

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.

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MESSAGE FROM THE AGENCY

The support of our community has always been invaluable in helping us fulfill our mission of promoting the healthy development of children, youth, and families. Your commitment to our programming has helped to provide important services and resources to underserved families all over South King County. Thanks to your generosity, Kent Youth and Family Services has been able to offer services that empower youth and children, help nurture their families, and in turn strengthen our community.

Your contributions have made a substantial impact on the lives of many. As we look back on 2023, we are filled with gratitude and excited to continue our journey together to help create a better future for the thousands of youth and families impacted by KYFS programs. On behalf of the Board of Directors, KYFS staff, and families we serve, thank you once again for standing with us and making a difference.

This past year has been filled with significant growth and development. Our behavioral health team continues to expand, enabling us to serve more youth and families through mental health and substance use disorder services. The After School program hosted numerous workshops and family activities throughout the year, helping to foster a strong sense of community. We have continued to provide cross-departmental services to provide more robust support for children and families. Young children in our Early Learning programs are demonstrating improvements from the educational challenges faced during COVID. Our partnership with the Kent School District has continued to grow, bringing more mental health and substance use disorder services directly into schools, and we continue strengthening our ties and collaborate with other local agencies.

Overall, we are excited about the future of our agency and looking forward to what lies ahead. Thank you all for your ongoing support. You play a crucial role in creating a better future for these families!

