

# 2023

## ANNUAL REPORT





## **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.

# **CONTENTS**

Message from the Agency .....	<b>3</b>
Programs Impact.....	<b>4</b>
Resources & Fiscal Management .....	<b>9</b>
Our Team .....	<b>10</b>
Thank You to Our Supporters .....	<b>11</b>



# Behavioral Health

The KYFS behavioral health program is continuing to provide flexible services for clients by utilizing telehealth and in-person services, as well as continuing our partnership with the Kent School District, allowing clients to overcome transportation and access-to-service barriers by seeing counselors in school during the school day.

1,102

CLIENTS  
SERVED

89%

OF PARTICIPANTS  
REPORT ACHIEVING  
PROGRESS TOWARD  
THEIR GOALS

10,534

HOURS OF  
SERVICE

99%

OF PARTICIPANTS BELONG TO LOW OR  
VERY LOW INCOME HOUSE HOLDS

8 OUT OF 10

FAMILIES SERVED ARE  
FAMILIES OF COLOR

## 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. In 2023 we served youth as far north as Kirkland, and as far south as Enumclaw.

Our program is dedicated to those seeking help by creating services that are compassionate, effective, efficient, and culturally informed. We continue to see an increase in level of need from our clients and their families, including level of severity of symptoms and need for additional resources.

The number of clients served continues to increase year after year since the pandemic, which we attribute to the growing need, and a growing team of counselors, as well as our largest team of counseling interns in many years, to help meet that need. Our increase in capacity has allowed us to expand our reach into additional Kent School District schools, as well as continue our work building mental health supports for After School program youth through parent education, staff training, and weekly therapeutic arts sessions, funded through a grant provided by HealthierHere.

**Of all clients survey in 2023, 100% agreed with the statements:**

*I feel heard, understood, and respected by my counselor*

*The counselor respects my culture and values*

*I work on goals and topics that are important to me*

## **SUBSTANCE USE DISORDER COUNSELING**

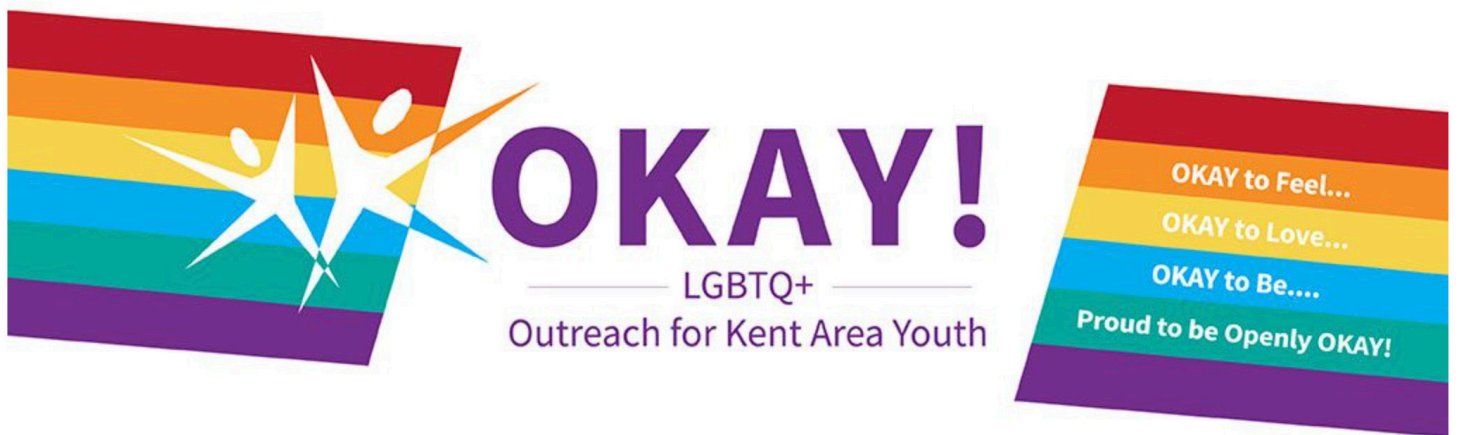
### **Youth and Family Centered Services**

#### **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 judgment free treatment experience to clients and families, and a positive approach to recovery, we empower our clients to practice the skills necessary to replace use of substances with healthier coping skills, make thoughtful decisions, and achieve their goals. Substance Use Disorder staff work with clients to improve relationships, improve academic performance, learn important life skills for a successful transition into adulthood, and build a peer-group supportive of abstinence and prosocial behaviors.

