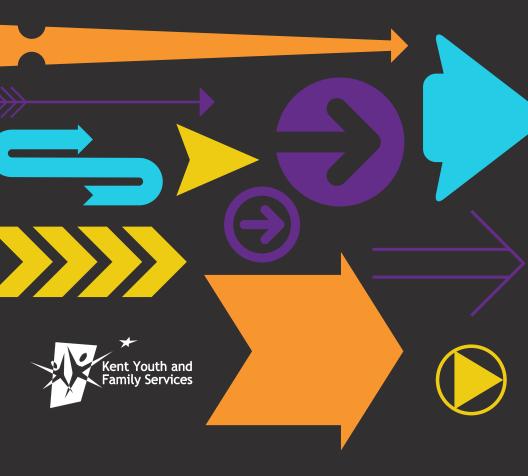
ONWARDTO

2019

CHANGE

ANNUAL REPORT





Nearly 50 years ago, Kent Youth and Family Services started in a humble house in Kent, staffed by volunteers with a goal of filling a need for mental health services for children in our community. I am proud to say that with the community's help, KYFS has evolved to meet new needs and serve more children and their families while staying true to our mission and goal - Helping youth and families achieve their goals for a better future. It has been an honor to serve as board president. I offer my most humble thanks to Mike and the wonderful employees of this agency. Our services are better than ever, because of their work and people like you. And our community is better, because of all of us.

- Lesley Hogan, 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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MESSAGE



On behalf of Kent Youth and Family Services Board of Directors, Board President Lesley Hogan, 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 2019.

AN IMPORTANT MILESTONE, we kicked off our 50th year in September 2019. Once again KYFS providing thousands of children, youth and their families with many thousands of hours of services and support through KYFS's early childhood education, behavioral health, out of school youth development and transitional housing.

Within each of those four program areas are a number of specialized efforts: family empowerment and engagement; commercially sexually exploited children case management (CSEC); youth and family homelessness prevention; youth sports leagues. In our annual report to the community you can read more on each of our programs and these specialized efforts during 2019.

On a personal note, I completed 20 years as Executive Director of KYFS at the conclusion of 2019. I have had the privilege of leading KYFS for nearly one-half of the agency's existence. During these two decades KFYS has grown from a \$1.5 million budget in 2000, to the nearly \$6 million budget in 2019, further evidence of the growth and impact KYFS has within the Kent and Covington and Kent School District service area. With the coming 2020 and the 50th year celebration of KFYS I plan to step down from this position providing

the place for new leadership here at KYFS, for the many coming years' journey to 75 years.

It has and will always be the honor of my life to be selected and trusted with leading this important work over these last 20 years. KYFS is what it is today not because of the Executive Director. KYFS is what it is today and what it will continue to become because of the support of the community, which has been the case since incorporation in September 1970, and throughout my tenure as Executive Director. That support includes, cities, school district, county, state and many authority agencies associated with county and state jurisdictions, foundations, corporate philanthropy, individuals, and of course KYFS's colleagues and partners, the other community based non-profit human services agencies in our communities.

Please take a few moments to enjoy the 2019 highlights of KYFS's efforts on behalf of a "Better Future" for children, youth and families in Kent within these pages.

Finally, my words are simple...."Thank You!

All of the Kent communities."

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 24 years old. Each young mother is parenting one to two children or is pregnant. Program participants receive a furnished apartment in Watson Manor, a small apartment building, and are offered support services designed to help them build parenting skills, address education and employment goals, and overcome housing barriers in order to secure permanent housing.

20 homeless mothers and children were served during 2019, four of which were immigrants and refugees. 88% of all residents that exited the program during 2019 moved into permanent housing upon exit. During 2019 Watson Manor renovated four apartments with bathroom and flooring updates, and new blinds in all apartments. Through a generous donation from Fireside Hearth and Home and the Nirk Family, a new turf play and meeting area was completed. Watson Manor receives government funding as well as support from local service clubs, businesses, and individual donors.



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:

4.4%	20.4%	27.3%	18.0%	3.5%	19.8%	0.90%	5.7%
American Indian/ Alaska Native	Asian American	Black/African American	Latino/Hispanic	Native Hawaiian/ Pacific Islander	White/Caucasian	Other Race	Multi-Racial

Income:

56.9%	25.6%	11.5%	6.0%
Very Low	Low	Moderate	Above Moderate

Impact This Year:

In 2019, there were 59,593 center based preschool learning opportunities for the children during the 130-154 day school year (part- & full-day respectively) and over 3,200 case management sessions held with families.

