



Just be YOURSELF

EXPLORE

Just be Yourself

NEVER GIVE UP!

You are a Ghostbuster

You are worth it

TRY

THINK

NEW

GIVE UP

NOT ALLOWED

ING of you!

TRY

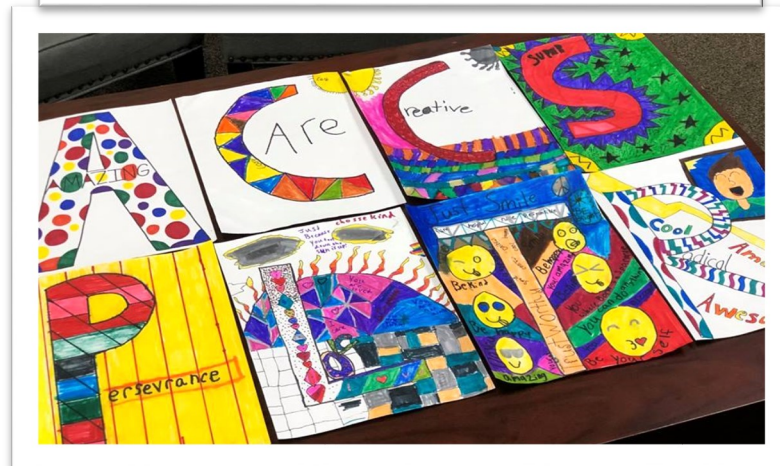
Start your own business

You can get your special

have

From T

You are a Ghostbuster never give up!



CAP IN THE COMMUNITY



CAP STAFF AT A WALK AUDIT IN MORRISVILLE



BETHANY HUFFSTUTLER AT ONEIDA'S PUBLIC SAFETY DAY



AT OUR DUCK DERBY IN COLLABORATION WITH THE GRAND REHABILITATION AND NURSING CENTER



JESSICA GINNEY AT THE DEPARTMENT OF SOCIAL SERVICES, DELIVERING BACKPACKS FOR THE FOSTERING COMFORT PROGRAM



SANDRA BAIN AT THE CAZENOVIA FARMERS' MARKET

CAP PROGRAMS



EARLY CHILDHOOD

- EARLY HEAD START
- HEALTHY FAMILIES

FAMILY & YOUTH DEVELOPMENT

- FAMILY ACTION
- KINSHIP CARE
- MENTORING
- SUPPORTIVE SERVICES



HEALTH & NUTRITION

- WOMEN, INFANTS, AND CHILDREN (WIC)

HOUSING

- PERMANENT SUPPORTIVE HOUSING
- TRANSITIONAL HOUSING
- SOLUTIONS TO END HOMELESSNESS PROGRAM (STEHP)



WORKFORCE READINESS

- GETTING STARTED

EARLY HEAD START (EHS)

SUCCESS STORY

Early Head Start was visiting a mother with two young children. This mother enjoyed her home visits and valued the interactions with her Family Support Worker. Unfortunately, she lost custody of her children due to drugs. One Saturday morning she called her Family Support Worker and asked her to come over. The mother had cleaned up and gotten custody of her children again. Due to their meaningful relationship, she wanted to share the information with her Early Head Start Family Support Worker and re-apply to be in Early Head Start. She valued the support and interaction of her Early Head Start Family Support Worker and wanted to be a part of the program again as soon as possible. The child was re-enrolled and active in the program, completed the program, and transitioned to Head Start.

