

# Valley|Cities

Behavioral Health Care

*Mental health treatment  
centered on resiliency,  
wellness and recovery.*



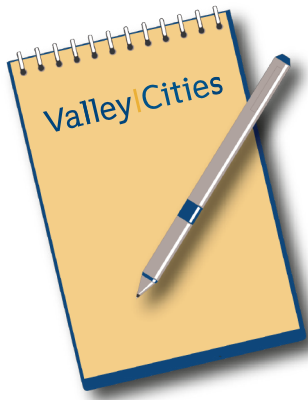
*Christina, living with hope and joy. Read her story inside.*

---

**2015 Annual Report to the Community**

---

***Valley Cities served over 11,000 clients in 2015.***



# Message to the Community

Valley Cities has experienced tremendous growth in the last year. We have had more people, in more locations, come to us for help than anytime in our history. Our client base has grown 56% in the last year!

Our services needed to expand to be able to help more people. So, in the last year, we have opened additional clinics in Enumclaw, Rainier Beach, and at the Meridian Center for Health in the Northgate neighborhood in Seattle. Phoenix Rising, housing for 24 young adults ages 18-25, also opened in Auburn last month.

In addition to the increased demand for outpatient behavioral health care, there is a need for in-patient detox and mental health beds. In 2015, we bought two former Recovery Centers of King County buildings and are in the permitting stages for two large in-patient facilities. The first, Recovery Place Seattle at Beacon Hill, is a voluntary detox and treatment facility. The second, Recovery Place Kent, is a secure detox and secure mental health evaluation and treatment facility. Both will open in early 2017.

We are also in the planning stage of expanding our Phoenix Rising project and adding an additional 12 housing units and finishing the Phoenix Rising Café – a clubhouse-approach Recovery Center based on the Seattle Recovery Café model to help those struggling with mental illness and addiction.

It has been a busy year, but with all of the unmet need in our communities, we see no sign of it slowing down. Thanks to all of our partners, volunteers, donors and staff — we are making a difference!!



Ken Taylor  
Chief Executive Officer



Suzanne Smith  
Board Chairman

## 2015 - 2016 BOARD OF DIRECTORS



Dave Blake  
Vice Chair



James Olsen  
Treasurer



Suzanne Pak



Jeannie Johnson



Kelly Togenes  
Secretary



Steve Williams



Nicholas Yu

**Our Mission** Strengthening communities through the delivery of holistic, integrated behavioral health services that promote hope, recovery, and improved quality of life.

*Nearly 60% of adults with a mental health issue didn't receive mental health services in the previous year.*

# Christina's Story



Christina is the loving mother of two adorable, healthy and active children. They enjoy spending time outdoors together — Christina enjoys hiking, but the kids would always rather play at the park. She also has plans for her future. She is poised, self-confident, and determined to make a good life for herself and her young family. She is currently studying to become a licensed plumber. From all appearances, she has a typical life. However, her life wasn't always this good.

*"Valley Cities was very supportive of me and they never let me down; at the time, I didn't have support from my family, so it was great to have it from the people at Valley Cities. Without Valley Cities, I would still be addicted."*

Christina had a happy childhood up until her parents divorced. She started hanging out with the "wrong crowd," got pregnant by age 18, had a miscarriage at 4 months, followed by her boyfriend abandoning her. She fell into despair and began experimenting with drugs.

At first it was meth, but she soon turned to crack. Her dealer, Antonio, an airplane engineer, broke his back in a serious car accident that subsequently cost him his job. To relieve his chronic and severe pain and to pay the medical bills, he turned to using and dealing drugs. Through all the turmoil, Christina and Antonio fell in love. Antonio convinced Christina to stop taking crack, they got married, and had a daughter, Ayanna.

She changed her drugs of choice to marijuana and alcohol. Both Antonio and Christina spent time in jail for drug-related felonies. Christina decided that she wanted another child and got pregnant, but started taking pain pills to feed her addiction.

In April, everything changed. Antonio Jr. was born addicted to drugs. Christina, still on drugs, was banned from the hospital while Antonio Jr. spent his first month detoxing in the hospital. A couple weeks later, after a night of drugs, her husband died of an overdose in their bed. Then, her home was invaded and robbed and she was put in the hospital with her injuries. While in the hospital, she missed a CPS meeting, so her kids were removed from her care and given to Christina's father. Christina realized she had to change her life.



