

2013 - 2014 ANNUAL REPORT & NEWSLETTER







Growing Community, Sharing Hope



Transitional Resources' Report to the Community

Dear Friends,

This year's theme, *Growing Community, Sharing Hope*, reflects TR's intention to create a strong support system within TR and with the community at large. Over the past year we have had more chances to engage with our neighbors to provide education and resources, which have grown thanks to healthcare reform. As we become more engaged with our local community, we are able to provide accurate information about mental illness and dispel the misinformation that contributes to stigma.

Within TR, we have made an increased effort at building an engaging and supportive environment. With a strong community, we are able to share hope that recovery is possible. We see evidence of this every day, and we are pleased to report that in 2013:

- 45% of the residential clients moved into supported housing in the community.
- Less than 5% of all people served returned to homelessness.
- 40% of clients enrolled in our employment services were employed.
- 93% of our outpatient clients stayed out of the hospital or jail following long periods of institutionalization.

In addition, improving health outcomes has been a growing focus of our work. This past year, we implemented a popular wellness program that has clients talking about what they can do to improve their health. We even opened a small fitness center available to all clients. Motivation to make positive changes has never been higher. Our next steps include determining how we can integrate health care at Transitional Resources.

We look forward to keeping you posted as we grow our capacity to treat the whole individual. Thank you for sharing our vision for hope, opportunity, and recovery. Together we can provide a strong community where everyone can thrive.



Darcell Slovek-Walker Chief Executive Officer



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Transitional Resources 2970 SW Avalon Way Seattle, WA 98126 Tel: (206) 883-2051 Fax: (206) 461-6959

info@transitionalresources.org www.transitionalresources.org

Our Mission: Respecting Autonomy, Dignity, Integrity, and Recovery

Transitional Resources helps adults living with the most serious and persistent forms of mental illness by providing respectful and optimistic recovery-oriented services, affordable housing, and advocacy against discrimination which works to break the cycle of incarceration, hospitalization, and homelessness.

We value the same things that those with mental illness do:

- · decent housing;
- feeling needed and wanted;
- · being part of the community;
- working and engaging in meaningful, age-appropriate activities: and
- having hope for a highly personalized form of recovery.

Our Programs: We offer a continuum of services that are integrated and comprehensive. Each program uses pioneering concepts that promote recovery and a better life for those with mental illness.

Crisis/Hospital Diversion

Residential Treatment

Intensive Congregate Care Program (ICCP)

Intensive Case Management

Expanded Community Services (ECS)

Case Management

Puget Sound Networks (PSN)

Supported Housing

Vocational Programs

Puget Sound Employment (PSE)
Growing Solutions

Our supported housing and comprehensive mental health care provide an environment conducive to recovery. Without these services, people struggling with serious mental illness frequently end up in jail, in the hospital, or on the streets.

Voices of Our Clients

Eddie's Story

Eddie came to one of TR's supported housing projects about a year ago, after being homeless for ten years. He didn't like to stay in the shelters. "There were a lot of arguments and they were really overcrowded most of the time," he says. "So I decided to stay on the streets, but it was kind of scary. Finding things to do was hard, so I just did a lot of walking around." His psychiatric symptoms were so severe he was unable to be around others, which kept him in isolation. He had little or no contact even with his mother, his closest family member.

Eddie came to live at Avalon Place, where the Housing First model ensures that clients can get safe housing without barriers to entry. They also have access to our case managers, social and therapeutic groups, and our other programs when they are ready to engage.

Since moving into AP, Eddie has used TR's supportive services to overcome many barriers and has made great strides toward recovery. He has enrolled in mental health services in our outpatient program and is managing his psychiatric symptoms. Eddie has also made friends and become a part of the community, not only in AP, but with peers and staff across the entire agency. Eddie has also reconnected with his mother. She is coming to visit this summer. Recently, Eddie has been eager to return to the workforce, and is now actively engaging with TR's vocational specialist to join the janitorial program.

Having a safe place to live and access to care 24/7 has made a huge impact on Eddie's journey. "I really do feel a lot more secure at Transitional Resources' housing, and I really like it here," Eddie says. We are thrilled that Eddie is on the road to recovery.

Our Favorite Things About TR



I like outings to places like Lincoln Park because they get lots of people together. -Randy

Voice hearers' group is like a class where you learn why you hear voices. It feels like you can go there to learn something without judgment.

