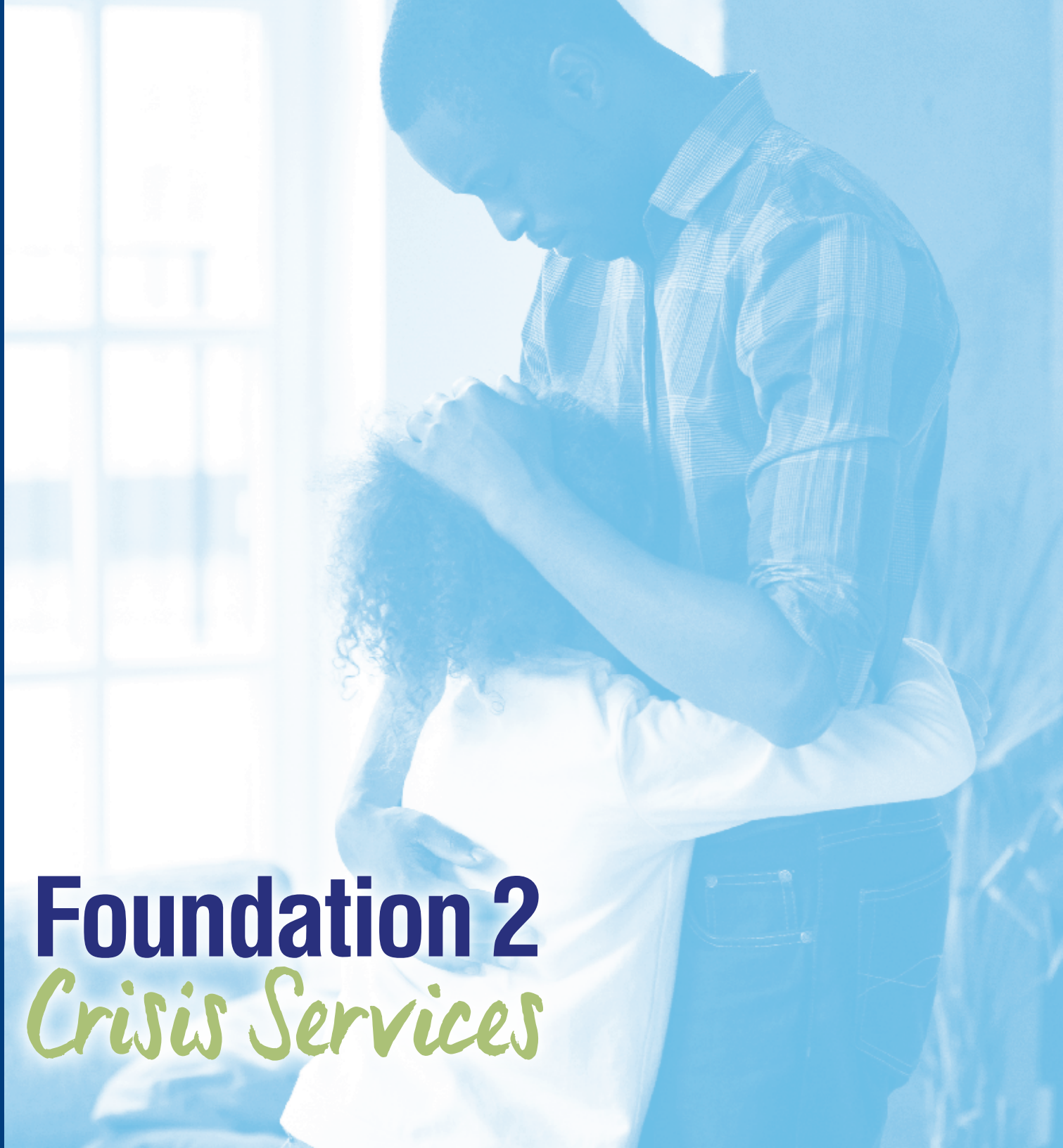


**FY2019**  
Annual Report



**Foundation 2**  
*Crisis Services*



**W**e know connections matter. It's at the core of what makes us human. Every day at Foundation 2 we provide hope and build resiliency in the people we serve through supportive connections at a time when people need it most. For our mobile crisis outreach team it's connecting with someone to ensure they are safe. In the shelter it's appropriately and collaboratively planning for a youth to transition back into their home. We prioritize providing client-centered, nonjudgmental and confidential support to individuals and families whenever they need it.

