

20
19

annual report



DEAR FRIENDS,

Wow! What a year it's been! The Crisis Center became CommUnity Crisis Services and Food Bank, we launched a statewide initiative to prevent more suicides in Iowa, and we completed a capital campaign that led to a bigger, better warehouse for our food bank. We did all of this with your help and couldn't have done it without you!

In FY19, we launched our remote training, recruiting volunteers from across the state to provide online emotional support to Iowans in need. Applications flooded in and we now have more than 120 volunteers working at our location in Iowa City, across the state, and even across the country.

As we traveled the state, we also found that we cannot be everywhere at once. We sure can try, but ensuring individuals have the tools they need to prevent suicide in their own communities is a much more efficient way to help Iowans in crisis. We trained nearly 800 Iowans in Applied Suicide Intervention Skills Training (ASIST), Question Persuade Refer (QPR) Gatekeeper training, or Trauma Informed Care training. By training others, they are able to recognize when someone

needs help and either refer them to us or local resources or de-escalate the situation on their own. LivingWorks, the company that developed ASIST, says that an individual trained in ASIST will de-escalate at least two to three suicides in their first year after taking the training. By providing this training, we are saving lives in communities that may not have easy access to mental health services.

Finally, we began FY19 with the opening of our new, expanded food bank warehouse! Thanks to the generosity of GreenState Credit Union, Adamantine Spine Moving Company, and donors like you, we completed a \$450,000 capital campaign in under a year. This warehouse allowed us to distribute more than two million pounds of food last year, which was over 400,000 pounds more than the previous year. The amount of work put in by our dedicated staff and volunteers was like nothing we've ever seen before and we couldn't be more proud of this accomplishment.

As we look forward, though, we know our work is never done.

While fiscal year 2019 was a year of

growth, fiscal year 2020 will be a year of celebration! The Crisis Center, now CommUnity, first began operating as a crisis line in 1970, which means 2020 will welcome the start of our 50th anniversary celebrations! We'll be asking for your help to celebrate this important milestone and we hope you'll join us to reminisce and celebrate your involvement with the organization. We have come so far in the past 50 years and we can't wait to see what the next 50 will bring!

Once again, thank you so much for helping us make an impact for the individuals in our community who need us the most. Without you, we could not provide these critical services.

Thank you,



JEREMY JAMES

Jeremy James

Board Chair, 18-19

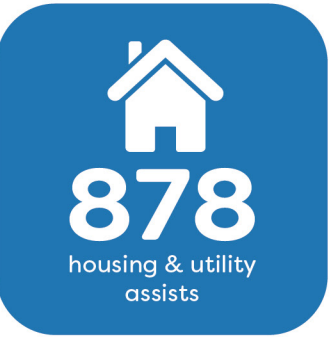
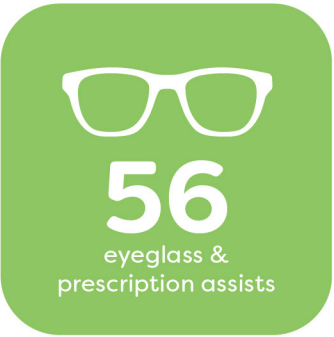


BECCI REEDUS

Becci Reedus

Executive Director

MORE THAN FOOD





Mobile Pantry provides food and other household supplies to low income neighborhoods, making our services more accessible to individuals and families who might otherwise face barriers to coming to the Food Bank.

FOOD BANK DISTRIBUTES OVER 2 MILLION LBS. Mobile Pantry Meets Clients Where They Are

CommUnity Food Bank had a big year in fiscal year 2019. The year began with the opening of the expanded warehouse, which turned out to be more needed than anticipated and allowed CommUnity staff and volunteers to distribute more than two million pounds of food. That's over 400,000 more pounds than in fiscal year 2018.

There were multiple factors that led to the increase in food distributed. The biggest factor was the trade war with China, which led to the federal government purchasing dairy and other commodities for distribution to local food pantries. In addition, Table to Table had its biggest year ever and, as their largest recipient, we benefited from the hard work they do to rescue food in the community.

