



Transitional Resources

hope. opportunity. recovery.

2014 - 2015 ANNUAL REPORT & NEWSLETTER



Honoring Our Roots,
Cultivating Our Future



Our vision is that everyone with mental illness lives a safe and meaningful life.

Transitional Resources' Report to the Community

Dear Friends,

Over the past year, we've been reflecting on Transitional Resources' history. In 1976, a small group of individuals recognized a gap in our mental health system, and they worked together to build an innovative agency to serve people who were falling through the cracks. Since then, we have adjusted and expanded our services as the community's needs have evolved, while continuing to carry out our founders' dream of ensuring a healthy and productive future for everyone living with mental illness.

These dual goals of being responsive to changing needs and remaining true to our values are always present in our work. In the face of rapidly rising rents in Seattle, we are exploring new partnerships and innovative solutions to keep our clients housed. We have strengthened our support for people living with co-occurring disorders by adding a new Peer Counselor position to our staff. Looking to the future, we are examining how to implement healthcare integration to improve clients' access to a broad range of health services. And, this year our Board of Directors updated our mission and vision statements to better reflect the core of our work.

Wherever our work takes us, our goal remains the same: helping people who are most in need find help and hope. We are proud to report that our clients are continuing to succeed and find recovery. In 2014, over 95% of our outpatient clients remained in safe and stable housing. Our crisis diversion program continues to be highly successful at diverting hospitalizations and stabilizing crises. In our King County-funded bed, which is reserved for serious psychiatric crises, 95% of people needing this service avoided hospital stays. Each day, clients continue to achieve personal accomplishments, like attaining their first job through our vocational program, reuniting with loved ones, and reaching new milestones in their recovery.

It is thanks to our larger community of support that we are able to see our clients cultivate their own brighter futures. Thank you for sharing our vision that everyone with a mental illness lives a safe and meaningful life.



Darcell Slovek-Walker

Darcell Slovek-Walker
Chief Executive Officer



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Stephen Mitchell
Board President

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Our Mission:

Transitional Resources' mission is building better health, stable housing, and a community of support for people living with mental illness.

Our Values:

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

- *Respect, dignity, and autonomy;*
- *A safe place to call home;*
- *Feeling needed and wanted;*
- *Being part of an inclusive and diverse community;*
- *Working and engaging in meaningful activities, and;*
- *Having hope through a highly personalized path to 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

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

Voices of Our Clients: Willie's Story



"When you feel good, then you want to help other people and pay it forward."

– Willie, TR Client

Willie came to TR facing a number of difficult health challenges, compounded by untreated Bipolar Disorder. Without access to the help he needed, he struggled with homelessness starting in 2006. "When you're on the street, you're alone and no one cares about you," Willie says. He moved into our Avalon Place apartments in 2013, but it was clear his mental health symptoms were not under control, and he had a serious distrust of others.

Once at TR, Willie received many hours of engagement with staff. He built a trusting relationship with our case managers and found new treatment options that worked better for him. With a safe place to call home and the support he needs, he has thrived.

Today, Willie's well-kept apartment is an obvious point of pride, after years on the streets. He has been a key part of the strong sense of community that has developed among the tenants of Avalon Place. "What helps mental illness is friendship and love. When someone waves to you and speaks to you, it makes you feel good," he shared. Willie is also an involved volunteer at his church and even raised \$100 for the TR Trekkers team at the recent NAMI Walk. "When you feel good, then you want to help other people and pay it forward," he says. Willie is looking forward to starting community college computer classes in the spring. We know he has a bright future ahead!

"Willie is filled with joy and his smile is as big as his heart. Everyone enjoys being around him."

– Skip, AP Lead Case Manager

TR's Garden: A Place for Growth

TR has had the pleasure of working with Jenny Hauschildt for seven years, as a volunteer, case manager, and finally as the coordinator of our organic garden. This year Jenny left TR and Seattle for a new adventure, but left us with some reflections on the impact our garden has on our clients.

It has long been recognized that gardening has therapeutic effects. Putting our hands in the soil transports us to another world, mentally and physically. Research shows that coming into contact with a strain of bacterium in soil triggers the release of serotonin, which elevates mood and decreases anxiety and depression.

During growing season at TR, Garden Group gets us out of our heads and into the soil as we plug away with seeding, transplanting, and harvesting. For our clients, focusing on something other than voices or uncomfortable side effects of medication is a welcomed relief. It's a kind of therapy that doesn't have you talking, but has you doing.



