

Young people and those with disabilities are experiencing some of the highest levels of psychological distress.¹

1 in 3 high school girls in the U.S. have seriously considered attempting suicide.²

Inadequate investment in infrastructure for mental health services has left many people unable to access sufficient care.³

Demand for programs and services for children with mental, behavioral and intellectual disabilities has reached a crisis point.⁴

1. Pew Research, Dec. 2022 | 2. CDC, Oct. 2023 | 3. Vera Institute, Oct. 2023 | 4. Des Moines Register, Sept. 2023



community
support
advocates

CREATING HOPE TOGETHER

We're here for you, Iowa!

CREATING HOPE TOGETHER is a \$2.5M fundraising campaign – *the first in our history* – that addresses two critical elements hindering progress: Lack of mental health services and Staffing.

With our community in crisis, we are leaning into our expertise to write a new chapter for behavioral health services in Central Iowa.




Christina Smith
President/CEO



Cara Kennedy-Ode
Board Chair



OPENING
2024



Team CSA's new headquarters
and new Integrated Behavioral
Health Clinic!



community support advocates

**serves Central Iowa's
most vulnerable
individuals, and their
families, who are
impacted by disabilities,
mental health issues, and
traumatic brain injury.**



who is community support advocates?

Team CSA works on the front lines of Central Iowa's public safety net support network that includes first responders, children's services, disability services, court systems, supportive housing, hospitals, jails, schools and many other organizations in Iowa's Polk County and surrounding areas.

We provide comprehensive services and coordinated care that support day to day living, community integration, and creative expression.

*"I love helping people become valuable
members of the community."*

- Jenn Tielbur, CSA Staff



our mission

Partnering for growth and resiliency.

our vision

We are leaders in integrating care by empowering people, cultivating diversity, and dismantling stigma. We make hope tangible.

our values

Individuality, Integrity, Collaboration, Innovation.



established

1997 and in 2014 as 501(c)3 nonprofit

individuals served

2,046 with this number expected to increase by 50% in 2024

service area

Central Iowa



employees

75

97% of CSA clients

Report positive perception of care

12 straight years voted best employer





our programs

Clinical

New in 2023, CSA's Behavioral Health Center has already started providing mental health counseling services on site and in public schools!

Integrated Service Agency (ISA)

Provides care coordination for those with multiple support needs including mental, intellectual and developmental disabilities to navigate a complex network of resources, and their requirements, in order to access appropriate housing, medical, social, vocational and educational services.

Integrated Health Program (IHP)

Supports individuals age 14 and older who have a serious mental illness or severe emotional disturbance as they transition into adulthood.

Knowledge Empowers Youth (KEY)

Direct care services that address the unique mental health, physical wellbeing and social needs of young people and their families as they transition into adulthood.

Service Coordination & Case Management

Facilitates preliminary intake, eligibility, and funding processes.

Referral Line (515-288-0818)

Provides Polk County's 24/7 free informational, referral and crisis stabilization support.

Momentum Arts

Located in Mainframe Studios, offers access to free art supplies, studio space, workshops and annual juried exhibition.



“There is definitely hope. If not for CSA my son would have been either in jail or he would have killed himself.”

- Maureen West, parent of coordinated care client



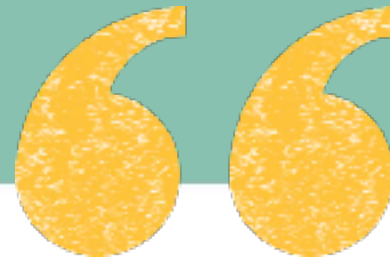
Why CSA? Why now?

While Community Support Advocates (CSA) is an established pillar within the region's behavioral health and disability services system, we are eager to share our story with the greater community because those we serve need your support.

Mental health is a topic that pervades every facet of society, and as demand for services vastly outpaces available resources, we are seeing far-reaching consequences for youth with severe mental and intellectual disabilities who are uninsured or underinsured.



Community Support Advocates is a reliable and successful provider of human services for marginalized individuals. Polk County is grateful for their work and dedication over the years.



- Polk County Supervisor
Matt McCoy, District 1



CREATING HOPE TOGETHER

expands services - Youth and adults gain vital access to our new Behavioral Health Clinic and CSA's established integrated supportive care at the same location.

increases employment - Add five full-time therapists, two psychiatric providers, and a nurse coordinator.

builds capacity - Provide mental health therapy, psychiatric assessment and medication management to 200 individuals and families in the Clinic's first year, and over 450 annually thereafter.

improves accessibility - Offer accessibility by all forms of transportation to central location

advances academic engagement - Mentor medical students and psychiatric residents to promote post graduate practice.

works in partnership - Enable Candeo to open an intensive residential service home for people leaving psychiatric hospitals and jail. It also houses Mercy's Community Psych Residency Program.

leverages the arts

- Engage our award-winning Momentum Arts Program to develop a space that inspires a sense of community and belonging.
- Feature a playcenter for creative arts therapy.
- Host an At-Tain Out of the Box community library with books about People of Color's cultures and histories.

We're ready!



community support advocates

We are acting quickly. CSA has purchased a new headquarters and is already growing its new Integrated Behavioral Health Clinic.



why CSA? why now?

It is crucial that vulnerable populations have access to integrated health options that build their independence, and keep them healthy, safe and connected to community.

When hospitalization, homelessness, suicide, and jail time are common alternatives, CSA carries an important burden that requires both public and private funding sources.

1. We have outgrown our leased location.
2. The public health system payment limitations hinder our ability to thrive.
3. Our employees deserve to make a living wage.
4. Our community needs all hands on deck.