The Back on Track program is for those clients who don't have a diagnosis. In these cases, SUD counselors give education instead of treatment. Sessions can include topics such as drug and alcohol education, anger management, communication styles and coping skills.

Similarly to our Mental Health Counseling, we have seen a year of expansion and growth in Substance Use Disorder Services, including beginning to provide services in Renton School District.



**OKAY!** is an open support group for LGBTQ+ youth ages 13 to 19. Currently, it is the only one like it in the Kent area. The goal of the group is to provide a community space where these young people know **it's OKAY to be themselves**. Groups are facilitated by mental health counselors and meet in person each Wednesday. In 2023 participants were able to attend Queer Prom and the Tacoma Pride Festival together.

They even received the honor of raising the Pride flag at Kent City Hall in June. The primary focus for 2023 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 15 LGBTQ+ youth throughout 2023.



# Early Learning

IN 2023, WE SERVED **689** CHILDREN  
THROUGHOUT KENT AND COVINGTON

**90%**

OF STUDENTS ASSESSED MET OR  
EXCEEDED EXPECTATIONS FOR  
KINDERGARTEN READINESS

**5**

EARLY LEARNING SITES,

WITH **22** CLASSROOMS

**86%**

OF PARTICIPANTS  
BELONG TO **LOW OR  
VERY LOW INCOME**  
HOUSEHOLDS

**590**

WERE **ENGLISH AS A  
SECOND LANGUAGE**  
HOUSEHOLDS

**3 OUT OF 4**

FAMILIES SERVED ARE  
**FAMILIES OF COLOR**

The Early Learning Program, encompassing Head Start and the Early Childhood Education and Assistance Program (ECEAP), provides free preschool education and support services to children, three to five years old, and their families who meet the income eligibility criteria and who live within the Kent School District Boundaries. Services include family support and parent involvement opportunities, child health coordination and nutrition, and responsive services and referrals specific to the child's and family's needs. Participation in Head Start and ECEAP results in children who are healthier when they start kindergarten, more likely to graduate from high school and go on to college, and more likely to be employed and to earn more as an adult.

In 2023, although Covid concerns have lessened in the community, it has continued to have an effect on young children, parents, and the Early Learning program. Upon returning to the classroom, assessments and observations on preschoolers have reflected that many children were demonstrating lower skills overall, especially in the social and emotional domain, with more behavior concerns observed. Despite this, based on student assessment data, the majority of children showed gains in the nine learning domains that indicate school readiness.

# After School Program

---

In 2023 the KYFS after school program continued its commitment to the growth and development of youth with a well-structured schedule, incorporating academic support, physical activity, educational activities, enrichment, life skills sessions, and higher education workshops.

Our program offered a diverse range of activities covering academic support, life skills, social-emotional learning, youth leadership, career exploration, health, and recreation,

In addition to regular programming, we also held specialized workshops that covered essential life skills. These sessions focused on goal setting, time management, self-esteem, identity, stress management, and more. We aim to empower our youth to navigate challenges and build a foundation for personal growth.

This year also included a collaborative project with KYFS' Behavioral Health team, providing:  
1) expressive arts groups, facilitated by mental health therapists, at all three after school sites,  
2) parent education workshops focused on whole person health, and  
3) after school staff mental health training.

With this three-prong approach, we worked to build the mental health skills, tools, and supports of the youth we served.

The KYFS After School program remains dedicated to making a positive and lasting impact on the lives of the youth in our community.

**529** KIDS SERVED IN 2023

---

REPORT **DOING BETTER** AT SCHOOL SINCE PARTICIPATING IN THE AFTER SCHOOL PROGRAM

**82%**

REPORT **FEELING HAPPIER** OR **LESS STRESSED** SINCE PARTICIPATING IN THE AFTER SCHOOL PROGRAM

REPORT THAT HAVE OR WOULD **ENCOURAGE OTHERS** TO JOIN THE PROGRAM

In response to the prompt *“at this program I have learned,”* the majority of respondents touched on themes of **kindness** and **respect**.

