

• 2020 •

ANNUAL REPORT

Celebrating 50 Years of KYFS





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



In the late 1960s a group of parents, Kent School District Administration, City of Kent, King County and others began gathering, literally around “a kitchen table,” discussing how to respond to concerns about support for children and youth in the Kent area.

OUT OF THOSE GATHERINGS came Kent Valley Youth Services, incorporated September 21, 1970. Now Kent Youth and Family Services celebrates 50 years of continuous and ever growing reach of services to children, youth and families here in Kent/Covington and South King County.

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 through the Golden Anniversary year of 2020, and the those of you who are still among us that have supported KYFS throughout these first 50 years!

As we all know, 2020 brought with it a global pandemic the likes of which hasn’t been experienced in 100 years. KYFS responded, as we all did, by making the very many adjustments to our work in Early Childhood Education, Behavioral Health, After School programming, and Transitional Housing for homeless teen and young adult mothers and their children. Between mid-March and early April, KYFS quickly pivoted to the reality of online/virtual services, which by the end of 2020 was all too familiar to everyone. At the same time KYFS program staff continued the front line in-person work in each program area necessary, depending on the needs of children, youth, and families. We partnered with the greater Kent/Covington community based organizations, led by the Kent Community Foundation, to provide an effective and extensive response to the public health and community needs the pandemic required. You will read about all those efforts in the pages of this 2020 annual report to the community.

KYFS also responded to the demand for social justice, equity, equality, and opportunity to the social disparities that so clearly arose during the spring of 2020 across the country. Long after the pandemic of 2020, KYFS and all of us must be participating in the necessary social justice and equity work of our diverse communities.

On a note of personal privilege, after 21 years as the Executive Director of KYFS, I stepped down from the position effective November 23, 2020, beginning a new stage of life. Some call this new stage “retirement,” although I don’t anticipate being any less active and involved with the work of bettering the lives of children, youth, and families. I’ve said many times in many places in 2020: “I didn’t do this work for the past 40 years to simply walk away from it saying I’ve done my part.” I will always be a part of KYFS, and the Kent and Covington communities.

It has truly been the honor of my life to lead this fine organization from an agency of \$1.5 million and 20–25 staff, to over \$6 million and 115–125 staff over the last two decades. During these last two decades none of what KYFS accomplished, and what KYFS will accomplish every day in 2021 and beyond, is possible without the supportive community that each of you represent.

Thank you to each of you for the journey. I look forward to seeing you when KYFS celebrates its Diamond Anniversary year in 2055, or certainly sooner!

MIKE HEINISCH
Executive Director (Retired)

Watson Manor

WATSON MANOR TRANSITIONAL HOUSING:

The Watson Manor Transitional Living Program provides 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. Program participants receive a furnished apartment in Watson Manor, and are offered support designed to help them build parenting skills, address education and employment goals, health and wellbeing services, and overcome housing barriers in order to secure permanent housing. This year, we began offering an Incredible Years behavioral health class specifically for Watson Manor mothers through our Behavioral Health program.

Key partnerships for Watson Manor including the King County Nurse Family program, Legal Counsel for Youth and Children, which supported several of our clients, and Eastside Baby Corner, who provided diapers, safety gear, and other baby items for not only Watson Manor but the Kent community at large through a weekly distribution event at Kent Youth and Family Services.

12
HOMELESS
MOTHERS

&

12
HOMELESS
CHILDREN

**WERE
SERVED
IN 2020**



Homelessness Prevention

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.

