YOUR TRUSTED SUPPORT
WHEN LIFE GETS TOUGH.

All people. Any time. Every time.
Welcome

We’re proud to provide you with an update on our transformational year at Foundation 2 Crisis Services.

In our last fiscal year (July 1, 2022-June 30, 2023), our services have expanded to meet the increasing mental health and suicide prevention needs we see across Iowa. We continue to support more people annually than ever before in our agency’s 53 year history.

This year, our annual report intentionally focuses on our expanding programs, and their meaningful impact when life gets tough. The work that our teams do every day is life-changing and life-saving. It would not be possible without the support of our communities, partners, and donors.

A major achievement in the last fiscal year is the actualization of a long-time dream. In 2018, our strategic plan included intentions to create a centralized space for staff, consolidating many of our seven individual locations. We are so grateful that through the support of many individuals like you, we were able to make this a reality.

We're grateful to have the tremendous support of our donors and so many community partners who allow us to continue to provide high-quality services that are free, confidential, and available 24/7.

Sincerely,

Emily Blomme
Chief Executive Officer

Samantha McGrane
Board President

Our Mission
To be a trusted support when life gets tough. All people. Any time. Every time.

TOTAL AGENCY CONTACTS
97,753

Between FY15 and FY23, our crisis center experienced a 270% increase in contacts.

TOTAL CRISIS CENTER CONTACTS (Phone, text, chat and follow-ups)
87,784

Young Adults Served by Fostering Futures
222

This includes Iowa Aftercare, Achieving Maximum Potential, and the Violence Prevention Program - programs that help at-risk young people navigate adulthood.

Active Rescues
635

An active rescue is when counselors respond to a crisis caller experiencing an imminent risk of suicide.

Mobile Crisis Outreach Dispatches
2,870

We responded in-person to individuals and families experiencing crisis thousands of times - we also provided 1,706 MCO follow-ups.

Nights of Safety at Emergency Youth Shelter
3,654

We provided shelter and basic needs for 125 youth ages 11-17 at the Emergency Youth Shelter.

635 Active Rescues

1,175

Triages Provided At The Mental Health Access Center

At the Linn County Mental Health Access Center, our counselors are the first point of contact and provide suicide risk assessments with incoming clients.
Youth & Family Services

"Crisis" encompasses many different experiences. Our youth and family services address different community-based needs, including group and gun violence and housing insecurities.

Fostering Futures

Fostering Futures supports at-risk young people as they navigate adulthood. Services include Iowa Aftercare, Achieving Maximum Potential, and the Violence Prevention Program.

The Fostering Futures program supported 222 clients in the last year.

Iowa Aftercare provides case management and support for young adults who have aged out of the Iowa foster care system. Case managers help navigate budgeting, employment, transportation, and more. "Finding a co-signer for my first apartment seemed impossible, but by working with my case manager, I learned about budgeting and made a financial plan I could stick to," shared a Fostering Futures client. "That was a major step toward my goal of going to community college."

Emergency Youth Shelter

The Emergency Youth Shelter provides housing and care for youth ages 11-17 who need an out-of-home placement. Youth may have experienced homelessness or human trafficking, or have been placed in foster care.

Youth are able to continue their education and receive counseling and support services while at the shelter. The youth shelter also strives to provide regular recreational opportunities, including trips to museums and the YMCA.

In total, 125 youth were served through the shelter, totaling 3,654 nights of safety. Counselors provided 859 family counseling sessions at the shelter to help youth return to a safe, stable home.

Violence Prevention Program

The Violence Prevention Program is part of Stand Up for Peace (previously ReSET CR). This community collaborative is aimed at breaking cycles of violence in our community, specifically using the Group Violence Intervention.

Foundation 2 Crisis Services is the lead agency overseeing the implementation of GVI strategy that includes other partners in law enforcement, social services, and dedicated community volunteers.

The strategy delivers a credible message against violence and offers of genuine assistance to those at the highest risk of engaging in group violence or becoming a victim.

Crisis Services

Our Crisis Services provide free, 24/7 support for anyone experiencing a crisis, concern about mental health, or thoughts of suicide. Counselors are available by phone, text, and in-person.

Crisis Center

The Crisis Center provides 24/7 support through phone, text, and chat to anyone experiencing a crisis. This year, counselors responded to more than 87,000 phone, text and chat contacts for support - a record number of contacts.

The rollout of the 988 Suicide and Crisis Lifeline in July 2022 increased access to crisis support services nationwide. We are one of two agencies in Iowa who answer the 988 phone and text services for the state of Iowa.