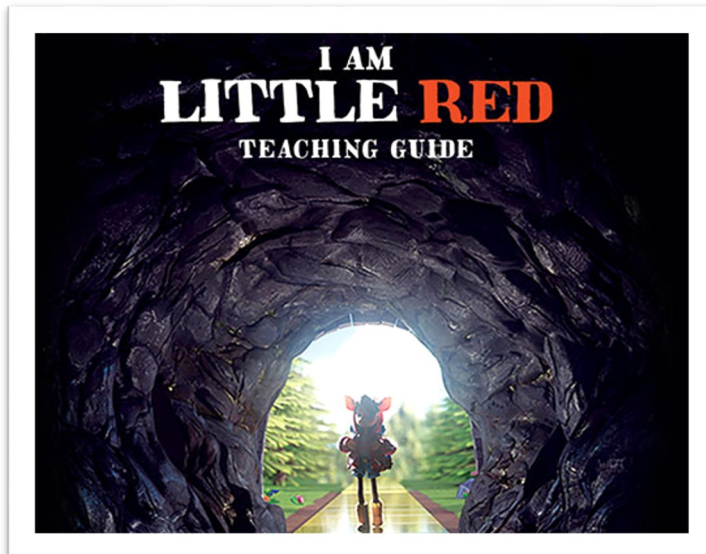


LITERACY COALITION TRAINING

Our Early Head Start team partnered with the Reading League of Syracuse to sponsor a 3-part series of trainings titled “Adult and Infant/Toddler Literacy Development for Family Support Workers”. The 3-hour workshops featured training on literacy development, resources for literacy, and the connection between literacy and trauma. Family Support Workers from our EHS and Healthy Families programs participated in the program as well as 2 home visitors from the Mohawk Valley Community Action Head Start program. The goal of the trainings was to increase language and literacy skills of children in the EHS program by 10%. Overall, language skills of children under 3 years old saw a 15.24% increase, and literacy skills saw a 11.54% increase.



FAMILY ACTION

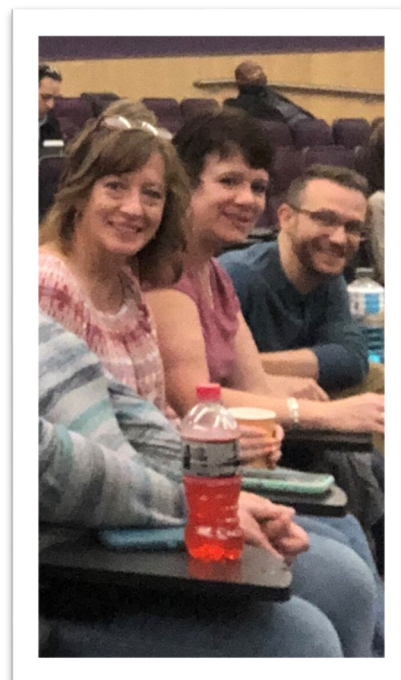


I AM LITTLE RED

CAP collaborated with the Madison County Department of Social Services to host a viewing of the short film “I am Little Red.” The powerful animated film, a re-telling of the classic fairy tale “Little Red Riding Hood”, is meant to educate youth of all genders on the dangers of modern-day sex trafficking. 15 youth along with their caregivers and mentors attended the presentation. Following the film the attendees engaged in a discussion on their own experiences with the dangers of social media and the challenges of keeping children safe and monitoring internet use in this modern day and age. The presenters gave advice on what caregivers can do to protect themselves and the children they care for.

“BE THE CHANGE”

On June 5th the Family Action team attended “Be the Change”, a special presentation by Tonier Cane at Onondaga Community College. Tonier is a trauma survivor and an expert in trauma informed care. She spoke about trauma blind spots and how they can lead to costly mistakes and limit the possibilities of victims and survivors. The Family Action team went home with valuable advice that can be applied everyday in their professional lives. The staff were encouraged because as Tonier said, “like a GPS, we all make wrong turns, and our job is to reroute the family and guide them on their own way.”



GETTING STARTED



In April of 2019, CAP added another exciting program to its roster. Inspired by a training by the Ruby Payne Company, using curriculum from “Getting Ahead in a Just-Gettin-By World”, CAP worked with individuals to:

- Develop a professional attitude, acquire time management and customer service skills
- Improve self confidence and teamwork with co-workers
- Learn from feedback and improve public speaking and communication skills

Six 2-hour sessions were held featuring speakers from BOCES Adult Education and the Department of Labor. Participants received gift cards to Aldi’s or Walmart for their time. The happy students graduated from the program and went on to explore sustainable employment opportunities.

The program is set to expand next year with collaborations with GED programs and other community groups.

SUPPORTIVE SERVICES

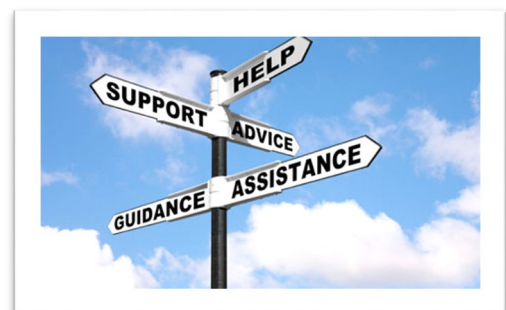
The Facilitators for our Supportive Services program work with individuals and families to assist with various needs such as transportation, utility assistance, and housing. The Facilitators help families with budgeting needs, empowering them to help themselves and become economically self-sufficient. This year our clients have said:

“I came in scared and very overwhelmed and she helped put me at ease and made me feel like it was going to be ok. I felt very comfortable opening up with her about my budget and situation.”

