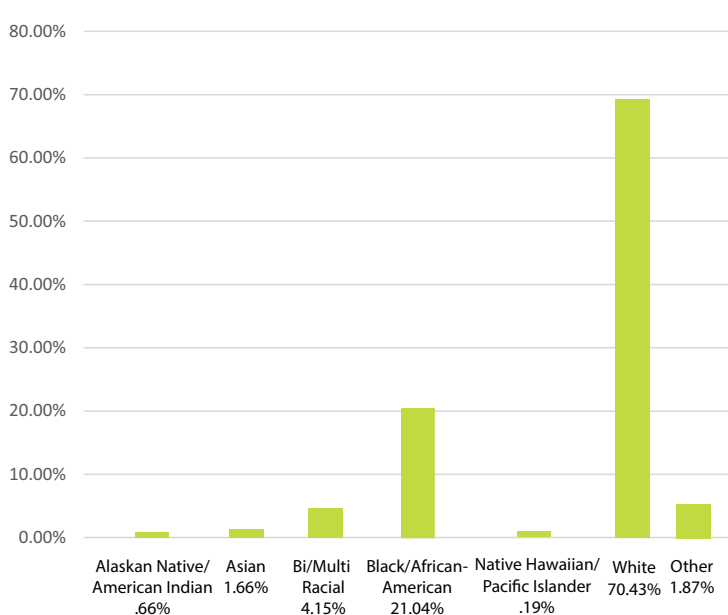


Client Genders



Female 77.81% - Male 21.89%
Other .30%

Client By Race



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 to see a list of our donors.



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

INDIVIDUAL STORIES

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

From the outside, no one knew how difficult Katie's life was at home. By the age of ten, her stepdad had become an addict, turned abusive towards Katie, her mom, and two sisters; he did not work, and was frequently in prison. One morning, Katie, her mom, and her sisters tried to slip away, but her stepdad woke up and went into a rage, beating her mom very badly and threatening to kidnap Katie's baby sister that she was protecting. After that, they lived in the domestic violence shelter and received therapy and advocacy assistance to process what had happened and begin to heal from the years of abuse.

Trauma and abuse in adolescence can have lifelong effects and lead to intergenerational cycles of abuse. Katie, her mom, and sisters began mental health therapy while in the domestic violence shelter and continued once they were safe to leave and start a new phase of their lives. Katie struggled with anger, anxiety, and trusting people, and she still didn't feel safe.

Therapy helped Katie process all of those feelings, and by witnessing her mom have the courage to leave the abusive relationship, she could do anything. While Katie had always maintained good grades and participated in sports, she began to focus on her goals and dreams, as well as what she needed to do to achieve them. She expanded her network of friends and supporters by participating in sports and other extracurricular activities at school.

Recently, she returned to therapy because she was processing more of the trauma, which was impacting her depression, anxiety, and anger as she was experiencing large life choices in applying for colleges and finishing her senior year of high school.

Katie decided not to let her traumatic experiences define her as a person. Instead, she learned to persevere and use adversity as a motivation to achieve success. She's learning that she is strong and can tackle any challenge that comes her way as she prepares for college. She recently received a scholarship to a local university and plans to become a family practitioner, hoping to break the cycle of family trauma.



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I am profoundly honored to serve as President of the Foundation Board of Trustees for Children & Families of Iowa. The dedication and tireless efforts of our board members, staff, donors, and volunteers never fail to inspire me. Their steadfast commitment to CFI's mission fills me with gratitude, which I appreciate from the bottom of my heart. I remain deeply impressed by the scope and impact of the work carried out by Children & Families of Iowa. Amid ongoing challenges, our staff continually innovate to support the most vulnerable children and families in our community.



Greg Bailey
*President, Foundation Board
of Trustees (2025-2026)*

Katie* reached out to Children and Families of Iowa's (CFI) Domestic Violence Shelter and Services after she was brutally assaulted by her husband (Joe*) of 29 years. "Neighbors heard yelling and crashing sounds from our apartment and called the police," explained Katie. The police took Katie to the hospital for treatment and observation. "I was discharged from the hospital the next day, suffering a concussion, a black eye, and cuts to my lip. I was fortunate not to have any broken bones," said Katie. A CFI outreach advocate met her at the hospital and suggested that Katie consider coming to CFI's domestic violence shelter since she no longer felt safe at home.

"With CFI's guidance, I was able to set and accomplish short-term goals for myself, including learning some basic computer skills, establishing an email account, and securing employment. I currently work full-time. Thanks to CFI's encouragement, I have set up a savings account and am studying for my driver's license for the first time. Most importantly, I realize that I deserve to be happy and safe," said Katie.

Children & Families of Iowa depends on community support to provide the services Katie and over 20,000 Iowans desperately need to ensure that they can find the support they need to live happy and healthy lives.



Children & Families of Iowa's Family Service Center Locations

Des Moines

1111 University Avenue
Des Moines, IA 50314
Phone: 515.288.1981

Ankeny –

Cornerstone

Counseling Center

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

CFI Northside Family Center

2331 East 8th Street
Des Moines, IA 50316

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, Outreach Services, and Transitional Housing

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.

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 use.



children &
families of iowa