Our staff are highly trained and skilled to provide emergency support in crisis situations but we know all individuals play a role in crisis intervention and suicide prevention. Consider how your past interactions have supported someone in a difficult time or how you have been supported by someone else. Often times, we don't realize our own potential and impact! We continue our commitment to serve this community and any individual in need. We hope you will join us in being a catalyst for change by making connections and building our community.

Your actions can make a positive difference in the life of someone who needs it most. Whether you were one of our first call center volunteers or you've just been acquainted with our agency, we are grateful for your support and advocacy. Because of Foundation 2 people have found hope and we appreciate you being part of our story.



*With gratitude,*



## 2019 BOARD OF DIRECTORS

### ALEX TRUNNELL

*President, HNI Risk Services*

### HEATHER RIES

*Vice-President, Regional Medical Center*

### RENEE NELSON

*Secretary, Grantwood AEA*

### LEE SWANSON

*Treasurer, Hibu*

### LARY BELMAN

*Retired Nonprofit Administrator*

### ELSWORTH CARMAN

*Iowa City Public Library*

### VALERIE CLAY

*Linn County Attorney's Office*

### JOSEPH CONWAY

*Conway Law PLC*

### JILL HOCKADAY

*GreatAmerica Financial Services Corporation*

### AMY KADUCE

*Collins Aerospace*

### SAMANTHA MCGRANE

*Transamerica*

### MICHAEL ROZUM

*Acumen Advisors, Inc.*

### JAKE SHARPE

*Linn County Sheriff*

### HOLLIE TRENARY

*Marion Public Library*

### DALE WIRTJES

*Cedar Rapids Bank & Trust*

Our mission is to be a trusted support when life gets tough.

**ALL PEOPLE.  
ANY TIME.  
EVERY TIME.**

## FOUNDATION 2 LEADERSHIP STAFF

### EMILY J. BLOMME

*Chief Executive Officer*

### SARAH NELSON-MILLER

*Chief Operating Officer*

### AUDREY MEYER

*Chief Financial Officer*

### KATIE CURTIS

*Chief Development Officer*

### ELISABETH KISSLING

*Marketing Director*

### DREW MARTEL

*Crisis Services Director*



**O**ur J-FAST mobile crisis services offer in person counseling support for youth struggling to manage their mental health. Earlier this year our team was dispatched to a local hospital to provide services for Ava\*, a young lady who was refusing to go home to her parents, was combative and had recent history of abusing substances.

Foundation 2 counselors Hanna and Ben\* collaborated with the hospital social worker and Ava's family to create an effective safety plan. Through collaborative discussion and thorough suicide risk assessment the best option was to place her voluntarily in our emergency youth shelter instead of the hospital. The lower level of care provided by our shelter was the least restrictive option that could still leave Ava feeling supported and safe.

We partnered with ASAC, our local substance abuse services provider, to complete an assessment. Intensive outpatient treatment was recommended and counseling was initiated immediately. In addition, Hanna and Ben were able to connect Ava with a psychiatrist who recommended a mental health day treatment program and appropriate medications. With these great supports in place, our Family Counselor at Shelter worked with the family on a plan to get Ava back home in a timely manner.

We're pleased to report, when providing follow up with the family, the treatment plan was going well and Ava and her family were stable.

