



Kent Youth and  
Family Services

*Working toward a better future*

# 2006 Annual Report

Providing Innovative Programs That Meet Community Needs

## 2006 Overview

On behalf of the Board of Directors and Staff of Kent Youth and Family Services, "Welcome" to our 2006 report to our community. In this brief summary of activities and accomplishments, we hope you will be reacquainted or introduced for the first time to the various services KYFS provides for the youth and families of Kent, Covington, and surrounding South King County.

One of KYFS's core values is "developing partnerships that produce results". In 2006, the long time partnership "Building Better Futures" (BBF) completed construction and opened the second building of a two building project launched at Springwood. The much awaited **Springwood Youth Center** officially opened in October and even in the closing months of 2005 was a huge success. The longtime BBF partnership of King County Housing Authority, Puget Sound Educational Service District, Center for Career Alternatives, and Kent Youth and Family Services also built and opened the equally successful **Kent Family Center at Springwood** in May 2004. We encourage you to come and enjoy a visit at both facilities, or better yet, you can volunteer at the Kent Family Center or the Springwood Youth Center as well.

A significant partnership developed in 2006 with the Seattle University basketball program. Coach Joe Callero volunteered to provide a two-day summer basketball camp for the kids at the Springwood, Valli Kee and Cascade communities. Coach Joe, who the kids immediately admired, brought along his assistant coaches, a few of his players, and five or six of his coaching colleagues from area high schools. Coach Joe's intention is to make this an annual event which the kids are already looking forward to, asking about it almost immediately after the two day August camp.

"A commitment to diversity and cultural competency" is another of KYFS's core values. In 2006, the agency completed a two year cultural competency assessment and developed an agency wide Cultural Competency Action Plan. As an ongoing process the implementation of the action plans will cross all facets of the agency's operations, management, governance, policies and procedures.

Coupling these two core values, "developing partnerships and commitment to diversity and cultural competency", the agency signed a memorandum of understanding, becoming the fiscal agent for the Lucy Lopez Community Center. This fledgling organization of Latino community leaders in Kent has a goal of developing a Hispanic/Latino community center in the heart of Kent. KYFS is committed to this partnership helping to ensure this much needed resource comes to fruition in our community over the next few years.

Of the many new partnerships developed in 2006, an important one has been with the Seattle Office of the U.S. Attorney which has supplied staff resources and Department of Justice funds through the Public Housing Safety Initiative (PHSI). The Outreach Program, with locations at Valli Kee, Springwood, and Cascade public housing communities, is now one of only fifteen such PHSI throughout the country. This initiative allowed KYFS to expand Lighthouse to the new Springwood Youth Center. The PHSI also involves our long time partners, King County Housing Authority, Center for Career Alternatives, Kent Police Department, and the King County Sheriff's Department.

"Implementing proven program design and best practices" is another important agency value. We are already providing proven program practices in our Head Start, ECEAP Programs as well as our Substance Abuse and Family Counseling Programs. During 2006, our afterschool Outreach and Lighthouse Programs completed the rigorous self assessment of their practices using the "Elements of a Successful Program" tools developed by King County, through Reinvesting In Youth funds. Results of these self assessments give each of our afterschool programs a benchmark from which to significantly improve practices that are in keeping with proven, well-respected, after school program "best practice" models.

This year, the KYFS board of directors demonstrated a commitment to the agency's values by launching a two year strategic study (Evaluation) of each of the agency's seven programs. Once completed in 2007, the end product will result in a recommitment to the programs KYFS provides as being core to the mission of the agency and will provide the platform for a newly updated strategic plan.

While reading our 2006 report you will find examples of projects, activities, events, and services from each of our programs further demonstrating our core KYFS values: "partnerships, cultural diversity/cultural competencies and proven program best practices and evaluation." Our entire Staff and Board of Directors are committed not only to the mission of KYFS but these very important agency values.

As with every year, the 2006 KYFS community report is also our opportunity to publicly thank our many funders and partners on behalf of the Kent Youth and Family Services Board of Directors, KYFS staff, volunteers and the youth and families we served during the year. All of you share a commitment to the particular mission, values and goals of Kent Youth & Family Services. Without the combined support of the City of Kent, City of Covington, multiple divisions of King County, King County Housing Authority, the many departments of the State of Washington, U.S. Department of Housing and Urban Development, Justice and Health and Human Services, the Kent School District, Puget Sound Educational Services District, Highline West Seattle Mental Health Center, United Way of King County, Casey Family Programs, Medina Foundation, and the numerous agencies who offer partnership and collaboration, along with our individual and business benefactors as well as the local service organizations...without your continued commitment, very little of what Kent Youth & Family Services accomplishes each year would be possible.

