

ve volt for them.

#### **2018 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

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### MISSION

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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.





On behalf of Kent Youth and Family Services Board of Directors and President, Brandy Reed, KYFS staff and volunteers, and most importantly the children, youth and families who enter the many doors of KYFS, "thank you" to each of you for your support of KYFS throughout 2018.

From our humble beginnings in 1970 as a volunteer operated drop in center in downtown Kent to 48 years later, KYFS is still centered in downtown Kent, but our reach extends across Kent and Covington, throughout the Kent School District. We serve some 10,000 children, youth and families in Kent schools, three youth centers, a ten unit transitional housing apartment building and seven early childhood education sites, getting our community's youth ready for their successful futures. In many circles the phrase success from "cradle to college and career" is uttered for the variety of prevention, intervention, education, recreation, social/emotional growth, and family support services we all need along our paths to adulthood. KYFS is along that path of cradle to college and career from infant mental health, early childhood education, after school youth support, behavioral health treatment and transitional housing for homeless young moms. In addition, the 100+ KYFS staff participate in local and regional work groups, commissions, coalitions and boards, working regularly on how to make changes that enhance the cradle to college and career journey of every child. Doing this work with so many other community based organizations partners, we know our impact collectively is providing a better today and a better future for all of us.

A community based organization cannot be successful without the support of the local community. At the organizational level, that support is demonstrated by the KYFS governing Board of Directors. The 15 members of the Board of Directors represent diversity of ethnicity, culture, age, gender orientation, expression of faith, and professions. That is Kent and Covington of 2018. They are ambassadors for KYFS in the community, looking for ways KYFS might respond to emerging needs. Youth and Family Homelessness Prevention and Commercially Sexually Trafficked Children case management services are two examples of needs in recent years identified by KYFS board members and now established programs of KYFS. In addition to all the board members bring, they have fiduciary duty, holding legal, financial and ethical responsibility in their KYFS governance role. In this position of support for KYFS, they each put their personal and professional reputations on the line. I encourage you to make note on the roster of KYFS board members in this 2018 annual report. Take a moment to say "thank you" the next occasion you happen to see or meet a KYFS board member.

Within this 2018 annual report you will find various highlights for each of the KYFS programs. KYFS continues to position itself for the many years to come as we quickly approach our 50 year celebration in the communities of South King County in 2020.

**MIKE HEINISCH** *Executive Director* 

### **Watson Manor**

### WATSON MANOR TRANSITIONAL HOUSING:

The Watson Manor Transitional Living Program provides up to 18 months (and up to six additional months if deemed necessary) of transitional housing and support services to a culturally diverse population of single, homeless, extremely low-income teenage and young adult mothers and their children. The target age range at the time of program entry is 16 to 25 years old. Each young mother is parenting one to two children or is at least six months pregnant. Program participants receive a furnished apartment in Watson Manor, a small apartment building, and are offered support services designed to help them overcome housing barriers and secure permanent housing. 18 homeless mothers and children were served during 2018, five of which were immigrants. 100% of all residents that exited the program during 2018 moved into permanent housing upon exit.

During 2018 Watson Manor replaced all windows and screens throughout the building, generously made possible by a grant from the Employees Community Fund of Boeing Puget Sound. The thermal pane windows and vinyl frames have increased energy efficiency, reduced energy costs for KYFS and Watson Manor's residents, and enhanced the facility's appearance, both inside and out.

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

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### OKAY!

May 2018 kicked off the beginning of our OKAY! group.

Proud to be openly OKAY! OKAY to Feel...OKAY to Love...OKAY to Be...

OKAY! is an open support group for youth ages 13–19 who identify as LGBTQ+. Our goal is to provide a community space where it's OKAY to be you! Get to know other LGBTQ+ Youth and help make a difference!

Throughout the year, we marched in the Seattle Pride Parade, created a mural (below), which hangs in the entry way of KYFS and took part in meaningful conversations and events throughout the Kent community.