In 2018–19, we served 882 children, 45 were homeless, 436 were non- or limited English speaking and 29 identified with a disability.

OUTCOME RESULTS:

In the 2018-19 school year

980/0

OF THE CHILDREN

MET OR EXCEEDED

EXPECTATIONS

for Kindergarten Readiness in Social-Emotional, Language, Physical, Cognitive, Language, and Literacy.

BEHAVIORAL & 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.

"17-year old Rebecca had seen multiple therapists since starting high school but was still struggling with self-harm and suicidal thoughts. When she began receiving services at KYFS, she and her therapist began working on objectifying her Depression, trying to parse out what Depression wants and what Rebecca wants, eventually coming to find that they are often two very different things. It has been up and down for Rebecca, but after a recent inpatient stay in the hospital for suicide, Rebecca asked for a family session with her parents, in which her therapist explained depression and self-harm, as well as the healing power of unconditional regard in the home. Her parents said they had never really heard of any of this before and were both eager to try whatever they could to help their daughter going forward. Fast forward, and Rebecca has graduated high school (four months early!), started a new job, begun taking her antidepressants regularly and seen a reduction in self-harm, suicidal ideation, and the overall control of her unique brand of Depression."

500 CLIENTS SERVED 170
PARTICIPANTS
qualified to be
MEASURED FOR
SUCCESS
OUTCOMES

88%
ACHIEVED GOALS

352
DISCHARGES

150
PARTICIPANTS achieved their OUTCOMES (attained 67% or more of treatment aoals)

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 training in CBT plus (Cognitive Behavioral Therapy-plus) and DBT (Dialectical Behavioral Therapy) both evidence-based practices. In addition, we have added Trauma Focused CBT training to many Staff and Art Therapy among other evidenced based interventions. We also utilize Narrative Therapy, Play Therapy, EMDR, Solution Focused Therapy, Psychotherapy. All therapeutic techniques are being used currently with clients in group, family, and individual sessions.



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!

In 2019, we focused on group creative projects. We were also visited by a number of guest speakers from the LBTQIA+ community who were able to share their experiences with us and lead conversations around identity.

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 2019, approximately \$67,500 went towards keeping families in their homes. \$11,650 was donated to support homelessness prevention by the Kent City Employee Giving Drive.

CSEC CASE MANAGEMENT

COMMERCIALLY SEXUALLY EXPLOITED CHILDREN

Why we do what we do:

"Last year, a young woman called 911 to report a rape. When officers arrived at her location, she disclosed that a john had assaulted her that night, that she was being trafficked by a guerrilla style pimp - one who uses force and fear to control victims. Fortunately, she was taken safely to a nearby ER. The Kent PD called in the KYFS advocate who was able to meet with the client at the ER to provide emotional and logistical support, assess immediate needs, and build a safety plan for moving forward. The client shared she no longer wanted to be in trafficking, that she wanted to return to her home state to stay with family and be with loved ones – but she could not afford a way home. The KYFS advocate was able to refer her to local organizations back home to provide additional support, and the client still checks back in regularly with the KYFS advocate to share updates on her goals and progress."

About KYFS CSEC:

Serving Kent, Washington and surrounding areas in South King County. Kent Youth and Family Services (KYFS) works in partnership with Kent Police Department (KPD) to identify potential trafficking victims and provide therapeutic case management support and referrals to community services to meet trafficking survivor's needs. The program currently receives a new, unduplicated referral for support and advocacy services every 1.2 to 1.5 work days, in addition to requests for prevention trainings, community education and collaboration work with local partners on anti-human trafficking efforts. The KYFS CSEC Program utilizes evidence-based practices founded in trauma-informed, culturally competent, and survivor-centered principles to serve trafficking survivors and work collaboratively with community partners to support survivors and their families towards

individualized goals of safety, independence, self-sufficiency, and well-being.

Quick facts:

- Most clients were exploited by age 13, and the median age at time of referral was 18 (average of 5 year gap between age of first exploitation and access to first specialized CSEC resources).
- Clients are disproportionately young women
 of color, over 28% identified at black or
 African-American (compared to the 11%
 average in Kent), only 24% identified as
 white (compared to 52% of Kent population),
 14% Hispanic/Latino, 14% two or more races,
 and 17% unknown.
- Served male and female youth as well as served gender non-binary/trans/LGBTQIA individuals, a population disproportionately affected by CSEC.