CSCBS

Crisis Stabilization Community-Based Services (CSCBS) is a voluntary service where individuals can stay in their homes and receive intensive mental health services. This reduces the need for in-patient care or hospitalization. This year, we supported 61 clients for a total of 206 days of service with CSCBS.

92% of clients were able to be stabilized in the community, eliminating the need for hospitalization or more intensive care to manage their mental health crisis.

Law Enforcement Liaisons

Law Enforcement Liaisons provide support on mental health-related calls alongside law enforcement. This free, voluntary service is offered in six law enforcement agencies.

These calls can involve individuals experiencing thoughts of suicide, psychosis, or other mental health crises. Dispatchers are often made to help a family member or friend who is concerned about a loved one’s mental health or behavior.

Mobile Crisis Outreach

Mobile Crisis Outreach provides in-person crisis support in eleven counties in East Central and Eastern Iowa. Counselors respond to homes, schools, and other locations to help individuals and families navigate difficult situations.

In FY23, counselors responded to 2,870 Mobile Crisis Outreach dispatches.

Counselors respond in pairs to provide de-escalation, suicide risk assessment, and supportive connections to mental health and community resources. In 86% of dispatches, the client was stabilized in the community, avoiding a higher-level of care.

"When I was struggling, I was amazed at the response, empathy, and support. I am beyond thankful."
Putts for Prevention
During our largest annual fundraiser, Putts for Prevention, hundreds of people joined us in Downtown Cedar Rapids for a nine-hole mini-golf course at local restaurants and bars. This fundraiser started in 2019. The May 2023 event was sold out, raising more than $40,000 to support our programming and mission.

Leadership for Five Seasons
The 2023 LFS class spent many hours advocating for mental health care and supporting our programs and events. Members created putt-putt holes for Putts for Prevention and helped clean up several of our facilities in May.

We're moving!
In October 2022, we purchased the historic Witwer building in Downtown Cedar Rapids and embarked on a $5.4 million capital campaign to create a new headquarters for our agency. Five of our current locations will consolidate into our new facility, increasing collaboration and improving service access. The anticipated move-in date is early 2024.

We look forward to joining the vibrant Downtown community and know that it will provide ample opportunity to connect with more individuals in need, community partners, and businesses seeking support.

In the Community
Training and Education
We offered local, state, and national trainings on a variety of topics, including intervention techniques, workplace wellness, and suicide risk screenings.

In total, we provided mental health and suicide prevention training to 1,501 people across Iowa, including many in Cedar Rapids. By equipping people with the skills to assist those at risk of suicide, we can create safer communities.

Junior League of Cedar Rapids
The Junior League of Cedar Rapids is a longstanding community partner. They support the Fostering Futures program, including meals for AMP participants, housing support, and a scholarship fund.

This year, five Fostering Futures clients received financial support to pay for housing, totaling approximately $18,000. This support is paired with financial guidance with their case manager.

Additionally, a total of $10,000 in scholarships was issued to Fostering Futures clients for needs like car repairs, textbooks for college, and uniforms for jobs.

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The class also hosted an 80s themed “Party With A Purpose.” They generously donated $20,000 from the event to support our mission.

FY23 Financials
Operating revenue and expenses. Capital campaign revenue and expenses are not included below.

Income
- Other contracts: 35%
- Federal Funds: 22%
- State Funds: 26%
- County Funds: 9%
- Contributions: 6%
- United Way: 2%

Expenses
- Mobile Crisis Outreach: 33%
- Crisis Center: 28%
- Youth Shelter: 15%
- Fostering Futures: 13%
- Administration: 11%
A trusted support when life gets tough.

We value and appreciate each of our donors. For a list of donors, please see our digital Annual Report at foundation2.org.

Donations Made in Memory of:

Zach Binns  
Carter Boyles  
Doug Chadima  
Hannah Colton  
Eric Colton  
Spencer Culver  
Marjorie Davis  
Garrett Farr  
Robert Fletcher  
Dean Hartkemeyer  
Sue Harwood  
Stephen Manternach  
Karie Mayfield  
Chris Murcia  
Tristan Novak  
Tony Rossetti  
Brian Schmelzer  
Lee Schoenmann  
Harry Scott  
Jeff Vipond  
Nick Wheeler

We invite you to be part of our Legacy Wall, a permanent installation honoring those who have died by suicide or who feel connected to our work and mission.

Contact Katie Curtis at kcurtis@foundation2.org to learn more.

In crisis? Our counselors are available 24/7 at 319-362-2174 or 988.