

2024 ANNUAL REPORT



**Kent Youth and
Family Services**



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Mission, Vision & Values



OUR MISSION

KYFS promotes the healthy development of children, youth and families in our community by providing professional counseling, education, and support services.

OUR VISION

Youth and families achieve their goals for a better future.

OUR VALUES

Equity and Cultural Inclusion, Accountability, Partnering, Advocacy, Responsive to Clients and Community.

OVER 2,300 YOUTH SERVED FROM MORE THAN
2,000 HOUSEHOLDS IN OUR COMMUNITY

3 PROGRAMS

AT LEAST **56%**
OF INDIVIDUALS
SERVED ARE BIPOC

WE PROVIDED OVER
30,500 HOURS
OF DIRECT PROGRAMMING
TO YOUTH & THEIR FAMILIES
ACROSS **67 CITIES**
AND TOWNS IN WESTERN
WASHINGTON

Our Board & Leadership

OUR BOARD

PRESIDENT: Brian Smith

Director of Athletics & Activities, Kent School District

1ST VICE PRESIDENT: Gaby Beecher

Owner, Just Poké

2ND VICE PRESIDENT: Hannah Chelimsky

Associate Attorney, Curran Law Firm

TREASURER: Hira Singh Bhullar

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SECRETARY: Brandy Reed

Liason Nurse, Kaiser Permanente

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VP, Treasury Management Officer, JP Morgan Chase

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Retired Pastor, Kent Lutheran Church

Claire Eaton

Kent School District Student

Lesley Hogan

VP of Human Resources, Renton Technical College

OUR LEADERSHIP

TRISTA HELVEY, *Executive Director*

SUE CAMOU ARRANT, *Interim Executive Director*

LILY STELLMON, *Director of Operations*

STACIA RUSSELL, *Director of Finance*

SUSAN MORGAN, *Human Resources Director*

BRENDA ROGERS, *Behavioral Health Director*

THERESA LARONDE, *Early Learning Director*

CYOON MCBRIDE, *After School Director*

A Message from the Board

Kent Youth and Family Services entered a new era of leadership and programmatic growth in 2024. With the onboarding of **Executive Director, Trista Helvey**, KYFS will continue to build on its history of service while expanding into new areas that meet the emerging needs of youth and families in our community. Trista brings more than a decade of leadership with the YMCA of Greater Seattle, including direct service in South King County, and a strong commitment to opportunity for all families. We are confident her leadership will guide KYFS into its next generation of impact.

This past year, KYFS expanded the Behavioral Health program to deepen services for the 1,215 youth we served and broaden care to support families throughout different stages of life. Notably in 2024:

- We launched **Perinatal Counseling Services** to provide specialized care for expecting and new parents.
- We began facilitating **Caregiver Chat**, a free peer support group established to support parents and caregivers of children and teens.

KYFS also continued to deliver high-quality services through the **After School and Early Learning** programs. Over 400 youth participated in After School programming across multiple King County Housing Authority communities, while over 700 children were served through Early Learning classes across Kent and Covington. Growth in 2024 includes:

- Establishing a youth **soccer team for After School** participants in response to community identified gaps in affordable, culturally relevant sports opportunities in the community.
- Opening a new **Early Learning site at Springbrook Elementary School** to provide full-day preschool in partnership with Kent School District.

These developments reflect KYFS's enduring commitment to equity and inclusion and ensure that our programs continue to provide the children and families we serve with the educational, social, and emotional support needed to thrive.

The Board of Directors extends its sincere gratitude to staff, volunteers, and community partners whose dedication makes this work possible. We also thank our supporters, whose investments allow KYFS to respond to the evolving needs of our community.

Sincerely,

The Board of Directors



Behavioral Health Program

MENTAL HEALTH COUNSELING SERVICES

Kent Youth & Family Services offers mental health counseling to infants, toddlers, youth up to age 25, and their families. Through individual and family sessions, clients learn to better manage emotions, conflict, and mental health challenges.

Our Behavioral Health program is dedicated to those seeking help by creating services that are compassionate, effective, efficient and culturally informed so each client and family gets the support they need to reach their goals.