2019 Statistics

- 109 people referred to the CSEC Program.
- Trained youth, teachers, law enforcement, community members, behavioral health workers on human trafficking, including 4 school presentations.
- Provided advocacy and crisis services to over 70 youth under the age of 25.
- Over 55% of the referrals originated from law enforcement partners, other referrals coming from KYFS, other service providers, family or friends, and self-referred.

SUBSTANCE USE DISORDER COUNSELING

YOUTH & FAMILY CENTERED SERVICES

Treatment Philosophy

Kent Youth & Family Services' Substance Use Disorder Treatment Programs believe abstinence is an essential part of all Substance Use Disorder 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...2019 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 the number of staff certified in the full GAIN–I Evidence-based assessment tool.

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, all local area schools—especially the Kent School District, Kent Police Department, and Kent Drug Free Coalition.





Prevention and Treatment Services Offered:

- Group Counseling Service
- Assessments
- Recovery School at Ken Phoenix Academy
- Individual Counseling Services
- Family Counseling
- Back on Track Early intervention/prevention program
- Parent Support Group
- Youth Oriented Alcohol/Drug Information School
- LGBTQ Support Group

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."

89%
of participants in our
SUBSTANCE USE DISORDER

PROGRAM

complete the program,compared to aSTATEWIDE AVERAGE

of 56.2%

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 Second year of programming thanks to funding from Best Starts
 For Kids. The program draws together partnerships between SYFC (Somali Youth & Family Club), CRB (Coalition for Refugees from Burma), YMCA (Young Men's Christian Association), and KYFS. The program's 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.
- Second successful year of KYFS Athletic Club, thanks to funding from King County Parks. This allowed for the following programs to be sustained for the 2019 season. AAU boy's basketball, youth coed flag football, and continuing daily recreational program activities. Youth got to take advantage of travels to Spokane, Centralia, and Portland for basketball tournaments. Youth basketball team also got to enjoy a week long camping trip to Camp Orkila again on Orcas Island.
- Summer Splash summer reading program helps eliminate summer reading loss. 50% of youth served were initially two or more

grade levels behind in reading levels. Post assessment data showed that only 32% of youth are now two or more grade levels behind in reading. Programs are moving the needle, but After School is diligent in increasing literacy levels even further.

- Partnership with YMCA is ongoing with teens and it is a waterfall of activities that include academic, Life Skills, Enrichment, Social Emotional Health, and Physical Fitness.
- 6 youth were given the opportunity to gain key job skills through youth employment programs.
- 1251 youth served with 25,000+ 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).
- 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.



ONWARD TO LEARNING

3500 ... HOURS OF ... COMPUTER LAB TIME

1500 ...HOURS OF ... TUTORING & HOMEWORK HELP 5079 SUMMER LUNCHES served thanks to KSD partnership

1ST-6TH GRADERS WAS 24/27 DAYS!

Annual back to school party gave away over

150
BACKPACKS &
SCHOOL SUPPLIES

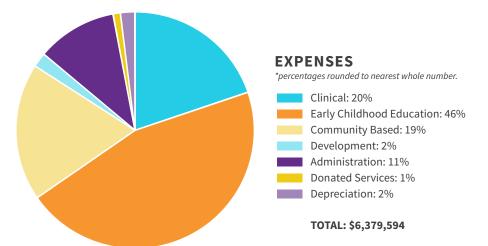
98%
success rate of
KINDERGARTEN
ACADEMY
PARTICIPANTS

