

# Valley|Cities

Behavioral Health Care

## 2016 Annual Report to the Community



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

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*Valley Cities served over 12,900 clients in 2016.*

# Amy's Story



"Don't be ashamed of the problems that you have, they build you up and make you stronger. My problems were difficult at times but they made me the way I am now. I am proud I never gave up on myself." Such is the advice from Amy, a single mother, who knows what it is to be a Valley Cities client.



*Amy with Quinn*

In her teens, Amy struggled with mental illness and abuse of alcohol, acid, meth, cocaine and other substances to cope with her world. Despite these major issues, Amy proved to be a bright student achieving straight A's during high school and eventually obtaining a BA in psychology from the University of Washington.

Although officially diagnosed with depression and bipolar disorder in her twenties, Amy denied her serious conditions and continued to abuse drugs with the belief it would help her manage her life. Hitting rock-bottom, she received a conviction for shoplifting to support her drug habit. At the same time, Amy experienced an unplanned pregnancy that presented another big challenge, yet a new inspiration to turn her life around.



*Amy with Anthony and Quinn*

When Amy's son Quinn was born, Child Protective Services put him in foster care with the condition of his release upon Amy stabilizing from substance abuse. Amy started services at different agencies but felt they lacked the combination of mental health and chemical dependency counseling she needed. To get individualized care, she sought out another option and found Valley Cities.

Valley Cities helped in all aspects of Amy's rehabilitation. Amy says, "All the staff members were caring and Valley Cities tailored their programs to fit me. They motivated me when I was lagging in my recovery. It is what I needed."

Because of Amy's determination and work with Valley Cities, Quinn is now back with Amy and the CPS case is closed. Today, Quinn is doing well and Amy's character

shines through according to Anthony, her Co-Occurring Disorder (COD) Clinician, who says, "Amy is a very strong woman, a natural leader, and very helpful to those around her." Amy is going back to school this fall to get her CDP certification so she can help others who are going through the same issues she faced.

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



# Judy and Caleb's Story



*Judy, Caleb's Great Grandmother*

"It is safe to come in now," Caleb tells his great grandmother Judy who is sitting in her car reading a book. Caleb has had another violent outburst and Judy knows to withdraw to a safe place until he calms down — a strategy she developed with help from her Valley Cities Wraparound team.

Very early in life, Caleb showed emotional problems and temper tantrums during which he would throw items, hit people, and wreck any property in his wake. He even tried to run away from Judy, his only guardian. At 8 years old, Caleb threw a rock that struck Judy; a nearby police officer witnessed the incident. Despite Judy's objections, the legal system sent Caleb to juvenile detention and eventually placed him in a treatment center for the next two years.

It was there that Judy and Caleb met the Valley Cities Wraparound team for the very first time; together they worked to help Caleb control his anger and get him out. Once home, Caleb's violent outbursts didn't stop even with discipline. He hurt Judy and even destroyed a photo album with 53 years of family photos.

Judy and Caleb worked hard to follow the advice of their Wraparound team. Judy says, "We had to stick with it. At first it was hard, but we knew things wouldn't get any better if we gave up." Ever supportive, Valley Cities' staff gave Judy much needed wisdom, listening ears, comfort, encouragement, and school- system-navigation tips. Eventually, Caleb found a patient

Valley Cities counselor whom he could relate to and learn from.

Today, Caleb has far fewer outbursts, seeks to join ROTC, and excels at school thanks to Judy's efforts. Recently Caleb received a full-ride scholarship for 5 years of college in any state school. People are now going to Judy for advice on helping their own kids, and Judy now feels like Caleb will be OK — a feeling that she never would have had without Valley Cities.



*Caleb in elementary school*



*Caleb with Mr. Murr, his paraeducator*

*Depression is the leading cause of disability worldwide.*



# Message to the Community

Valley Cities is creating community, compassion, and connection to instill hope in the lives of individuals. As a nonprofit organization, we've responded to the ever-changing needs of King County and developed our innovative, impactful programs and services accordingly. In 2016 we focused our efforts on the King County opioid crisis.