Christina received treatment at an in-patient rehab clinic, but soon relapsed. She tried again. This time with the support of Valley Cities staff she succeeded. She has a peer counselor, therapist and a Wraparound team to help her deal with her grief without using drugs. EMDR\* therapy has been instrumental to allow her to remember her entire trauma without the emotion of reliving it.

Christina has now been sober for a year and had her kids returned to her in December. She has repaired the relationship with her father, and he has taken a big role in helping her and her kids get back on their feet. She is thankful that her kids are in perfect health. She is also tremendously grateful to Valley Cities for helping put her life back together.

\*EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences.

***Depression is the leading cause of disability worldwide.***

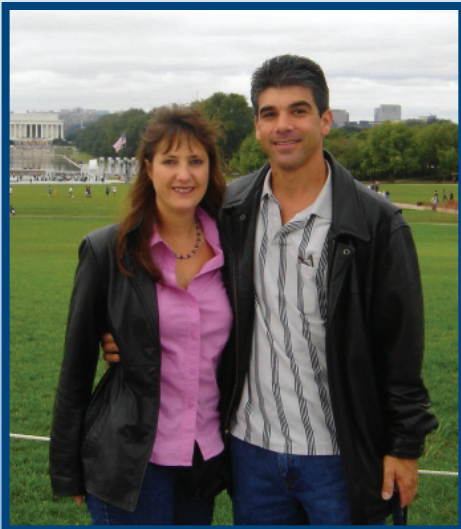
# Jeannie: Making a Difference

Jeannie has fond memories of her childhood. She loved to climb trees and, on more than one occasion, she climbed so high, she was afraid to climb down. But her childhood wasn't all good. She was sexually abused by a family member as a child and at the age of 17, she was forced to leave her home because her parents didn't like the man she was dating, eventually marrying him a year later.

Although that relationship started strong, after they were married, it turned rocky as he began physically abusing her. Jeannie tried to make the relationship work and for five years, she would work two-full time jobs while her husband would gamble and drink. When their new son Steven turned 18 months old, they left her husband. She had enough, promising herself that she would never again be dependent on anyone but herself. She has kept that promise.

For the next few years, she tried moving back into her parents' home, but that didn't last long. She and Steven were homeless for a time, surfing couches at friends' houses, eventually finding a group of friends who were able to get an apartment together. She found a new direction in her life — banking, and with her son and her new career, her life changed for the better. She began working at Puget Sound Bank and later moved to a new position at Columbia Bank. She married again; this time to a man who had earned her trust.

Jeannie went through counseling and eventually healed from her trauma. After completing the leadership development program in Auburn, she had a conversation with the Valley Cities CEO and felt a strong connection between her life experiences and the agency's mission. She decided to become involved. She participated in the mental health first aid class at Valley Cities and has had the opportunity to apply what she has learned on several occasions as she saw individuals in mental health crisis. She joined the Board of Directors with the intent of making a positive difference in the community.



Jeannie has confidence in Valley Cities and its leadership team. She believes in the mission and objectives of the organization. But most of all, she wants to reach out and help people that are going what she went through and survived. Earlier in her life, she didn't know how or where to get the help she needed. Today, she helps people through her association with Valley Cities.