41
INDIVIDUALS

&

29
HOUSEHOLDS

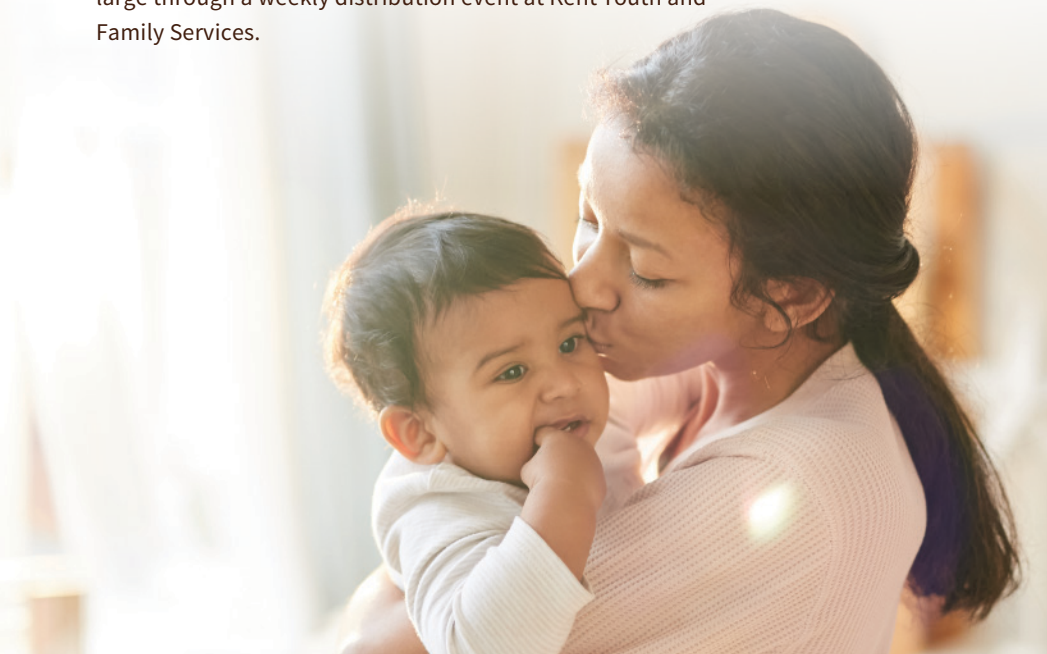
**RECEIVED PROGRESSIVE
CASE MANAGEMENT
SERVICES IN 2020**

OKAY!

(Outreach for Kent Area Youth)

OKAY! is an open support group for youth ages 13–19 who each week identify as LGBTQ+. Our goal is to provide a community space where it's OKAY to be you!

During the majority of 2020, the Okay! Group, facilitated by mental health counselors, met virtually to serve LGBTQ+ youth in South King County. The primary focus for this year was to continue to hold a safe space for participants to connect, feel supported, and express themselves freely through discussion, art, and other activities. The OKAY! group served 8 LGBTQ+ youth throughout this year.



Behavioral and Mental Health 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.

SUPPORTING YOUTH AND FAMILIES

Sarah is a 14-year old 9th grader who had been having suicidal ideation for years, but it was only when she wrote a letter to her mom over Thanksgiving break, detailing a certain blankness she'd felt inside for years, that she finally agreed to talk with a counselor. Sarah's mom contacted the school counselor, who then contacted KYFS. A counselor immediately began working with Sarah and providing Mom with education and resources around suicidal ideation.*

Prior to counseling, Sarah hadn't been able to see herself independent of her grades, and hadn't been able to see her behavior as anything other than a function of her parents' and teachers' directives. She felt she didn't have any identity outside of her school work. Through counseling we were able to identify what behaviors were hers versus what were expectations of others, and, as we found out, it was precisely this incongruence and conflict between the two that often led to the only thing she did in fact have control of, that is, complete shut down in the form of suicidal ideation and isolation. Together, counselor and Sarah worked on advocacy skills and coping mechanisms, as well as exploring more deeply those experiences and feelings that contributed to her suicidal ideation. She is now focused on developing a greater sense of agency in her own life and being her own advocate.

As for Mom, prior to counseling she didn't feel comfortable talking about something as "off-limits" as suicide. By working with the counselor, she is now able to better engage with her daughter about things outside the domain of academic success and future-focused timelines. She has been able to foster more open communication at home and better understand the teenage experience in a way that has helped her better relate to their daughter.

Early Learning

In 2020, the Head Start and ECEAP preschool program staff worked incredibly hard to stretch and adapt to the pandemic to ensure that families were supported and engaged. Family Support staff met with families virtually on a weekly basis to discuss and find solutions to challenges, both in and outside of school, facing the families. We served 739 children, 44 were homeless, 457 were non- or limited English speaking and 35 identified with a disability.

