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CAP SERVICES IS HIRING!

Looking for a career change or know someone who is? CAP Services Inc. is headquartered in Stevens Point, Wisconsin with offices in each of the five counties it serves.

CAP Services is an equal opportunity employer and service provider. Our goal is to be the employer of choice for mission-driven persons seeking employment in central Wisconsin.

[View current job openings here!](#)

AS WE WORK AGAINST COVID-19

How CAP Services is helping community & staff during the pandemic

COVID-19 has taken a toll on our community and CAP Services has taken various steps to assist during this time. The following efforts have been made to support our community and staff which also included an addendum to our Community Needs Assessment which will be released later this year.

Keeping businesses open

CAP's Business Coaching & Lending team administered just over \$400,000 in grants to existing business loan clients as a result of the WEDC SB20/20 award. They have spent countless hours working with businesses to find new ways to operate and sustain themselves through the shutdowns and have worked with loan clients to modify payments as needed and have made new lower cost loans available to help them through the pandemic.

Addressing financial difficulties

In April, CAP created the Emergency Grant for Households which assisted 482 families and individuals affected by COVID-19 for a total of \$232,788.

Helping families keep their homes

The Wisconsin Rental Assistance Program (WRAP) provided low income people and families up to three months of rental assistance. As of the end of October, CAP staff worked tirelessly to assist 660 households and distributed \$1.3 million in our five county service area.

Providing a safe place to stay

The Family Crisis Center remained open and available to help clients during the pandemic with new safety measure in place. 19 adults and 15 children accessed shelter as did 16 youth in-crisis from April - August.

Providing culturally appropriate meals

The Sib Pab (Helping Hands) program addressed food insecurity faced due to limited financial resources by providing two healthy, safe, and culturally appropriate meals per week for up to 50 Hmong elders and disabled.

Staff safety

CAP Services closed buildings to the public in mid-March and found ways to keep employees working remotely. If they were needed in office, PPE was provided, social distancing was enforced, and sanitizing and cleaning practices were done frequently.



CLIENT TESTIMONIAL

Skills Enhancement Completer

"The Skills Enhancement Program allowed me to finish my program at school. Since finishing school and passing my state exams, I am able to have a higher paying job. This has allowed me to no longer live paycheck-to-paycheck. I have had extra money to start saving again! I am very thankful for the assistance I received from this program as I would have really struggled without it or have had to take out excess loans.

Thank you!" - *Kristen

The Skills Enhancement Program is a locally designed workforce development program that assists working, low-income individuals obtain the skills needed to compete for living wage jobs.

*name changed



CLIENT TESTIMONIAL

Mental Health Navigation client

"I'm the kind of person that likes to help others. I felt so helpless and hopeless I couldn't even pick up the phone, I kept sobbing. it took me three tries to dial the number." Tina reached out to CAP Services' Mental Health Navigation Program after she was a victim of a violent crime. Staff helped Tina find mental health resources. Staff also helped assess any life stressors that might be going on. Tina acknowledged that her steps towards recovery are due to the mental health navigators and she hopes her story will inspire others to reach out for help.

"I'm so much better as a parent and as person when I'm able to take care of myself and that, in a large way, I'm grateful in the services for the mental health navigators."

Mental Health Navigation is a free and confidential program established in response to the need for mental health care and navigating the often complicated system of resources and services.

LIFELONG ADVOCACY FOR SALAS

Jesus Salas' work of advocating for migrant farm workers rights

On Sept. 30, CAP hosted An Afternoon with Jesus Salas. This presentation would normally be done in May during our Recognition Reception, but due to the COVID-19 pandemic, this in-person event was cancelled. Staff made adjustments to make this a virtual presentation. To kick-off the presentation, President & CEO Nicole Harrison recognized the two recipients of three separate Skills Enhancement Program scholarships and the three recipients of the Arlene Stahmer Volunteer of the Year award. Harrison also shared an update on what CAP is doing for our community regarding COVID-19, which is summarized on page 1 of this newsletter.

Salas began his presentation with various visuals displaying the poor conditions of labor settlements in Texas where he grew up. It continued with farm laborers in Wautoma where Salas continued his journey. His partnership with various community members, including Caesar Chavez, UMOS, and others to promote fair and safe work environments for farm laborers throughout the community. His passion for the betterment of Wisconsin laborers helped organize farm worker walk outs, safe protests, and voter support was evident throughout his presentation. CAP is extremely thankful for Salas' presentation, his advocacy work in Wautoma and throughout the state.



CARSTAR PLOVER DONATES RECYCLED RIDE

CARSTAR Plover presented a vehicle to a deserving mother of twins

On Sept. 23, CARSTAR Plover and Erie Insurance presented a Recycled Ride to a deserving mother of 15-month-old twins. The recipient, Deborah Edman, was selected by CAP Services where she is a client of CAP's Early Head Start Program. Deborah is a full-time student and works part-time, so the gift of a refurbished 2015 Ford Fusion helps provide her the independence to care for her family, pursue a full-time job - which was challenging due to limited transportation, and so much more. Having endured domestic abuse and other hardships, Edman is doing everything she can to create a positive environment for her family.

"I just want to thank everyone who made this possible," said Edman. "This means a lot to me and my family. Now, we can go where we need. We can visit family, we can go to the doctor, we can go to school. There's not enough words that I can explain what this means to us."