Valley Cities stepped up in a significant way to address our community's need for increased access to treatment. Our residents are in peril from the widespread prevalence of deadly substance abuse with nearly 500 deaths annually. It is our aim to help these members of our community reach their fullest potential. Only through safe physical detoxification from substances can individuals begin to rebuild their lives emotionally, economically, and socially.

In 2016, renovation plans began to take shape for Recovery Place Seattle at Beacon Hill, our new inpatient substance use treatment facility. Recovery Place Seattle at Beacon Hill will greatly increase the number of available detox beds and provide immediate holistic recovery supports to lead each individual out of their substance use disorder. We anticipate completing 2,000 patient admissions annually and empowering these patients to save and transform their lives. Recovery Place Seattle at Beacon Hill is set to open in fall of 2017, and not a moment too soon.

Because of our supporters, partners, volunteers, donors, and staff — we are making a difference!

Thank you!



Ken Taylor  
Chief Executive Officer



Suzanne Smith  
Board Chairman

## 2015 - 2016 BOARD OF DIRECTORS



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**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.*

# 12,900

Clients served with compassion, dignity and respect.



- 17% children
- 69% adults
- 10% youth
- 4% older adults

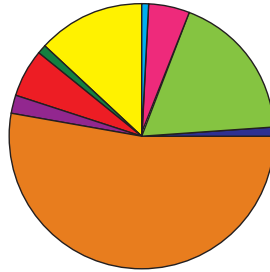


## 93% earn less than \$17,000 a year

64%  
Female

36%  
Male

## Race & Ethnicity



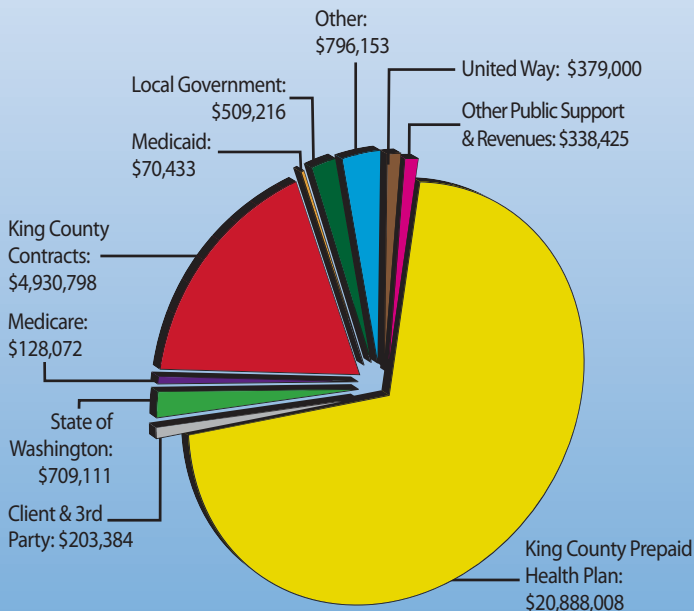
- 1% African (Ethnic)
- 5% Asian
- 18% African American
- 1% Native Hawaiian/Pacific Islander/Samoan
- 53% White/Caucasian
- 2% American Indian/Alaska Native
- 6% Other Race
- 1% Not Reported/Unknown
- 13% Hispanic

**PROGRAMS AND SERVICES:** Mental & Behavioral Health Care • Employment Services • Family Supports • Housing & Homeless Services • Wraparound Program • Older Adult Counseling • Veterans • Substance Use Services

