



# 2022

## *ANNUAL REPORT*



**PREPARED BY**

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**PRESENTED BY**

*Emily Gruszczynski*



# OUR STORY



Imagine a single mother who grew up in generational poverty. The community saw her as hopeless. Sadly, she saw the same. She was addicted to drugs and separated from her son and two daughters. Despite these challenges, she came to Fountain of Youth for a better way to live. She did not only want to exist. The Fountain of Youth provided the emotional support that she needed. She spent many hours doing personal and professional development. Her consistent effort opened up a job opportunity at an accounting firm. She also regained custody of her daughters, has been clean from drug use since the start of her Partners in Change participation, and found a new apartment. She even had help from Fountain of Youth supporters to furnish it. This is a testament to the outreach and resources the Fountain of Youth provides for people in Dubuque. She is now mentored by a city council woman and finds hope in her growth.

Our mission is to change the mindsets that contribute to generational poverty. We model the behavior participants need to learn. We are the community that shows participants they are not alone. We connect participants to the network of resources they cannot usually access. We are the support system participants may not have at home. We are the community for people who want to change. Our goal is to give EVERY person a real chance when they are ready. For many of our participants, it is the first actual chance they have ever had. We judge our impact on the success of our participants. In everything we do we show that today's change creates a successful tomorrow.



# MISSION

Changing the mindsets that contribute to generational poverty is a multi-faceted mission. While this process looks different for each participant, many of the outcomes in motivations are similar.

Findings in scholarly articles and case studies throughout the United States and internationally express greater outcomes for individuals experiencing generational poverty through the use of interventions. These include work in community resource sharing, reentry programming, community collaborations, support group utilizations, and second-chance opportunities for employment and education.

The implementation of these programs assists in the prevention of worsening health disparities among communities as well.



**THE**  
Fountain of Youth  
PROGRAM  
**WAY**

**The Fountain of Youth Program**  
220 W 7th St Ste 101  
Dubuque, IA 52001



# PARTNERS IN CHANGE STILL SHOWING UP

Partners in Change is the Fountain of Youth's core program, featuring a three-phase process lasting 60 days for each phase. Willing participants commit to one-on-one weekly meetings. For many, the program is a long and difficult process, but our evidenced-based timing that contributes toward the lasting change in mindset is essential.

No two journeys are alike, which is why our program is developed to custom fit a participant's current issue by setting SMART (spell out here) goals. This year has brought great challenges to everyone, but no group of people has faced more difficult hardships than those who are experiencing poverty.

The Fountain of Youth Program is firm in a foundational value that does not accept excuses. Maintaining this principle has been a key approach as our participants adapt to the struggle. The Fountain of Youth Program has continued this mindset in its own organizational growth throughout the year.

THREE-PHASE PROGRAM

60 DAYS EACH PHASE

WEEKLY 1:1 MEETINGS

**It ain't over 'til it's over.  
Keep pushing through.**



**Fountain of Youth**  
PROGRAM

## **CAPRICE IN "BOY"**

The Nantucket Project sought Caprice out in 2020, shortly after the death of George Floyd, and asked if he would like to be a part of the conversation regarding race in America and ideas of change. They set up a time to meet with community members at Four Mounds and had discussions regarding the possibility of a new world. The group also met at Fountain of Youth to share information about the mission and aspirations for the future within the Dubuque community. After sitting in and seeing more of the Fountain of Youth Program's operations, and hearing Caprice's story, the founder of the Nantucket project, Tom Scott, asked Caprice Jones if he would like to be a part of the movie they were shooting.

On November 10th 2022, the Fountain of Youth Program invited community members to be a part of the conversation and gather in a moment of solidarity while viewing the trailer for the upcoming movie "Boy", followed by a conversation to discuss thoughts and answer the question: "is another world possible?" The Fountain of Youth invited community members to be on a panel and speak on their experiences, encouraging audience members to participate and share how they plan to move the needle forward.

The story doesn't stop there. Let's continue to progress forward and be the change we want to see in the world!

# FOUR STORIES FROM OUR PARTICIPANTS

## 1 Crystal Farrell



Crystal Farrell has completed phase 1 of Partners in Change, covering the Knowledge of Self and Others. Ms. Farrell has reestablished communication and an increasingly positive relationship with her daughter, a high school senior. Crystal's diligence in applying program principles has resulted in vastly improved emotional management and self-advocacy. She is currently recording the methods she used for self-development to help others who might go through similar struggles to her own in the future. Crystal is also doing a personal study on story design to begin writing a fiction book, incorporating elements of her own life experience.