This year, KYFS has focused on investing in our staff and growing our Behavioral Health program to further meet community needs. In 2024, we welcomed our largest cohort of interns to the program and retained two as therapists after their graduation.

With this increased staffing capacity, we successfully launched Perinatal Counseling Services to provide specialized care for expecting and new parents, as well as a virtual peer support group, Caregiver Chat, designed to help parents and caregivers of children and teens build community and share parenting resources.

“I’ve gained invaluable experience working with youth at many different stages of development as an intern at KYFS. I’ve been able to learn and grow as a counselor by incorporating cultural considerations from families and developing treatment plans alongside the other therapists and supervisors. I’m also excited to develop skills in specialty areas like Perinatal Counseling next year.”

- Stephanie Rodas, KYFS Intern, Graduating Class of 2025

SUBSTANCE USE DISORDER COUNSELING SERVICES

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 clients aged 11-24 with the skills necessary to avoid substance use, make thoughtful decisions, and achieve their goals.

For youth and families experiencing both mental health and substance use needs, we integrate the two into a Co-occurring Treatment. This allows for one counselor, who is dually credentialed, or two counselors (mental health & substance use) working closely together to provide mental health and substance use services together.

CLIENT SUCCESS STORY

"I was arrested for assault and referred to KYFS by my probation officer a couple of years ago. KYFS gave me a purpose, and the [peer support] groups were a good outlet. KYFS gave me a safe place to share and work on the things that would help me become more successful instead of repeating past mistakes.

With group and individual counseling, I gained coping mechanisms and someone to talk to. The counselors validate my feelings and don't judge. I've developed a new perspective on my life and choices and have reduced my drinking substantially since attending counseling sessions at KYFS.

After my arrest, I thought I would never be successful, but the counselors at KYFS helped me see my potential. Now, I've graduated from a medical tech program and am starting a surgery tech program. I'm getting good grades and have already completed my first internship!"

- Female KYFS Client, 19 years old

1,215 INDIVIDUAL CLIENTS SERVED

9,809 HOURS
OF DIRECT COUNSELING PROVIDED

**OVER
45 %
SERVED
IDENTIFY
AS BIPOC**

**1,123
TOTAL
HOUSEHOLDS
SERVED**

1,487 HOURS
OF CASE MANAGEMENT PROVIDED

80 % OF CLIENTS RECEIVED SUBSIDIZED SERVICES

55 % OF CLIENTS SERVED WERE 13-17 YEARS OLD

Early Learning Program

Our **Head Start and Early Childhood Education and Assistance Programs (ECEAP)** are comprehensive, 'whole-child' and family-focused preschool services for low-income children ages three to five.

Included in our part-day and full-day center-based preschool opportunities, is an intensive combination of high-quality education, health screenings and referrals, family engagement, parent leadership training, and support.

Our goal for this program is to address the gaps that children from low-income families have in meeting developmental milestones and kindergarten readiness.

This year, in partnership with Kent School District, **we opened a new Early Learning site at Springbrook Elementary School** to provide full-day preschool and family support services to more families in need.

STUDENT SUCCESS STORY

"The youngest student in my class had a very difficult time managing his emotions at the beginning of the school year. He would often throw things, kick things over, and hit people around him when he became frustrated.

Due to these behaviors, we developed a plan to help the student learn to manage his emotions. We started by implementing a token board that would allow him to earn tokens for cleaning up after himself and speaking nicely to others in class. We also worked with his parents to help manage his emotions at home. His parents quickly noticed that praising him for things like cleaning up after himself or apologizing to others when he hurt them was very motivating to him.

By the end of the year, the student learned to pause before lashing out at others when he felt angry or frustrated, allowing his teachers to offer a redirection before the negative behaviors escalated. At the end of the year, he no longer needed the token board and was able to spend more time focusing on learning with the rest of the class. We are so proud of how hard he worked to learn new skills and of the progress he has made both in class and at home."