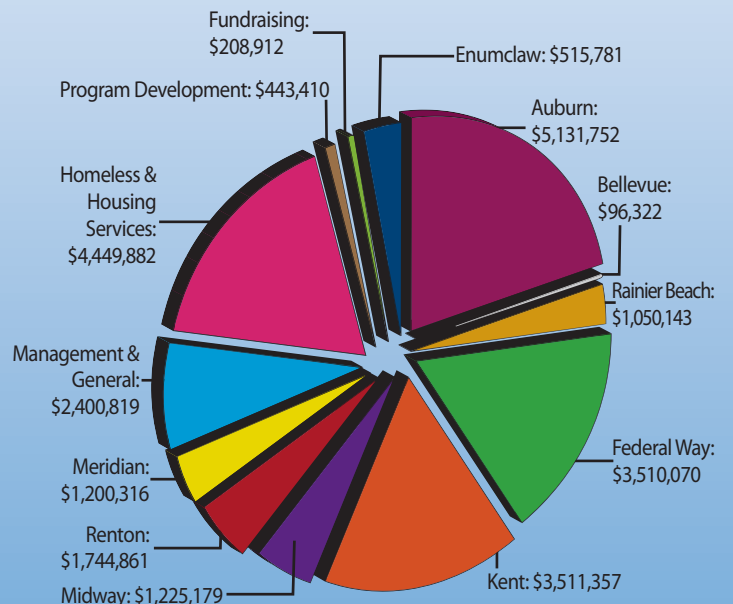
## 2016 Highlights

- Opening **Phoenix Rising**, a permanent supportive housing community, to serve 24 previously homeless young adults.
- Acquiring to-be-renovated **buildings for an inpatient detox facility** on Seattle's Beacon Hill and a recovery center in Kent to address the substance abuse crisis in King County.
- Creating a new behavioral health clinic in **Enumclaw**.
- Launching the **New Journeys** program to provide comprehensive treatments for youth and young adults experiencing their first episode of psychosis.

### Public Support & Revenues – Total: \$28,952,600



### Total Expenses: \$25,488,804



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



# SPRIT OF HOPE

## 2016 Fundraiser

On Saturday, October 9th, over 250 friends and supporters boarded Argosy Cruise's Spirit of Seattle and made their way to Tillicum Village on Blake Island for an evening of stunning dance and spoken word performance, and an incredible northwest coastal-inspired meal, in support of Valley Cities programs.



The Spirit of Seattle shuttled guests to Blake Island for the evening.



Welcome to Tillicum Village



Upon arrival, guests are greeted with mugs of steamed clams.



Proceeds of the Spirit of Hope event went to at-risk, homeless young adults in our Phoenix Rising program, that offers housing, mental health and substance use treatment services, and supportive programs designed to give them the necessary skills to transition from homelessness to independent living.



### THANK YOU TO ALL OUR SPIRIT OF HOPE SPONSORS



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



**Robin Porter**  
*Care Coordinator*

What I enjoy most about being a care coordinator is that I get to meet the client at the very beginning — when they need immediate support connecting with community resources. We do everything: intake interviews for mental health and substance use programs, group facilitation, crisis work, outreach to homes or emergency rooms, collaboration with the care team and with families — we keep the world turning! It's inspiring to see the person's ability to bounce back, the progress they make when our whole team, from counselors to employment specialists, works alongside them to reach their goals. Some of our clients are extremely vulnerable, and that's when a caring team makes a big difference.



**Mia Powell**  
*Peer Counselor*

As a Peer Counselor I'm utilized as an equal and important part of our client's team. I love what I do and often say it's part of my "self-care". By validating feelings, actively listening to their stories and anticipating needs, I have built a strong rapport with my clients. Part of my job is to tell them "everything they are doing RIGHT!" Clients say when they leave my office, they feel better, more hopeful and empowered than when they arrived. That's success to me.

