



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

Foundation 2 believes:

- People have the potential for positive change.
- People have a right to services to help them cope with crisis.
- The definition of crisis may vary with each individual.
- People of all ages, backgrounds, and orientations have the right to be treated with compassion, respect and dignity.
- People are entitled to a safe environment.
- Conflict is best resolved through peaceful, non-violent means.
- Services should be provided in the least restrictive environment that meets the need.
- Most suicides are preventable.
- Ultimate responsibility for decisions rests with each individual.

Foundation 2 Mobile Crisis Outreach
1540 2nd Ave. SE
Cedar Rapids, Iowa 52403
www.foundation2.org

FOUNDATION 2

Crisis Services (319) 362-2174

- ◆ 24-hour telephone counseling
- ◆ Mobile Crisis Outreach
- ◆ Juvenile and Family Assistance and Stabilization Track (J-FAST)
- ◆ Individual and Family Therapy
- ◆ After Hours Food Pantry
- ◆ Suicide prevention/education/training
- ◆ Support group for adults who struggle with depression and/or anxiety
- ◆ Support group for friends and family of someone who has died by suicide

Youth and Family Programs (319) 366-8797

- ◆ Shelter for youth ages 11-17
- ◆ Individual and Family Counseling

Independent Living Programs (319) 368-3376

- ◆ Iowa Aftercare
- ◆ Achieving Maximum Potential (AMP)

The Crisis Center is certified by the American Association of Suicidology, a national organization that certifies crisis centers in the United States and Canada. We are the only such program in Iowa that has achieved this certification. We also answer calls made from within Iowa to the National Suicide Prevention Lifeline, 1-800-273-TALK.



for good. for ever.



*Taking crisis
response
to the crisis.*



**FOUNDATION 2
MOBILE CRISIS
OUTREACH (MCO)**



**24 hours every day
on-site crisis response**

319-362-2174

WHAT IS FOUNDATION 2 MOBILE CRISIS OUTREACH (MCO)?

Since 1970, Foundation 2 has been providing crisis services to the Linn County community. Clients can call our 24-hour crisis hotline or walk into the Crisis Center for crisis counseling. Created in 2004, Mobile Crisis Outreach has delivered crisis response on site. MCO strives to provide maximum impact with minimal intrusion in a client's life.

When a service provider, medical professional, employer, family member, friend or individual believes a situation would benefit from on-site crisis intervention, they can call MCO 24 hours a day at 362-2174. MCO is staffed by a full-time program coordinator and several on-call team members.

Mobile Crisis Outreach team members are trained professionals holding either a master's level or bachelor's level degree in the social services field. Team members undergo intensive training in counseling and crisis intervention skills and their application to a wide variety of situations.

Foundation 2 Crisis Center is certified by the American Association of Suicidology.

Our primary funding is through Linn County Mental Health and Developmental Disabilities (MHDD). This funding allows us to serve residents of Linn County.

HOW DOES MCO WORK?

The team will respond within one hour of receiving a request (adverse weather conditions may delay response time). Private environments, like a person's home, require two team members; in public locations like schools, businesses or hospitals, either one or two team members will be sent. Upon arrival, team members will:

- ◆ assess the situation,
- ◆ attempt to stabilize and diffuse the crisis,
- ◆ provide counseling as needed, and
- ◆ provide referrals to other Foundation 2 or community resources.

Within 24 hours a MCO team member will make a follow-up call with the client to check on the client's well-being.

Assistance is always available to anyone, in any situation, through the Foundation 2 crisis hotline

ARE THERE SITUATIONS TO WHICH MCO WILL NOT RESPOND?

For the safety of team members and the public, we are unable to respond to situations in which:

- ◆ the client requires medical rescue
 - ◆ there is physical domestic violence
 - ◆ there are guns or other weapons
 - ◆ clients reside outside of Linn County
- Crisis involving intoxicated clients will be assessed on a case by case basis.

WHAT SITUATIONS WILL MCO RESPOND TO?

Crisis can mean different things to different people. A crisis is any stress or pressure that has become too great for an individual to cope with alone.

Mobile Crisis Outreach is intended for situations where clients would benefit more from a face-to-face meeting than from a call to the Foundation 2 crisis hotline. Those situations may include:

- ◆ checking on an individual's safety or well-being
- ◆ diffusing an emotional crisis
- ◆ dealing with a family crisis or situation involving more than one person
- ◆ assessing an individual in danger of attempting suicide
- ◆ support and advocacy for those awaiting inpatient commitment for mental health or substance abuse treatment

CRISIS CENTER SERVICES

- ◆ 24-hour telephone counseling 365 days a year
- ◆ Therapy services for youth, adults and families
- ◆ Support groups
- ◆ After Hours Food Pantry for those in need
- ◆ If more specialized service is needed, Foundation 2 Crisis Center can provide information about and referrals to Foundation 2 services, and other community service agencies and groups.