

# #165

**COMPLETE**

**Collector:** Gimbel Foundat...nd Evaluation (Web Link)  
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Page 1

**Q1** Name of your organization.

Children & Families of Iowa (CFI)

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**Q2** Grant #

20160816

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**Q3** Grant Period

December 1, 2016 - November 30, 2017

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**Q4** Location of your organization

City	<b>Des Moines</b>
State	<b>Iowa</b>

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**Q5** Name and Title of person completing evaluation.

Stephen Dykstra, Communications Coordinator

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**Q6** Phone Number:

515.697.7969

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**Q7** Email address.

stephend@cfiowa.org

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Page 2: Key Outcomes and Results

**Q8** Total number of clients served through this grant funding:

867

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**Q9** Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

The generous grant from the SL Gimbel Foundation supported three key objectives for CFI's mental health programs, each with their respective outcomes and results.

The first objective focused on making mental and behavioral health services readily available to women and children in rural Iowa. Consequently, during the last fiscal year, 70 women and 380 children utilized CFI's mental health services at either the Osceola or Fort Dodge location, both of which are uniquely positioned to serve rural clients.

Another identified objective was designed to increase the effectiveness of services provided to CFI clients through high levels of program participation. More specifically, CFI expected 75 percent of clients to attend their therapy appointments at the Osceola and Fort Dodge locations. CFI is pleased to report an attendance rate of 85 percent during the previous fiscal year, surpassing its identified benchmark.

The third and final objective pertained to overall client satisfaction and feedback. CFI's goal is for 100 percent client satisfaction throughout every program area, including mental and behavioral health services. Feedback is collected using routine client questionnaires. Last fiscal year, 96 percent of clients served expressed satisfaction with the therapy services they received at CFI's Osceola and Fort Dodge locations.

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**Q10** Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

CFI did not encounter any substantial obstacles in attaining stated objectives. CFI's mental and behavioral health services are well-established programs with a proven record of success.

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**Q11** How did you overcome and/or address the challenges and obstacles?

N/A

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**Q12** Describe any unintended positive outcomes as a result of the efforts supported by this grant.

CFI did not experience any unintended or unexpected outcomes as the organization's goal of empowering people to live healthy lives was the central objective throughout the grant period.

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**Q13** Briefly describe the impact this grant has had on the organization and community served.

Psychological health is fundamental to the overall well-being of individuals and families. When one's mental health is in jeopardy, it is tremendously difficult for individuals to live healthy lives. CFI's mental and behavioral health services empowered children, adults, and families to thrive, and equipped them with the tools and resources they needed to overcome mental disorders and/or past trauma. Though a trauma-informed lens, CFI's therapists employed various approaches – including family and community involvement, when appropriate – to help clients be successful.

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Page 3: Budget

**Q14** Please provide a budget expenditure report of the approved line items. Include a brief narrative on how the funds were used to fulfill grant objectives.

Funds generously provided by the S.L. Gimbel Foundation played a vital role in meeting mental and behavioral health objectives during the previous fiscal year. Funds were allocated between two CFI locations – Fort Dodge and Osceola – both of which provide a comprehensive suite of mental and behavioral health services to children, individuals, and families in Iowa. CFI therapist and mental health staff salaries were supported through grant funding, enabling these staff members to provide important services and support to clients. Additionally, given that many clients served by these two locations reside in rural areas of the state, gas cards purchased using grant funds were provided to clients needing financial assistance in traveling to and from their scheduled appointments. In an effort to increase access to mental and behavioral health services for rural Iowans, CFI also allocated grant funding toward staff mileage expenses (therapists traveling to meet with clients), and other expenses associated with CFI's Telehealth program. This unique program, which operates out of the Fort Dodge and Osceola locations, provides therapy and medical services remotely to clients via video conferencing technology. Collectively, funds generously provided enabled CFI to provide quality mental and behavioral health services to Iowans, with a special emphasis on rural areas. All funds were spent by August 31, 2017. Please reference the provided expense report for breakdown of funds allocation.

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Page 4: Success Stories

**Q15** Please relate a success story:

For a first-hand account of how funds provided impact the lives of Iowans, please consider the story of Jody and her son, Noah, whose names have been changed to ensure client confidentiality:

Jody knew her family needed help healing after a domestic violence incident left them broken and traumatized. Jody and her partner had gotten into an argument that escalated to the point where Jody was charged with domestic assault and the couple's children were removed from their care by the Department of Human Services. The incident and couples' separation that followed left the four children feeling scared and confused as they tried to process how their family had been torn apart overnight.

Although Jody's family was surrounded by supportive and understanding loved ones, they struggled to adapt to life amidst their challenging circumstances. Five-year-old Noah was having trouble adjusting to the sudden separation from his mother. He was still able to see her on a daily basis, but became overly anxious and afraid when left alone. Devastated but determined to help her family recover, Jody began looking for services to help her family rebuild and overcome what they experienced. After searching for an agency that could meet her family's needs, she found Children & Families of Iowa (CFI) and the family began attending therapy to help them work through their grief in a healthy way.

Now, a few months later, Jody is happy to report that her family is making significant progress. Little Noah is learning to remain calm when his mother is absent, while Jody has found the strength and support she needed to begin healing and bring her family together again. The family will begin receiving additional services from CFI that will help them ensure their home remains a safe, positive place for everyone.

Jody says there are still times when she struggles, but with support from CFI and love from her children, she remains determined to build a better life for her family.

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**Q16** Please relate a success story here:

Respondent skipped this question

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**Q17** Please relate a success story here:

**Respondent skipped this question**

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Page 5: Organizational Information

**Q18** Which category best describes the organization.  
Please choose only one.

**Service  
Organization**

**Q19** What is the organization's primary program area of interest?

**Children & Families**

**Q20** Percentage of clients served through grant in each ethnic group category. Total must equal 100%

African American	5
Asian/Pacific Islander	0
Caucasian	79
Native American	1
Hispanic Latino	8
All Ethnicities	0
Other	7
Unknown	0

**Q21** Approximate percentage of clients served from grant funds in each age category.

**Respondent skipped this question**

**Q22** Approximate percentage of clients served with disabilities from grant funds.

**Respondent skipped this question**

**Q23** Approximate percentage of clients served in each economic group.

**Respondent skipped this question**

**Q24** Approximate percentage of clients served from grant funds in each population category.

**Respondent skipped this question**