## Staff Reflections



**Ruthie Moore-Whiteside**  
*Front Desk*

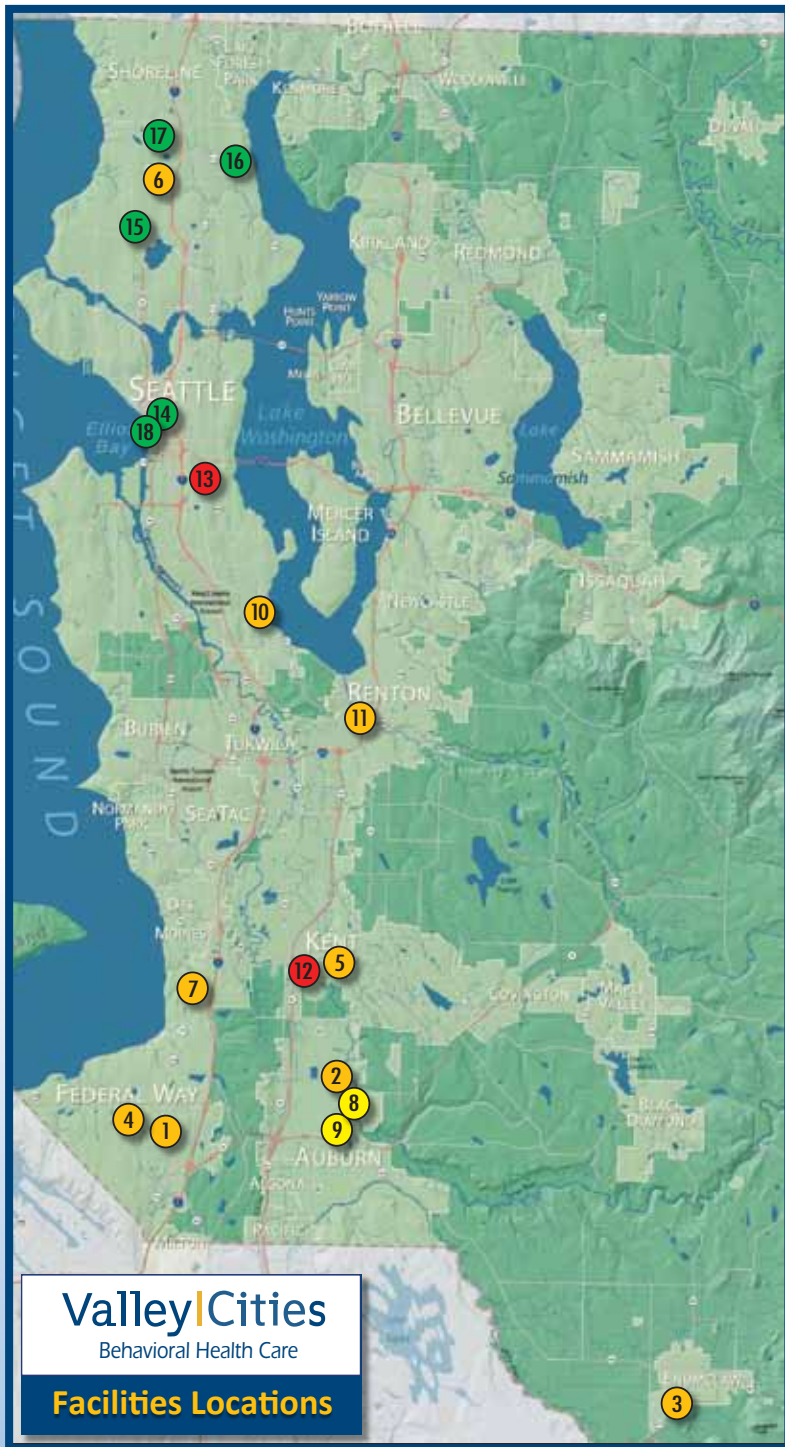
As front desk staff, I have had the opportunity, for over twenty years, to form many relationships with clients and staff at various Valley Cities offices. I have first contact with clients and I take the opportunity to make people feel comfortable as soon as they enter the door with a friendly greeting and a smile. When I see these clients in the community, they have told me how much Valley Cities' services have meant to them and they update me on their progress. It is rewarding to see clients reach their goal and I am grateful to be part of the staff that helps them through their time of need.



**Darlene Woock**  
*COD Clinician*

What I enjoy most about being a COD Clinician is that I get to serve the most vulnerable people in our community. We work collaboratively to stabilize mental health and substance use symptoms and build coping skills that are personalized for them. I get to watch and cheer as the client becomes empowered to not only dream, but create a plan of action and work towards their own life-fulfillment goals. Often people just need someone to believe in them and they do all of the hard work.





**Valley|Cities**  
Behavioral Health Care  
**Facilities Locations**

**1 Administration**  
33405 8th Ave. S.  
Federal Way 98003



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



**3 Enumclaw**  
1335 Cole St  
Enumclaw 98022



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



**5 Kent**  
325 W Gowe St  
Kent 98032



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



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



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



**11 Renton**  
221 Wells Ave S  
Renton 98057

**Housing Programs:**

**8 Phoenix Rising**   **9 Valley Cities Landing**

**OPENING SOON:**

**In-Patient Locations:** **12 Recovery Place Kent**   **13 Recovery Place Seattle at Beacon Hill**  
**Clinic Locations:** **14 Belltown**   **15 Greenwood**   **16 Lake City**   **17 North Aurora**   **18 Pike Place**