-Jeff



Last night I made kale with my dinner with kale from the TR garden. -Terri

I look forward to poetry group every week. It builds my confidence to read my poetry and have other people appreciate it.

-Jen



I like the new fitness center. I never had access to anything like it before I came here. -William

I love going to Women's Group for the camaraderie and support.

-Laverne

Breaking Down Barriers to Build Community

At Transitional Resources' newest building, Avalon Place, a commitment to building a strong community has led to strong relationships and shared hope for a better future.



AP is designed to serve men and women from the most difficult circumstances, particularly those who had been homeless for many years. Life on the streets can be alienating. Building a sense of support and trust among these men and women, and between staff and clients was a hard battle. Conscious of these challenges, AP staff were committed to building a safe and supportive environment so residents could connect with staff and one another. "It took clients here a long time to let their guards down," says Stacy, AP's lead case manager.

This year staff have introduced a number of client groups that have paved the path toward shared community. Cooking group was one of the first. A shared meal has

proved to be an enticing offer for clients. Clients meet weekly in each other's apartments to learn a new recipe that can serve the group for under \$30.

From there, other groups have started up, including a regular bingo game, an art group, and a weekly movie night. These simple social groups have had a major impact. Because it's a low pressure gathering centered around activities, even clients who may otherwise keep to themselves join in. The new AP art group has been a huge hit, with both social and therapeutic benefits.

Because of these groups, clients are building strong relationships with one another and with staff members. At the recent first AP barbeque, almost every resident was in attendance. They surprised staff by bringing down dish after dish from their own apartments to keep the party going.

Resident Michael says the groups helped him get to know his neighbors. "We help each other out now. There's a more social atmosphere around here," he says. Stacy agrees and adds, "As a community, we're moving forward together."



Coming Together at TR

Our events this year have been bigger and more inclusive than ever. Our annual fall dinner, An Evening of Inspiration raised over \$65,000 and brought out over 200 supporters. Our friends at Ola Salon in West Seattle helped us raise funds and friends with events like their Community Garage Sale, a Holiday Sip, Sparkle ,and Shop event, and even a Zumbathon, all toward their goal of raising \$10,000 for Transitional Resources.

We also had the privilege of hosting day-of-service volunteers from the United Way's Day of Caring, NBBJ, and Seattle Works, including a group from Duke University's Seattle Alumni. We appreciate the time and spirit that these volunteers put into maintaining and improving our facilities!

Within TR, clients enjoyed our annual Thanksgiving meal at the agency. Friends and family joined us for the Holiday Open House in December. Additionally, around the holidays, clients each received a major care package from our friends at CPRS.

In 2014, the TR Trekkers stepped out once again to fight stigma and increase awareness at the NAMI Walk Washington. This summer also

brought our clients' annual fishing and camping trips.

Our Friends and Family Picnic took place in July, gathering clients, staff, and loved ones for an afternoon of good food, fun, games and good company.



A Year of Service

For many years, Transitional Resources has had the privilege of hosting two full-time volunteers for a year of service, one from the Lutheran Volunteer Corps and the other from the Jesuit Volunteer Corps. These dedicated and skilled volunteers have made a major impact on our work this year. Thank you Megan and Josh— we are grateful for your work here and wish you both the best!

Megan Marinakis came to us from the Lutheran Volunteer Corps after graduating from Colorado State University, where she majored in Health and Exercise Science. Megan had an interest in mental health, and when she saw a volunteer opportunity at Transitional Resources, she knew this is where she wanted to spend her year. She didn't know what to expect, but she was eager to learn new things and participate in the social justice program that the Lutheran Volunteer Corps program emphasizes. "I learned how to balance my time and to communicate more effectively with clients and co-workers. I also learned about the importance of advocacy and some of the difficulties within our system." She wants people to know that our clients each have their own unique gifts to offer. Megan has been an active part of the TR community during her time here, leading a client exercise group, playing basketball on the camping trip, and taking clients on one-on-one walks. We are thrilled that after her year of service, Megan is staying on as a case manager in TRY House.