- Tristen Ingraham, KYFS Early Learning Teacher

726 INDIVIDUAL
STUDENTS SERVED

38,145
CLASSROOM
CONTACT MADE

23 CLASSROOMS
ACROSS **6** SITES

90% OF STUDENTS IMPROVED IN KINDERGARTEN READINESS

84% OF STUDENT FAMILIES ARE LOW-INCOME OR VERY LOW INCOME

84% OF STUDENT FAMILIES SERVED
IDENTIFY AS BIPOC

81% OF STUDENTS HAVE LIMITED
ENGLISH PROFICIENCY

After School Program

Our After School Program offers a comprehensive range of social services, recreational, and educational programs for youth and their families residing in three King County Housing Authority sites on the East Hill of Kent: Birch Creek Apartments, Valli Kee Homes, and Cascade Apartments. Serving youth aged 5 to 19, the curriculum focuses on the core program areas of academic enrichment, social emotional development, college and job readiness, life skills, and recreation.

Growth in 2024 included establishing a youth soccer team in direct response to community-identified gaps in affordable, culturally relevant sports opportunities. With support from the Amateur Athletics grant from King County Parks, **we successfully launched two soccer clubs** (one for teens and another for elementary age youth) **and expanded our AAU basketball opportunities** for middle school boys and girls.

Through practices, games, and workshops, players developed:

- **Discipline & Responsibility** – managing time, setting goals, and taking accountability.
- **Leadership & Teamwork** – practicing communication, empathy, and conflict resolution.
- **Emotional Resilience** – handling wins, losses, and challenges with a positive mindset.
- **Healthy Habits** – focusing on nutrition, self-care, and positive decision-making.

These lessons translate into greater academic focus and healthy community engagement that will help youth build confidence, strengthen relationships, and prepare for successful futures.

PARTICIPANT SUCCESS STORY

“I’ve been coming here since kindergarten. [At KYFS] I like to play sports, do my homework, cook, and do other activities that the staff prepares for us.

The After School staff have supported me in reaching my academic goals and improving my social emotional skills. Mostly, I feel like I’ve gotten a lot better at getting out of my comfort zone and making friends, and of course my behavior in school [has improved].

I’m most excited to go to college and meet new people in my future. I’m also excited to work because I like to try new things.”