Due to Covid-19 concerns, we provided extensive remote services for the preschool children and their families through daily classroom group meetings, both large group (10 kids) and small group (4 kids) the Creative Curriculum lesson plans and individualized lessons. Learning materials were distributed to families to support the online lessons provided by the teachers. Families were coached to support their child's learning and partnered with teachers to support the assessment of skills for their child, sharing pictures, videos, or observations that documented their child's skill development. The teachers used this information to plan for lessons that supported the individual child's skill development. Weekly links were sent out to the families of online learning activities that aligned with the curriculum, with individualized links sent to families to support their child's specific learning goals.

Family Support Specialists provide weekly community resources and talked with parents to identify and support the family's ongoing needs. The Family Support staff supported the families in setting goals for themselves and provided encouragement and resources to support them in taking steps towards achieving these goals.

To support school readiness during COVID, we offered a six week summer session for 36 transitioning kindergartners.

In addition to regular services, Early Learning provided 17,000+ food boxes and 500+ Safeway food vouchers to families as part of our COVID response.

447
CLIENTS
SERVED

205
PARTICIPANTS
qualified to be
MEASURED FOR
SUCCESS
OUTCOMES

87%
ACHIEVED GOALS
315
DISCHARGES

179
PARTICIPANTS
achieved their
OUTCOMES
(attained 67% or more
of treatment goals)

CSEC Case Management

COMMERCIALLY SEXUALLY EXPLOITED CHILDREN

The goals of the CSEC Behavioral Health Program with Kent Youth & Family

Services are to:

PREVENT CSEC through educational programs for adolescents and community trainings for service providers and first responders.

RESPOND to referrals from law enforcement, schools, community members, medical providers, and social services with strategic interventions for those seeking support, in crisis and/or at risk.

ENGAGE exploited and at-risk youth through culturally competent advocacy and support services modeled around harm reduction and trauma-informed care.

COLLABORATE with youth to develop individualized safety plans, involve them in their recovery process by setting their own goals and develop trust with provider over time.

PARTNER with local resources that provide employment, housing, mental health, legal, and substance use support services to meet client's immediate and long-term needs.

EMPOWER youth through strengths-based, relational case management models that encourage development of youth's self-esteem, life skills and personal agency.

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, 29% identified as black or African-American (compared to the 11% average in Kent), only 31% identified as white (compared to 52% of Kent population), 13% Hispanic/Latino, 14% two or more races, and 11% unknown.
- Served male and female youth as well as gender non-binary/trans/LGBTQIA individuals, a population disproportionately affected by CSEC.

2020 STATISTICS

102
PEOPLE
referred to the
CSEC
PROGRAM

ADVOCACY AND
CRISIS SERVICES
provided to
66
YOUTH
under the age of
25

OVER
50%
OF 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

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.

Substance Use Disorder staff work with clients to improve relationships, improve academic performance, avoid illegal activity, and build a peer-group supportive of abstinence and pro-social behaviors.

Prevention and Treatment Services Offered:

- Group Counseling Services
- Assessments
- Recovery School at Kent Phoenix Academy
- Individual Counseling Services
- Family Counseling
- Back on Track – Early intervention/prevention program

To ensure services were still available during COVID, assessments, individual sessions, groups and Back on Track were provided remotely. The school prevention team and the recovery school were also done remotely. The school prevention team did remote groups, individual sessions and education sessions for students and parents in the KSD.

After School Program

In addition to regular in-person and virtual programming, After School met the needs of the community during the pandemic by opening our doors for school-day remote learning support, and by distributing food to the community.

The After School program distributed USDA food boxes to program families since March 2020, and also partnered with Kent School District to provide emergency meal service to families in need during pandemic.

Along with the summer meals program sponsored by KSD, through partnerships, and by community donation, like weekly lunch bags from Saimin Says Restaurant in Renton, After School served approximately 9100 meals in 2020.

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. For most of the year services had to be provided remotely because of the pandemic.

This year's highlights include:

- After School provided all day service to support youth that needed a safe place for online school. Participants had caring adult role models, snacks, recreation, and the technology needed for online schooling.
- 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 works 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.
- Summer Splash summer reading program helps eliminate summer reading loss. 37% of youth served were initially two or more grade levels behind in reading levels. Post assessment data showed that only 27% 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.
- Four youth were given the opportunity to gain key job skills through youth employment programs.

In 2020, After School served 653 youth. Much of the services provided moved to remote programs that included many different enrichment activities to increase academic, social, and life skills of youth. We held 15 family events centered around parent involvement, literacy, academics, cultural diversity, health and well-being.



