



We work for them.



2017 Annual Report

"It is a privilege and honor to serve as current Board President for the KYFS Board of Directors. The services KYFS offers and supports in the community are integral to developing the future of Kent. Educating the community about tolerance and equality for all who live here, while respecting one another is crucial to ensuring a healthy community to thrive in."

- Brandy Reed, Board President

## MISSION

KYFS promotes healthy development of children, youth and families in South King County by providing professional counseling, education and support services.

## STATEMENT OF VISION

Helping youth and families achieve their goals for a better future.

## VALUE STATEMENT

Equity and cultural inclusion, accountability, partnering, advocacy, and responsive to clients and community.

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## because of YOU

2017 brought on exciting and much needed support to Kent and the surrounding areas. Because of your dollars, your voice and your support; **Kent Youth and Family Services welcomed two new programs into our home.**

# Message



**On behalf of Kent Youth and Family Services, Board of Directors, President Brandy Reed, KYFS staff and volunteers and most importantly the children, youth and families who turn to KYFS for assistance, "thank you" to each of you who supported KYFS throughout 2017.**

The KYFS Board of Directors adopted a new Strategic Plan in February 2017 culminating the yearlong work of staff and board towards this goal. You'll note the new Mission Statement and newly created Vision and Values statement in this 2017 report. Significantly the newly created Values leads with "Equity and Cultural Inclusion" a principle that drives everything KYFS stands for and works toward in our programs and community involvement.

Working together in coordination, collaboration and partnerships with many colleagues, a long standing value and fabric of KYFS, during 2017...

- Partnering with Kent School District, King County, five agencies in Kent and 26 total across King County KYFS began participating in the Youth and Family Homelessness (Best Starts for Kids) Initiative in January. This initiative seeks and succeeds in preventing family homelessness before it occurs. Our partnership with KSD helps identify these at risk families throughout the KSD schools. KYFS's YFHPI Case Manager worked with more than 100 families in 2017 in this groundbreaking effort.
- KYFS and Kent Police Department launched a unique effort combating human trafficking in August 2017. This, nationally unique approach, has a Commercially Sexually Exploited Children (CSEC) Case Manager imbedded in the KPD Special

Investigative Unit as part of the "sting" operations KPD and other local/regional law enforcement conduct. In the final quarter of 2017 the KYFS CSEC Case Manager worked with 15 trafficked young women, assisting them with a path "out of the life" and also doing many community presentations on CSEC early warning signs and symptoms.

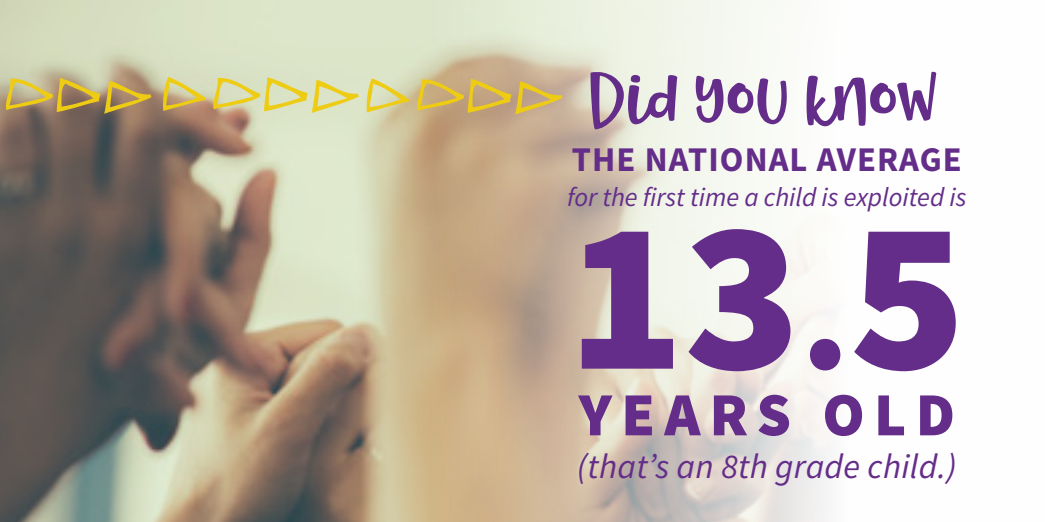
- KYFS joined with YMCA, Somali Youth and Family Club and Coalition for Refugees of Burma to receive an award for greatly enhancing Out of School Time programs for children living at Birch Creek, King County Housing Authority. These Best Starts for Kids funds are administered by Schools Out Washington, another longtime partner of KYFS and the After School Program. We are excited with "FEED" (Fortifying Education Enrichment & Development).