Mural made possible with the support of Susan from Artsy Fartsy and the city of Kent Arts Commission

### 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."

532 CLIENTS SERVED 503 FAMILIES SERVED 281 PARTICIPANTS qualified to be MEASURED FOR SUCCESS OUTCOMES 91% ACHIEVED GOALS ACHIEVED GOALS 315 2017 DISCHARGES

6 ALS DALS DARTICIPANTS achieved their OUTCOMES (attained 67% or more of treatment agals)

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.

## **Early Learning**

The Head Start and ECEAP preschool programs utilize the standardized Teaching Strategies GOLD Assessment by the teachers to document the children's developmental skill levels, through observation-based assessments completed throughout the school year. The tool is used to assess the knowledge and skills the children gain in nine learning domains that are used to determine kindergarten readiness. The teachers analyze the observations formally three times a year to determine the skill level each child has mastered based upon the "widely held expectations" of kindergarten readiness for children of the same age/grade in the Fall, Winter, and Spring. To determine if a child has met the intended outcome, the Teaching Strategies GOLD system analyzes the data on each child across the domains. This assessment information is used by parents and teachers to set individual goals for each child with the daily activities planned to support each child's continual development.

### **Participant Demographics**

0.017	0.198	0.249	0.193	0.034	0.246	0.026	0.035	0.001
American Indian/ Alaska Native	Asian/ Asian American	Black/African American	Latino/Hispanic	Native Hawaiian/ Pacific Islander	White/Caucasian	Other Race	Multi-Racial	Unknown

**Outcome Results (Outcome #1) Met or Exceeded Expectations in all 9 domains:** 

### Reflects 2017–18 school year data:

# Participants measured for the outcome	431
# Participants who achieved the outcome	328
Target Success Rate (enter from scope of work)	72%
Actual Success rate	76%

### Notes based off of last year:

- In 2018, there were 54,146 classroom contacts the children had with teachers during the 130-154 day school year (part- & full-day respectively) and over 3,200 case management sessions held with families.
- In 2018, we served 882 children, 64 were homeless, 514 were non- or limited English speaking and 76% met or exceeded expectations for Kindergarten Readiness in (Social-Emotional, Language, Physical, Cognitive, Language, and Literacy).

### New This Year

The Department of Children, Youth & Families is requiring all ECEAP and Head Start preschool sites not run by a school district to become licensed. Therefore, during the summer we completed the steps to license the five sites that were not previously required to hold a Washington State Child Care License.



### CSEC Case Management

### COMMERCIALLY SEXUALLY EXPLOITED CHILDREN

### Why we do what we do

"It was the very last official working day of 2018. On December 28th I received word that a missing child was in downtown Auburn, location unknown. This individual was a confirmed trafficking victim beginning at 12 and often missing from foster care for months at a time. One of the biological parents of this child lived out of state and was granted custody in mid-December. Because the parent flew in from out of state, I had a 6 hour window to locate the missing youth so that they could fly home with their parent. After locating the youth, we were able to reunite with the parent and they flew home. This young person had been in foster care for over two years and rarely was safely housed. Since then, they have enrolled in school, counseling, and are moving forward a day at a time."

# **PEOPLE SERVED** through the CSEC program

**674** STUDENTS, TEACHERS, COUNSELORS, community members, and law enforcement **TRAINED IN human trafficking awareness** 

2 VRO'S

### (VICTIM RECOVERY OPERATIONS)



### **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. In 2018, \$70,373 went towards keeping families in their homes. \$11,288 was donated to support homelessness prevention by the Kent City Employee Giving Drive.

### 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...2018 accomplishments

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

### Substance Abuse

Counselors provide services to youth ages 12–19 in a variety of settings. The program includes schoolbased 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."