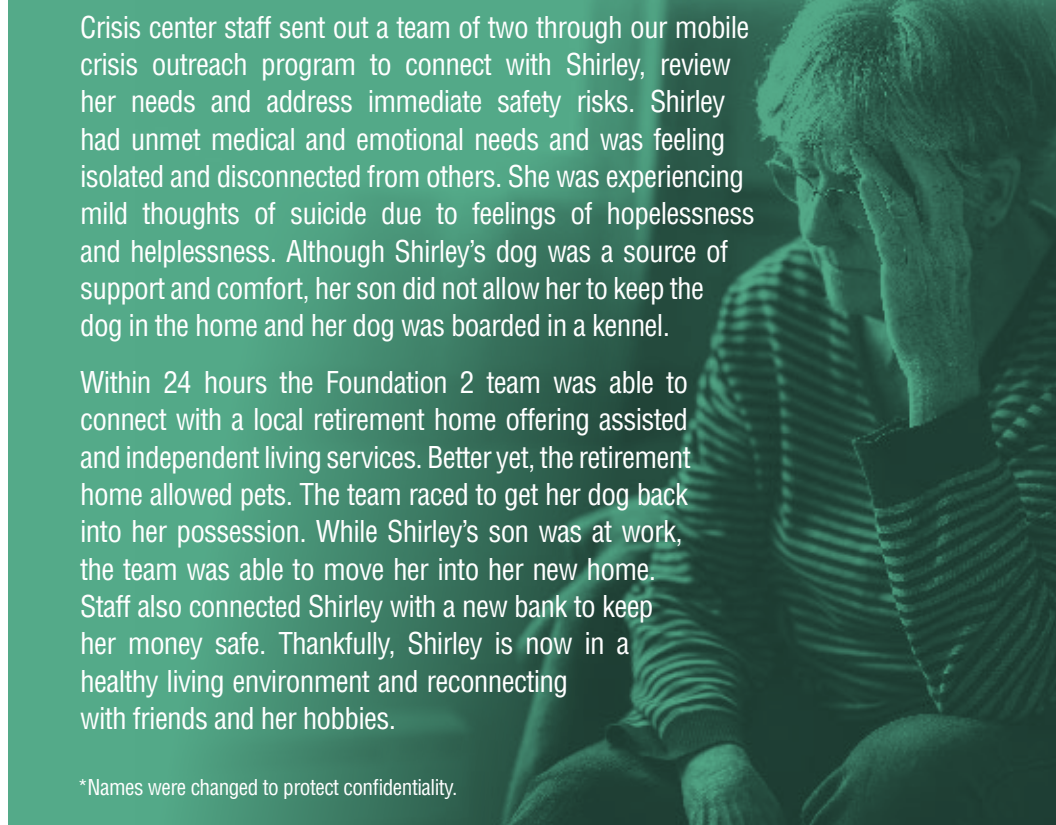
\*Names were changed to protect confidentiality.

**O**ne of our 35,989 incoming phone calls this year to the crisis center was from an aging adult who did not feel safe in her own home. Shirley\* moved to Cedar Rapids from another state to live with her son. She quickly realized she was being taken advantage of financially and was experiencing emotional abuse from her son.

Crisis center staff sent out a team of two through our mobile crisis outreach program to connect with Shirley, review her needs and address immediate safety risks. Shirley had unmet medical and emotional needs and was feeling isolated and disconnected from others. She was experiencing mild thoughts of suicide due to feelings of hopelessness and helplessness. Although Shirley's dog was a source of support and comfort, her son did not allow her to keep the dog in the home and her dog was boarded in a kennel.

Within 24 hours the Foundation 2 team was able to connect with a local retirement home offering assisted and independent living services. Better yet, the retirement home allowed pets. The team raced to get her dog back into her possession. While Shirley's son was at work, the team was able to move her into her new home. Staff also connected Shirley with a new bank to keep her money safe. Thankfully, Shirley is now in a healthy living environment and reconnecting with friends and her hobbies.

\*Names were changed to protect confidentiality.



**BY THE NUMBERS**

Numbers taken from pre-audited FY18 financial statement

**INCOME**

UNITED WAY:	STATE FUNDS:	COUNTY FUNDS:
<b>11%</b>	<b>26%</b>	<b>6%</b>
FEDERAL FUNDS:	PRIVATE CONTRIBUTIONS:	
<b>6%</b>	<b>3%</b>	
OTHER CONTRACTS:	MISC INVESTMENT INCOME:	
<b>46%</b>	<b>2%</b>	

**EXPENSES**

MOBILE CRISIS OUTREACH:	<b>33%</b>
YOUTH SHELTER:	<b>26%</b>
CRISIS SERVICES:	<b>24%</b>
INDEPENDENT LIVING PROGRAM:	<b>11%</b>
ADMIN:	<b>6%</b>



# OUR IMPACT

Crisis phone contacts <b>35,989</b>	Crisis chats or texts <b>5,417</b>	Follow up calls to clients <b>3,714</b>
Family Counseling sessions <b>938</b>	Mobile Crisis Outreach dispatches* <b>2,437</b> <small>*includes contractors</small>	Contacts with those with thoughts of suicide or concerned about someone who was suicidal <b>5,707</b>
Suicide Loss Survivor Group members <b>56</b>	Depression/Anxiety Group members <b>65</b>	Law Enforcement Liaison dispatches <b>247</b>
Iowa Aftercare clients <b>104</b>	Youth Shelter admissions <b>331</b>	AMP Group members <b>159</b>

## ACTIVE RESCUES

# 218

**EVERY 40 HOURS.** That's how often Foundation 2 knows we saved a life last year. In 2018, Foundation 2 dispatched 218 active rescues, including medical intervention, for individuals who had taken an active step to end their life. We take active rescue very seriously and only initiate medical assistance when absolutely necessary and almost always in collaboration with the caller. Our trained and compassionate counselors stay on the line with a caller until medical rescue has arrived providing ongoing emotional support. We know that interventions are important, 90% of people who attempt suicide and survive do not go on to complete suicide at a later date (Mental Health America, 2019). Considering Foundation 2's impact: 218 lives saved. 218 struggling individuals who were able to reach out at a critical time. 218 people reconnected to life who found hope when things got tough.