Another factor was the growth of our Mobile Pantry Program.

In 2016, the Johnson County Hunger Task Force released their report stating that transportation was a huge barrier to receiving pantry services for individuals experiencing food inse-

curity. In 2017, through a grant from Johnson County Social Services, CommUnity launched its Mobile Pantry Program with three sites. By the end of fiscal year 2019, CommUnity had increased the number of mobile pantry sites to 10.

From Forest View Mobile Home Park to Modern Manor, from Capitol House Apartments to Ecumenical Towers, the mobile pantry is reducing barriers for individuals who need us.

"We're able to provide some area-specific needs through this program," explained Jennifer De La Cruz, Mobile Pantry Program Coordinator. "When the rents were raised at Sunrise Village, we were able to start a pantry there and ensure those residents were able to receive our services. Some of the other areas need more ethnically-appropriate foods or baby items. This program really helps us provide a more personalized service to these communities."

Last fiscal year, the pantries served 3,600 individuals, including 150 families who have never received services

from CommUnity in the past. More than 47,000 pounds of food were distributed through the mobile pantries.

"People are so happy we're there," De La Cruz said. "At some of our mobile pantry sites, we have clients who are also volunteers. They are so appreciative of the service that they want to give back. In some of the sites, we have a number of individuals with mobility issues who would have a very difficult time accessing our regular pantry. Having the mobile pantry visit them at or near their home has changed their lives."

The mobile pantry visits each site once a month and, unlike at the main pantry, visitors can take as much food as they need. Though some mobile pantry clients also visit the main pantry, most are only able to access the mobile pantry and need to take food that will last throughout the month.

We sincerely thank the volunteers who have helped ensure the success of this newer initiative. There's no way we could do it without you!

a closer look at

HUNGER

The Food Bank and Mobile Pantry Programs

2,037,144
lbs. of food distributed



1,106,914
lbs. of food donated by Table to Table



47,701
lbs. of food distributed
at Mobile Pantry

1,000+
families served
each week

27,179
food assists to
children under 18

28,895
volunteer hours
saving the food bank
\$650,000+



Hog farmer Mike Deahr speaks with CommUnity staff at his home in rural Muscatine County, Iowa.

PROVIDING HOPE IN RURAL COMMUNITIES

How Training Can Prevent Farmer Suicide

It's no secret the agricultural industry is experiencing turmoil right now, but, according to one local farmer, we might be facing a farm crisis unlike any we've seen before.

Mike Deahr farms in Muscatine County and, though he boasts 32,000 head, he's still considered in just the 20th percentile of hog operations. He also grows corn and soybeans.

Though Deahr has been successful, he knows the high cost of living this passion. More than 30 years ago, Deahr's brother, George, died by suicide.

"It's a high-risk business," said Deahr. However, his brother's death motivated him to ensure others have the support his brother lacked. Social isolation is a major determinant of suicide risk and farming can be a very lonely profession.

"The social isolation is there if you allow it to be, but each individual handles it a different way."

In addition to social isolation, financial stressors are just a fact of life in farming. Financial stressors are growing amongst farmers and, as Deahr stated, they are only going to get worse.

"Most days the financial stress is in the background," he said. "But we are one newsbyte away from a heavy stressor at all times these days. Most of us just want the government to stay out of our business, but it's always inevitably in it. Trump taxes their goods, China responded with ag. It put my whole business in a tailspin. For us, swine started over a year ago with the tariffs. The markets collapsed in July of 2018. It was stressful. It hardened me to this run of tough times ahead."