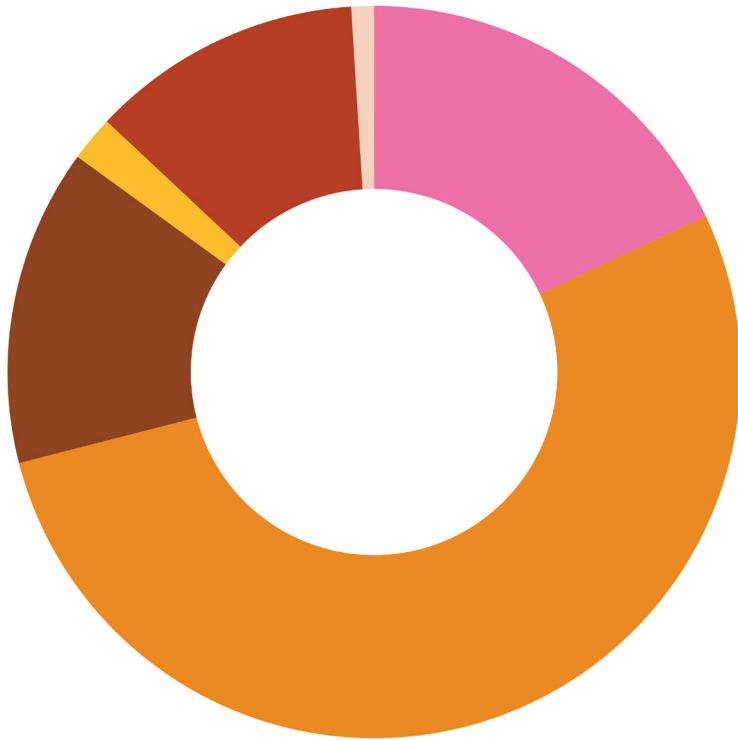
---

**99%** OF PARTICIPANTS IDENTIFY AS OF-COLOR

**86%** OF PARTICIPANTS BELONG TO **LOW** OR **VERY LOW** INCOME HOUSEHOLDS

# Financials

---

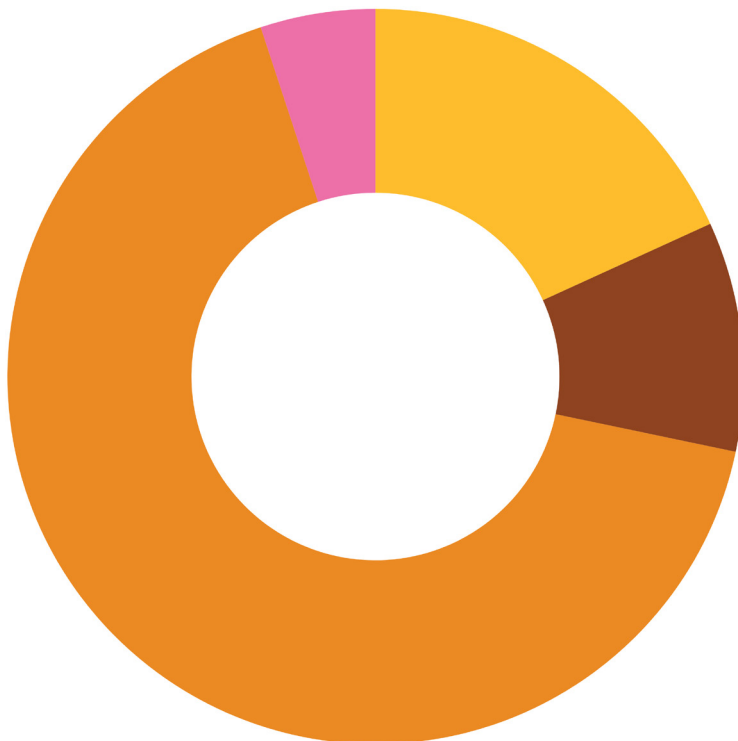


## EXPENSES

Percentages rounded to the nearest whole number.