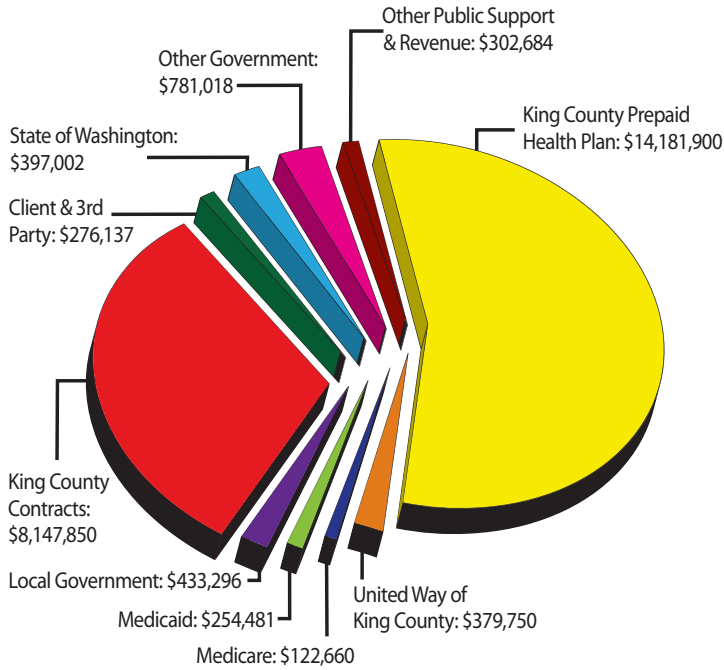
Over the years, in addition to many hours of volunteer time, Jeannie has made several personal financial contributions to Valley Cities. When Valley Cities staff approached her for help in making a connection to Seattle Bank, it was only natural for her to offer her assistance. Although that particular grant didn't come through, with Jeannie's help, Columbia Bank stepped up and provided a grant of their own to Valley Cities programs. Jeannie is proud of her association with both Valley Cities and Columbia Bank and was pleased to represent each of them in creating this partnership.

Jeannie is now a vice-president at Columbia Bank and this year she celebrates eight years on the Board of Directors at Valley Cities. When she's not at work or volunteering at Valley Cities, she can be found traveling, dancing, gardening, or with her new hobby, adult coloring books.

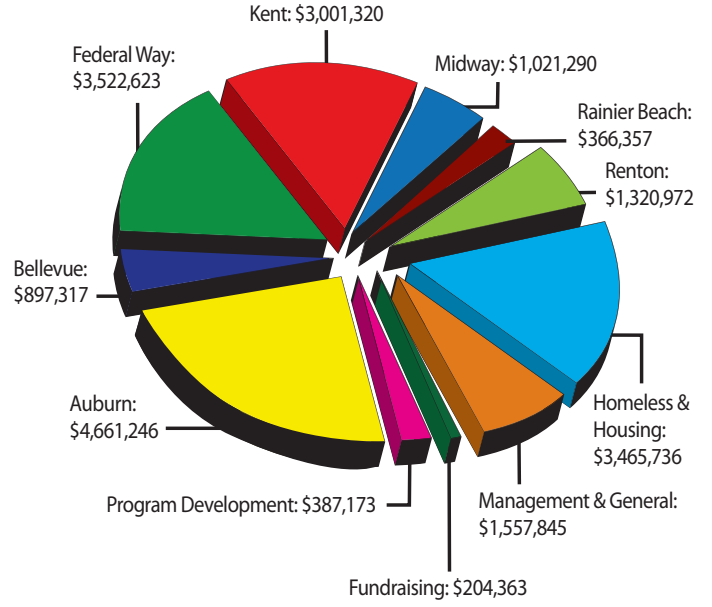


*Nearly 44 million adults in the U.S. experience mental illness in a given year.*