OVER
2500
... HOURS OF ...
**COMPUTER
LAB TIME**

OVER
2000
... HOURS OF ...
**TUTORING &
HOMEWORK HELP**

51 families RECEIVED SERVICES

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

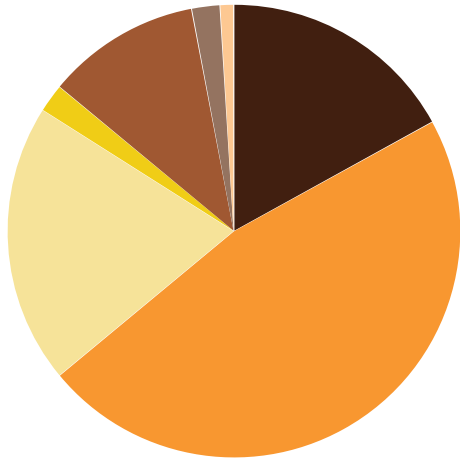
*The average attendance for
1ST-6TH GRADERS WAS*

24/27 DAYS!

98%

*success rate of
KINDERGARTEN
ACADEMY
PARTICIPANTS*

financials

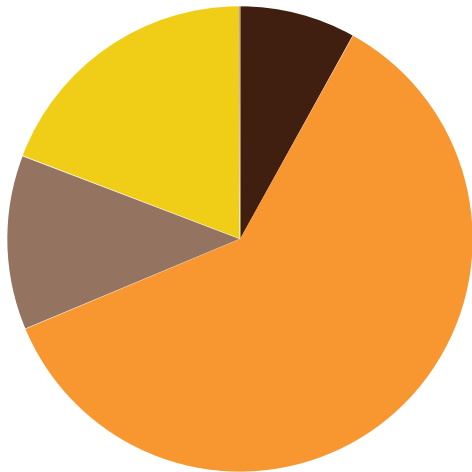


EXPENSES

Percentages rounded to nearest whole number.

- Clinical: 17%
- Early Childhood Education: 47%
- Community Based: 20%
- Development: 2%
- Administration: 11%
- Donated Services: 2%
- Depreciation: 1%

TOTAL: \$6,866,257



REVENUE

Percentages rounded to nearest whole number.

- Contributions: 8%
- Government Agencies: 60%
- Program Fees: 12%
- Donated Goods & Services: 19%
- Other Revenue: <1%

TOTAL: \$6,939,730



Our Team

MIKE HEINISCH, Executive Director

LILY STELLMON,
Fund Development & Community Relations

PAUL TAN, Watson Manor

TAMARA SARROZA, Accounting

CYOON MCBRIDE, After School

THERESA LARONDE, Early Learning

PAULA F. FREDERICK, Behavioral Health

Our Board

PRESIDENT: Lesley Hogan

Renton Technical College,
Executive Director 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

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.

At-Large Members

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

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

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

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 2018. We truly could not do what we do without you.

