

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,



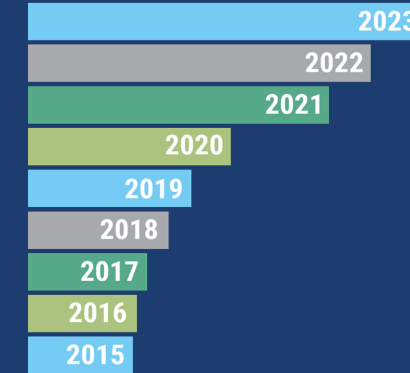
Emily Blomme
Emily Blomme
Chief Executive
Officer



Samantha McGrane
Samantha McGrane
Board President

Every time.

TOTAL AGENCY CONTACTS
97,753



Total Crisis Center Contacts
(Phone, text, chat and follow-ups)
87,784

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

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

**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.

**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

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

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.



New logo released in 2023.

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 chat, and in-person.

Crisis Center

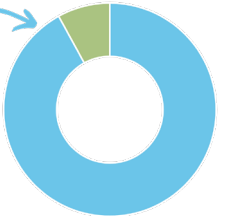
The Crisis Center provides 24/7 support through phone, text, and chat to anyone experiencing a crisis. This year, counselors responded to more than 87,000 phone, text and chat contacts for support - a record number of contacts.

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. Dispatches are often made to help a family member or friend who is concerned about a loved one's mental health or behavior.

Liaisons provided 1,795 dispatches and interventions, and 552 follow-ups. 70% of dispatches were stabilized in the home or community, reducing the need for further intervention.

"We were very concerned about our daughter's mental health and behavior. With the Liaison, we were able to create a safety plan to use during a crisis and connect with counseling services. We're now better equipped to help our daughter," shared a parent.

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!"



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.



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.

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



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.

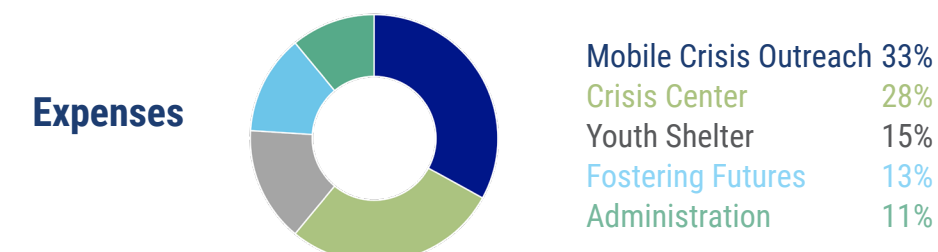
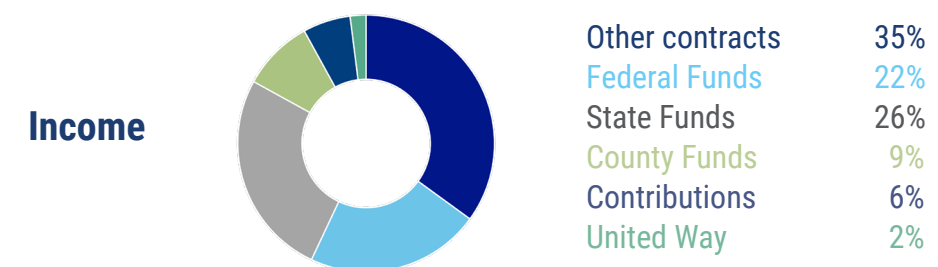
We look forward to joining the vibrant Downtown community and know that it will provide ample opportunity to connect with more individuals in need, community partners, and businesses seeking support.



Exterior rendering by project architects Solum Lang Architects, LLC. Construction work done by Rinderknecht Associations Inc.

FY23 Financials

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



Agency Leadership

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Chief Executive Officer

Erin Langdon
Chief Operating Officer

Matt Heinricy
Chief Financial Officer

Katie Curtis
Chief Development Officer

Drew Martel
Chief Clinical and Training Officer

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Dale Wirtjes



Foundation 2
Crisis Services

1714 Johnson Ave. NW
Cedar Rapids, IA 52405

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.