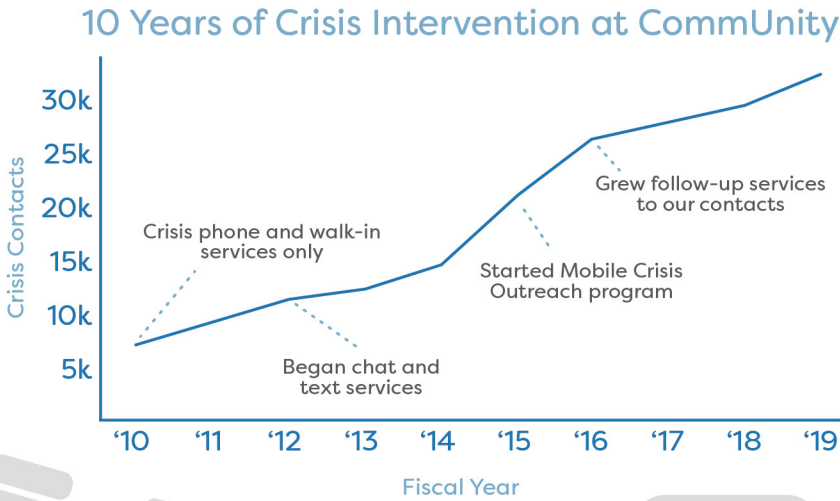
Deahr said it is critical for people who have contact with those who work in the ag industry to have the skills to be able to recognize when someone needs help and to provide the stress intervention necessary to help them through it.

Unfortunately, there are many barriers to getting this kind of help. Men in rural areas are significantly more likely to die by suicide than any other demographic. The lack of resources in rural areas and stigma are the most common reasons.

"It's as awkward as talking about kissing your sister," Deahr laughed. "You just don't talk about depression. Some of us sense it, though. I shut my plant-er off a few weeks ago and knew an individual who needed help. I went and worked some ground for him. A

a closer look at **CRISIS**

Crisis Services and Mobile Crisis Outreach (MCO)



11,293
phone calls
answered

738
MCO dispatches

11,169
volunteer hours
saving CommUnity
\$250,000+

5,052
follow-up contacts
to help keep
people safe

18,519
chats answered at
IowaCrisisChat.org

85%
MCO clients diverted
from hospitals or jail

lot of us do things like that. I knew I'd be ok, but he needed the help."

Deahr said that sometimes it's easier to do something physical as an act of support than to ask someone how they're feeling. However, having a direct conversation can be one of the most powerful tools in helping to prevent suicide.

"Sometimes I can tell something is going on, so I just keep talking to them and checking in to show them I care," he said. "When you talk to people, you learn. But listening is one thing. Giving feedback is dangerous. You have to be good at asking questions."

But how do you know what questions to ask?

The things Deahr seems to know inherently are the things CommUnity's Crisis Intervention staff can teach. Beginning in fiscal year 2019, CommUnity staff began recognizing that

there is a great need for mental health services that target farmers and rural communities. However, we can't be everywhere at once. So we decided to find a way that we could reach as many people with our services as possible, and began providing training in rural communities across the state. In FY19, nearly 800 individuals in rural communities across Eastern Iowa received either Question Persuade Refer (QPR) Gatekeeper training, Applied Suicide Intervention Skills training (ASIST), or Trauma Informed Care training from CommUnity staff. Through these trainings, regular people gain the skills to recognize when someone is having thoughts of suicide or another mental health crisis, and have a conversation to help them access resources. Whether it's just asking the question, "Are you all right?" or actually de-escalating a suicidal crisis, QPR or ASIST can help anyone learn the skills they need to help save lives right in their community.

"This stuff is so personal," Deahr reminds us.

Additionally, the Iowa Concern farmer helpline is available 24/7/365 through phone, chat, and text. The helpline, run by Iowa State University Extension, has trained mental health counselors during the day who also understand issues facing the ag industry. They are able to help answer financial questions, they understand the lingo, and they can communicate in a way that farmers are comfortable with and feel they're being heard. Overnights and weekends, CommUnity staff and volunteers respond to the helpline.

If you are interested in attending an ASIST, QPR, or Trauma Informed Care training, or if you would like to host a training in your area, visit www.builtbycommunity.org/training or contact Julia Erickson at julia.erickson@builtbycommunity.org for more information.

Read the full story at builtbycommunity.org/farmcrisis



Curtis Chung, Bev Vermace, Priscilla White, and Amy Stieglitz pose for a photo at the 3rd Annual Hunger Banquet.