We thank all of you for your support throughout 2006 in all the ways you were able to provide it. All of us look forward to your continued support as an endorsement of our shared values and the important work we do.

Michael Heinisch  
Executive Director  
Kent Youth and Family Services

### Our Mission Statement

Kent Youth and Family Services provides professional counseling, education and support services to children, youth and their families in our community, developing innovative programs that meet the evolving challenges of our diverse community in culturally sensitive ways.



Outreach kids help with Kent Downtown clean-up

## Watson Manor

The Watson Manor Transitional Living Program provides up to two years of transitional housing and support services to single homeless, low-income, pregnant and parenting teenage mothers. Each resident has one to two children or is at least six months pregnant. Resident managers provide on-site supervision and facilities management. The structured living environment, located in a small apartment building, fosters independent living skills, responsibility, and self-sufficiency. Services are tailored to each family and include parent education classes, life skills training, case management, counseling, substance abuse services, referral to educational/vocational programs, and other individualized services. The parent education component includes Casey Family Programs' proven program, "Powerful Families".

Watson Manor has a long history of partnering with area businesses, local jurisdictions, other human service

providers, and community members in order to provide effective services. During 2006, Watson Manor successfully continued partnerships with The Boeing Company, Windermere Foundation, City of Kent Home Repair Program, generous community members, and numerous human service providers. New partnerships in the form of financial support and volunteer service were established with HomeStreet Bank and Kent Covenant Church during 2006.

Traditionally, the ethnically diverse population served by Watson Manor is disproportionately higher than in the Kent School District. Watson Manor staff is comprised of 67% ethnic minority immigrants who speak English as a second language. All our staff members participate in cultural competency trainings and in special populations consultations.

## Hott Shotts



"Hott Shotts" is the espresso stand at the King County Regional Justice Center in downtown Kent. Operated by KYFS since it was acquired from King County Work Training Program in spring 2001, Hott Shotts provides job-

skill training and good work habits to adjudicated and at-risk youth.

Under the direction of an adult site supervisor, during 2006 these youth served a delicious array of hot and cold coffee drinks, other beverages, sandwiches and sundries everyday, to the general public who work in and out of Regional Justice Center.

In addition to serving the public, these youth have an opportunity to interact with judges, and other elected officials, jurors, press from broadcast and print media, and King County staff while providing a quality product and good customer service.

### In 2006, Hott Shotts:

- Served hundreds of customers per day
- Trained four youth as full service baristas (twelve months of training)
- Built self-confidence in these youth to successfully gain independent employment
- Encouraged these youth to return to school, complete their education, and to pursue higher education
- Created a positive work environment for the youth participants
- Provided enhanced customer service and expanded product lines, resulting in increased program financial performance
- Maintained our partnership with King County Facilities Management
- Continued to better our community, one youth at a time.

## Early Education and Support Program

Our Head Start and Early Childhood Education and Assistance Program (ECEAP) classrooms provide education and socialization skill development activities for 267 children who are three to five years old. We also provide support services for their low-income families.

Through our partnerships in the community we were able to provide programming in three locations throughout our service boundaries. Through the continued partnership with Kent Lutheran and Panther Lake Community Churches and an expanded partnership with the King County Housing Authority we were able to offer programs in five, state funded, ECEAP preschool classrooms serving 109 children and their families.

The federally funded Head Start Program served 158 children and their families in the Kent Family Center building. The Kent Family Center is located in the Springwood King County Housing Community and is available through partnerships with King County Housing Authority, Puget Sound Educational Services District, Center for Career Alternatives, and Kent Youth & Family Services.