“The staff and program have gone above and beyond to help me. Each hardship, though scary and hectic, has been overcome with their help.”

“The agency gave me hope that help may be available to me after I felt defeated exhausting all other resources.”

“She talked me through some concerning issues with my bills and budget and not only showed me but gave me information to help with areas that I need help with.”



HEALTHY FAMILIES

MADISON COUNTY JAIL SUPPORT GROUP

“Many of the men and women who attend our groups have high Adverse Childhood Experience (ACE) scores. Most are unaware that their childhood trauma may be the biggest factor in their destructive and impulsive choices. Once we begin to discuss what those ACE scores mean, participants are validated by learning why they do what they do, and they can identify changes they want to see in themselves. As we begin to introduce information and engage them in hand-outs that involve journaling, they discuss thoughts, experiences, and plans for change when they re-enter. We hope to empower them and leave ‘victim mode’ behind. In the end, we try to instill hope and belief that change is possible no matter how many times they have to pick themselves back up.” - Jill Williams and Lisa Mitchell, HFNY Family Support Workers



DIAPER DRIVE

Our Healthy Families team hosted a diaper drive to collect diapers for distribution to families in the program. Diapers are essential to the well-being of families, especially for working moms. To collect as many diapers as possible, donation boxes were placed at different businesses and organizations around the county as well as CAP offices. In total the team collected **2,238** diapers. On Distribution Day any family in need was able to collect 20 free diapers per child in the household.

A special thank you to the following businesses that graciously allowed drop-off boxes at their location: Oneida Rec. Center, Gorman Foundation, Canastota, Chittenango and Oneida Libraries, Direct Factory Furniture, Oneida YMCA, Wilbur Duck Chevy, Madison County DSS and Health Dept., Hunt Real Estate, and Sunnyside Restaurant.



HOUSING

A MESSAGE FROM RYLEIGH, FORMER TRANSITIONAL APARTMENT RESIDENT

"I walked into CAP with my daughter, hopeless and looking at my last option. When I met with Sandi and Jessica, they were so welcoming throughout my stay. They cared for me while I learned to care for myself. Now me and my little girl have our own place and I have a job that I love! I didn't think the things that have happened while staying here were possible. Thank you both and everyone at CAP."



CODE BLUE



WARMING SITE

WARMING SITES

This past winter CAP's housing team worked in conjunction with local libraries, churches, and organizations to host warming sites for homeless individuals and families. Anyone out in the cold could visit a marked warming site to have access to refreshments, a telephone, as well as receive hygiene supplies and information on assistance during the cold weather. With no homeless shelter in Madison County this initiative is especially important. We were able to house 3 individuals who were using the warming sites this year.

Thank you to our participating warming sites: Oneida Public Library, Canastota Public Library, Hamilton Public Library, Sullivan Free Library, Cazenovia Public Library & Museum, Morrisville Public Library, the Madison County Office for the Aging, and Church on the Rock- Oneida

KINSHIP

SUCCESS STORY

A grandmother had taken her teenage granddaughter into her care following some difficult family circumstances involving a history of trauma, neglect, and abandonment. Desperate and with no other resources, she turned to CAP for help and support.

Advocating for a teen that she had barely met, the Kinship Care Case Coordinator (KCCC), along with a Licensed Clinical Social Worker, immediately started home visits. These visits address trauma experienced by the child and how that links to their behaviors and needs. Trauma can also have an impact on the child's physical and mental health, their relationships with others, and family dynamics. Over the course of the visits the KCCC worked with the family to reinforce parenting skills and set boundaries, rules, and expectations. Along with the KCCC's direct help, she also connected the family to other local resources such as Working Solutions, the Madison County Mental Health Department, and Liberty Resources.

After a year of Kinship services, the family graduated from the program. Both the teen and the grandmother were stable and making progress with the services that they were linked with. The teen continued with mental health counseling and ultimately enrolled in a BOCES vocational program, making plans for her future which included college prep.