4TH ANNUAL HUNGER BANQUET MOVES TO APRIL

Save the Date - April 22, 2020

Save the Date! The 4th Annual Hunger Banquet is moving to April 2020. Join us on Wednesday, April 22 at the Graduate Hotel for an evening of action and awareness.

More than 19,000 Johnson County residents don't know where their next meal will come from. With your help, we can continue to support the growing need for food assistance in our community. Last year, CommUnity Food Bank distributed a record-breaking two million pounds of food to 4,500 families and over 60,000 food assists to Johnson County residents.

But it doesn't stop there. In addition to food, CommUnity provides other resources that can be the difference between going to bed hungry and having a full belly. Housing and Utility Assists provide families

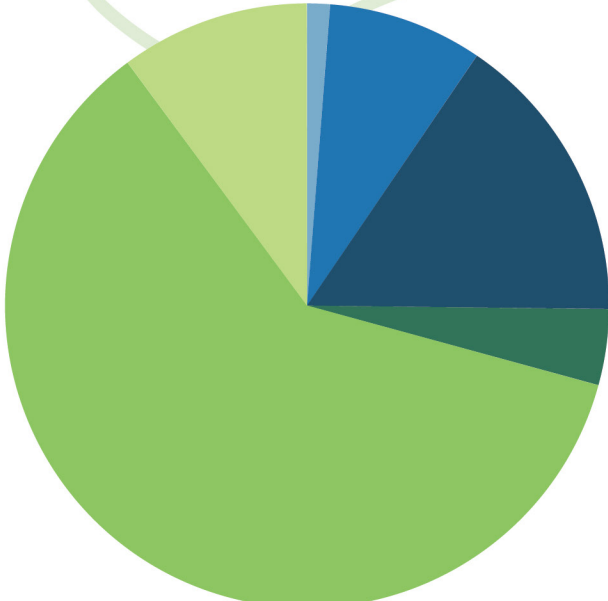
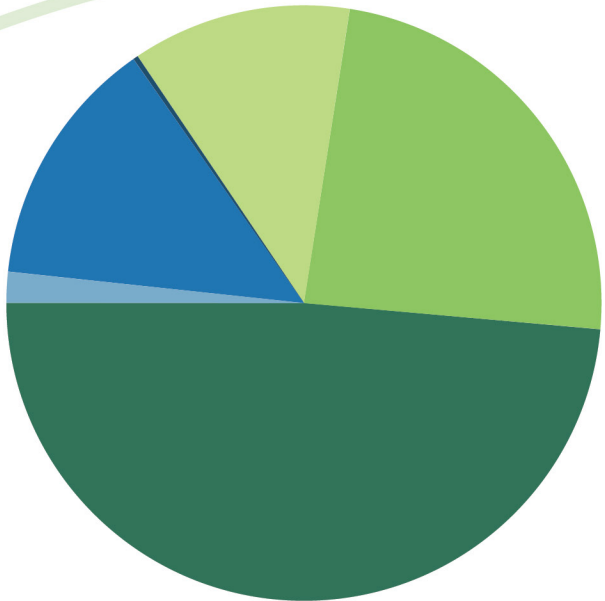
with supplementary financial support so they don't have to choose between buying groceries and paying their electric bill. Work enabling items provide opportunities for new beginnings and financial stability, and Birthday Bags provide a sense of normalcy and cause for celebration!

Your support of the Hunger Banquet makes all of this possible.

In one evening, more than 300 of CommUnity's supporters came together and pledged to fight hunger in Johnson County. In one evening, you came together and stocked the shelves of the Food Bank for 20 weeks. In one evening, you fed 2,000 families for 5 months. Will you join us again this year?