### **After School Program**

This year the KYFS After School 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 successfully finished the first year of programming thanks to funding from Best Starts For Kids. Program draws together partnerships between SMYFC (Somali Youth & Family Club), CRB (Coalition for Refugees from Burma), YMCA (Young Men's Christian Association), and KYFS. Programs theme is to create environments where everyone has equitable opportunities to be safe and healthy as they progress through childhood, building academic and life skills to be thriving members of communities
- First successful year of KYFS Athletic Club, thanks to funding from King County Parks. This allowed for the following programs to be sustained for the 2018 season. AAU boy's basketball, youth coed flag football, and continuing daily recreational program activities. This program allowed for a new used van for transporting youth to all games and events. Youth got to take advantage of travels to Spokane and Centralia for basketball tournaments. Youth basketball team also got to enjoy a week long camping trip to Camp Orkila on Orcas Island

- Summer reading program helps eliminate summer reading loss, average reading growth per grade group was:
- 1st-3rd: .11 years; 4th-6th: .1 years;
  1st-6th: .12 years
- Partnership with YMCA continues to grow with a plethora of activities that include academic, Life Skills, Enrichment, and Physical Fitness for teens
- 5 youth given the opportunity to gain key job skills through youth employment programs
- 1438 youth served with 28,000+ visits actively participating in programs promoting recreational, academic, social and life skill opportunities
- 20 family events centered around (parent involvement, literacy, academics, cultural diversity, health and well-being)
- Annual back to school party gave away over 150 backpacks and school supplies
- Lingering issues still needing to be addressed from budget gap: More funding for healthy snacks during the school year. More caring, volunteer, adult role models with adequate experience to help the community KYFS serves. Long term sustainable funding to continue the work being done in the After School Program



3000 ... HOURS OF ... COMPUTER LAB TIME

**OVER** 

••• HOURS OF •••

TUTORING &

HOMEWORK HELP

**OVER** 

5187 SUMMER LUNCHES served thanks to KSD partnership

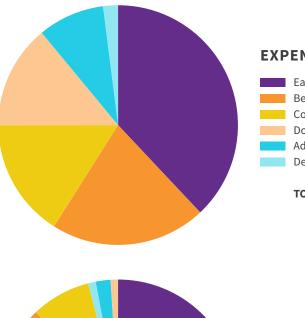
The average attendance for 1ST-6TH GRADERS WAS 24/27 DAYS!

**57 families** RECEIVED SERVICES HomeStreet Bank DONATED 2000 LAPTOPS FOR PARTICIPANTS AND STAFF

98% success rate of KINDERGARTEN ACADEMY PARTICIPANTS

COUNTLESS MORE WERE REFERRED to programs that could better serve them.

### **Financials**



### **EXPENSES**

Early Learning: 38% Behavioral Health: 21% Community Based: 16% Donated Services: 14% Administration: 9% Development: 2%

#### TOTAL: \$6,414,858

### REVENUE

Government Agencies: 74% Donated Goods & Services: 14% Contributions: 8% Annual Event: 1% Program Fees: 2%

Other Revenue: 1%

TOTAL: \$6,310,990

### **Our Team**

MIKE HEINISCH, Executive Director LAURIE PETERSON, Watson Manor THERESA LARONDE, Early Learning CYOON MCBRIDE, After School

#### **Our Board**

**PRESIDENT: Brandy Reed** Kaiser Permanente Kent Clinic, Medical Center Manager

**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

**Rafael Padilla** 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

Linda Cattey Community Volunteer

**Brenda Fincher** Holy Spirit Church PAULA FREDERICK, Behavioral Health HEIDI CAREY, Human Resources TAMARA SARROZA, Accounting

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 member is a high school student; with seven females and seven males.

**Michael Mathews** Banner Bank - Kent Branch, Vice President/ Branch Manager

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

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

Steve Strachan Bremerton Chief of Police

Volunteers: We would like to send a heartfelt thank you to all of our volunteers in 2018. We truly could not do what we do without you.

