Since 1970, Foundation 2 has supported our community by providing a place where people in crisis can find emotional safety, comfort and connection. We want every member of our community to know that someone is always there for them, people do care. Have you ever wondered who picks up the phone to call us, requests mobile crisis counselors to make a visit, or walks through our doors hoping for some relief from a challenging or painful situation? Your neighbors, co-workers, family, and friends do. We are grateful to be that soft place to fall for:

- Someone overwhelmed by life changes that left them scared and unsure what to do.
- People grieving the loss of someone they love.
- People who are no longer sure they want to keep living and have been thinking about suicide.
- Parents who feel they have hit a brick wall with a child and need support and new ways to cope.
- At-risk youth struggling to fit in and find their path.
- People who are struggling to make ends meet.
- Friends and family members worried about the behavior of someone they care for.

As you read this report, you can see the impact our outstanding staff have made community and state-wide, and we still have so much to do. The number of people dying by suicide continues to rise, and suicide prevention is a priority in every one of our services.

The demand for our crisis response increases each year. We are committed to finding new ways to reach people as we have with our mobile crisis outreach teams or chat and text services. We hold steadfast in our belief in the capacity of human beings to grow, change and lead meaningful lives. We must walk with them during their journey through dark and difficult times.

We appreciate your support and belief in our mission. Our work is possible because of you.

With gratitude,

Emily J. Blomme
## OUR IMPACT

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
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</thead>
<tbody>
<tr>
<td>Crisis Phone Contacts</td>
<td><strong>26,238</strong></td>
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<tr>
<td>Youth Shelter Admissions</td>
<td><strong>333</strong></td>
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<tr>
<td>Accountability Program Clients</td>
<td><strong>104</strong></td>
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<tr>
<td>Crisis Chat or Text</td>
<td><strong>848</strong></td>
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<tr>
<td>211 Calls</td>
<td><strong>4,950</strong></td>
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<tr>
<td>AMP Group Members</td>
<td><strong>88</strong></td>
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<tr>
<td>Follow Up Calls to Clients</td>
<td><strong>2,483</strong></td>
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<tr>
<td>J-FAST Dispatches</td>
<td><strong>363</strong></td>
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<tr>
<td>Iowa AfterCare Clients</td>
<td><strong>83</strong></td>
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<tr>
<td>Suicide Loss Survivors Group Members</td>
<td><strong>50</strong></td>
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<tr>
<td>Mobile Crisis Outreach (MCO) Dispatches</td>
<td><strong>848</strong></td>
</tr>
<tr>
<td>Depression and Anxiety Group Members</td>
<td><strong>50</strong></td>
</tr>
<tr>
<td>Food Pantry Households*</td>
<td><strong>553</strong></td>
</tr>
<tr>
<td>Therapy Sessions</td>
<td><strong>1,588</strong></td>
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<tr>
<td>Family Counseling Sessions</td>
<td><strong>684</strong></td>
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</table>

For a description of services visit [www.foundation2.org](http://www.foundation2.org)

*Our Food Pantry Closed on December 31, 2016*
### BY THE NUMBERS

*Numbers taken from audited FY17 financial statement*

<table>
<thead>
<tr>
<th>INCOME</th>
<th>EXPENSES</th>
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<td><strong>STATE FUNDS</strong></td>
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<td>5%</td>
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<tr>
<td><strong>PRIVATE CONTRIBUTIONS</strong></td>
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<td>3%</td>
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<tr>
<td><strong>MISC INVESTMENT INCOME</strong></td>
<td></td>
</tr>
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<td>&lt;1%</td>
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</table>

**INVESTMENT INCOME**

<1%

**FEDERAL FUNDS**

5%

**PRIVATE CONTRIBUTIONS**

3%

**MISC INVESTMENT INCOME**

<1%

**ADMIN**

6%

**INDEPENDENT LIVING PROGRAMS**

13%

**J-FAST/ MOBILE CRISIS OUTREACH**

21%

**CRISIS SERVICES**

28%

**YOUTH SHELTER**

32%

### SUPPORTING FAMILY CONNECTIONS

In June, a young man came to shelter from a detention facility. John* was caught operating a vehicle without the owner’s consent, had a weapons charge, and possession charges. He was placed at Foundation 2’s Youth Shelter and was given very clear expectations by the Juvenile Court Officer: strengthen his family relationships while at shelter, or be placed in treatment. John was at our shelter for 2 weeks, but staff put him in leadership roles during his shelter stay and he thrived. John and staff initiated phone contact with his family and supported his visits with his family at shelter. John responded well and made regular positive progress at our shelter.

He shared his story with other youth at shelter and demonstrated appropriate ways to handle negative situations. John’s goal was to return to his family’s home. After 11 days in our shelter, he had a court hearing and with staff’s advocacy, John was able to return home. After being home for a few days, John visited the shelter to thank Foundation 2 staff for their encouragement and support.

*Names changed to protect client privacy.*
SUPPORTING THOSE WITH THOUGHTS OF SUICIDE

Sarah* first connected with Foundation 2 through a call to our crisis center. When staff identified that she was very depressed and experiencing thoughts of suicide we offered to send counselors with Mobile Crisis Outreach (MCO) to her home and Sarah agreed. When staff arrived at Sarah’s home they discussed Sarah’s history including past Adverse Childhood Experiences (ACES) and past experiences with thoughts of suicide. Sarah told staff that she didn’t want to die, but that something in her life needed to change to decrease her emotional pain. Although Sarah didn’t have many supportive people in her life, her dog kept her company and helped her to feel calm. Foundation 2 staff spoke with Sarah about our Depression and Anxiety Support Group, agency therapists and referrals to other complimentary services in the community.

Before staff left, they worked with Sarah to create a plan to keep herself safe for the rest of the day. They reminded her that she can call the crisis line any time that she needs support, and that Mobile Crisis Outreach counselors will follow-up with her tomorrow. Sarah stated that she felt relieved knowing that she could access immediate in-person help if her thoughts of suicide returned. The next day she ended her follow-up call by telling staff, “I felt really overwhelmed, thank you for being there.”

*Names changed to protect client privacy.
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The individuals, families, corporations and community organizations listed on these pages contributed to the work of Foundation 2 between July 1, 2016 and June 30, 2017. We try our best to print names accurately and to honor the privacy of those who chose not to be listed. Please contact Matthew Pollock at mpollock@foundation2.org with any omissions or errors.

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Please visit our updated website
www.foundation2.org

Foundation 2 is anticipating an increase in the volume of calls from people in crisis, especially those with thoughts of suicide. In FY17 Foundation 2 received

4,846

suicide related calls into the Crisis Center.

This is a 19% increase from FY16.