“

CSA's collaborative history and culture of integrity convinced me to help lead this vital charge. We are ready to make a greater impact.

- Kim Hagen, CSA Clinical director

Financial snapshot & campaign budget

campaign budget

| | | |
|---|--------------|---------------------|
| Building Purchase/Loan | | |
| Building Loan (West Bank) | \$ 1,500,000 | |
| 20% Down Payment | 375,000 | |
| Total Purchase Price | | \$ 1,875,000 |
| Building Repairs & Updates | | |
| Updates (Sprinklers, Plumbing, etc) | \$ 82,643 | |
| Repairs (Roof, Parking Lot and Elevator) | 245,000 | |
| Signage & Branding | 25,000 | |
| Furniture | 50,000 | |
| Move Expenses | 25,000 | |
| Total Building Repairs and Updates | | \$ 427,643 |
| Clinic Addition | | |
| 3 Months Start up Wages & Benefits for Psychiatrist | \$ 48,884 | |
| 3 Months Start Up Wages & Benefits for RN | 20,340 | |
| Total Start-Up Cost of Clinic Addition | | \$ 69,224 |
| Transition between buildings cost | | \$ 157,000 |
| total | | \$ 2,528,867 |

CSA 2023 Financials Snap Shot
Fiscal Year: July 1, 2022 - June 30, 2023

assets

| | |
|---------------------------|--------------------|
| Cash | \$929,478 |
| Accounts Receivable | \$346,882 |
| Prepaid Expenses | \$41,757 |
| Fixed & Intangible Assets | \$817,055 |
| total assets | \$2,135,172 |

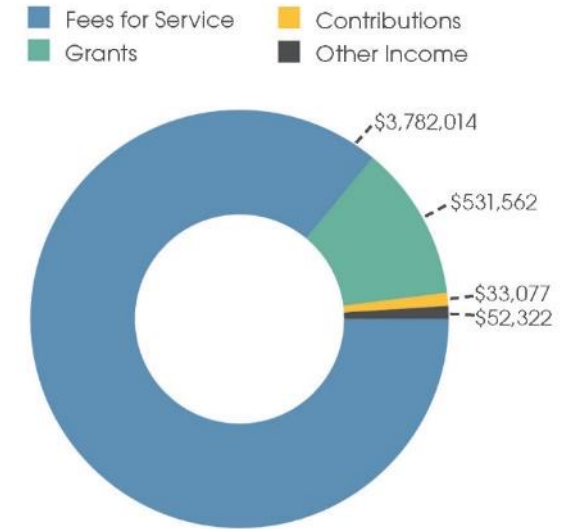
liabilities

| | |
|----------------------------|--------------------|
| Accounts Payable | \$26,377 |
| Accrued Payroll & Benefits | \$267,019 |
| Deferred Revenues | \$166,942 |
| Other Liabilities | \$745,411 |
| total liabilities | \$1,205,749 |

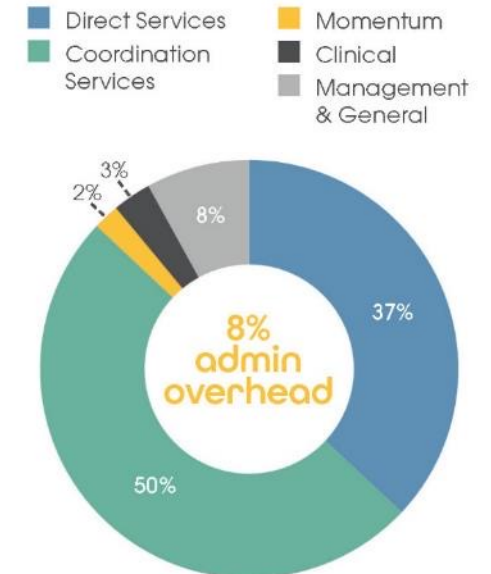
total

| | |
|--------------|--------------------|
| Liabilities | \$1,205,749 |
| Net Assets | \$929,423 |
| total | \$2,135,172 |

revenue



expenses





board of directors

Cara Kennedy-Ode, Chair Non Profit
Professional

Sam Dee, Treasurer CPA, UHY, LLP

Alice Helle, Vice-Chair Retired Attorney

John Schmidt, Secretary Retired Attorney

Bonnie Leonhardt Adjunct Faculty, Grand
View University

Zachary Ray Grimes Market President,
Midwest Heritage Bank

Saranyan Subramanian Sales Operations
Mgr, Principal Financial Group

Susan Watts Owner, Olson-Larsen Gallery

Laura Wright Executive Office, Escalation
Specialist, Wells Fargo Corporation

executive team

Christina Smith, President / CEO

**Kim Hagen, LISW, Director of Clinical
Services**

**Melissa Ahrens, BSW, Director of
Coordination Services**

**Lasondra Graham, Director of Community
Based Services**

Rick Arnold, CFO

Ross Vogel, Controller



special request

Can you help us reach our first campaign goal of \$300k by March 31, 2024? Pledges of \$60k and above receive special naming opportunities! Send your inquiry to christinas@teamcsa.org.

thank you!



ways to help

Pledges: Campaign commitments can be paid over time up to five years.

Gifts of Securities: Appreciated securities may provide greater tax advantages when compared to gifts of cash.

Estate/Planned Gifts: Gifts by bequest or other methods provide tax benefits and are practical ways to support.

Donate Online: teamcsa.org/donate

Send a check:

Community Support Advocates
6000 Aurora Ave, Suite B
Des Moines, IA 50322



TeamCSA.org