### Supporters

#### **INDIVIDUALS**

Anil & Annie Abraham Theresa Ahern Stephanie Anderson Dolores Ashmore **Christine Asiimwe** Michelle Avolio **Billy Baer** Robin Becker Dana Beckley Michelle Beckley John Beckswith Barbara Beers Rhonda Berry Tim Black **Bess Boname** Nathan Box Kory Brooks Shaquan Brown Susan Brown John Bruns Michael Burnam Thomas Byrne John Hinds & Amy Cadwell Michael Campbell, DDS Joe & Alison Carchedi Michael Case Cari Cates Sam Chalfant Pamela Clark **Robert Cole** Charles Combs Kay Cook Katherine Cooper Robin Corak Paul Corigliano Frank Crosswhite David Dalcanton C David Dalconton Vlachos Darivanh David de la Fuente Janet Decaro Alice Degen Kyra Doubek Kenna Duckworth Todd Durham Derek Dykman Marvin Eckfeldt Jay Faggins Joe & Steffanie Fain Brenda Fincher Arthur & Kimberly Fitzpatrick

Vicki & Tom Foege Pat Fredell Paula Frederick Jacqueline Garcia-Fauver Josh & Heather Gerstman **Christine Gippe** Jeremy Glassy Eric Goar Matthew Godwin Allan & Carmen Goers Francisco Gonzalez Judy Graf Allyson Gregersen David Gregoire Michael & Terri Grennier Leanne Guier Kay Haddix Greg & Debbie Haffner Miller Will Haggerty Don Hainline Karen Hansen Merina Hanson Randy Heath Louanne Heinisch Michael & Gail Heinisch Axel Henning Jill Herrick Dennis & Karyn Higgins Carol Hinman Robert & Cindie Hollis Chad Hornder Steven Huff Kayla & David Huhs **Bobbie Jo Hunter** Clark & Marilyn Jennings Allyson Johnson Mary Johnson Maureen Johnson Russell Johnson Laurie Jones Satwinder Kaur William & Kay Cook Scott & Marna Kellams J.L. Kimes **Beatrice Ellen** Kinley Dee & Steve Klem Bill & Kim Komoto Joyce Kroeger Blishda Lacet Terry & Marli Larimer

Lesley Hogan & Ed Lesnick Jeff Loa Stacey Long Collins Kim Loop Mary & Brooks Loop Patterson Lorraine Jordan Louie Galen Doud Bryon Madsen Linda Martinez Mike & Sandra Mathews Cyoon McBride David McRae Steven Meyers Marlla Mhoon Eduardo & Christina Millan Patrick & Pam Susan Mitchell David Moerdyk Bettie Moyer Jon & Cinnamon Naegle **Kimberly Niang** Bill & Carolyn Nirk Dana Nuets Shukri Olow Erik Olsen Tina Orwall Ron Ovadenko Rafael Padilla Craig & Sharon Parrish Lorraine Patters Brandy Reed & Paul Paulson Javier Perez Annette Perrv **Catherine Peterson** Laurie Peterson Nathan Phillips Jane Prestbye Carina & Samuel Raddatz Dana & Shawn Ralph Keiley Ramseur Sally Reber Norman Reed Vernon(Paul) Reed Sabrina Richter Sheila Rios Phillip & Liane Rizzo Alka Sareen Tamara Sarroza Mark Scarff

Marilyn Schafer-Jennings Elizabeth Scharnhorst Mary Ann & Ted Schwarz Dave Seidel Joe & Vivian Shannon Mark Sheppard Anne Shinoda **Diane Short** Jaswinder Singh Hira Singh Bhullar Barbara Smith Debra & Wayne Snoey Jordan & Christine Stair Jon & Angela Stave Amber Stewart Linda Stockham Steve Strachan Brian & Marie Stroh Alan Sutliff Frederick Swanson Alex Szabo Bernadette Thormahlen Anne Timlick Brett & Toni Troutner Tara Vagen **Benny Vasquez** Sarah Veele Israel Vela Maya Vengadasalam Mark Vermilion Jordan Wagner Cathy Wahlin Gurpinder Walia **Piyush Walia** Andy Wangstad Kim Waterstraat Calvin Watts Deba Wegner Sandra Westman Peggy Wheeler Laurence White Patricia White Deshawn Williams Holly Woo Judith Woods Margaret Yates Im Yi MD Kate Moyer Heinisch & Kurt Young Jinja Yutzy Elizabeth Zamora Mario Zink