Despite the pains and tribulations of the prior years, the teen's resilience, perseverance, and hard effort had paid off. She was able to graduate high school and is now looking to pursue higher education with an interest in becoming a Social Worker.



MENTORING



TRIP TO OCC

This April Onondaga Community College invited CAP's mentees to their campus to learn about college life. Their visit started with a fantastic presentation by their Recruitment Specialist, Paula Bernardoni. Paula made her presentation so easy to understand by the children and it put them right at ease. Paula spoke about scholarship opportunities and how they should never let money be a deciding factor on their college decision. A student ambassador then gave the mentees a full campus tour. They saw the study areas, dorms, the gym, and finished off in the dining hall where they ate like college students. They all left with a backpack full of goodies and talked about their experience all the way home. Thanks to the visit, the youth were able to envision college in their future. Thank you, OCC!

A CONVERSATION WITH A MENTEE

Nancy Verro, our Mentoring Program Manager, sat down with a mentee to gain insight into her thoughts and experience with the program.

Nancy Verro: What is one of your favorite things about the mentoring program?

Mentee: Getting to spend time and bond with my mentor, Cory.

NV: What is something you've learned from your mentor?

M: I've learned how to be more social. I used to be really shy.

NV: What do you want to work on the most?

M: I'm working on smaller goals that will help me get to my bigger goals in life, like learning to express my emotions.

NV: I've heard you want to be a veterinarian. Why?

M: I have a feeling of wanting to help someone. I want to help animals and their owners have a better relationship.



WIC

OUTREACH

Our Tri-County WIC program has ads running in Utica on public buses and bus shelters to increase breastfeeding rates while also increasing awareness and enrollment for the program. The Center for Disease Control and Prevention recommends that infants should be exclusively breastfed for the first 6 months with continued breastfeeding for 1 year or longer.

To increase breastfeeding rates, our WIC Peer Counselors (PCs) provide counseling and support throughout pregnancy and while breastfeeding. The PCs prepare mothers for what to expect during the very first days of breastfeeding and are available to mothers right after delivery and when they return home.

Our WIC program has offices in Oneida, Ilion, Rome, and Utica.



WORLD BREASTFEEDING WEEK

Our WIC staff were very busy the week of August 1 celebrating and supporting World Breastfeeding Week all over the tri-county area. The event is celebrated to encourage breastfeeding and improve the health of babies all around the world. WIC Peer Counselors, along with the Madison County Health Department and Oneida Healthcare, hosted a celebration at Allen Park in Oneida. The event provided resources to moms as well as a baby weigh station and activities for children. The PCs also hosted a Utica Zoo event with the Mohawk Valley Breastfeeding Network and the Mohawk Valley Health System. All moms were granted free admission to the zoo and were even able to see a mammal breastfeeding demonstration.

Infants who are breastfed have a reduced risk of asthma, obesity, ear and respiratory infections, sudden infant death syndrome, and gastrointestinal infections. In turn, moms who breastfeed can help lower their risk of high blood pressure, type 2 diabetes, ovarian cancer, and breast cancer.

2ND ANNUAL ROAD RALLY FUNDRAISER



CAP hosted our 2nd Annual "Road Rally" fundraiser this past May. The cars drove through scenic Madison County on the hunt for cryptic clues established by CAP's staff. For example, the clue "faith is at the center of it all" alluded to Pratts Hollow Church, the geographical center of New York state. Raffle prizes were given out to participants who found all of the clues as well as a trophy for CAP Board of Directors' favorite car. After the ride everyone gathered for delicious food and refreshments provided by Servomation. Local band Pale Green Stars performed while community members enjoyed the food and each other's laughter.

Thank you to our Guest of Honor, Congressman Anthony Brindisi, for graciously kicking off the event.



