



Foundation 2

Our

FY2018 Annual Report



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Suicide. The impact goes beyond the person who made the decision—it affects the community they call home.

We all are grieved by the death of a family member, friend, co-worker or celebrity. We all worry that a person we care about who is struggling may lose hope and see suicide as the only option. Foundation 2's philosophy is that suicide prevention is everyone's business and the entire community is part of the solution. We are proud to be leaders in our community by providing support in finding solutions.

Foundation 2 continues to support people in all walks of life and the increase in suicide rates in Iowa and across the nation shows the need for our services now, more than ever. Foundation 2's outstanding team of over 95 employees compassionately supports people of all ages during challenging times when hope may be lost. Many times, staff can intervene, provide support, and generate hope long before suicide becomes a real possibility.

As you explore our year's work in the pages that follow, we urge you to consider how you can help and what your role is in suicide prevention. You may be wondering, "How will I know that someone needs help?" or "What can I do to help someone who is considering suicide?" It may sound complicated, but it does not take an expert to make an impact.

HERE IS A SIMPLE PLACE TO START:

EXPRESS CONCERN. Reach out to those who appear to be struggling with a mental health crisis. Ask them if they are ok. Be a safe place for them to share openly if they aren't ok.

BE BRAVE. Ask the tough question, "Are you thinking about suicide? Are you considering killing yourself?" Be prepared with the Foundation 2 crisis number (319) 362-2174 if they express that suicide is a concern.

ACTIVELY CONNECT. Support them as they reach out for help. Foundation 2 is happy to be a resource, so connect to our crisis line at (319) 362-2174 or the National Suicide Prevention Lifeline at 1-800-273-8255.

SPEAK UP. Courageously speak about suicide and mental health (even share your story and how it has impacted you!) to decrease stigma and increase awareness.

GIVE GENEROUSLY. If you have been positively impacted by our services, know someone who has or you feel connected to the mental health and suicide prevention work we do, consider a donation to our agency to help us reach more people.

We are committed to coming alongside those in crisis and supporting them in their journey through difficult times. No matter the time of day, the current struggle, or the amount of pain, we know that crisis doesn't discriminate and Foundation 2 is here to help.

We are grateful for your support and belief in the life-changing and life-saving work we do each day.



With gratitude,



BY THE NUMBERS

Numbers taken from pre-audited FY18 financial statement

INCOME

UNITED WAY:

12%

STATE FUNDS:

28%

COUNTY FUNDS:

5%

FEDERAL
FUNDS:

5%

PRIVATE
CONTRIBUTIONS:

3%

OTHER
CONTRACTS/FEEs:

48%

MISC
INVESTMENT INCOME:

<1%

EXPENSES

CRISIS SERVICES:

27.63%

INDEPENDENT
LIVING PROGRAM:

11.65%

ADMIN:

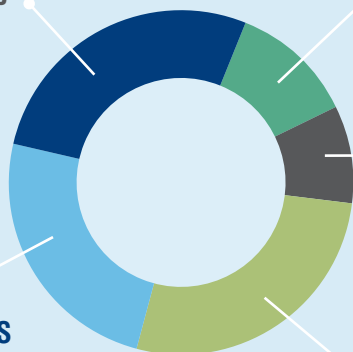
9.11%

MOBILE CRISIS
OUTREACH:

24.55%

YOUTH SHELTER:

27.06%



Judy* was in a relationship that brought her to Iowa. When the relationship ended unexpectedly and shortly after her move, she was devastated. Not only was Judy in a new community she was unfamiliar with, now she was alone, too. She'd already made specific plans to kill herself when she called the Foundation 2 crisis line to speak with a crisis counselor. Her plan involved giving her belongings to family and leaving notes for her loved ones. She planned to kill herself by overdosing on pills currently in her possession.

The next day the Foundation 2 crisis counselor, Gwen* called Judy to follow-up with her and to talk more about her suicide plan. Judy shared details about her life and the struggles leading to feelings of hopelessness. As Gwen learned these things and listened to her fears and feelings of worthlessness, some things started to change.

Judy became more agreeable to letting people in her life know about her suicide plan. Since almost all of her friends and family were outside of Iowa, Gwen and Judy spoke about how to reach her family members and how to ask for what she needed from them. Further follow-up calls were planned over the course of several days which included a holiday. Judy answered the phone every time and it was evident that she was de-escalating. She revealed her suicide plan to her parents who immediately decided to come to Iowa to help her move back home. Upon her parent's arrival, Judy gave her pills to her mother who disposed of them at a drop box at the sheriff's office. In our last follow-up contact with Judy she was driving a moving truck with her parents to return home. Foundation 2 staff was able to keep Judy safe, encourage her to connect with others in her life and to stay connected with her until her crisis period had passed.

**Names changed to protect client privacy.*



CREATING A TRAUMA INFORMED ENVIRONMENT AT SHELTER

The focus of Trauma Informed Care is to build resiliency and to heal from past trauma. Trauma Informed Care providers focus on “what happened to you,” instead of “what’s wrong with you.” We recognize that addressing past trauma is critical to positive outcomes. All shelter staff is trained in Trauma Informed Care and building resiliency.

The Foundation 2 Youth Shelter has made significant progress this year to create a trauma informed environment supporting the clients we serve.

- Staff transformed a large storage room into a welcoming arts and music room for therapeutic expression, providing clients with a space to create and play.
- Shelter staff recently implemented evidence based curriculum for a new “Girls Circle Group” to provide skills training, increase positive connections and implement resilience practices for female clients.
- Development staff secured funding to turn an empty space into a sensory room, creating a “chill” space for youth to decompress.

OUR IMPACT

Crisis phone contacts

31,019

Crisis chat or text

2,318

Follow up calls to clients

4,581

Suicide Loss Survivor
Group members

52

Depression/Anxiety
Group members

50

Law Enforcement
Liaison dispatches

75

this program started in late March

Iowa AfterCare clients

93

Mobile Crisis Outreach dispatches

1,943

Youth Shelter admissions

264

Family Counseling sessions

427

Accountability Program clients

56

AMP group members

137

As our agency programs grow and change, the way that we collect data may differ from year to year.

DONORS

Foundation 2 thanks the generous donors of financial gifts and in-kind donations.

The individuals, families, corporations and community organizations listed on these pages contributed to the work of Foundation 2 between July 1, 2017 and June 30, 2018. We try our best to print names accurately and to honor the privacy of those who chose not to be listed. Please contact Katie Curtis at kcurtis@foundation2.org with any omissions or errors.

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The mission of
Foundation 2
is to be a trusted,
compassionate resource
for people in crisis by
offering counseling,
safety, and support
during difficult times.

In the last fiscal year Foundation 2
staff connected with over

5,000

community individuals through presentations and trainings covering
topics including suicide prevention and response, crisis intervention
and safety planning.

In FY18
we received
6,996
contacts with those with
thoughts of suicide or
concerned about someone
who was suicidal.