Crystal Farrell completed phase 3 of Partners in Change, covering Health and Wellness. Her consistency, hard work & willingness to change led to significant positive growth in her self-awareness & self-regulation. These changes were recognized by the court, and she was granted a favorable sentence and moved to the Elm St. facility. Crystal is turning her focus now to professional development & the renewal of healthy relationships with her family.

## JJ 2

JJ completed Post Partners in Change 1. He said what he learned the most was that he was able to continue working the same job for 1 year. It was tough from the start, but he is used to it now and is now aiming to become a supervisor after he has been on the job for at least 2 years.



# THE ONLY THING YOU NEED TO GET STARTED IS A COMMITMENT TO CHANGE.

## 3 Shayne Englund



Shayne has learned quite a few different thought avenues. He has experienced Real Talk both in the jail and in the community. Shayne said about over the past 8 weeks: "You handed me the shovel, to help me dig myself out. This program got me to admit my wrongdoings and help hold myself accountable." Shayne has also gotten connected to NICC to start his journey to getting a welding certificate and will continue to phase 2.

## 4 Bryan Fitting

Bryan Fitting completed phase 1. At the end of the 8 weeks, Brian said he had learned to be more aware of his surroundings and to understand everyone is different. He said he also learned more about what it takes to humble himself and to give people room to breathe because life is hard for everyone.

Bryan Fitting has completed Phase 2. He learned through this that he does not relax well. He realized he needs to take time for himself because that helps him to be the best version of himself for others.



# GIVING SEASON

## CHANGE MAKERS

Our Change Makers program is a reoccurring giving program for community members to support The Fountain of Youth Program at whatever levels they can! Each level comes with different benefits for each member. We would like to thank our Change Makers for supporting us and helping us continue our mission in the Dubuque community!

Thank you Kimball Prentis for supporting us in 2022! We appreciate your gift and commitment!



## 100 Men Who Care



100 Men Who Care is an organization committed to supporting our local community. Community members gather and raise money to give \$10,000 to a local organization. Each year members choose a few organizations to campaign for. The group votes and gives funding to the organization that wins to support their mission. This year they voted to support the Fountain of Youth Program!

Throughout the years since the Fountain of Youth was founded, we have seen and experienced the generosity of those in Dubuque. We are grateful to be involved in a community that cares about its people.

Each day we see people who have felt cast aside by the community around them and help them find a sense of community and support at The Fountain of Youth.

Thank you for supporting our mission!





4 WEEK PROGRAM

WEEKLY 1:1 MEETINGS

POTENTIAL TO BECOME PARTICIPANT MENTOR

DIVERSITY EQUITY INCLUSION

IT'S TIME TO PICK A FOCUS

- COMMUNITY IN CHANGE**
- HUMAN LIABILITY
- GENERATIONAL MARGINALIZATION
- POVERTY
- WHITE PRIVILEGE
- RACISM
- CLASSISM
- DESENSITIZATION
- HUMAN ASSET

Become the change you want to see in your community. Use the sign-up form above to receive more information on the **Community in Change** program and how your organization can get involved.



"Very helpful to get first-hand stories of people with experiences very different from my own."

"I learned much about myself and gained some perspectives I was lacking."

"Thank you so much for this opportunity and the vulnerability of the folks who shared their stories. Their stories were very powerful."



"Everyone who has lived in America has been affected by some sort of trauma sparked by the lingering aspects of an old enemy - racism."

Caprice Jones, Executive Director, spreading peace at Jackson Park in Dubuque, IA during a protest in June, 2020.

*last year's*

# NUMBERS & STATISTICS

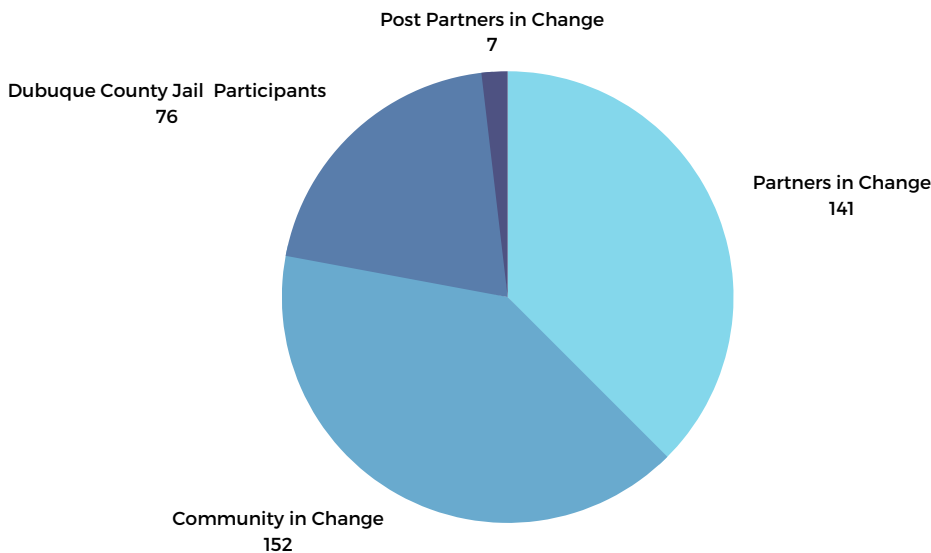
The Fountain of Youth Program strives to help as many individuals as we can. Throughout our programs, we have served 419 individuals and we are hoping to help even more in 2023! Thank you for supporting us, being with us as we grow, and helping our community grow stronger!

