



F5 PROJECT
2023

IMPACT REPORT



A MESSAGE FROM OUR FOUNDER

In the early stages of F5 Project in 2016, we didn't even have a name. Initially, we were referred to as "job skills" by the Cass County Jail on our volunteer badges. The idea of "felons helping felons" was the simple foundation that started it all. By 2018, we had around 15 employees and a few houses to support individuals transitioning out of prison. There were moments of doubts: considering whether we should continue after hearing about a past resident's overdose, QuickBooks was a constant puzzle, and it seemed like every day brought forth new obstacles.

As we progressed through 2021, things became increasingly more difficult and complex, especially with the unexpected arrival of the pandemic. Funding decreased, while the number of people seeking our assistance doubled. I was uncertain, burnt out, and had reached my breaking point. I decided to get in my truck and drive aimlessly on the freeway. As I contemplated the sunset stretching as far as my eyes could see, I became overwhelmed by the vastness of the world, the universe, and eternity -- a thought sent chills down my spine. "I am just a speck." In the grand scheme of everything that exists, I am merely a tiny speck of dust. In that moment, all the

problems, issues, and anxiety that had been consuming me were also reduced to mere specks. As my mindset shifted, the answers began to fall into place. Plans and designs materialized in my mind. I returned to my truck and headed home.

Since 2018, F5 has experienced remarkable growth, expanding by 300%. We now have 60 staff members, multiple offices, houses, and programs. Although we still encounter challenges and specks along the way, together we have stabilized as an organization. Together, we are surpassing my wildest imagination. Together, we are on a mission to change the world. North Dakota, and beyond.



Adam Martin
Founder + CEO



MISSION

F5 Project is committed to eliminating overdose, suicide, and crime through empowering recovery, reducing recidivism, and fighting poverty.

VISION

Our team aims to create a world where every person has the opportunity to thrive, no matter their background.

REBUILDING LIVES

F5 Project proudly stands with the most marginalized among us - serving over 560 participants each month. Every day we continue to work towards the goal of breaking the cycle of crime, fostering healing, and restoring lives.



30,260 lives transformed
(and counting)

560

participants are seen each month - across all of North Dakota - to gain access to services, support and encouragement.

40+

individuals were interviewed for jobs within their last 90 days of jail, to secure employment before their release date.

24

individuals have completed outpatient treatment at our partner organization, The Ridge: Treatment and Reentry Center.



MEET LEVERNE

Leverne Page worked with F5 Project to get the help he needed to get back on his feet. Because of the resources F5 Project was able to provide, Leverne was able to move his life forward.

“I got the housing I needed, the treatment classes that would help me get back on track, and I was able to better manage my finances thanks to the budget program Derek set up.”

“I enjoyed my stay in the F5 House - I took advantage of everything they offered. I even went to F5’s job fair in 2022 which helped me secure a job. I will have been at that job for over a year. Now my credit score has increased to over 700, I moved into my own apartment - and just this month, I got my own car.”

Leverne shared that the only thing that has changed since being active in the F5 program is his address, he still uses elements of the program in his daily life.

EVERYONE DESERVES A PLACE TO CALL HOME

There is a need for individuals to have a safe place to sleep at night in order to feel secure and encouraged in every other aspect of life - our transitional housing provides just that. In 2023, our team was able to open a new F5 Project House in Minot, ND to that can house up to nine male individuals at one time.



103 individuals were housed in F5 Project houses across the region.

07 F5 Project houses are open across the region: Minot, ND; Bismarck, ND; Fargo, ND; and Moorhead, MN.

77% of individuals seeking our services are homeless or at risk of being homeless.

“

For those on F5 Project's services, if I had any advice to give you, it would be to stay strong. Work with F5 staff to complete your goals. Don't hold back on what you may need or what changes you want to see. At the end of the day it's your life you're living - if you're in this program take full advantage of all of the services given and don't stop.

-- Cody
F5 Project Participant

MEET CODY

F5 Project first met Cody while he was in jail. “Thankfully, after they learned about some of the

embarrassing choices I made while drinking, they still chose to work with me. Since joining F5 Project, I've been able to start to stabilize myself, get a hold of my situation, and figure out my next steps.”

