

GROWING PAINS

Upward & Onward

We've all experienced the ache of growing up. The pains of stretching yourself to new capabilities and moving towards a more mature version of yourself. Here at the fountain of Youth Program we have seen these same things happen as we move forward into 2022.

We have added new staff members, new partnerships, new programs, and new goals and aspirations. Our newsletter even has a new look!

Check out what we have been up to in Quarter 1 of 2022!

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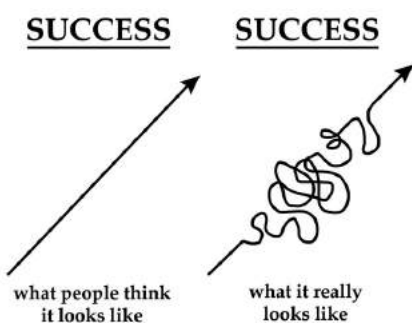
OUR EXECUTIVE DIRECTOR

"As the 1st quarter close we are busier than ever with helping participants help themselves. We understand the demand for moving forward beyond the storm of the pandemic and the challenges day to day to pick up the pieces. Facing the challenge of our yesterday's always presents a opportunity for better tomorrow's.

Our organization is delighted to do the boots on the ground work that opens the doors to getting down to the root of the issues. Dubuque's citizens have possibly faced and dealt with these issues on their own for many years! We are the Fountain of Youth Program and we are here to help *change the mindsetS that contribute to generational poverty!*"

- Caprice Jones

Our Founder



VOLUNTEER HIGHLIGHT

My name is Kelsey and I reside in Wisconsin with my wonderful husband and our two beautiful daughters who all fill my heart with love and joy. I have my degree in Psychology with minor in Criminal Justice and emphases in Substance Abuse Counseling and Human Services. My career, though, is as a Salesforce Administrator.



Although my life sounds “perfect”, I have had my ups and downs like we all have. Recently, I was in a traumatic car accident which then caused me to be diagnosed with many brain health diagnoses: Borderline Personality Disorder, Bipolar Disorder, PTSD, and Generalized Anxiety. These do not describe me as a person, they are just a part of me.

As a young child, I was raped by a family member. This caused my PTSD, but the car accident triggered it. The nightmares feel real, and the anxiety that comes with it is overwhelming. After the car accident, I found the Fountain of Youth Program. Caprice helped me through the worst of the worst. We worked on everything from parenting, marriage, to my career. I look forward to co-facilitating discussions with Caprice and Grant going forward. It will be interesting to see if my story and experiences will have an impact.



“Together we are really igniting something powerful in the community”

NEW PROGRAMMING



Fountain of Youth
PROGRAM

ABOUT THE PROGRAM



Each week participants voluntarily come in to develop the mindset and skills needed to **not only get a job but turn that job into a life-long career.** They learn skills necessary to be successful and we help them break down the barriers they face. At the end of each 30 day program they do a mock interview with IWD to prepare themselves for their new career.

After your initial investment into the training we do all the work for you! Partner with the Fountain of Youth Program to find employees that will not only get the job, but keep the job. This program gives you a great employee that will last.

LET'S TALK NUMBERS

100 CIC graduates 2022

83% completion for POP Program with NICC.

67% of participants are working.

43 participants have attended at least one DCJ RealTalk in the First quarter

38 Active PIC participants for the first quarter



12 New Active Partners in Change Participants

11 Active DCJ Real Talk Participants

11 Workforce Acceleration participants

3 Community members enrolled in workforce program.

2 Active Post Partners In Change participants

1 participant has recently been hired by a new local business partner through our Workforce Program

What about the outcome?



**To change the mindsets that
lead to generational poverty**

The Fountain of Youth serves individuals impacted by generational poverty. The majority of the community members we work with are aged 18-40. All of our participants are intrinsically motivated attendees and desire change for themselves and for future generations.

Services in addition to the curricula include:
Assistance in finding employment paying more than the minimum wage with opportunities for growth in each position, mentoring to reinforce concepts/ideas presented in class, & individual goal setting.

Examination of their own experience of poverty and exploration of the issues in their community that impact poverty. This allows them to gain invaluable insight from each other and take action to end the cycle in their own lives and for future generations.

Learning how to build positive resources and develop healthy relationships in order to increase stability in employment and personally in their own lives.

NEW PARTNERSHIPS



Fountain of Youth
PROGRAM

HILLCREST SATELITE SITE

The Fountain of Youth is pleased to announce a new chapter in our tradition of developing community partnerships to improve the wellness of Dubuque area residents. We have joined with our friends at Hillcrest Family Services - the area's premier community mental health provider - to deliver brain health assessment and counseling services to participants in the Fountain of Youth's programs.

Through this collaborative relationship, a skilled and licensed mental health counselor from Hillcrest holds appointments on three days per week with FoY participants at our downtown location. All service recipients start on the roster of the Partners in Change program, FoY's curriculum-based design that helps improve self-awareness, self-regulation, and self-development. If participants decide that brain health counseling would benefit their overall well-being, the Hillcrest professional does in-depth assessments and begins regularly scheduled counseling sessions.