These are a small sampling of the partnerships, collaboration and coordination of efforts KYFS fostered and participated in 2017.

In addition to partnering and collaborating within this 2017 annual report you will find the various highlights for each of the KYFS programs. KYFS continues to position itself for the many years to come as we quickly approach a 50 year celebration of KYFS in the communities of South King County coming in 2020.

**MIKE HEINISCH**  
Executive Director





Did you know  
**THE NATIONAL AVERAGE**  
*for the first time a child is exploited is*  
**13.5**  
**YEARS OLD**  
*(that's an 8th grade child.)*

## CSEC Case Management

### COMMERCIALLY SEXUALLY EXPLOITED CHILDREN

#### How does this impact our community?

Addressing an identified community need, Kent Police Department and Kent Youth and Family Services have hired a Case Manager to provide services to victims of commercial sexual exploitation (sex trafficking) and other at-risk populations. This collaborative partnership was awarded a grant through DSHS in June of 2017 to provide services to youth in Kent ages 12-25.

#### Why we do what we do...

After engaging in services at KYFS, Client, age 17, has had some severe ups and downs. They have experienced homelessness, dropped out of school, and struggled with substance use disorder using several substances such as methamphetamine, heroin, cocaine, marijuana and alcohol. Through a variety of service providers wrapping around this individual, they are now enrolled in a high school completion program, employed part-time, and abstaining from substance use. What's most miraculous is that this person has not even turned 18 yet, and has had some challenging life circumstances, including an unsupportive family. Sometimes services and support from service providers are all that certain young people have to move forward and make a different future for themselves.

## After School

This year the KYFS AfterSchool program continued to provide caring adult role models and a safe place for youth to engage in academic, enrichment, physical, and social skill activities. Hopefully the impact of these activities will make a true difference in the lives of children, and families within Kent. This year's highlights include:

- FEED (Fortifying Education Enrichment & Development) program created as a result of Best Starts For Kids resources.
- KYFS AAU program (Amateur Athletic Union) was also enhanced thanks to King County Parks resources.
- Summer reading program to help eliminate summer reading loss. Average reading growth per grade group was: 1<sup>st</sup>-3<sup>rd</sup>: .11 years; 4<sup>th</sup>-6<sup>th</sup>: .1 years; 1<sup>st</sup>-6<sup>th</sup>: .12 years
- Partnership with YMCA continues to grow with a plethora of activities that include Academic, Life Skills, Enrichment, and Physical Fitness for teens.
- Linger issues still needing to be addressed: *Lack of funding has increased the need to provide youth with healthy snacks during school year. Budget gaps also create a need for more caring adult role models with adequate experience. This always increases the need for volunteers and professionals to help from the community KYFS serves. Long term sustainable funding to continue work being done.*

OVER  
**3000**  
 ... HOURS OF ...  
**COMPUTER  
 LAB TIME**

**5498**  
 SUMMER LUNCHES  
*served thanks to KSD partnership*

Annual back-to-school party  
**GAVE AWAY OVER**  
**180**  
**BACKPACKS**  
 AND SCHOOL SUPPLIES

OVER  
**1500**  
 ... HOURS OF ...  
**TUTORING &  
 HOMEWORK HELP**

*The average attendance for*  
 1ST-6TH GRADERS WAS  
**24/27**  
**DAYS!**

**98%**  
*success rate of*  
**KINDERGARTEN  
 ACADEMY**  
 PARTICIPANTS

## Homelessness Prevention

### PROGRESSIVE CASE MANAGEMENT

#### How does this impact our community?

This is one of the first programs in South King County that offers services to families on the brink of homelessness. We provide progressive case management tailored to each client based on the needs and goals they identify.

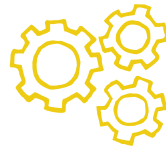
#### Why we do what we do...