Josh Pazderka, our Jesuit Volunteer, graduated from St. Louis Univer-

sity, majoring in Social Work. He came to TR hoping to get some hands on experience in social work, and like Megan, he wasn't sure what the day to day life at TR would be like. He hoped to

build relationships with his colleagues and challenge himself in a new setting. Josh learned a lot during his year of service, including managing challenging situations with patience. "Our clients' lives are no different than

"Everyone deserves to be treated with respect and dignity and our clients are no different."

any one else's. They live and experience the same struggles and joys that all of us do and their mental illness is such a small part of who they are. Everyone deserves to be treated with respect and dignity and our clients are no different," Josh says. He was instrumental in starting a client poetry group, which just published its first volume of poems. Josh will fondly remember the agency's friends and family picnic and sitting around the fire with clients at the camping trip. He is heading to law school this fall, and we wish him all the best in his next endeavors!

Supporting Partners

We are thankful to have the support of numerous foundations and corporations. This year, we particularly want to thank CPRS, Fales Foundation Trust, The Keimig Associates, the Lucky Seven Foundation, NBBJ, Nucor Steel, Odyssey Enterprises, Ola Salon, Pacific Continental Bank, The RealNetworks Foundation, The Seattle Foundation, Seattle Works, and the United Way of King County.



Fales Foundation Trust























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Donate online at www.transitionalresources.org

Or

Mail a check to: Attn: Development Manager 2970 SW Avalon Way Seattle, WA 98126

Or

Call (206) 883-2029

Corporate Sponsorships

If you are part of a local business, consider Corporate Sponsorship! Your sponsorship shows our supporters and the Seattle area your commitment to strengthening the local community.

Transitional Resources has many events throughout the year that offer sponsorship opportunities. For more information, contact our Development Office at (206) 883-2029.

Workplace Giving

Many companies match charitable contributions to non-profit organizations. By participating, you could double your own contribution— or more! Please check with your company's human resources department to find out about its matching gift policy.

Transitional Resources is also a partner agency of United Way and receives a portion of United Way giving.

Planned Giving

Create a lasting legacy by making TR a part of your estate plans. Leaving a bequest to TR in your will allows for tax savings: your estate will be entitled to an estate tax charitable deduction for the full value of the bequest.

TR encourages those looking to name Transitional Resources in their will to consult their attorney, or call the Development office at (206) 883-2029.

Buying or Selling a Home?

Transitional Resources has a Community Partnership with Sharon Carlsen of Coldwell Banker Bain.

If you mention TR when contacting Sharon, she will donate an amount equal to 10 percent of her commission from the transaction to TR!

Please visit Sharon's website at www.HappiestHomes.com to learn more, or give her a call at (206) 979-1844. Tell her that TR sent you!

Amazon Smile

You can designate Transitional Resources to receive a portion of your purchase every time you shop on Amazon. Log on using www.smile.amazon.com.

The first time, you will be guided to designate TR as your preferred charity. For future shopping, just logon via www.smile.amazon.com and we will receive 0.5% of every purchase!

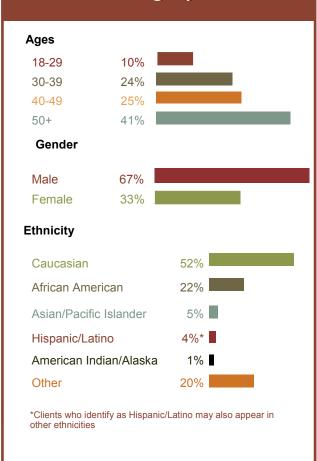
2013 FINANCIALS

Fiscal Year: January 1—December 31

Special Events. Interest Income, Revenue \$66,467 \$1,353 Donations \$83,995 **Public Funding** \$1,598,804 \$100,751 **United Way** Client Fees & Client Fees & Rent \$551,815 Rent, \$551.815 \$83,995 **Donations** Special Events \$66,467 Public Funding \$1,598,804 Interest Income \$1,353 United Way, \$100,751 \$2,403,185 **TOTAL REVENUE** Expenses Insurance, \$61,683 Facilities & Personnel \$1,486,428 Equipment. Professional Fees \$60,980 \$593,539 **Direct Operating** \$70,676 Supplies \$99,330 Facilities & Equipment \$593,539 Supplies, \$61,683 Insurance \$99,330 Personnel Direct Operating, \$1,486,428 **TOTAL EXPENSES** \$2,372,636 \$70,676

Professional Fees, \$60,980

Client Demographics 2013



THANK YOU!

Because of community supporters like you, we're able to continue providing our critical services.

Thank you for investing in TR's mission and sharing our vision that men and women living with mental illness achieve a better life.

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