**Public Support & Revenues – Total: \$25,276,778**



**Total Expenses: \$20,426,242**

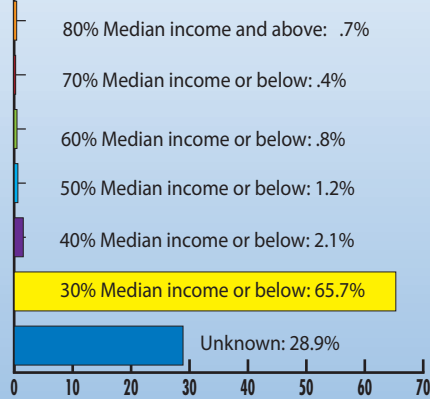


Year-end Net Assets: \$16,009,336

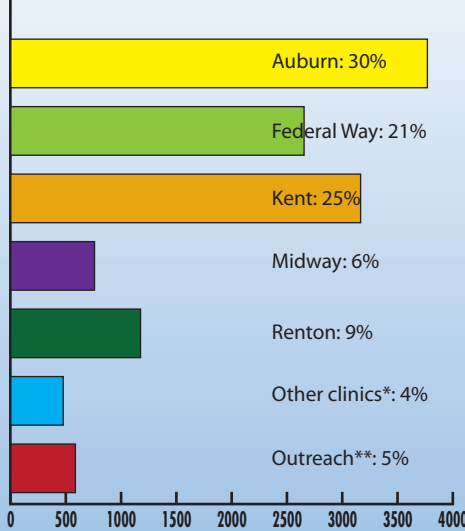
Female: 61.7%

Male: 38.3%

**Client Household Income**



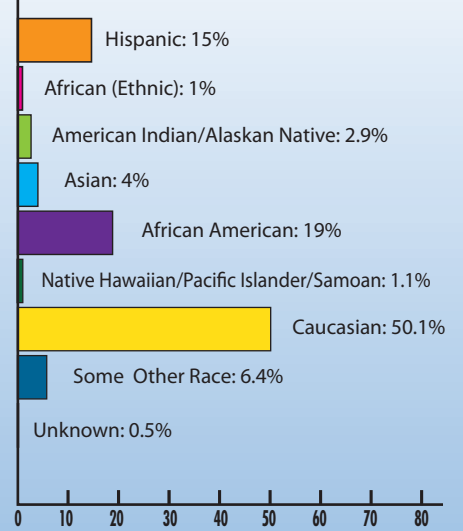
**Services by Neighborhood**



\* Clinics that were open for only a partial year include: Bellevue, Enumclaw, Meridian and Rainier Beach.

\*\* Outreach programs include: Homeless Family Services, Housing, Wraparound, Veterans and others.

**Race/Ethnicity**



Valley Cities Counseling provides comprehensive mental health care for all ages, as well as chemical dependency treatment, homeless outreach, peer support, services for veterans and military families, and family support services. We help people become full participants in their lives and communities.

***Eighteen percent of American adults live with anxiety disorders.***

# 50th Anniversary Dinner Update

## THANK YOU TO ALL OUR 50TH ANNIVERSARY SPONSORS

### Hope Sponsors



### Resiliency Sponsors



### Wellness Sponsors

Kibble & Prentice



### Empowerment Sponsors



### Encouragement Sponsors



## Valley Cities 50th Anniversary Dinner



Last September, Valley Cities celebrated its 50th year serving the community with a celebration dinner and auction held at Renton Technical College. Over 280 supporters attended the event, and raised over \$113,000 benefitting our Phoenix Rising project and other Valley Cities programs. Guests enjoyed a delicious dinner provided by the talented students at RTC's School of Culinary Arts, and bid on hundreds of auction items in our Silent and Live auctions, including notable items as a Disneyland trip, a Seattle Fan package including Seahawks, Mariners, and Storm tickets, beautiful art including photography and woodwork, and even an African Safari.

The 50th Anniversary Celebration would not have been possible without our generous sponsors shown above.



*Each year, one in 10 young people experience a period of major depression.*

# A Year of Enormous Growth

Valley Cities has long maintained that our highest purpose is to improve the community, one person at a time. Our goal is to offer services to communities that need it, which means growing to meet those needs. So in that spirit, 2015 saw the most growth Valley Cities' has seen since our inception.



In July, we opened our first comprehensive service office within Seattle, in the **Rainier Beach** neighborhood; December saw the opening of one of Valley Cities' most innovative service locations: the **Meridian Center for Health**, in the Northgate neighborhood of Seattle. This partnership with Neighborcare Health and Public Health – Seattle & King County, offers truly integrated care – medical, dental, WIC Nutrition, mental health and substance use recovery services all under one roof. In **Enumclaw**, we have provided services since we opened our doors in 1965, but never in our own space. This year we finally opened our own office in the heart of the city.

We have opened the residential portion of **Phoenix Rising**, a housing program for young adults. Phoenix Rising combines supported housing, job training, and services to help young adults (ages 18-25) transition from homelessness to independent living. Here we blend housing, case management and life-skills to further young adult's education and provide skills that help participants become responsible, productive, and independent. Phoenix Rising is more than just a place to sleep; it is hope, support, treatment, and training.