**419**

*Total individuals in programs*

**288**

*Total individuals attended RealTalk*



**CHANGING MINDSETS ONE INDIVIDUAL AT A TIME**

Along with the numbers above we have also seen the number of participants who are holding steady jobs increase! This is an important statistic because individuals are becoming more financially independent and free through continuing their educations and building job security.

**46%**

of our Participants are holding steady jobs!

# GOALS & GROWTH

Since the start of the Fountain of Youth program in 2016, there has been a great need for our programming in the City of Dubuque. We serve people from all walks of life. Many individuals who have fallen down the wrong path need a second chance. We provide second chances and the accountability they may have never had.

In addition to the individual benefits, our outcomes lead to economic impacts. The cost of housing one inmate in Iowa per year is approximately \$41,000, and we have served over 70 individuals that have been, or are currently, incarcerated. We are changing mindsets that lead to that repeated activity.

## For 2023

- 150 Partners in Change Participants
- 400 Participants Served
- Expanded targeted programming
- 130 Community in Change Participants

## Long Term (3-5 Years)

- 200 Partners in Change Participants
- 500 Participants Served
- Expand programming to other areas of the state



## MEET OUR STAFF



**Caprice Jones**  
Executive Director  
& Founder



**Sarah Coble**  
Operations Manager



**Grant Grudzina**  
Program Associate



**Emily Gruszczynski**  
Donor Development &  
Marketing Manager

# OUR SUPPORT

|            |                             |
|------------|-----------------------------|
| <b>10%</b> | <b>Corporate Donations</b>  |
| <b>23%</b> | <b>Government Funding</b>   |
| <b>15%</b> | <b>Individual Donations</b> |
| <b>52%</b> | <b>Grant Funding</b>        |

**PROGRAM IS FREE FOR PARTICIPANTS**

**ONLY REQUIREMENT IS A DESIRE TO CHANGE**

**Cost to provide programming to one Partners in Change participant:**

**\$1,800**

## TRANSFORMING THE FUTURE

**Over  
\$90K  
Raised!**



**Thank you to Spahn & Rose Lumber for being our biggest sponsor of the year!**



**SPAHN & ROSE  
LUMBER CO.**

# WISH WITH US



**\$1,800**

**3 phases (6 months) of Partners  
in Change Programming**

**\$1,200**

**2 phases of Partners in Change**

**\$600**

**1 phase of Partners in Change**

**\$3,000**

**1 month of support groups  
to participants**

**\$125**

**1st week of Partners  
in Change**

**Donate today!**

Every contribution made to the Fountain of Youth goes directly back into our programming efforts for participants. Our strategy for growth requires continued additions to staffing as our participant reach increases. Our wish is to see a thriving community.

Join us in being a part of the solution. We wish for a better society. We advocate for progress, equity, education, opportunity, access, accountability, growth, community, and love. We appreciate the opportunity to make a change.

# THE PROCESS



## Caprice Jones

Caprice Jones, Executive Director & Founder of the Fountain of Youth Program came from a childhood surrounded by generational poverty. For himself, he saw something greater. After facing his difficult childhood and the consequences of his actions, Caprice started to build a life much bigger than his circumstances. He wanted to help others break the cycle of poverty in their own lives.

- ✓ Spent 15 years in prison and was never sentenced back to prison
- ✓ Completed his Associate's Degree
- ✓ Began his own nonprofit, The Fountain of Youth, in 2016 that is now a viable organization
- ✓ Served as board president and is now Executive Director of the Fountain of Youth Program

**JOIN THE FOUNTAIN OF YOUTH PROGRAM TODAY!**

[thefountainofyouthprogram.org](http://thefountainofyouthprogram.org)

**TODAY'S  
CHANGE  
CREATES**

**A SUCCESSFUL  
TOMORROW**

@fountainofyouthprogram



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**Alex Hofer**  
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# THANK YOU FOR ALL THAT YOU DO