One client, age 39 years old came to our program with \$3723.75 in back-due rent, utilities, and late fees. Recently divorced, with a 16 year old son, she had accepted the responsibility for the lease when her husband left and fell behind. Working in conjunction with another agency, we were able to provide continuing case management and also were able to pay the balance owed.

This client now has a full-time job that will allow her to stay current on her rent and bills and her and her son are very happy to be able to stay in the same home and school with his friends.



# Behavioral and Mental Health Services



## PROFESSIONAL THERAPEUTIC SERVICES

### Counseling Services

The Youth, Family & Co-Occurring Counseling program at KYFS provides counseling services for infants, toddlers, youth up to age 25 and families throughout Kent and surrounding communities.

Our program is dedicated to those seeking help by creating services that are compassionate, effective, efficient and culturally informed.

*"We came to counseling, my son (who is 4) and I, a little more than a year ago because we were experiencing difficult things in our life, and it was hard for me to see my son struggling with nightmares and losing control, hitting others, pulling his hair, pinching himself, and crying without a reason. During our sessions, we were able to find a way to manage the big feelings and find a way to reduce the anxiety. It was very helpful for me, first of all, to understand what was going on; this way I could help him to go through those feelings and calm down. He became more successful in school and more comfortable with himself. We were able to finally sleep in separate rooms, there are no nightmares; he feels more secure now. We are able to talk things out better, difficult things, and he is not afraid to tell me something. He became more open."*

825

CLIENTS SERVED

531

FAMILIES SERVED

309

PARTICIPANTS qualified to be MEASURED FOR **SUCCESS OUTCOMES**

91%

ACHIEVED GOALS

395

2016 DISCHARGES

285

PARTICIPANTS achieved their **OUTCOMES** (attained 67% or more of treatment goals)

Our programs also increased referrals and relationships with primary care facilities both through our Navos consortium and also independently—including University of Washington health clinics and Health-Point as well as MultiCare.

In our Mental Health Counseling program we expanded many counseling staff trained in CBT plus (Cognitive Behavioral therapy-plus) and DBT (Dialectical Behavioral Therapy) both evidence-based practices. Both therapeutic techniques are being used currently with clients in both group and individual sessions.

# SUBSTANCE ABUSE Counseling

## YOUTH & FAMILY CENTERED SERVICES

### Treatment Philosophy

Kent Youth & Family Services' Substance Abuse Treatment Programs believe abstinence is an essential part of all Substance Abuse Treatment. However, treatment is not complete by a youth only demonstrating this ability. They are also required to make changes in their life, typically in areas that have been negatively impacted by their substance use. This includes: improving relationships, improving academic performance, avoiding illegal activity, and building a peer-group supportive of abstinence and pro-social behaviors.

### Your dollars at work...2017 accomplishments

In our Substance Use outpatient program we've expanded the number of staff trained in evidence-based practices such as 7-challenges (a group evidence-based program), and in the number of staff certified in the full GAIN-I Evidence-based assessment tool.

### Substance Abuse

Nine counselors provide services to youth ages 12-19 in a variety of settings. The program includes school-based assessment, counseling, and prevention/early intervention services as well as a full outpatient treatment program. We work closely with King County Juvenile Superior Court including Drug Court, Community Diversion Boards, all local area schools - especially the Kent School District, Kent Police Department, Kent Drug Free Coalition, and the Youth LINC Gang Prevention Coalition.



### Prevention and Treatment Services Offered:

- Group Counseling Services
- Assessments
- Drug Court Program
- Diversion Program
- Recovery School at Kent Phoenix Academy
- Individual Counseling Services
- Family Counseling
- Back on Track – Early intervention/prevention program
- Parent Support Group
- Youth Oriented Alcohol/Drug Information School

*"Our youth-centered approach to treatment services creates a welcoming and supportive environment for clients and families struggling with substance use. By offering a judgement-free treatment experience to clients and families, and a positive approach to recovery, we empower our clients to practice the skills necessary to avoid substance use, make thoughtful decisions, and achieve their goals."*

Did you know!