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

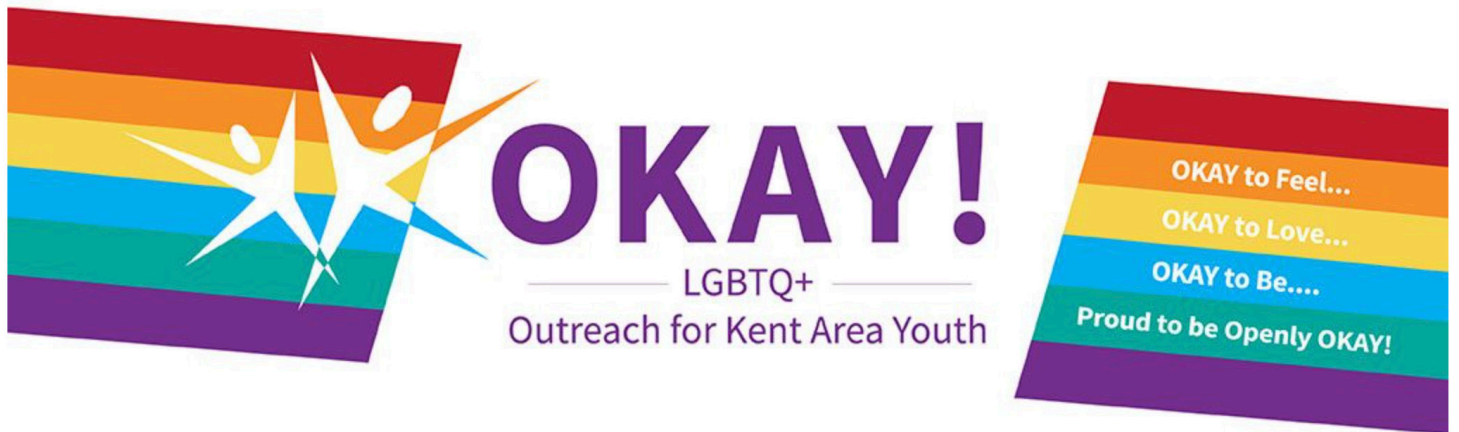
Youth and Family Centered Services

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

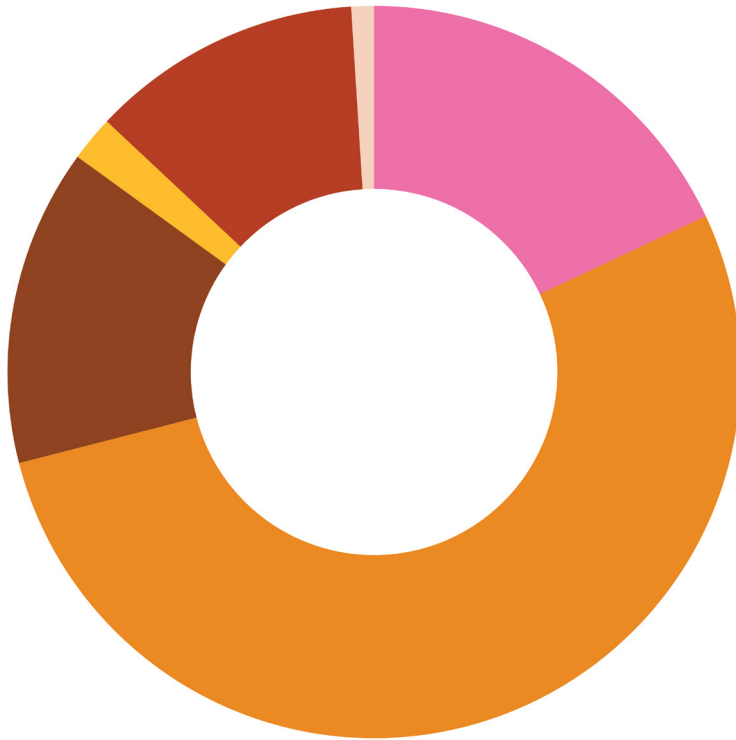
REPORT THAT HAVE OR WOULD **ENCOURAGE OTHERS** TO JOIN THE PROGRAM

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

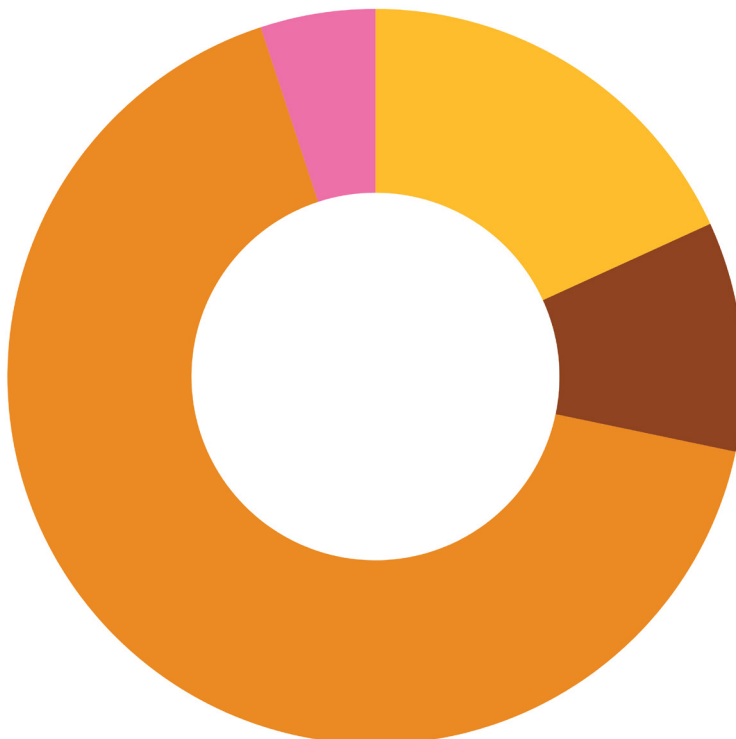


EXPENSES

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	Cassi Fowler	Mike Mathews	Linda Stockham
Krista Abshire	Jon Fox	Cyoon McBride	Hannah & Matthew
Samual Adams	Deborah Gates	Michelle McCormick	Tatoczenko
Jackeline Alonzo	Wayne Gerhart	Gwendolyn McCoy	Bill Taylor
Kelsey Anning	Mildred Gerlach	Miquel Metz	Julie Taylor
Laura Armstrong	Carmen Goers	David Moerdyk	Melanie Taylor
Jeff Arnold	Krista Goodman	Shelley M Moffatt	Tracy Taylor
Sue Camou & Mark Arrant	Laurette Grabowski	Paige Morris	Lauren & Jacob Thielman
Kathleen Axtell	Cara Haney	Lindsay Murdick	Penni Thorpe
Brianne & Parker Barnett	Melissa & Chris Harrington	Truong Nguyen	Anne Timlick
Wade & Stephanie	Randy Heath	Bill & Carolyn Nirk	Judy Tobin
Barringer	Erik Hegmann	Gerald W Oppliger	Trysteen Tran
Gabriela & Sean Beecher	Mike & Gail Heinisch	Raf & Tracey Padilla	Tara Vagen
Coleen Bertino	Janice Helgeson	Teresa Pahrman	Unjoo VanderWouden
Carly Birkey	Dennis Higgins	Spencer Pan	Sarah Veele
Napoleon Blanda	LonZell Hill	Peter Paznokas	Israel Vela
Melissa Bogisich	Elaine Holmes	James Pennie	Pam Vigil
Brenna Bowman	Kristina Holmes	Cathy Peterson	Darivanh Vlachos
David Bowman	Alicia Hubbard	Alice Pfaff	Deborah Wagner
Bre Boyce	Steven Huff	Lana Phillips	Yvonne Walker
Cynthia & Cecil Boyd	Brian Hughes	Brian Porter	Mark Walther
Rosalie Boyle	Jackie & John Hughes	Jane & Fergus Prestbye	John Waterstraat
Harley Braun	John Huhs	Ivory Price	Iris Watson
Roberta & Kory Brooks	Kayla Huhs	Casey Proctor	Patricia White