Location: The Graduate Hotel, Wayne Ballroom
210 S. Dubuque St.
Iowa City, Iowa

a closer look at FINANCIALS



\$4,779,365	
TOTAL REVENUE	
In-Kind Donations ..	\$2,322,677 (49%)
Contributions.....	\$1,144,524 (24%)
Contract Income.....	\$568,600 (12%)
Funding Allocations	\$13,135 (<1%)
Grants	\$650,372 (14%)
Other Income	\$80,057 (<2%)

\$4,621,653	
TOTAL EXPENSES	
Basic Needs	\$187,281 (4%)
Food Bank**	\$2,802,285 (61%)
Mobile Crisis Outreach....	\$467,829 (10%)
Crisis Intervention	\$724,586 (16%)
Administration	\$382,964 (8%)
1105 Project	\$56,708 (1%)

for every \$1 spent... **91¢** goes to programs | **9¢** goes to administration

*unaudited financials ** includes in-kind donations

DONOR ORGANIZATIONS

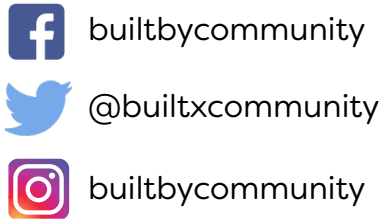
Adamantine Spine Moving	Great Western Bank	Penske
Alliant Energy Foundation	GreenState Credit Union	People For People, Inc.
American Family Insurance	Hands Jewelers	Pharm to Tables
Dreams Foundation	Hawkeye Title & Settlement Services	Charitable Organization, Inc.
American Foundation for Suicide Prevention (AFSP)	HBK Engineering, LLC	River Products Company, Inc
AW Welt Ambrisco Insurance, Inc.	Hills Bank	Rotary Club of Iowa City Downtown
Bank of America	Home Repair Team, Inc.	S&C Resale Company
Charitable Gift Fund	HomeBrewed	Scheels
Beeler Farms Partnership	Hy-Vee, Inc.	Shive-Hattery Architecture + Engineering
Big Grove Iowa City	ImOn Communications	Solon Community School District
Blank & McCune,	International Brotherhood of Electrical Workers Local 405	SouthGate Companies
The Real Estate Company	Iowa City AM Rotary Club	St. Anthony's Bread
Burroughs Wellcome Fund	Iowa City Community School District	Table to Table
Cedar County Cooperative	Iowa Writers' House	Tallgrass Business Resources
CenturyLink Fund	James Investments	Team Iowa Physical Therapy
Church World Service, Inc.	Jill Armstrong Team, Inc.	Teen Trust
City of Coralville	Joe's Place	The Allstate Foundation
City of Iowa City	Kim Schillig Real Estate, Inc.	The Englert Theater
City of North Liberty	Land O' Lakes Foundation	Theisen's
Collins Community Credit Union	Lenoch & Cilek Ace Hardware	Thrivent Choice
Community Foundation of Johnson County	Lensing Funeral & Cremation Services	Toyota of Iowa City
Consultation of Religious Communities	Lepic-Kroeger, Realtors	University of Iowa College of Nursing
Discerning Eye, Inc.	Locals Love Us	University of Iowa Health Care
Euforquestra	Lucky's Market	University of Iowa Student Government
Floodwater Comedy Festival	Medirevv	Van Meter Inc.
Flow Media	Meld Marketing	Veridian Credit Union
Focus Up Foundation	MidAmerica Securities Management Co.	Wells Fargo Foundation
Four Seasons Dance Club	MidWestOne Bank	
Fox Ridge Farm	NXT Bank	
	Pearson	

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SAVE THE DATE

47TH ANNUAL PANCAKE BREAKFAST Saturday, March 7, 2020

Join us from 7am-1pm for this fun annual tradition at Our Redeemer Lutheran Church and answer the question, "just how many pancakes can I eat?"

Tickets available at the door.
Adults - \$7 | Kids 10 & Under - \$3

4TH ANNUAL HUNGER BANQUET Wednesday, April 22, 2020

The 4th Annual Hunger Banquet has moved to spring and to a new venue at the Graduate Hotel. Stay tuned for more details!

50TH ANNIVERSARY CELEBRATION Friday, September 18, 2020

Have you volunteered with us?
We want to hear from you!

Share stories and experiences from the past fifty years by contacting Julia Erickson, Outreach & Events Manager at **319-351-2726 ext. 105** or julia.erickson@builtbycommunity.org