89%

of participants in our **SUBSTANCE ABUSE PROGRAM** complete the program, compared to a STATEWIDE AVERAGE of 56.2%



# Early Learning

## HEAD START AND EARLY CHILDHOOD EDUCATION AND ASSISTANCE PROGRAM (ECEAP)

### Our Programs

In 2017, there were 58,549 classroom contacts the children had with teachers during the 130-154 day school year and over 3,253 case management sessions held with families.

There is a need for early school readiness interventions as demonstrated by poor kindergarten readiness and achievement rates. Less than half (43.1%) of all children entering kindergarten in the KSD meet developmental expectations in all six areas of development and learning: Social-Emotional, Language, Physical, Cognitive, Literacy, & Math. (Washington State's Kindergarten Entry Assessment, 2017-18). Even fewer enter school with these skills among children with limited English, 30.5%, or from families with low incomes, 30.9% or homeless 18.8% (OSPI, 2017). By contrast, 78% of the 4019 children in PSESD's Head Start and ECEAP programs met school readiness rates at the end of preschool as measured by TS GOLD in 2016-17.

Since 1998, KYFS has developed the Early Learning program from four classes serving 72 children to the current level of 21 classes serving 410 children, offering both part and full-day models.

The children in the part-day classes receive a total of 130 child contact days or 393-458 classroom hours annually depending upon program model; and full-day children attend a total of 154 child contact days/ or 1001 classroom hours annually.

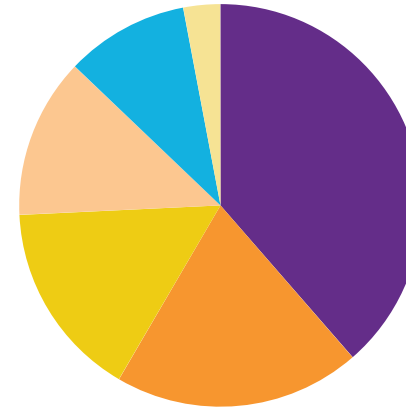
### New This Year

To ensure families receive the program option that meets their needs, KYFS conducts centralized recruitment, sharing applications with the other EL providers serving the KSD.

The recruitment of participants for our preschool program is designed to enroll the neediest families, with priority given to children who are experiencing homelessness, foster or kinship care, have developmental or behavior concerns, are immigrants or refugee, or are of color.

# Financials

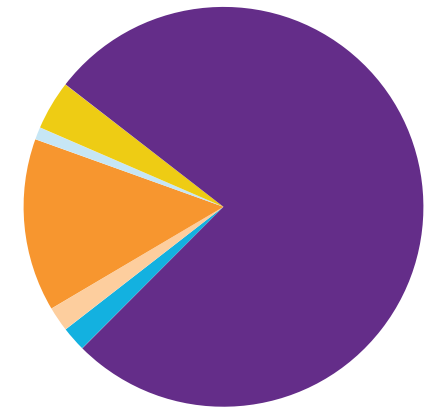
## EXPENSES



- Early Learning: 39%
- Behavioral Health: 20%
- Community Based: 16%
- Donated Facilities & Services: 13%
- Administration: 10%
- Development: 3%

**TOTAL: \$5,942,220**

## REVENUE



- Government Agencies: 77%
- Donated Facilities & Services: 14%
- Contributions: 4%
- Campaigns: 2%
- Program Fees: 2%
- Other Revenue: 1%

**TOTAL: \$5,722,194**

# Watson Manor

### Watson Manor Transitional Housing

The Watson Manor Transitional Living Program provides up to 18 months (plus an extension of up to six months if needed) of transitional housing and support services to single, homeless, extremely low-income teenage and young adult mothers and their children.

The target age range is 16 to 25 at the time of program entry. Each young mother is parenting one to two children or at least six months pregnant. Program participants each receive a furnished apartment in Watson Manor, a small

apartment building, along with support services designed to help them overcome housing barriers and secure permanent housing.

### Your Dollars at Work

22 homeless mothers and children were served during 2017.

The program routinely serves a very culturally diverse population; four of the young mothers that entered Watson Manor in 2017 are immigrants.

80% of all residents that exited the program during 2017 moved into permanent housing upon exit.



## Did you know

Watson Manor receives government funding as well as support from United Way, local service clubs, businesses, and individual donors.