Susan Brown	Debbie Hunt	Keiley Ramseur	Paul Whitlock
Vivian Bruns	Steve Jacobi	Ben Rarick	Brian Williams
Wendy Buchanan	Karen Jellum	Jeffrey Recor	Jeanne Williams
Emily Bumpous	Marquis Johnson	Brandy Reed	Michelle Wise
John Hinds & Amy Cadwell	Satwinder Kaur	Viriya Reichersamer	Jay Woo
Karen Calenberg	Sutinder Kaur Chawla	Jessica Richmond	Judy Woods
Carlos Camargo	Rick King	Michaela Richmond	Rochelle Wyatt
Judith Camou	Bridget Klee	Patricia Robinson	Jinja Yutzy
Keri Campbell	Amanda Knutson	Sarah Rockwell	
Chloe Carothers-Liske	Terry Knutson	Jeremy & Brenda Rogers	
Megan Carson	Alonzo Konopelski	Stacia Russell	
Marlene Carter	Nickolas Kris	Marianne Ryerson	
Ally & Tyler Casias	Chris Kunzleman	Lakhvir Sandhu	
Cliff Cawthon	Dawn Lake	Elizabeth Scharnhorst	
Michael Ching	Jessica Lamb	Rochelle Seaton Garcia	
Sharon Coleman	Keith Lane	Dave Seidel	
Shannon Conroy	Theresa LaRonde	Steven Shiver	
Katherine Cooper	Ron Lashley	Steven Shiver	
Genesis Cremin	Greg & Mary Leach	Cheri Simpson	
Frank & Teri Crosswhite	Koren Leggett	Sidharath Singh Arora	
Sergio & Teresa Da Costa	Lesley Hogan & Ed Lesnick	Hira Singh Bhullar	
Dione Dittmar	George Lind	Diljit Singh Sethi	
Maria Donigian	Robert Ling	Barbara Smith	
Todd Durham	Jaimie Lyon	Brian Smith	
Beth Erickson	Dave Maddock	Rhonda Smith	
Madeline Evancie	Felica Mante	Bill & Cindy Stellmon	
Brenda Fincher	CJ Marcotte	Lily & Patrick Stellmon	
Stephanie Flynn	Linda Martinez	Joy & Donald Stewart	

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

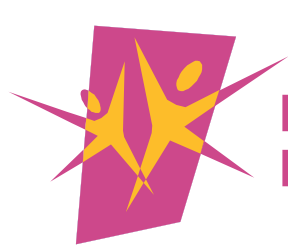
KidVantage
Kiwanis Club of Kent
Kroger / Fred Meyer
Laird Norton Family Foundation
Pinnacle Printing Foundation
Puget Sound Energy Foundation
Rotary Club of Kent
Rotary Club of Kent Sunrise Foundation
Seattle Times Fund for Those in Need

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**

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