Long time staff member Drew Martel transitioned into our new Crisis Services Director role this year. This position allows Foundation 2 to continue to prioritize high quality clinical support for staff and clients. One of our areas of focus is on building resilience. Research shows building resilience is one way to effectively work through tough times and traumatic events. But it's hard to know where to start. Here are some of Drew's best practices in building resilience:

- **Make connections:** A smile to a stranger, holding the door for someone, or being a source of strength for a friend in need. Foundation 2 encourages all people to make small gestures knowing that there can be a big impact. Express gratitude and share your joy with others.
- **Maintain a hopeful outlook for the future:** Know that small changes do have an impact, so keep striving to find hope. When you can't find it for yourself, rely on Foundation 2 to help you!
- **Take care of yourself:** Eat well, journal, workout, take a walk, call an old friend, meditate, engage with people who lift you up, say no, slow down, celebrate a small win, drink water, go to bed early, drink a cup of tea, stretch, take a nap, listen to an upbeat song, dance, create a vision board, get a massage, read a book, go on a hike, or paint.

# 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, 2018 and June 30, 2019. 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](mailto:kcurtis@foundation2.org) with any omissions or errors.

### BUSINESSES & GROUPS:

Acumen Advisors  
AirFX  
Airport National Golf Course  
Amazonsmile Foundation  
Beisser's Inc.  
Benchmark Inc.  
BerganKDV  
Bex Hurn  
Butcher Block  
Cedar Rapids Area Association of Realtors  
Cedar Rapids Bank and Trust  
Cedar Rapids Counseling & Psychotherapy, LLP  
Cedar Rapids Kernels  
Cedar Valley Outfitters  
Climate Engineers  
College Community School District  
Crescent-Janko Masonic Foundation  
Daybreak Rotary of Cedar Rapids  
DC Taylor & Co.  
de Novo  
Deb Callahan Skogman Realty  
Eastern Iowa Circus Collective  
Eastern Iowa Health Center  
Elevate Salon  
Exile Brewing Company  
F&M Bank  
Families Helping Families  
First Church of the Open Bible  
GreenState Credit Union  
Grin N' Goose  
Hazzard County  
Hiawatha Chiropractic  
Hills Bank and Trust Company  
Hope Walk of Cedar Rapids  
Hy-Vee  
Independent Living Team

Iowa Brewing Company  
Iowa One Gift  
Iowa Solutions  
Jimmy Z's  
Junior League of Cedar Rapids  
KZIA Z102.9  
Labor International Union #43  
Linn County Advocates  
Mahong League  
May G. Gortner Charitable Trust  
Miron Construction  
Moss  
NEED Pizza  
Ohnward Bank  
One Mission  
OPN  
Osgoods  
Pepsi Co.  
Pretty Lane  
Pub 217  
Rohde Family Charitable Foundation  
RSM  
Saint Pius X Parish  
Scheels  
Schimberg Company  
Scooters  
SCOUT  
SOKO Outfitters  
St. Elizabeth Ann Seton Church  
Strategic Print Solutions  
TDT CPAs and Advisors  
Technicom Inc.  
The Early Bird  
The Greater Cedar Rapids Community Foundation  
The Haas Memorial Ride  
The Rock Bar  
The Smug Classic

Theisens  
Thew Brewing Company  
Toyota Financial Services  
Trinity Lutheran School  
TrueNorth Companies  
UFG  
United Way of Central Ohio  
United Way of East Central Iowa  
Westminster Presbyterian Church  
Winestyles

### IN HONOR OF:

Sarah Nelson-Miller

### IN MEMORY OF:

Scott Buechel  
Carter Boyles  
Garrett Farr  
Kylie Ford  
Tim Haas  
Mike Hand  
Tyler Hicks  
Brian Schmelzer  
Nathan Simons  
Larry Topinka

### INDIVIDUAL DONORS:

Anonymous  
Dan Abbott  
James & Ruth Affeldt  
Linda Aubey  
Mr. & Mrs. John Bader  
Connie Baugh  
Lary Belman  
Kathy Berning  
Paul Betterton  
Jagadeeshbabu Boggarapu  
Bill & Verna Boland  
Emily Blomme & Jeremy Elges  
Jan Bringman