# Our Team

**MIKE HEINISCH**, Executive Director

**PAULA FREDERICK**, Behavioral Health

**LAURIE PETERSON**, Watson Manor

**THERESA LARONDE**, Early Learning

## Our Board

**PRESIDENT: Brandy Reed**

Kaiser Permanente Kent Clinic, Nurse Supervisor

**1<sup>ST</sup> VICE PRESIDENT: Lesley Hogan**

Renton Technical College,  
Executive Director Human Resources

**2<sup>ND</sup> VICE PRESIDENT: Rona Popp**

Kent School District, Student & Family Support Services,  
Director of Categorical Programs

**TREASURER: Hira Singh Bhullar**

Starbucks Coffee Company, Senior Software Developer

## At-Large Members

**Anil Abraham**

Puget Sound Homes LLC,  
Managing Member

**Jane Prestbye**

Kent Lutheran Church,  
Pastor

**Ken Thomas**

Kent Police Department Chief

**Israel Vela**

Kent School District,  
Chief School Operations & Academic Support Officer

**Vicki Foege**

HomeStreet Bank,  
Community Relations Manager

## Honorary Members

**Julia Patterson**

King County Council Member, Retired  
5<sup>th</sup> District

**Theresa Ahern**

Curran Law Firm, Partner Attorney

**Margaret Whitney**

Kent School District, Retired

**Pat Sullivan**

Washington State Legislature,  
47<sup>th</sup> District Representative

**Linda Cattey**

Community Volunteer

**CYOON MCBRIDE**, After School

**HEIDI CAREY**, Human Resources & Facilities

**TAMARA SARROZA**, Financing & Contracts

**CARINA RADDATZ**, Development & Community Relations

**SECRETARY: Cynthia Boyd**

Kent Station, Marketing Manager

**PAST PRESIDENT: John "David" Huhs**

Laurel Law Group, PLLC

*44% of current board memberships are persons of color and/or cultural diversity. One is a high school student. Eight females, eight males.*

**Michael Mathews**

Banner Bank - Kent Branch,  
Vice President/ Branch Manager

**Wade Schwartz**

Blanc & Schwartz,  
Salon Proprietor

**Sadie Nguyen**

Kent Meridian High School Student

**Shukri Olow**

King County Dept. of Community & Human Services,  
Project Manager, Best Starts of Kids

**Sam Chalfant**

Curran Law Firm

**Brenda Fincher**

Holy Spirit Church

**Steve Strachan**

Bremerton Chief of Police

**Ed Crawford**

Kent Chief of Police Retired

## Volunteers:

*We would like to send a heartfelt thank you to all of our volunteers in 2017. We truly could not do what we do without you.*

# Supporters

## INDIVIDUALS

John Hinds & Amy Cadwell

Bonnie Beers-Nakashima & Bobby Nakashima

Josh Gerstman & Heather Cutting

Steven Holmes & Kerry Robinson

Edward Lesnick & Lesley Hogan

Brandy Reed & Paul Paulson

Cari Carlson-Cates & Ryan Cates

Anil & Annie Abraham

Paul Addis

Sadikifu Akina

James Mark & Elizabeth Albertson

Dolores & Steve Ashmore

Michelle Avolio

Joe Bauman

Michelle Beckley

Dana & Kelly Beckley

John & Bonnie Beckwith

Brianna Benton

Jim & Suzanne Berrios

Rhonda Berry

Monica Besa

Hira Singh Bhullar

Cecil & Cynthia Boyd

Jonathan & Bobbe Bridge

Kory & Roberta Brooks

Susan Brown

Tom & Patsy Byrne

Michelle Campbell

Mike & Marlene Carter

Sam Chalfant

Susanna Cioch

Charles Combs

Suzette Cooke

Katherine Cooper

Advance Billing Systems "Canopy, LLC"

Agave Cocina & Cantina

All Pro Building Maintenance

Amateur Athletic Union

AmazonSmile

AMC Theater

American Cancer Society

Amerigroup Corporation

Antioch University

Apex Cold Storage

Arthur J. Gallagher & Co.