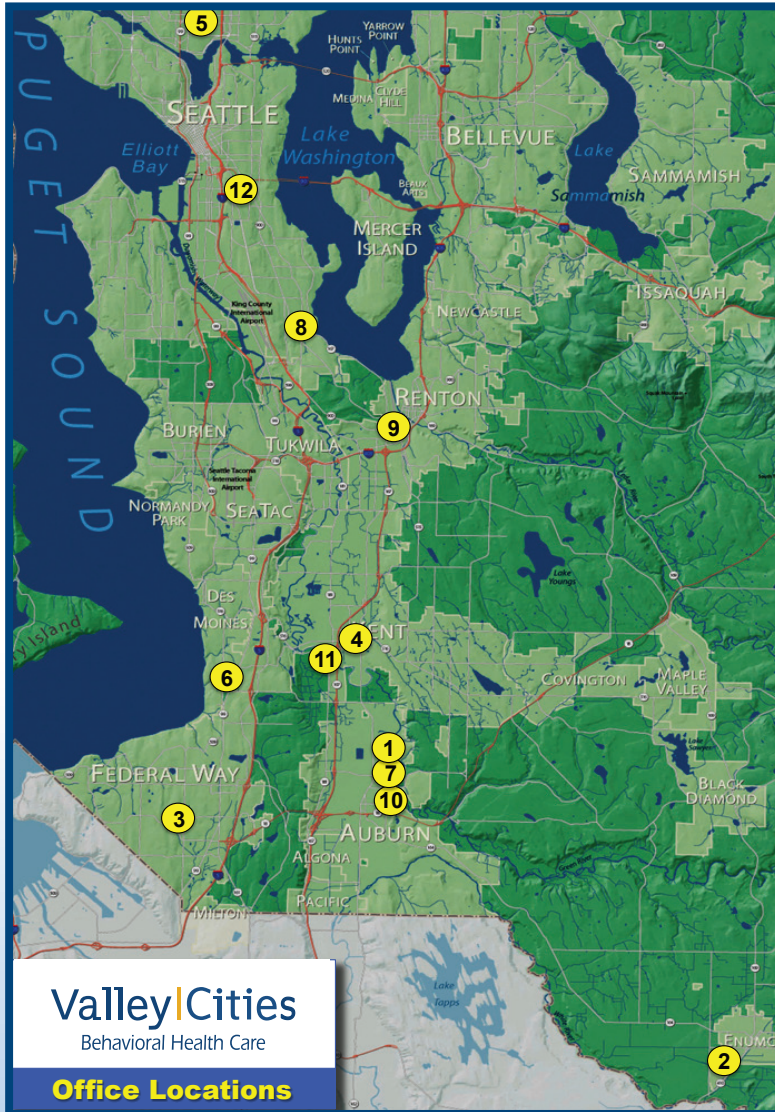
Our incredible growth continued when we acquired two former Recovery Center of King County locations in Kent and Beacon Hill, with the intention to reopen as **Recovery Place Kent** and **Recovery Place Seattle at Beacon Hill**. In the Kent location,

we plan to offer inpatient evaluation and treatment, as well as involuntary detox, while the Beacon Hill facility will house voluntary inpatient detox services. Significant renovation of these locations is expected to begin by Fall 2016.

*5.2 million Americans live with Post Traumatic Stress disorder.*

# Valley|Cities

Behavioral Health Care



**1 Auburn**  
2704 "I" St NE  
Auburn 98002



**2 Enumclaw**  
1335 Cole St  
Enumclaw 98022



**3 Federal Way**  
33301 - 1st Way S  
Suite C-115  
Federal Way 98003



**4 Kent**  
325 W Gowe St  
Kent 98032



**5 Meridian Center for Health**  
10521 Meridian Ave. N  
Seattle 98133



**6 Midway/HealthPoint**  
26401 Pacific Hwy S  
Des Moines 98198



**7 Phoenix Rising**  
915 26th St NE  
Auburn 98002



**8 Rainier Beach**  
8444 Rainier Ave S  
Seattle 98118



**9 Renton**  
221 Wells Ave S  
Renton 98057



**10 Valley Cities Landing**  
2516 "I" St NE  
Auburn 98002

**OPENING SOON: 11 Recovery Place Kent and 12 Recovery Place Seattle at Beacon Hill**