The Fountain of Youth and Hillcrest Family Services look forward to this partnership as it grows in fulfilling our mutual commitment to the sustained wellness of the greater Dubuque community.



GRADUATION DAY

FEBRUARY 26TH, 2022



25 GRADUATES

THIS FEBRUARY WE CELEBRATED 25 GRADUATES WHO HAVE COMMITTED THEMSELVES TO CHANGING FOR THE BETTER.

WE ARE GRATEFUL THAT WE ARE ABLE TO DO MEANINGFUL WORK AND MAKE A DIFFERENCE.

JOIN US IN CONGRADULATING THOSE PARTICIPANTS WHO HAVE PUT IN THE HARD WORK TO GET TO WHERE THEY ARE!



KEY NOTE SPEAKER

Mayor Brad M. Cavanagh

A SEAT AT THE TABLE

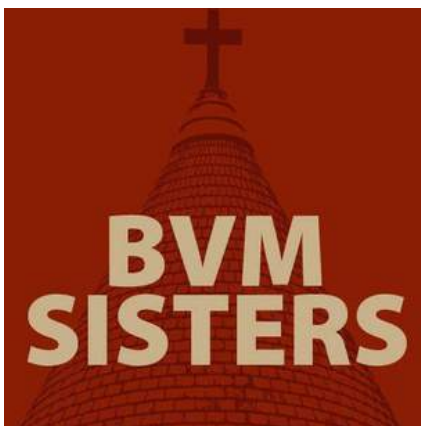
Caprice Jones
Executive Director



TOP INDUSTRY EXPERT
BRIDGING EQUITY GAPS PANELIST

The Community Foundation of Greater Dubuque introduced The Fountain of Youth Program to leaders at MIT last year. Through that moment of connection we were asked to speak at MIT's Hack for Inclusion in 2022. The ripple effect that investing in collaboration has allows us to seamlessly bridge equity gaps and move us forward. We are working towards inclusivity, togetherness, and having a seat at the table.

Thank you to MIT for the opportunity!



"We Are All Related Speaker Series provides opportunities to deepen relationships with people of diverse populations, cultures, and backgrounds as stepping stones to establishing connections with various speakers and valuing their wisdom and their journey. This series is inspired by Directional Statement 2."

Thank you to the BVM Sisters for inviting Caprice as a speaker!

PARTICIPANT SPOTLIGHT



JESSICA SCHOLTES

PARTNERS IN CHANGE

Being involved with the Fountain of Youth program, including Partner's In Change and RealTalk, has been really inspiring to me. It has helped me focus on my sobriety and continue to make the changes I need to make. Sharing my stories and hearing others' stories has helped me understand that I'm not alone.

I was introduced to the program while I was in jail, and I have continued to attend meetings and groups since my release. RealTalk has helped me with the struggles I have about my past choices and helped me realize that change is possible. Partners In Change helps me more with my personal goals - including employment, careers, education etc. I now have a full-time job, I recently got my license back, I've got all my kids back in my life, and I'm looking into possibly going back to school for social work. A special shout out to both Caprice and Grant for their devotion and time!

***It ain't
over til'
it's
over.***

***Keep
pushing
through.***



CAPRICE JONES

Caprice Jones, Executive Director & Founder of FoY came from a childhood surrounded by generational poverty. He broke his pattern of recidivism and dedicated his life to assisting others in generational poverty. Caprice, once part of the problem has now become a part of the solution.

SARAH COBLE

Sarah Coble is the newest addition to the Fountain of Youth team as the Operations Manager. With over 10 years of experience, her expertise and professionalism are valuable to this team.



EMILY GRUSZCZYNSKI

As the Marketing & Development Manager, Emily takes care of the day-to-day maintenance of the social pages, website, and manages events for FoY. Emily is not a Dubuque native, but is getting to know the community and is glad to be a part of this mission.



GRANT GRUDZINA

Grant joins the Fountain of Youth as Program Associate with career experience and training in behavioral skill building, program development, and community networking. After a decade of small business ownership, he worked for six years with Dubuque Schools, where he helped implement the Summit, Intervention, and Success/Connect programs to serve varied student populations and their families.



GET INVOLVED



You're Invited!

This year the Fountain of Youth Program is hosting an open house on **May 12th** to celebrate **our community!** We will be providing a free lunch from 1-2:30PM and giving away free FoY merchandise to those who come between 12-8PM.

We hope yo see you there!



This year on **May 18th** we are celebrating **Great Give Day!** Scan the purple QR code below to donate!

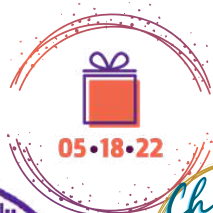
GOAL: \$5000



Community Foundation
of Greater Dubuque



SCAN
THE QR
CODE OR
VISIT
OUR
WEBSITE
TO GET
INVOLVED



OUR Fountain of Youth
CAUSES

Become a member: <https://thefountainofyouthprogram.salsalabs.org/donate/index.html>