Aven Foundation

Badgley Phelps

Banner Bank

Banyan Tree

BECU Neighborhood

Financial Center

Big Brothers Big Sisters

Bill & Melinda Gates

Foundation

Brantley Janson Yost

& Ellison

Carpinito Brothers

Casey Family Programs

Cedar Heights Food Pantry

CFD General Fund

Childcare Resources

Children's Home Society

Chipotle Mexican Grill

City of Covington

City of Federal Way

City of Kent

City of Seattle

Coalition For Charitable

Choice

Communities In Schools

Robin Corak

Rob & Jocelyn Craig

Ed & Dorlene Crawford

Frank Crosswhite

Steve Daschle

David & Sabrina de la Fuente

Karen DeBruler

Shanece Dedeaux

Alice Degen

Alexia Dorsch

Galen Doud

Cory DuPuy

Patrick Eaton

Marvin Eckfeldt

Joann & Charlesworth Elvin

Leslie & Mark Eskridge

Susan Ferguson

Brenda Fincher

Tom & Vicki Foege

Barbara Frazier

Paula Frederick, MEd, MS, LMHC, CDP

Dave & Michelle Freed

Jacqueline Garcia-Fauver

Rosalie Givens

Jeremy Glassy

Matthew Godwin

Krista Goodman

Judy Graf

Russ & Allyson Gregersen

Mike & Terry Grennier

Greg & Debbie Haffner

Stephanie Hames

Kaitlyn Hammond

Nicole Hanson

Donald & Karen Hauck

Bruce Hayashi

Randy Heath

Jennifer & Stephen Heath

Mike & Gail Heinisch

Community Center For

Educational Results

Cook Family Dentistry

Curran Law Firm

Daniel's Day Camp

DAWN

Emerald Downs

FB-CPA Group

Fireside Hearth & Home

First Place School

Freeman-Redick & Associates

Garneau-Nicon Family

Foundation

Green River College

Mama Stortini's

McLendon Hardware

Hand & Stone

Hilde Pfuertscheller

Endowment Fund

Home Depot

HomeStreet Bank

Kaiser Permanente

Cooperative Foundation

KCMHCADSD

Kelley Imaging Systems

Kelly Ritson Designs

Kent Community Foundation

Kent Downtown Partnership

Kent Education Association

Kent Holy Spirit Church

Kent Lutheran Church

Kent Phoenix Academy

Kent Police Dept

Kent Reporter

Kent Rotary Club Foundation

Kent School District

Kent Station

Dennis & Karyn Higgins

Linda Holmes

Susan Hoover

Steven Huff

David & Kayla Huhter

Daman & Julie Hunter

Lyn & Mary Johnson

Maureen & Andrew Johnson

Laura Johnson

Russell Johnson

Kermit & Holly Jorgensen

Satwinder Kaur

Senator Karen Keiser

Louis Khazoyan

Lorena King

Palmer Dee Klem

Audrey Kronick

Kim Kuhry

Tina Kuramoto

Blishda Lacet

Andrea Lafazia

Dawn Lake

John & Jeanie Lambert

Susan Lantz-Dey

Ron & Nicole Lashley

Rob & Bobbie Ledbury

Mary & Brooks Loop

Diane Lyons

Linda & Larry Martinez

Mike & Sandra Mathews

Cyoon McBride

Christina McCartin

Sarah McNiesh

Steven & Debra Meyers

Marla & Darren Mhoon

Jennifer Minich

Lisa Miranda

David & Karen Moerdyk

Bettie Moyer

Raphael Musher

King County Facilities

Management

King County Housing Authority

Panther Lake Community

Church

Peridot Nail Salon

Pete & Pat Curran

Family Fund

PetroCard Inc

Pinnacle Printing Foundation

Plemmons Industries, Inc.

Pro-Staff Mechanical Inc

Puget Sound Energy

Puget Sound Homes

And Development LLC

Raikes Foundation

Raven Commercial

Real Estate

Reds Wine Bar

Renton Area Youth Services

Republic Services

REWA (Refugee Women's

Network)

RFA

Riverbend Golf Complex

Road Runner Sports

Roland & Co., CPA, PS

Rotary Club of Kent

Rotary Club of Kent

Sunrise

Safeco Insurance Foundation

School's Out Washington

SeaMar

Seattle Foundation

Seattle Thunderbirds

Danae & Toussaint Myricks

Jeff Natter, MPH

Sadie Nguyen