Chris Burd  
Mary Buresh  
Mike & Jo Cambridge  
B. Dale & Rose Campbell  
J. David & Alexandria Carey  
Elsworth Carman  
Valerie Clay  
Joseph Conway  
Carol Cox  
Tim Coulter  
Shelby Crist  
Jacob & Katie Curtis  
Alice Dahle  
Dr. Don Damsteegt  
Betty Debban  
Brooke Fitzgerald  
Penny Freeman  
Lisa & Andre Gallet  
Karen Ganzer  
Barb & Scott Gay  
Kevin & Mary Gesing  
Cory & Megan Goldensoph  
Kathy Good  
Richard S. Gradoville  
Jade Groen  
Susan E. Haley  
Janelle Hall  
Sandra Hanna  
Nadine Hartkemeyer  
Hilary Hershner  
Tom Hess  
Jared & Carol Hills  
Jill Hockaday  
Mr. Dennis M. & Mrs. Jacqueline N. Holloway  
Robert Hoyt  
Bailey Jimmison  
Katie Johnson

Mr. & Mrs. Mark Johnson  
Amy Kaduce  
Doug Keiper  
James & Laurie Kersten  
Elisabeth & Josh Kissling  
Matthew Kishinami  
Dr. Calla Jayne Kleene  
Mr. & Mrs. James Klein  
Theodore Knutson  
Benjamin & Barbara Koehn  
Dan Kolander  
Rena Koth  
Clarice Kripper  
Chad Kryger  
Amy Lageson  
Reuven Lazarus  
Lindsay Leahy  
Jessica Link  
Joe & Cherie Lock  
Taylor Lynch  
Drew & Anna Martel  
Chad Marion  
Mark & Liz Mathis  
Patricia McElroy  
Gary McGovern  
Samantha McGrane  
Laura Meade  
Carol Meade  
William Meeks  
Taryn Meeks-Noethe & Scotie Noethe  
Christopher Merck  
Audrey & Dan Meyer  
Paul & Robin Morris  
Karen Green  
Sarah Nelson-Miller  
Renee Nelson  
Chris Ockenfels  
Scott & Penny Olson

Darlene Peterson  
Matthew Pollock  
Carole Meyer  
Randy and Lisa Ramlo  
Elizabeth Ray  
Heather Ries  
Constance Ripley  
Michael Rozum  
Rosemary Ziskovsky  
James Ross  
Noah Satern  
Geri Schmitt  
Penny Schwenke  
Jake Sharpe  
Dawn Simpson  
Ray R. Smith  
Dave Sorg & Family  
Keith & Marcia Stahl  
Joann Stevens  
Gary & Nancy Strandberg  
Lee & Stacy Swanson  
Brenda Taylor  
Judy Thomas  
William Thomas  
Callie Tjaden  
Hollie Trenary  
Alex Trunnell  
Meghan Vanhorn  
Doris Waid  
Stacey Walker  
Aaron Webber  
Martin D. Weber  
Cathy Neocker  
Nicolette Welch  
Robert & Eunich Welsh  
Martin Wiesenfeld  
Mike & Reta Wilkins  
Dale Wirtjes



1714 Johnson Avenue NW  
Cedar Rapids, IA 52405

**DONATE TODAY**  
[www.foundation2.org/give](http://www.foundation2.org/give)

Non-Profit  
U.S. Postage  
PAID  
Cedar Rapids, IA  
Permit No. 291

## WHAT ARE THE WARNING SIGNS OR RISK FACTORS THAT CAN LEAD TO SUICIDE

Sometimes life is tough and it helps to talk through your problems with someone willing to listen. If you or someone you know is experiencing any of the following problems, especially if a problem is making it hard to get through the day or is getting worse, our experienced, compassionate counselors are available any time day or night and are just a phone call away.

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Increased smoking, drinking or using drugs
- Feeling confused, angry, worried or scared
- Fighting with family and friends
- Unable to get rid of troubling thoughts and memories
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks

If someone you know is struggling emotionally or having a difficult time, **YOU** can be the difference in getting them the help they need.

# WITH HELP COMES HOPE

**24-HOUR CRISIS LINE: 319-362-2174**

**CHAT: [Foundation2CrisisChat.org](http://Foundation2CrisisChat.org)**

**TEXT: 800-332-4224**