- Umi Hassan, KYFS After School Program Participant, 13 years old

409 INDIVIDUAL
YOUTH SERVED

266 TOTAL
HOUSEHOLDS SERVED

3
AFTER
SCHOOL
YOUTH
CENTERS

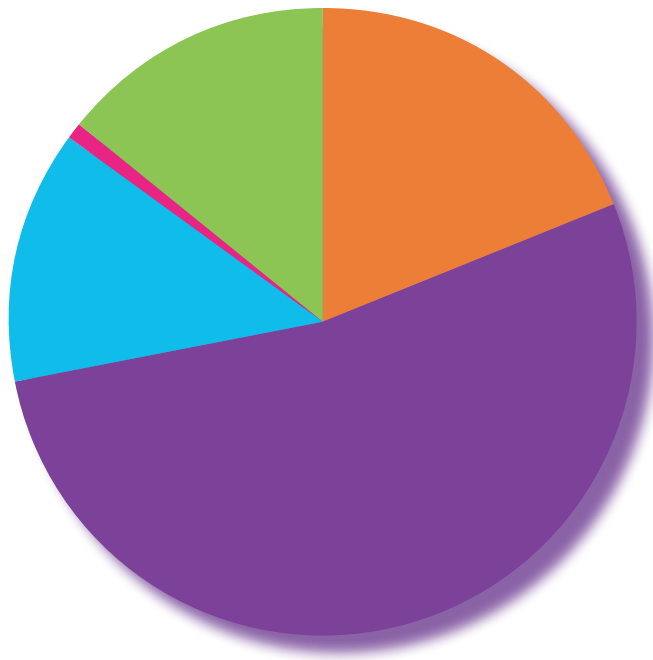
OVER 6,500 DIRECT AFTER SCHOOL PROGRAM HOURS PROVIDED

100% OF PARTICIPANT FAMILIES SERVED ARE LOW-INCOME

81% OF PARTICIPANT FAMILIES SERVED IDENTIFY AS BIPOC

77% OF YOUTH SERVED IMPROVED ACADEMIC PERFORMANCE

Financial Overview

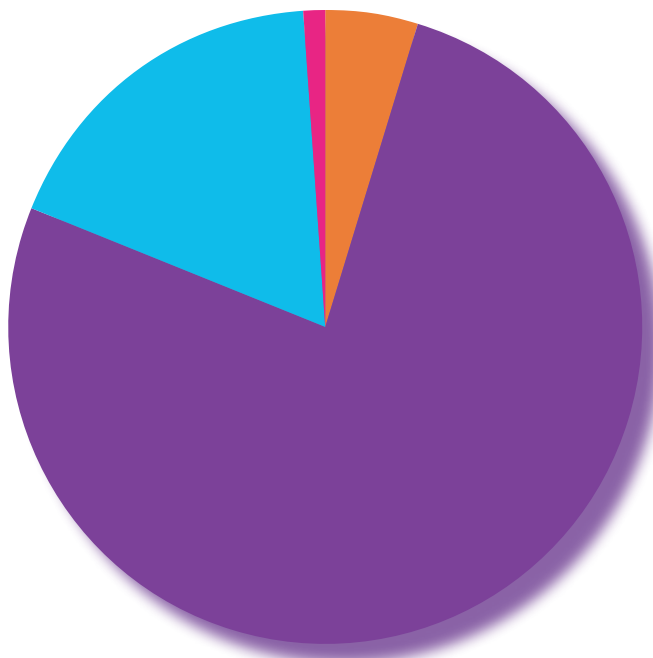


EXPENSES

Percentages rounded to the nearest whole number.

- Behavioral Health/Clinical Services: **19%**
- Early Childhood Education: **53%**
- After School & Community Based Services: **13%**
- Development: **1%**
- Administration: **14%**

TOTAL: \$8,093,873



REVENUE

Percentages rounded to the nearest whole number.

- Contributions: **5%**
- Government Agencies, Grants and Program Fees: **77%**
- Donated Goods & Services: **18%**
- Other Revenue: **<1%**

TOTAL: \$9,068,008

Our Supporters

INDIVIDUALS

Alisa Abraham	Rebecca Cleveland	Grabowski	Bridget Klee
Brandon Alvarez	Ali Cohen	Carla Gregson	Maddy Klem
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	John & Laurette		

INDIVIDUALS

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Teresa Pahrman	Linda Schlosser	Darivanh Vlachos	
Lorena King Palmer	David Seidel	James Vosper	
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Mike & Cathy Peterson	Chad Sherman	Mark Walther	
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Brian Porter	Akshdeep Singh	Amanda Wassenar	
Ruthie Prasil	Brian & Rhonda Smith	John & Kimberly Waterstraat	
Fergus & Jane Prestbye	Bill & Cindy Stellmon	Iris Watson	
Harold Rayer	Patrick & Lily Stellmon	Quinton Weigner	
Brandy Reed	Becca Stokes	Patricia White	
Viriya Reichersamer	Tormod O Svensson		

ORGANIZATIONS

Banner Bank

BECU Neighborhood Financial Center

Bimbo Bakery

Blackbaud Giving Fund

Charities Aid Foundation of America

City of Kent

Covington Chamber of Commerce

Curran Law Firm

Fidelity Charitable

Fireside Home Solutions

Fleck Family Foundation

Frontstream

Gesa Credit Union

Givinga Foundation

Headwater People Consulting, LLC

Hempler's Foods Group / Isernio's

Hypertherm Hope Foundation

Kaiser Permanente

Kent Kiwanis

Kent Lutheran Church

Kent Station

Khalsa Gurmat Center

King County

Kroger / Fred Meyer

Laird Norton Family Foundation

Pinnacle Printing

Pinnacle Printing Foundation

Randhawa Foundation

Rotary Club of Kent

Rotary Club of Kent Sunrise Foundation

Seattle Times Fund for Those in Need

Sound Credit Union

State of Washington - Secretary of State

United Way of King County

United Way of Pierce County

Unity Church of Kent

Vanguard Charitable

Walkley Foundation

Wellpoint WA

Wich Came First, LLC

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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