- Clinical: 18%
- Early Childhood Education: 53%
- Community Based: 14%
- Development: 2%
- Administration: 12%
- Depreciation: 1%

**TOTAL: \$7,630,328**



## REVENUE

Percentages rounded to the nearest whole number.

- Contributions: 5%
- Government Agencies, Grants and Program Fees: 66%
- Donated Goods & Services: 10%
- Other Revenue: 18%

**TOTAL: \$8,504,580**



# Our Team

---

**SUE CAMOU ARRANT**, *Interim Executive Director*

**LILY STELLMON**, *Director of Operations*

**STACIA RUSSELL**, *Director of Finance*

**CYOON MCBRIDE**, *After School Director*

**THERESA LARONDE**, *Early Learning Director*

**BRENDA ROGERS**, *Mental Health Director*

## OUR BOARD

---

**PRESIDENT: Cynthia Boyd**

*Marketing Manager, Kent Station*

**1ST VICE PRESIDENT: Brandy Reed**

*Liaison Nurse, Kaiser Permanente*

**2ND VICE PRESIDENT: Brian Smith**

*Athletics & Activities Director, Kent School District*

**SECRETARY: Vicki Foege**

*Community Relations Manager, HomeStreet Bank*

**TREASURER: Hira Singh Bhullar**

*Manager of Application Development, Starbucks Coffee Company*

**PAST PRESIDENT: Lesley Hogan**

*VP of Human Resources, Renton Technical College*

*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

---

**Hannah Chelimsky**

*Associate Attorney, Curran Law Firm*

**Jane Prestbye**

*Retired, Lead Pastor, Kent Lutheran Church*

**Rafael Padilla**

*Chief of Police, City of Kent*

**Gabby Beecher**

*Just Poke, Owner*

**Michael Mathews**

*Banner Bank - Kent Branch*

*Vice President & Branch Manager*

**Viriya Reichersamer**

*VP, Treasury Management Officer, JP Morgan Chase*

**Claire Eaton**

*Kent School District Student*

# Supporters

## INDIVIDUALS

Alisa Abraham  
Krista Abshire  
Samual Adams  
Jackeline Alonzo  
Kelsey Anning  
Laura Armstrong  
Jeff Arnold  
Sue Camou & Mark Arrant  
Kathleen Axtell  
Brianna & Parker Barnett  
Wade & Stephanie  
Barringer  
Gabriela & Sean Beecher  
Coleen Bertino  
Carly Birkey  
Napoleon Blanda  
Melissa Bogisich  
Brenna Bowman  
David Bowman  
Bre Boyce  
Cynthia & Cecil Boyd  
Rosalie Boyle  
Harley Braun  
Roberta & Kory Brooks  
Susan Brown  
Vivian Bruns  
Wendy Buchanan  
Emily Bumpous  
John Hinds & Amy Cadwell  
Karen Calenberg  
Carlos Camargo  
Judith Camou  
Keri Campbell  
Chloe Carothers-Liske  
Megan Carson  
Marlene Carter  
Ally & Tyler Casias  
Cliff Cawthon  
Michael Ching  
Sharon Coleman  
Shannon Conroy  
Katherine Cooper  
Genesis Cremin  
Frank & Teri Crosswhite  
Sergio & Teresa Da Costa  
Dione Dittmar  
Maria Donigian  
Todd Durham  
Beth Erickson  
Madeline Evancie  
Brenda Fincher  
Stephanie Flynn

Cassi Fowler  
Jon Fox  
Deborah Gates  
Wayne Gerhart  
Mildred Gerlach  
Carmen Goers  
Krista Goodman  
Laurette Grabowski  
Cara Haney  
Melissa & Chris Harrington  
Randy Heath  
Erik Hegmann  
Mike & Gail Heinisch  
Janice Helgeson  
Dennis Higgins  
LonZell Hill  
Elaine Holmes  
Kristina Holmes  
Alicia Hubbard  
Steven Huff  
Brian Hughes  
Jackie & John Hughes  
John Huhs  
Kayla Huhs  
Debbie Hunt  
Steve Jacobi  
Karen Jellum  
Marquis Johnson  
Satwinder Kaur  
Sutinder Kaur Chawla  
Rick King  
Bridget Klee  
Amanda Knutson  
Terry Knutson  
Alonzo Konopelski  
Nickolas Kris  
Chris Kunzleman  
Dawn Lake  
Jessica Lamb  
Keith Lane  
Theresa LaRonde  
Ron Lashley  
Greg & Mary Leach  
Koren Leggett  
Lesley Hogan & Ed Lesnick  
George Lind  
Robert Ling  
Jaimie Lyon  
Dave Maddock  
Felica Mante  
CJ Marcotte  
Linda Martinez