Thank you to CARSTAR Plover, car donor Erie Insurance, and the National Auto Body Council Recycled Rides® program.

You can watch the presentation here: <https://fb.watch/1nY7W6yaoT/>

DOMESTIC VIOLENCE AWARENESS MONTH: SILENT WALK

On October 15, CAP Services held the second annual Silent Walk. October is recognized as Domestic Violence Awareness Month and the Silent Walk was held at the Waupaca Public Library Gazebo in Waupaca. Organizers asked that participants wore their masks and practiced social distancing to maintain safety. Below are a few pictures from the walk.

Thank you to all who participated!



YOU ARE NOT ALONE!

THE FAMILY CRISIS CENTER & COVID-19

How the FCC is continuing to assist clients while staying safe

The Family Crisis Center Shelter (FCC) and its program/services have remained open throughout the COVID-19 Pandemic. FCC continues to provide 24/7 walk-in, crisis line and shelter services. The FCC outreach offices remain closed due to COVID-19, however, appointments can be made to meet with an outreach advocate face-to-face to meet that need. FCC staff continue to provide support to victims in completing TRO paperwork, court prep and safety planning.

Throughout the pandemic, the Family Crisis Center has seen an increase in severity of domestic violence incidents. The crisis line has been experiencing an increase in mental health and people identifying homelessness as primary concerns. Overall, stress of COVID-19 and job loss has contributed to an increase in calls. COVID-19 has increased barriers for Victims of domestic violence and sexual assault, as resources have become less accessible.

Proper PPE and cleaning protocols have been implemented in shelter, along with encouraging shelter residents and staff to adhere to social distancing and essential travel recommendations. The safety of all staff and those who seek our services a primary concern. We continue to accept limited donations and our wish list can be found below.

Advocates at the Family Crisis Center have shown a tremendous amount of dedication to the work being done at the Family Crisis Center. They have ensured that shelter program services have had uninterrupted 24/7 coverage throughout this challenging time.

Portage County

1616 West River Dr.
Stevens Point, WI 54481
715-343-7125

Waupaca County

101 Tower Rd.
Waupaca, WI 54981
715-258-9575

Waushara County

205 E. Main St.
Wautoma WI 54982
920-787-3949

View the Family Crisis Center's wishlist!





PORTAGE COUNTY

Administrative Office

2900 Hoover Road
Stevens Point, WI 54481
(715) 343-7500

Program Office

1608 West River Drive
Stevens Point, WI 54481
(715) 343-7100

MARQUETTE COUNTY

Early Learning Center

222 North Franklin Street
Oxford, WI 53952
(608) 296-2141

OUTAGAMIE COUNTY

Program Office

821 East 1st Avenue, Suite 3
Appleton, WI 54911
(920) 968-6365

WAUPACA COUNTY

Program Office

101 Tower Road
Waupaca, WI 54981
(715) 258-9575

WAUSHARA COUNTY

CAPsell Center

205 East Main Street
Wautoma, WI 54982
(920) 787-3949

capservices.org

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Mental Health

NAVIGATING COVID-19

How CAP's Mental Health Navigation program continues to see changes to mental health during the COVID-19 pandemic

Staff shared that when communities went into quarantine they thought that there would be an increase in calls, but that wasn't the case. In fact, they shared that it was very quiet in the beginning of quarantine, yet continued to do a large amount of outreach to all schools within Portage County and tried to get as much information out in hopes that people would contact us. What they were seeing was an increase in the need for people, especially elderly, to have someone to talk to. They also found that not having in-person meetings meant that what staff could do in the office during a meeting now took many phone calls over the course of several days to weeks. Mental health experts are saying that there will be a second mental health pandemic. Our staff believe that we are heading into that right now as calls have picked up significantly. They are receiving many contacts from parents who are concerned about their teens increasing anxiety and depression, concerned about youth and the impact the changes to their learning environment, as well as teachers who are being asked to do so much more than before. The MHN staff have continued to find ways to get information out so folks know that they are available and ready to support them. Research is showing that people who already have a mental health diagnosis of either depression or anxiety are experiencing increased mental health symptoms due to COVID-19. Anxiety has been one of the chief complaints and another indicator of increased need is the fact that more therapy providers are booking out several weeks to a month or more for appointments.

If you or someone you know is in need of mental health assistance in Portage County, CAP Services' Mental Health Navigation team is here to help. Mental Health Navigation is a free and confidential program established in response to the need for mental health care and navigating the often complicated system of resources and services.

Walk For Hope

Walk for Suicide Prevention and Mental Health Awareness



WALK FOR HOPE: SEPT. 12

Walk for suicide prevention and mental health awareness

This year marked the 14th anniversary for the Walk for Hope in our community. Due to the COVID-19 public health emergency, the event was held virtually. There were approximately 190 participants, less than previous years, but still amazing considering it was virtual. Participants were encouraged to walk when able and post photos of why they walk on the [Walk For Hope Facebook event page](#). All participants received a Walk For Hope t-shirt as well as a mask that said "H.O.P.E. Hold On Pain Ends".

The COVID-19 pandemic has presented more challenges and stress to those struggling with mental health issues. Now, more than ever, we need to support our community to reduce the stigma of talking about and getting treatment for mental health issues.