## Our Additional Accomplishments

- The projected eligible three and four year olds in Kent is over 1,200 children. This year, through state expansion dollars, we were able to serve an additional eighteen children and their families in our ECEAP Program.
- Over 80% of the children received their annual Well Child exams and six month Dental Screenings as well as follow up treatment.
- Through partnering with the King County Library Kid's Reach, Page Ahead, Kent Kiwanis, and community volunteers over 1,526 literacy activities were offered to the children in the program with each child receiving a free book at each of the four events.
- Through our continually strengthening partnership with the Kent School District's Special Education Department, nineteen children received additional support services to assist them in skill development and preparation for Kindergarten.
- Strong partnerships continued to provide additional services to our families including the Women Infant and Children clinic (WIC) services, provided through Public Health – Seattle and King County and the Center for Career Alternatives adult training program. Both programs share the Kent Family Center Building.

## Lighthouse

Lighthouse is an after-school and mid-evening drop-in education, counseling and supervised recreation program. Lighthouse is offered at four sites in the South King County area, three located within the Kent School District middle schools, and the fourth at Springwood housing complex in Kent. The schools included are Mill Creek Middle School, Sequoia Middle School, both located in the City of Kent, and Cedar Heights Middle School in Covington.

The Lighthouse Program is a no-fee program offered to youth in the 7th grade through 12th grade or from 12 to 19 years of age with a special emphasis on substance abuse and date violence issues. Lighthouse staff provides programs that encourage positive activities for the youth to help reduce teen crime.

The Lighthouse Program has been in service for more the 15 years helping with the teen needs in the South King County Area.

### Accomplishments:

- Provided a safe place for more than 1,900 youth to enjoy positive free-time activities.
- Developed a comprehensive after-school education program for youth in grades 7 through 12.
- Provided workshops on topics from improving self-esteem to date violence.
- Continued to provide recreational programs, emphasizing the importance of physical fitness.
- Maintained strong community partnerships with the cities of Kent & Covington, and the Kent School District.

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## Counseling

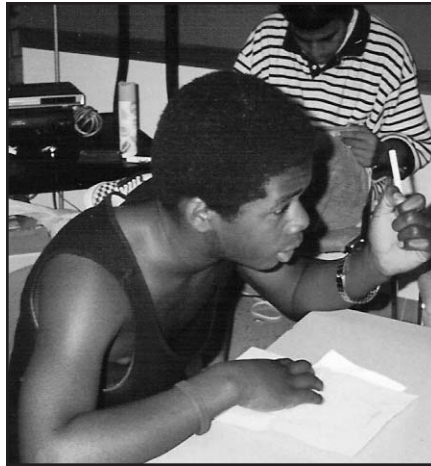
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Kent Youth and Family Services Counseling Program continues to be a leader in providing counseling services to the residents of Kent, Covington and South King County. The Counseling Program is comprised of 11 Master's level therapists, most of which are licensed in their field, and nine Master's Level interns from various local universities.

One of the goals of the Counseling Program is to continually increase the program's cultural competency and sensitivity. As part of our process for reaching this goal, we have been fortunate enough to add three bilingual therapists to the counseling staff.

During 2006 the Counseling Program provided an array of services designed to meet the needs of children, youth and their families. These services included:

- Over 5500 hours of direct service was provided to youth and their families.
- More than 300 families were provided with counseling services.
- Therapeutic services were provided in the client's native language through the use of interpreters.
- Three bi-lingual staff members who speak Spanish were added to our program.
- Continued collaboration with Highline West Seattle Mental Health, offering mental health counseling, psychiatric evaluation and medical management to families on Medicaid.
- Continued our relationship with the Kent School District by having a therapist in 15 different elementary,



middle and high schools, at least one day per week.

- Collaborated with Casey Family Programs to provide the Powerful Families Curriculum, developed and refined by Casey Family Programs, to low-income families. The program is used to educate families about their finances and increase their financial stability while finding support and knowledge to help them in advocating for themselves.

- Continued our partnership with King County Superior Court Juvenile Division and four youth and family agencies, to offer the Best Practice Functional Family Therapy (FFT). This service is offered to families in South King County who have a child in the juvenile justice system.

- Continued to offer counseling services to Head Start and ECEAP children and their families, both at the agency as well as site based services.
- Provided individual and family therapy by a Licensed Therapist in Covington City Hall.
- Continued to be a positive and enriching training site to Master's Level interns from local universities.
- Offered group counseling services including Boys and Girls Anger Management and Teen Anger Management.
- Received program funds from the cities of Kent and Covington, as well as from King County and United Way.
- Continued the Relatives as Parents Project (RAPP). Through this monthly program we offered empowerment and information for relative caregivers, which included a therapeutic group for children, family activities, telephone information, referral, and case management.