EMPLOYEE RECOGNITION

THE HARD WORK OF OUR DEDICATED EMPLOYEES IS
TRULY APPRECIATED EVERY DAY



2018

From left: Ericka Pratt, Martina Procopio, Phyllis Koester, Mary Marshall, Sandra Bain, Roxanne Winchell, Julie Roache, Danielle Fudzinski, Gail Miller, Katherine Gilbert, Cory Marsh, Kodi Sylvester, Kaleigh Bascom, Kay Walrath, Marti Geer

Not pictured: Dan Marsh, Jessica Ginney, Maryanne DeNova, Melissa Pryputniewicz

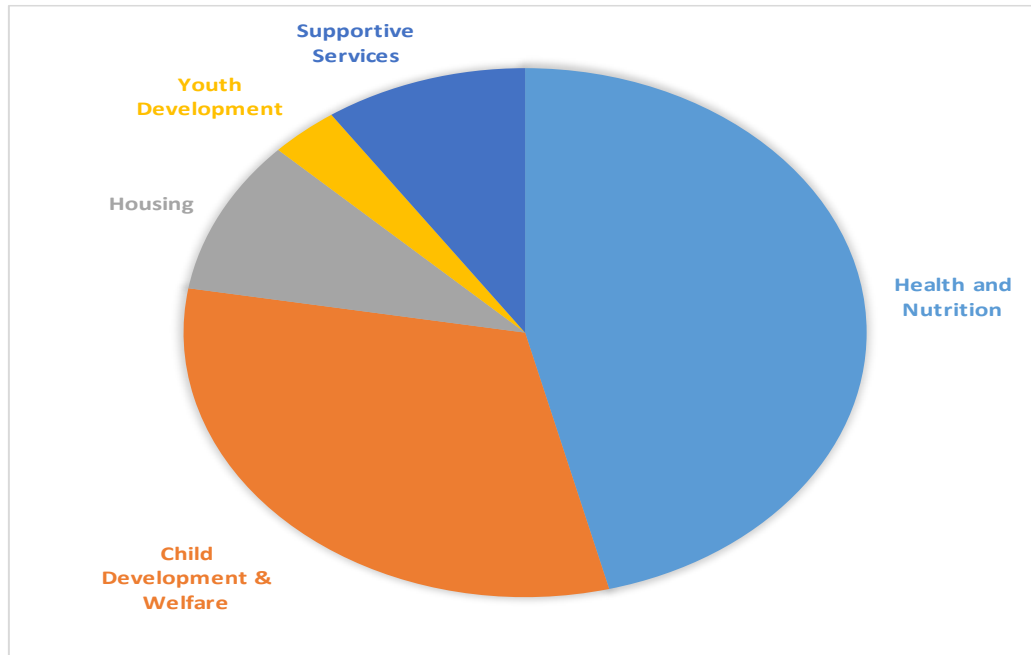
2019



From left: Bonnie Rocque, Jenna VanVeldhuisen, Sandra Bain, Stacy Washbon, Sandy Lampasona, Kizzy Lukerson, Marci Otts, Barb Church, Joanne Stoll, Danielle Duffy, Lisa Mitchell, Jill Williams

Not pictured: Dan Marsh, Ryan Wilcox, Jessica Ginney, Erin Dutcher, Melissa Pryputniewicz

FISCAL OVERVIEW



TRAININGS



OUR EXECUTIVE DIRECTOR PRESENTING TO
THE SHARK TANK AT THE CAPLAW
NATIONAL CONFERENCE



CAP STAFF AND COMMUNITY PARTNERS AT
“BRIDGES OUT OF POVERTY” WORKSHOP

BOARD OF DIRECTORS

2018-2019

PUBLIC SECTOR REPRESENTATIVES

Dick Kirby, Board President and Treasurer, Retired CFO of
Community Memorial Hospital

Tom Lynch, Retired Hospital Pharmacy Director

Jerry Romagnoli, Board Vice President , CEO of Abscope
Environmental

Fred Bragan, Excellence through Leadership, LLC

LOW INCOME REPRESENTATIVES

Cathy Baksa, Secretary, Oneida Healthcare Center

Mary Griffin, Oneida Housing Authority

Paula Welsh, Community Memorial Hospital

Rita Martinez, Early Head Start Liaison

PRIVATE/OTHER SECTOR REPRESENTATIVES

Kelli Johnson, Oswego County Literacy Initiative

Brett Zielasko, Community Bank N.A.

Janice Romagnoli, Cazenovia College

Charles Chambers, Gustafson & Wargo CPAs

CONTACT Us



COVER ARTWORK PROVIDED BY MORRISVILLE ELEMENTARY STUDENTS

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MORRISVILLE, NY 13408
315-684-3144

OTHER OFFICES LOCATED IN: ONEIDA, ILION, ROME, & UTICA

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