



*Helping People. Changing Lives.*

**community  
Action**®

**PARTNERSHIP**

**AMERICA'S POVERTY FIGHTING NETWORK**

# **2022 Impact Report**

**This is what we  
use to inform  
our decisions,  
our planning, our  
preparation, and  
our service.**

- 2021 Community Needs Assessment: Identifying the following 4 needs as the most pressing.

Housing ~ Mental Health ~ Food Insecurity ~ Income

- ROMA - Results Oriented Management and Accountability (our continuous improvement process)
- Area Agency on Aging, Area Plan
- Primary databases: CaseWorthy & GetCare
- CAP Plan - Community Action Plan
- Annual Report – NPI’s National Performance Indicators
- CAP Staff Survey
- Theory of Change – Dimensions of Poverty



# Dimensions of Poverty

- Food and Nutrition
- Warmth
- Housing
- Physical and Mental Health
- Income
- Mobility (Transportation)
- Safe and Thriving Children
- Growth Mindset
- Education
- Financial Resilience
- Employment
- Social Networks

# Living our Theory of Change

## Stabilize

Food & Nutrition

Warmth – EA & Wx

Housing

Services that increase access and stability

Services that allow for greater independence for seniors

## Equipping to exit poverty

Financial Coaching

Family–Centered Coaching

Future Story Initiative

Outcomes

Growth Mindset

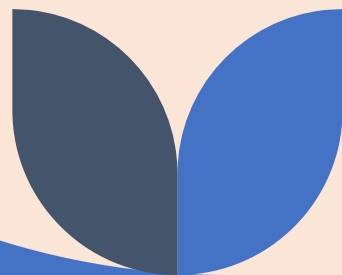
## Community Engagement ~ Agency Capacity Building

Professional Development for CAP staff

Participation in the Resilience Coalition, Human Needs Councils

Cost of Poverty Experience,

Bridges out of Poverty Trainings



# Stabilize with Food/Nutrition

## Impact

### Decrease food insecurity

#### North Central

|                                   |         |
|-----------------------------------|---------|
| Individuals Served (unduplicated) | 4,940   |
| Food Boxes                        | 4,870   |
| Total Pounds Distributed          | 929,120 |

#### North

|                            |         |
|----------------------------|---------|
| Individuals (unduplicated) | 8,503   |
| Food Boxes                 | 10,518  |
| Total Pounds Distributed   | 891,757 |

## Impact

### Increase ability to use income for other needs

#### Meals served in Aging

Congregate – 959 Clients received **40,039**

Home Delivered – 439 Clients received **80,305**



**Community Engagement  
Liaison  
Tami Plank  
Orofino office**



# Stabilize with Warmth

## Energy Assistance

In 2022, we provided regular energy assistance to:

- **5,062** households in North Idaho w/ **2,741** Crisis applications
- **2,307** households in North Central Idaho w/ **1,590** Crisis applications
- **405** households in Asotin County w/ **646** LIRAP (Low Income Rate Assistance Program)

By helping community members with energy assistance, it allows for them to use their income for other essential necessities (food, medicine, clothing, etc.).

## Wx Team



## Weatherization

CAP completed 117 homes in 2022:

- 91 homes in ID
- 26 homes in WA



# Stabilize with Weatherization

CAP's Wx program helps to reduce energy costs:

- On average, low-income families spend about \$1900 annually on energy bills.
- The program's energy upgrades save families an average of \$283 annually in heating and cooling costs, with additional energy and cost savings from lighting and appliance upgrades.
- For every federal dollar invested in weatherization, \$1.72 is generated in energy benefits.
- For every dollar invested in weatherization, \$2.78 is generated in non-energy benefits. (\$514 in out-of-pocket medical expenses and \$583 in fewer missed days of work)
- That means families have more money for other necessities, such as food, groceries, medicine, clothing, and other essentials.







**Energy Assistance Crew in Lewiston office**

# Stabilize with Housing

## Rentals

## Team

**CAP Housing maintains safe affordable housing for low-income families. CAP's rents are approx. 30% less than "fair" market rates. The following are the number of households who maintained permanent housing for 6 months or longer:**

- Clearwater Terrace – 10 out of 10 units
- Six Pines – 5 out of 6 units.
- Ponderosa Court – 4 out of 4 units
- Rancher Duplex – 1 out of 2 unit
- Hillcrest – 6 out of 8 units
- Fairview Terrace – 11 out of 11 units
- Total – 37 out of 41 units

### **Some of the Impacts of Affordable Housing:**

Access to affordable housing provides stability for families and lowers the risk of vulnerable families becoming homeless. It also increases the amount families can put toward other important household needs and savings for the future. It helps create a stable environment for children, contributing to improved educational outcomes.



# **Stabilize w/ Services**

**allow seniors to maintain independence**

## **Transportation Services**

Boarding = 1 way trip

**2916** Boardings

## **Homemaker & Respite Services**

Homemaker program =

158 Clients received **6113.25** hours of service

Respite program =

26 clients received **2340** hours of service



# Stabilize w/ Referrals

**While receiving coaching services, 2100+ under-resourced community members received advocacy and referrals to partnering agencies providing necessary services.**



# Equipping to exit poverty

**Financial Coaching, Family Centered Coaching, Future Story Initiative**

## Coaching Services

**396**

individuals received  
Financial and Family  
Centered Coaching

## Cost of Poverty Experience

100+ community members  
throughout North and North Central  
Idaho participated in our Poverty  
Simulations

10 FSI participants graduated from  
the Essential Skills Training



# Equipping w/ Social Networks

Examples of how we help people grow their social networks:

1. CAP manager at Fairview Terrace host events during the year for the tenants to help bring them together in a social setting:
  - Annual Events:
    - Celebrate birthdays - quarterly
    - Social time – weekly (ice cream, popcorn, cookies, etc.)
  - Spring activities:
    - Plant the community garden with vegetables and flowers.
    - Spring BBQ
    - Redecorate gazebo area
  - Summer activities:
    - BBQs for the residents - occasional
    - 4<sup>th</sup> of July activities
    - Hang up summer gazebo lights
    - Monthly dinner
  - Fall activities:
    - Clean out the community garden
    - Decorate for fall harvest
    - Halloween party
    - Hang up fall lights on gazebo
    - Monthly dinner
  - Winter activities:
    - Hang Christmas lights on gazebo
    - Christmas tree and Christmas decorations (including stockings for residents)
    - Christmas party
    - Monthly dinner
2. We also do this through our Future Story Initiative.



# Agency Capacity Building

## Professional Development

**1056** hours

CAP Staff participating in Professional Development trainings and/or skill building which led us to a more confident and competent workforce.

## Community Engagement

Lewis Clark Valley Resilience Coalition

Human Needs Council Meetings

Interagency meetings

Local Planning Committee

ADRC – Aging and Disability Resource Center Partner

## Volunteer Hours

**21,768** hours

Volunteers spent time supporting CAP, improved their leadership skills, gained other skills, knowledge and abilities to enhance their ability to engage and improved their social networks, socialization opportunities for seniors.



# Professional Development 2023

**All Staff  
Day 2023**

**CSBG  
Outcomes**

**Leadership**

**Self-Care**

**Diversity,  
Equity and  
Inclusion**





**Thank you!**