The freedom of living in a F5 Project house has allowed him to spend more time with his son, while also having staff available to talk through how to navigate this new phase of life. “It has been a great service for me, it's kept me pushing myself to take that next step in life.”



OVERCOMING FOOD INSECURITIES

F5 Project isn't a one-size fits all organization. We build unique, heart-centered care plans that create change in the individual's lives. Our team is able to bridge the gaps to take care of participants needs, including hunger. This year, we've been able to partner with the Great Plains Food Bank at our Fargo Office to get fresh meals to those in need through the Kitchen Coalition Program. The program partners with local restaurant and caterers that turn food bank ingredients into nutritious, prepared meals as needed.



“ Participants are able to grab food straight from the fridge. We have people that come to meet with us for their weekly meetings to get access for different resources - and they're hungry. Also, food banks are only open from certain times on certain days and we can't always get transportation for participants to get to them. So when they come in to our office hungry, they grab some freshly prepared food.

-- Kathy, F5 Project Care Coordinator



NEW LOCATIONS NEW PARTNERSHIPS

In the efforts to increase our presences across North Dakota, F5 Project was able to hire three full-time teammates in Jamestown, ND.

With the increased staff, we were able to create a unique partnership with the North Dakota Department of Corrections (NDDOC) to provide resources directly to the residents of James River Correctional Facility (JRCC). Two of our full-time teammates we're able to complete NDDOC training to be certified to enter the facility and engage with residents. This allows them to learn about needs, provide support, and help set up resources for individuals to create a more seamless reentry for individuals into the greater community.

“ From being a resident myself, to now working inside the walls of JRCC has been a once in a lifetime opportunity. I'm able to bring lived experienced as well as a message of hope and change to those who are currently incarcerated. This is just the beginning.

-- Curtiss, F5 Project
Program Director



MEET JAMIE

“My experience with F5 Project was amazing. What impressed me the most was the family atmosphere I encountered. Every time I was around the F5 Project office, people would ask how I was doing with genuine care.”

After a journey with its many peaks and valleys, Jamie works hard to put in the work for a stable life. Today he continues to celebrate his sobriety, he works a fulfilling job as a peer support, he has his own apartment, and with the help of Derek’s budget at F5 - he is financially stable. One of the biggest barriers Jamie overcame was his finances & now he has a credit score of almost 700, took money out of the bank to buy a car, and is almost entirely debt free.

Jamie leaves these words of encouragement, “Do the work, no one is going to do it for you. Get into a community where people love and encourage you. That old way of living only encourages everything you don’t need. Get a sponsor, work a 12-step program, and find something that gives you an opportunity to give back. Above all, love yourself first.”

CONTINUING TO GROW

In 2023, our team has grown to 60+ employees which has expanded our capacity to serve our participants. We've continued to develop our relationship with Midwest Mental Health and The Ridge: Treatment and Reentry Center to provide holistic medical and treatment services to those who need it. We've created a unique partnership with North Dakota Department of Corrections to allow certificated F5 Staff to serve individuals directly within James River Correctional Facility. And we're just getting started - we can't wait to share what we have in store for 2024.

OUR LOCATIONS

F5 Project has a presence and staff across all of North Dakota with offices in 6 different cities.

FARGO, ND

1122 1st Ave N, Fargo, ND 58102

BISMARCK, ND

120 N 3rd St, Bismarck, ND 58501

MINOT, ND

1829 S Broadway, Minot, ND 58701

GRAND FORKS, ND

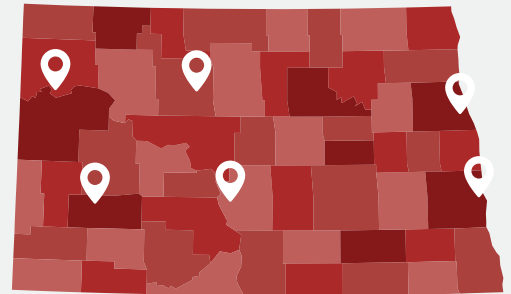
311 4th St S, Grand Forks, ND 58201

WILLISTON, ND

125 Main St, Williston, ND 58801

DICKINSON, ND

30 7th St W, Dickinson, ND 58601





www.f5project.org

| (701) 210-2491

| info@f5project.org