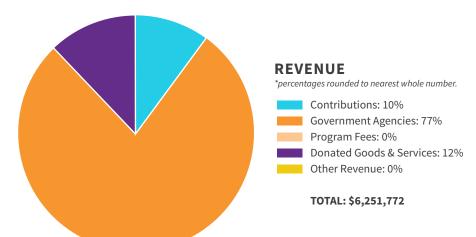
49 families
RECEIVED SERVICES

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

10

FINANCIALS











OUR TEAM

MIKE HEINISCH, Executive Director

CARINA RADDATZ/LILY STELLMON,

Fund Development & Community Relations

LAURIE PETERSON/PAUL TAN, Watson Manor

HEIDI CAREY, Human Resources

TAMARA SARROZA, Accounting

CYOON MCBRIDE, After School

THERESA LARONDE, Early Learning

PAULA F. FREDERICK, Behavioral Health

Our Board

PRESIDENT: Lesley Hogan

Renton Technical College,

Vice President, Human Resources

1ST VICE PRESIDENT: Rona Popp

Kent School District, Student & Family Support Services,

Director of Categorical Programs

2ND VICE PRESIDENT: Cynthia Boyd

Kent Station, Marketing Manager

At-Large Members

John "David" Huhs

Laurel Law Group, PLLC

Jane Prestbye

Kent Lutheran Church, Pastor

Rafael Padilla

Kent Police Department, Chief

Israel Vela

Kent School District, Chief School Operations

& Academic Support Officer

Michael Mathews

Banner Bank - Kent Branch, Vice President/ Branch Manager

Honorary Members

Julia Patterson

King County Council Member, Retired

5th District

Theresa Ahern

Curran Law Firm, Partner Attorney

Margaret Whitney

Kent School District, Retired

Linda Cattey

Community Volunteer

TREASURER: Hira Singh Bhullar

Starbucks Coffee Company, Senior Software Developer

SECRETARY: Vicki Foege

HomeStreet Bank, Community Relations Manager

PAST PRESIDENT: Brandy Reed

Kaiser Permanente Kent Clinic, Medical Center Manager

47% of current board memberships are persons of color and/or cultural diversity. One member is a high school student; with ten females and five males.

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

Alyson Flores

Community Member

Brenda Fincher

Holy Spirit Church

Pat Sullivan

Washington State Legislature, 47th District

Representative

Steve Strachan

Bremerton Chief of Police

Volunteers:

We would like to send a heartfelt thank you to all of our volunteers in 2019. We truly could not do what we do without you.

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SUPPORTERS

INDIVIDUALS Cathy Alston Alfred Amosa **Brian Anderson** Stephanie Anderson Steve & Dee Ashmore Irfan Baig Kim Baker Wade & Stephanie Barringer Stacy Barrow Christine Barry Andres & Monica Besa Hira Bhullar Cecil & Cynthia Boyd Sarah Boye Paulette Braae Dann & Sandy Breidenbach Robb & Lavina Brenneke Patrick Briggs Kory & Roberta Brooks Susan Brown John & Vivian Bruns Tom & Patsy Byrne Karen Calenberg Keri Campbell Heidi Carev Mike & Marlene Carter Sam Chalfant **Howard Chang** Wick & Jodi Charlton **Brandon Chun** Charles Combs Cris Conlan McCartin Katherine Cooper Robin Corak **Dorlene Crawford** Frank Crosswhite **Betsey Curran** Gina Curtis Thomas Dasilva David de la Fuente Galen Doud Beth Erickson-McClain Brenda Fincher Jean Fitchitt Carol Fleming

Jordan & Alyson Flores Thomas Flynn Tom & Vicki Foege George Frasier Paula Frederick Rusty Garner Alexis Gentry Leann Gibson Jeremy Glassy Judy Graf Don Gregory Tad Haas Greg & Debbie Haffner Mogi Haggin Shelley Hall Sherry Hamilton Nicole Hanson Merina Hanson Zenovia Harris Josh Gerstman & **Heather Cutting** Mike & Gail Heinisch **Axel Henning** Dennis & Karyn Higgins Robert & Cindie Hollis Dawn Hong Roger & Ellie Hsu Steven Huff David & Kayla Huhs Candace Irons Christi Irons Mike & Monne Ironside Shamso Issak Brayan & Kathy Jarvis Beverly Johnson Maureen Johnson Leng Kang Satwinder Kaur Gini King Rick King Dee Klem M E Knudtsen Audrev Kronick Dawn Lake Melissa Laramie Terry & Marli Larimer Theresa LaRonde

Rebecca Lemke

Mary Loop Kyle Marcolini Linda Martinez Mike & Sandra Mathews **Katherine Matos** Cyoon McBride Brenda McDonnell David McRae Darren & Marla Mhoon David & Karen Moerdyk Wendy Ann Morgan Bettie Moyer Danielle Munor Scott Nagel Brett & Aly Nakatsu Dana Neuts Rotem Nimni Bill & Carolyn Nirk Ken Nsimbi Shukri Olow Erik Olsen Rep Tina Orwall Ron Ovadenko Raf & Tracev Padilla Armilito Pangilinan Brandy Reed & Paul Paulson Javier Perez Luke Perkins Annette Perry Cathy Peterson Jim Phillips Nathan Phillips Oriana Pon Randy & Rona Popp Fergus & Jane Prestbye Soeun Put Sam & Carina Raddatz Sean & Dana Ralph Ryan Rehberg Janie Sacco Doug & Elizabeth Scharnhorst Aaron Schuler Svlvia Schultz