#### ORGANIZATIONS

AA Class AAA Pest Control Advanced Billing Solutions Agave Cocina & Cantina Alaska Airlines Admin Group Amazon Smile AMC Theater Amerigroup Corporation Anthem Blue Cross Arthur J. Gallagher Banner Bank Banyan Tree Bath & Body Works Kent Station BECU Neighborhood **Financial Center** Employees Community Fund of Boeing Puget Sound Bowen Scarff Brantley Janson Yost & Ellison Hilde Pfurtscheller Catalyst Travel CFD General Fund Chipotle Mexican Grill City of Covington City of Federal Way City of Kent City of Seattle **Clear Risk Solutions** Coldwell Banker Bain Combined Charities-City of Seattle Communities In Schools Communities In Schools of Kent

Curran Law Firm Curran Family Fund DA Davidson Denali Alaskan Federal Credit Union Evolucion Innovations, Inc. Fidelity Charitable Donor Advised Fund **Fireside Home Solutions** Fred Meyer Community Awards Garneau-Nicon Family Foundation Give with Liberty Employee Donations Green River College Green River College Foundation Hand & Stone Endowment Fund HomeStreet Bank Kaiser Permanente **Cooperative Foundation** Kattwalk Salon Kent Arts commission Kent City Employee Giving Drive Kent Community Foundation Kent Downtown Partnership Kent Holy Spirit Church Kent Lutheran Church Kent Police Department Kent Reporter

**Curran Family Foundation** 

Kent Rotary Club Kent School District Kent Station Kent Sunrise Rotary King County Employee Giving King County Library King County Housing Authority KIRO- Bonneville Radio Kiwanis Club of Covington Kiwanis Club of Kent Kroger Laird Norton Family Foundation Laurel Law Group Lowe's Lucky Seven Foundation Maddock & Associates Mama Stortini's MOD Pizza - Kent Station Multi-Service Center Non Profit Insurance Program NP Information Systems Pacific Northwest Engraving Panther Lake Community Church Park Orchard Elementary Pete & Pat Curren Family Fund Pinnacle Printing Foundation Premera Blue Cross Pro-Staff Mechanical Inc Puget Sound Energy Puget Sound Regional Fire

Raven Commercial Real Estate Red Nose Day Matching Gift Red's Wine Bar Renton Technical College **Republic Services** Roland & Co., CPA, PS Rotary Club of Kent Rotary Club of Kent Sunrise Foundation Safeco Insurance Foundation School's Out Washington Seattle Foundation Seattle Mariners Seattle Seahawks Seattle Shares Seattle Times Fund for the Needy Signature Landscape Services Inc Smith Brothers Farm Starbucks Styron's Photography Sweet Themes Bakery Target - Kent Tarragon Property Services. LLC The Madison Team The Ram Restaurant The Seattle Times Truist Payment Unity Church Of Kent Valley Cities Behavioral Health Care Vanguard Foundation YMCA

Thank you to those of you that have donated through online fundraisers, The One Thing Experience, and through employee giving. We appreciate your support and we cannot do our work without you! We apologize if your name is not represented above.

Authority



#### CHIEF ED CRAWFORD

career beginning in 1964. When he arrived in Kent, in 1991, as Chief of Police, on the KYFS Board of Directors throughout his tenure in Kent. He was a twomany other SKC youth serving agencies and community efforts. Chief Edward



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