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## Outreach Program

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The Outreach Program provides creative educational and recreational activities as well as field trips to over 345 youth each day. Three of our specific goals for the Outreach Program are academic success, life skills preparation, and community involvement. Our primary goal is to focus programming on academic success. This goal consists of meeting the youth's needs through visual art, homework assistance, computer classes, tutoring, and workshops on higher education.

One of the challenges is that the majority of the youth we are working with are immigrants who are having a difficult time adjusting to the American school system. This is often due to cultural differences and language barriers. We offer support through tutoring, homework assistance, and a variety of other services to address these issues.

Another challenge we are addressing is an increase of drug use and gang activity in our community including Springwood and the surrounding neighborhoods that we

have witnessed over the past few months. To help prevent this criminal behavior, the Outreach Program is also increasing our focus on education, as well as underage drinking, gangs, and drug prevention education.

### Our Accomplishments:

- **Academic Success.** During the year our staff helped several teenagers write essay letters for scholarships and also wrote recommendations letters to help these youth attain scholarships to two and four year colleges.

Our Technology Program successfully trained and hired 4 Interns thanks to funding from the Gates Foundation.

Valli Kee Recreation Hall overcame a reputation for disorganization and unstructured activities. This is thanks Ana Russo, a former AmeriCorps Volunteer. We now have a facility that is being run very smoothly and successfully.

## Outreach Program (continued)

We have had participants who not only became more focused on their education and improved their grades, but several kids completed their GED and now are in the Job Corps training. This is just one example of many, that grades are improving, fewer kids are skipping school, and more are asking for Homework-Help and are checking their grades through each term. Because of our focus on Academic Success, The Outreach team has seen an improvement all year long and this focus also helped 7 youth complete their requirements in order to attend Green River Community College's Running Start Program in the Spring of 2006

- **Community.** This year our programs helped engage youth in the wider community with several community service projects and recreational field trips. One example: the youth were able to go on an educational field trip with Cassie, our AmeriCorps volunteer, to Cedar Hills Landfill. This was part of the environmental project Cassie was working on. This trip helped to lead into the theme for the month of April "Environmental Awareness." During this time we had weekly activities that tied into Earth Day. One activity involved the youth coloring Albertson's Grocery bags with pictures that represent ways to take care of the earth. These bags were given back to Albertson's to hand out to their customers on Earth Day.

Also that month our participants visited Watson Manor. The youth that had attended the Civic Engagement Camp the month prior decided what organization they would like to help in the community and chose Watson Manor. The youth painted rooms inside the facility, while others did yard work. The manager of Watson Manor was very impressed by the work the youth did.

During the month of July, our youth attended "Clean up the Park Day" at Seahurst Park. The youth were able to give back to the community by weeding, landscaping, and planting trees. The youth worked hard, but really enjoyed it.

We also got to enjoy field trips like Wild Waves, Seattle Art Museum, Seattle Center, Storm Game, Sonics Game, Seattle Rainier's Game, Glass Museum, Zoo, with a number of different lakes and outdoor parks, and some educational trips like the Engineering Hands-On Workshop at the University of Washington.

- **Diversity.** Every year outreach programming has a commitment to diversity and cultural competency. With a very diverse staff and community we consider it a privilege to hold events every year such as the AmeriCorps volunteer hosted, "Civic Engagement" week. The youth learned about their environment, politics, cultural differences, and different ways to help their community.

Our Life Skills classes have also been successful with discussing "Environmental awareness and respect for other cultures."

During the month of June we celebrated Cultural Diversity Month. To celebrate we held a Cultural Diversity Community Potluck inviting families from Valli Kee, Cascade, and Springwood to Valli Kee for the potluck. It was a great success. We had over 100 youth attend and as many as 25 families-many who brought their favorite ethnic dish. Also, many of the life skills classes tied into the theme. For example, there were activities and discussions on tolerance, cultural differences, and respect. We encourage all youth to attend, especially those that have been having trouble in

school in hopes that they will become engaged and improve their social and academic skills.