Supporters

INDIVIDUALS

Aaron Schuler	Elizabeth Gilbert	Lainie Dickson	Rick King
Adrienne Fabrique	Elizabeth Scharnhorst	Lesley Hogan & Ed Lesnick	Robert Bird
Alan Sutliff	Eric Anderson	Lili Luksetich	Robert Rupp
Alice Lamunu	Fallin Ingram	Lily Glaub	Robin Corak
Alisa Abraham	Frank Crosswhite	Lily Stellmon	Rochelle Wyatt
Allyson Johnson	Gail Stone	Linda Foley	Rona Popp
Amy Black	Galen Doud	Linda Martinez	Rosalie Givens
Amy Cadwell	Gerald W Oppliger	Linda Stockham	Russ Farwell
Andy Wangstad	Gracy Abraham	Lori Guilfoyle	Russell Johnson
Angela Conklin	Greg Haffner	Lori Hogan	Ruthie Prasil
Anila Neumeister	Hira Singh Bhullar	Louanne Heinisch	Sam Chalfant
Anne Forsythe Armilito	Holly Woo	Louise Simpson	Sandi Schram
Pangilinan	Howard Chang	Lyn Johnson	Sandra Westman
Bill and Carolyn Nirk	Iris Watson	Madeline Klem	Sarah McNiesh
Bill and Cindy Stellmon	Israel Vela	Madelyn Carlson	Sarah Veele
Brandy Reed	Jacqueline Garcia-Fauver	Mark Okazaki	Senator Mona Das
Brenda Fincher	Jalene King	Mark Vermilion	Shirley Wise
Brett Troutner Bridget Klee	James Funfar	Marlla Mhoon	Steve & Shari Elsoe
Caitlyn Williams Candy	Jane Prestbye	Marvin Eckfeldt	Steve Strachan
M Shick Carina Raddatz	Janet Hoffman	Mary Loop	Steven Daschle
Carla Dean	Janet Stebbins	Maureen Johnson	Steven Huff
Carrie Calonzo	Jason Cheung	Merina Hanson	Steven Shiver
Cathy Peterson	Jaswinder Singh	Merry Pettijohn	Sue Camou Camou Arrant
Cecil Boyd	Jeanne Williams	Mia gregerson	Susan Brown
Christina Bernard	Jennifer Hanscom	Michael Burnam	Susan Hollinsworth
Christina Schuck Cobe Greene	John & Grainne Hed	Michael Hall	Sylvia Ward Schultz
Cris Conlan McCartin	John & Mary Soderlind	Michele Eaton	T Hudgins
Cynthia Thomas Dana Ralph	John Bruns	Mike Carter	Tara Vagen
Daneen Berry-Guerin	John Daniels	Mike Grennier	Ted Schwarz
Danielle Kuster acay	John Heinisch	Mike Heinisch	Teresa Smith
David de la Fuente	John Hinds	Mike Mathews	Theresa LaRonde Thomas
David Huhs	John Huhs	Nathan Box	Flores Christine Timothy J Leahy
David Mitchell	Jordan Wagner	Pamela Hugill	Leahy
David Moerdyk	Judith Woods	Patricia Gray	Tom Foege
Dawn Colston Debbie	Judy Graf	Patricia White	Tracy Klein
Bevier Deborah Wagner	Julie Mitchell	Patrick O' Connor	Wick & Jodi Charlton
Debra Meyers	Karen DeBruler	Patricia Kizior	Yesenia Garcia-Gonzalez
Dee Klem	Kay Lancaster	Patty Pedrini	
Denise Vance	Kaycee Rush	Paul Tan	
Dennis Higgins Dolores	Kayla Huhs	Paula Frederick	
Ashmore Dong Chang	Ken Colling	Peggy Ryan	
	Keri Campbell	Penni Thorpe	
	Kevin M Maloney	Pete & Pat Curran Family Fund	
	Kim Waterstraat	Randall Wilson	
	Kory Brooks	Raphael Padilla	
	Krista Goodman	Richard Bye	
	Kristen Anderson	Richard Finger	
	Kristin Robinson		

ORGANIZATIONS

Alaska Airlines	King County Housing Authority
AmazonSmile	Kiwanis Club of Kent
Amerigroup Corporation	Kroger / Fred Meyer
Arthur J Gallagher & Co.	Laird Norton Family Foundation
Banner Bank	Liberty Mutual Foundation
City of Seattle	Maddock & Associates
Creating Spaces	Multi-Service Center
Curran Law Firm	Non Profit Insurance Program
Eastside Baby Corner	Omron Foundation Inc.
Employees Community Fund of the Boeing Company	Pinnacle Printing Foundation
FB-CPA Group	Puget Sound Energy
Fireside Home Solutions	Puget Sound Energy Foundation
HealthierHere	Rotary Club of Kent
Hilde Pfurtscheller Endowment Fund	Rusty Raven
HomeStreet Bank	Saimin Says
Kaiser Permanente Cooperative Foundation	Seattle Foundation
Keith L Fabrique Trust	Seattle Times Fund for the Needy
Kennedy/Jenks Consultants, Inc	Strom Jewish Community Center
Kent Lutheran Church	Sweet Themes Bakery
Kent Reporter	The Albertsons Companies Foundation
Kent Station	Thunderbirds Community Sports Foundation
	We Love Kent

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.





**Kent Youth and
Family Services**

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Kent, WA 98032

p: 253.859.0300 | WWW.KYFS.ORG



From **hope**, to **change**.