Mike Mathews  
Cyoon McBride  
Michelle McCormick  
Gwendolyn McCoy  
Miquel Metz  
David Moerdyk  
Shelley M Moffatt  
Paige Morris  
Lindsay Murdick  
Truong Nguyen  
Bill & Carolyn Nirk  
Gerald W Oppliger  
Raf & Tracey Padilla  
Teresa Pahrman  
Spencer Pan  
Peter Paznokas  
James Pennie  
Cathy Peterson  
Alice Pfaff  
Lana Phillips  
Brian Porter  
Jane & Fergus Prestbye  
Ivory Price  
Casey Proctor  
Keiley Ramseur  
Ben Rarick  
Jeffrey Recor  
Brandy Reed  
Viriya Reichersamer  
Jessica Richmond  
Michaela Richmond  
Patricia Robinson  
Sarah Rockwell  
Jeremy & Brenda Rogers  
Stacia Russell  
Marianne Ryerson  
Lakhvir Sandhu  
Elizabeth Scharnhorst  
Rochelle Seaton Garcia  
Dave Seidel  
Steven Shiver  
Steven Shiver  
Cheri Simpson  
Sidharath Singh Arora  
Hira Singh Bhullar  
Diljit Singh Sethi  
Barbara Smith  
Brian Smith  
Rhonda Smith  
Bill & Cindy Stellmon  
Lily & Patrick Stellmon  
Joy & Donald Stewart

Linda Stockham  
Hannah & Matthew  
Tatoczenko  
Bill Taylor  
Julie Taylor  
Melanie Taylor  
Tracy Taylor  
Lauren & Jacob Thielman  
Penni Thorpe  
Anne Timlick  
Judy Tobin  
Trysteen Tran  
Tara Vagen  
Unjoo VanderWouden  
Sarah Veele  
Israel Vela  
Pam Vigil  
Darivanh Vlachos  
Deborah Wagner  
Yvonne Walker  
Mark Walther  
John Waterstraat  
Iris Watson  
Patricia White  
Paul Whitlock  
Brian Williams  
Jeanne Williams  
Michelle Wise  
Jay Woo  
Judy Woods  
Rochelle Wyatt  
Jinja Yutzy

# ORGANIZATIONS

A-1 Pallets Inc  
All City Fence Co.  
Amerigroup  
Banner Bank  
Catholic Community Services  
Communities in Schools, Kent  
Curran Law Firm  
Fireside Home Solutions  
Fleck Family Foundation  
Givinga Foundation  
Hempler's Foods Group / Isernio's  
Heritage Bank  
JP Morgan Chase  
Kaiser Permanente Cooperative Foundation  
Kelley Imaging Systems  
Kennedy Jenks Consultants, Inc  
Kent Lutheran Church  
Kent Station

Kiwanis Club of Kent  
Kroger / Fred Meyer  
Laird Norton Family Foundation  
Pinnacle Printing Foundation  
Puget Sound Energy Foundation  
Rotary Club of Kent  
Rotary Club of Kent Sunrise Foundation  
Seattle Times Fund for Those in Need

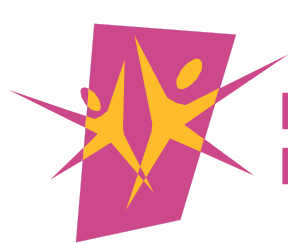
# THANK YOU

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**

232 2nd Ave S. Suite 201  
Kent, WA 98032

253.859.0300 | [WWW.KYFS.ORG](http://WWW.KYFS.ORG)