- **Partnerships.** Our partnerships this year included Girl Scouts, Boy Scouts, and Knowledge Point, a tutoring program designed to get youth caught up to their proper grade levels. We also partnered with The Southern Sudanese Community of Washington who provides programs for the Sudanese community that give mentorship, fellowship, education, and enjoyment of their own culture. Also, thanks to Mrs. Gloria, we have continued an excellent relationship with the Kent School District mainly helping set up grade improvement plans for youth that approach us with requests for help. Mrs. Gloria has supported these efforts by going to Kentridge, Meeker, and other area schools this past year to talk with teachers and administrators.

- **Our New Facility.** One of our major accomplishments was transitioning to the greatly anticipated Springwood Youth Center which officially opened in October. This has allowed us to provide much more programming and services to our surrounding community. Our first activity out of this new building was collaboration with the Seattle University basketball program. Coach Joe Callero volunteered to provide a two day free summer basketball camp for the children of the Springwood, Valli Kee and Cascade communities. Coach Joe brought along his assistant coaches, some Seattle University basketball players, five of his coaching colleagues from area high schools. We are planning to make this an annual event with Coach Joe, his colleagues, and Seattle U players.

We also held a job fair that included area employers, colleges, and high schools. Thanks to our new facility it was very successful and we hope to continue this tradition annually as well.



# Substance Abuse Program

The Substance Abuse Program at Kent Youth and Family Services is the largest private, non-profit outpatient treatment program in South King County. It offers a comprehensive array of services including: assessments, early intervention groups, one time per week groups for substance abusing youth, three times per week groups for substance abusing and chemically dependent youth, an aftercare group for youth who have completed treatment and are working on continued abstinence, individual and family counseling, and a family education/support group. The program receives the highest number of referrals for substance abuse services in the area. Among those who refer youth to KYFS outpatient treatment services are most South King County school districts, South King County diversion committees, South King County probation departments, other outpatient and in-patient facilities, individual families and youth, and friends of youth who are or have been in treatment at KYFS.

The primary goals of the Substance Abuse Program at KYFS

- To reduce drug and alcohol use among youth who reside in South King County.
- To reduce academic problems among youth who reside in South King County.
- To reduce criminal activity among youth who reside in South King County.
- To increase each youth's self-esteem and increase harmony in each youth's family.

The Substance Abuse Program Accomplishments for 2006:

- Over 8,000 hours of assessment, individual, family, group counseling, case management, and outreach hours were provided to youth and their families.
- Implemented prevention, intervention and treatment services for an average of 85.5 clients per week, utilizing four different treatment modalities.
- Utilized the Washington State Division of Alcohol and Substance Abuse research tool, Treatment Analyzer to measure outcomes. This tool showed that in 2006, 68.5% of KYFS youth completed treatment. The state average completion rate for 2005 was 44.3%. The tool also showed that in 2006, 76.2% of youth were retained in treatment 90 days after they started compared to state youth agencies as a whole retaining only 59.1% of their youth at 90 days.
- The KYFS Substance Abuse program also began to utilize the GAIN (Global Assessment of Individual Needs) on each youth. This tool takes into account a comprehensive history of the youth's substance use, physical health issues, risk behaviors, academic achievements and failures, and criminal activity and arrests. The tool also has a follow-up component which documents any changes in the factors mentioned above that occur during and after treatment. This enables both the staff and youth to monitor each youth's progress.