Ted & Mary Ann Schwarz

Dave & Libby Seidel

Ed Lesnick & Lesley Hogan Polly Shepherd Anne Shinoda-Mettler Billy & Julie Shott Barbara Smith Wayne and Debra Snoey Jordan & Christine Stair Carol Stair Jon & Angela Stave Cindy Stellmon Pat & Lily Stellmon Jaime Sterio Linda Stockham Steve & Sue Strachan Brian & Marie Stroh Alan Sutliff Paul Tan David & Elsa Tang Justin & Kelly Thornton Penni Thorpe Chuck & Rondi Tiernan **Brian Tilly** Anne Timlick Mary Traverse Brett & Toni Troutner Denise Vance Sarah Veele Israel & Krista Vela Dariyanh Vlachos Jordan Wagner Belinda Wang Andy & Cathy Wangstad Kailee Warren Iris Watson Jeffrey Watson, CPA Calvin Watts Laura Weiden Anne Welch Sandra Westman Patricia White Caroline Whitlock Sara Wood Judy Woods Rochelle Wyatt Kurt & Kate Young Jinja Yutzy Penny Zelinsky

Mario Zink

ORGANIZATIONS KCMHCADSD "Canopy, LLC" Kelley Imaging Systems 501 Commons **Kent Community** Advance Billing Systems Foundation AFL IG LLC Kent Downtown Airways Brewing Co Partnership Alaska Airlines Kent Education All Pro Building Association Maintenance Kent Holy Spirit Church AmazonSmile Kent Lutheran Church Amerigroup Kent Phoenix Academy Antioch University Kent Police Dept Arthur J. Gallagher Kent Reporter **Badgley Phelps** Kent Rotary Club **Ball Corporation** Foundation Banner Bank Kent School District **BECU Neighborhood Kent Station Financial Center** King County Facilities City of Covington Management City of Federal Way King County Housing City of Kent Authority City of Seattle King County's Women, Clearwater Casino Infant and Children Communities In Schools Program Community Center For **Educational Results** Kiwanis Club of Kent Curran Law Firm **Knowledge Point** DAWN Kroger / Fred Meyer Facebook Laird Norton Family Fireside Hearth & Home Foundation Freeman-Redick Laufer Group Int'l Ltd & Associates Laurel Law Group Garneau-Nicon Family **Legal Support Services** Foundation LK Group, Inc. **Grocery Outlet** Lowe's Hilde Pfurtscheller Lucky Seven Foundation **Endowment Fund** Maddock & Associates Home Depot McLendon Hardware HomeStreet Bank Medina Foundation Johnny Rockets Microsoft **Mockingbird Society** Kaiser Permanente Cooperative Foundation Mongo Mongo LTD

Multi-Service Center **NAVOS Mental Health** Neighborhood House Neil Walter Company Norcliffe Foundation **Northwest Linings** NPIP/Clear Risk Solutions Order Point Global Otoupal Generational Wealth Mgmt Pacific Food Service Northwest Pacific Northwest Engraving Panera Bread Company Panther Lake Community Church Park Orchard Elementary Pete & Pat Curran Family Fund PetroCard Inc Pinnacle Printing Foundation Premera Blue Cross Kiwanis Club of Covington Pro-Staff Mechanical Inc **Puget Sound Energy** Reds Wine Bar **Republic Services** REWA (Refugee Women's Network) RFA **Riverbend Golf Complex** Roland & Co., CPA, PS Rotary Club of Kent Rotary Club of Kent Sunrise Foundation Safeco Insurance Foundation School's Out Washington SeaMar Seattle Foundation Seattle Seahawks

Seattle Thunderbirds Seattle Times Seattle Times Fund for the Needv Seattle University **ShoWare Center SKCAC Industries Smile Partners** South King County Pride Southern Sudanese Community of Washington Stroum Jewish Community Center Sunrise Rotary Club **Sweet Themes Bakery** Target - Kent The Madison Team **Total Wine** United Methodist Church of Kent United Way of King County Unity Church Of Kent Valley Cities Behavioral Health Care Valley Supply Co Walkley Foundation YMCA - Seattle **YWCA**

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.

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From hope, to change.



p: 253.859.0300 | WWW.KYFS.ORG