Having something beautiful to look at has a very powerful effect. Many of our clients' apartments face the garden, and the happenings of everyday life at TR unfold in and around it. For our clients who experience frequent inner turbulence, a truly enjoyable present moment is a valuable one. I believe that they can find it in the garden, and it keeps them coming back to Garden Group week after week. - Jenny Hauschildt



Garden photos by Audra Mulkern

We are happy to welcome Makenna O'Meara as our new garden coordinator and look forward to her carrying on the important work that takes place in our garden.

A Year of Service

TR once again 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. Thank you Dillon and Monica for your dedication and compassion this year!

Monica Allen was our Lutheran Volunteer. She came to TR after graduating from Seattle University, where she majored in Philosophy and minored in Psychology. Monica wanted to learn about the specific challenges facing individuals with mental illness in King County, and especially to better understand the social problems leading to high rates of incarceration and homelessness. She says that she will always remember the Halloween party and her time shared with clients in Poetry Group. After her year of service, Monica has returned to her home state of California and will be working as a case manager at a mental health nonprofit.

Dillon Oldham, our Jesuit Volunteer, grew up in Eugene, Oregon. He went to college at Gonzaga University where he majored in Human Physiology with a minor in Psychology. Dillon considered doing a year of service abroad, but he began thinking about all the need here at home in the Pacific Northwest. Dillon says this year has taught him to never assume that he knows what another person is feeling or experiencing. His favorite memory was our Thanksgiving event, where he says it was amazing to see so many different people pitching in, and nice to see how excited clients are to get together and have a wonderful dinner. After his year of service, Dillon will continue working at TR as an on-call staff member while shadowing occupational therapists in the Seattle area, preparing to apply for graduate school in Occupational Therapy. We thank them both for their service and wish them all the best!



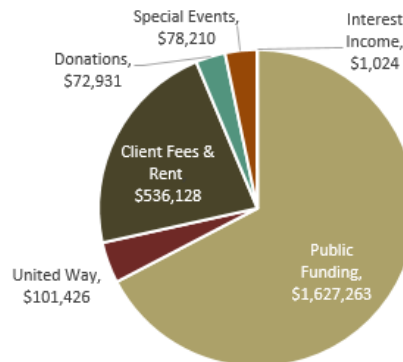
"I am absolutely convinced that with access to services, every individual facing a mental health diagnosis can live a safe and meaningful life."

2014 FINANCIALS

Fiscal Year: January 1–December 31, 2014

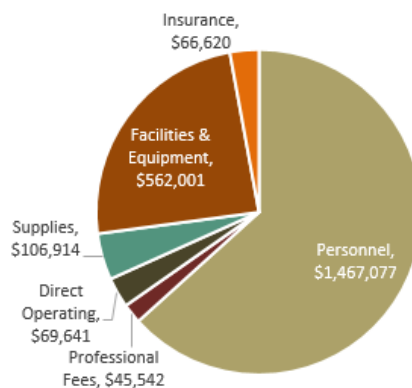
Revenue

Public Funding	\$1,627,263
United Way	\$101,426
Client Fees & Rent	\$536,128
Donations	\$72,931
Special Events	\$78,210
Interest Income	\$1,024
TOTAL REVENUE	\$2,416,981



Expenses

Personnel	\$1,467,077
Professional Fees	\$45,542
Direct Operating	\$69,641
Supplies	\$106,914
Facilities & Equipment	\$562,001
Insurance	\$66,620
TOTAL EXPENSES	\$2,317,795



2014 CLIENT DEMOGRAPHICS

Gender

Male	67%	
Female	32%	
Transgender	1%	

Ages

18-29	13%	
30-39	22%	
40-49	25%	
50+	40%	

Ethnicity

Caucasian	54%	
African American	16%	
Asian/Pacific Islander	6%	
Hispanic/Latino	4%*	
American Indian/Alaska	2%	
Multi-race	9%	
Other/Unknown	14%	

*Clients who identify as Hispanic/Latino may also appear in other ethnicities

2014 — 2015 SUPPORTERS

We are honored to have financial and volunteer support from numerous foundations and corporations. This year, we particularly want to thank the organizations below for their commitment to TR and the community!



THANK YOU!

Because of community supporters like you, we are able to continue providing our critical services. Thank you for contributing financial or in-kind gifts in support of our work.

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Zatz Bagels

**We apologize if we have inadvertently
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**Donations listed from January 1 2014-
July 31, 2015**



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