## 2006 Board of Directors

### Officers

**Anil Abraham, President**  
New Homes LLC

**Carla Dean, 1st Vice President**  
Recreational Equipment Inc.

**Bessie Walker, 2nd Vice President**  
Community Volunteer

**Michael Mathews, Treasurer**  
Banner Bank

**Linda Cattey, Secretary**  
Community Volunteer

**Carl Hart, Past President**  
Bell Anderson Agency, Inc.

### At Large

**Krysta Berrios**  
Kent School District  
High School Student

**Ed Crawford**  
Kent Police Department (retired)

**Brenda Fincher**  
Equifax Credit Information Systems

**J. David Huhs**  
Mendoza Law Firm

### Steve Strachan

Kent Police Chief

### Tina Barry

Boeing Company

### Rev. Jane Prestbye

Pastor, Kent Lutheran Church

### Margaret Whitney

Assistant Superintendent  
Kent School District

### Judy Woods

Retired Green River  
Community College

### Honorary Board Members

#### Theresa Ahern

Curran Lawfirm

#### Rev. William Carleton

Retired Pastor,  
Kent 1st Presbyterian Church

#### Julia Patterson

5th District Member,  
Metropolitan King County Council

#### Geoff Simpson

Washington State Representative,  
47th District

## Management Team

### Michael Heinisch

Executive Director

### Dee Ashmore

Administrative Manager

### Dennis Ballinger

Counseling Program Manager

### Derrick Glasper

Lighthouse Program Manager

### Theresa LaRonde

ECEAP/Head Start Center Director

### Cyoon McBride

Outreach Program Manager  
IT Program Manager

### Laurie Peterson

Teen Parent Program Manager

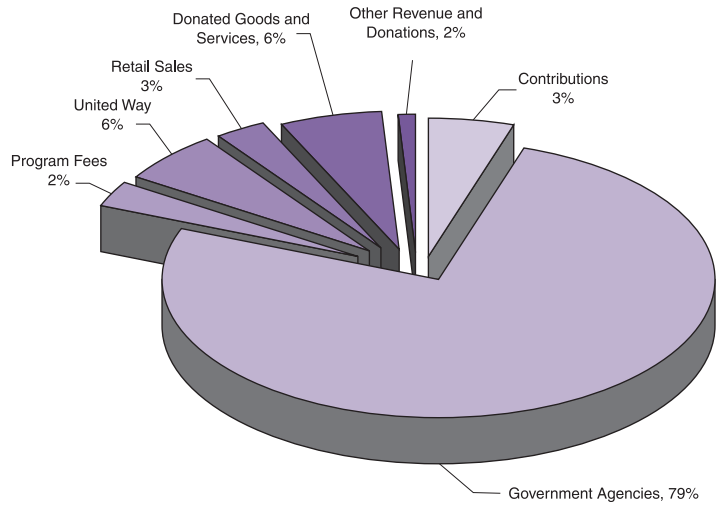
### Juliette Sauvage

Substance Abuse Program Manager

# 2006 Financial Statements

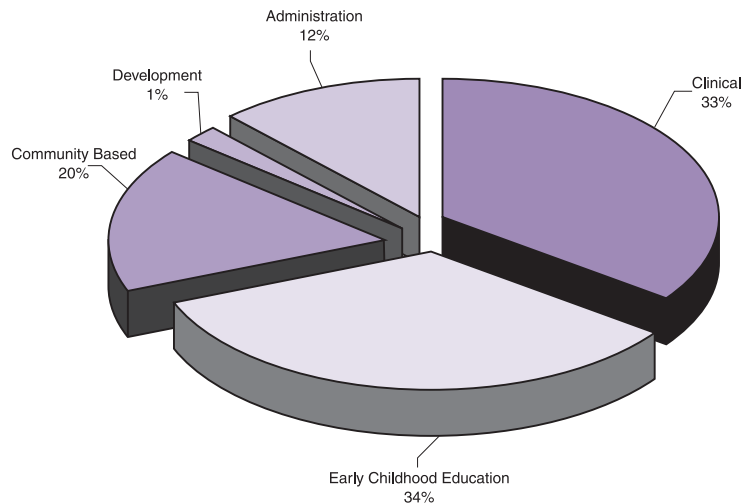
## 2006 Revue & Support

Contributions	3%	\$ 89,391
Government Agencies	79%	\$ 2,541,839
Program Fees	2%	\$ 54,614
United Way	6%	\$ 202,486
Retail Sales	3%	\$ 89,845
Donated Goods and Services	6%	\$ 198,940
Other Revenue and Doantions	2%	\$ 53,960
<b>Total Revenue and Support</b>	<b>100%</b>	<b>\$ 3,231,075</b>



## 2006 Direct Program Expenses

Clinical	33%	\$ 1,037,768
Early Childhood Education	34%	\$ 1,058,899
Community Based	20%	\$ 617,341
Development	1%	\$ 29,333
Administration	12%	\$ 356,063
<b>Total Expenses</b>	<b>100%</b>	<b>\$ 3,099,404</b>





## Kent Youth and Family Services

Working Toward a Better Future

Serving youth and their families in Kent and the surrounding South King County communities since 1970.

Thank you!



For your generous support!

You can make a difference!

Sponsor a program, make a donation, or volunteer  
by calling 253-859-0300 x3002 or emailing [MikeH@kyfs.org](mailto:MikeH@kyfs.org)  
For more information please visit [www.KYFS.org](http://www.KYFS.org)



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