

SOUTHWEST  
**YOUTH & FAMILY**  
SERVICES

*Helping people use  
their own strengths  
to make what they  
want of their lives.*

# Annual Report 2009

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## Greetings!

2009 wasn't exactly the worst of times, but it was a year made to order for people invigorated by challenge and change. At Southwest Youth and Family Services, we're practiced at being creative and flexible in responding to changes in community needs; and with definite economic and political changes all around in 2009, that practice was put to good use.

As the year progressed, needs in the community grew. Assuring and improving access to available resources in the community and at SWYFS became ever more important for families hardest hit by the economic downturn. Family advocates and youth case managers used their many contacts and years of experience to help families get what they needed. More than 300 families in the Family Center alone accessed resources like housing, food, energy assistance and medical care with our help.

Inside SWYFS, we assure full access to all services by maintaining an "every door is the right door" philosophy. No matter which program youth or families first approach with a question or need, any of our program services that might help are made available. For instance, some parents who first enroll in a parenting class find family counseling can also be helpful. Likewise, families looking for counseling discover that their short-term needs can be met in an appropriate parenting class. Either way, the staff person first encountered by the family will make sure that the right connection is made to get the right help.

Crisis is often defined as simultaneous challenge and opportunity, and Southwest Youth and Family Services has been able to meet recent crises by holding fast to its core values and strategic plan, while creating new and exciting opportunities for youth and families.

In 2009, SWYFS helped design programs for the Seattle Youth Violence Prevention Initiative, with the goal of significantly reducing youth violence, and was selected to provide case management and to coordinate all initiative related activities in southwest Seattle. This process was an excellent example of how all programs at SWYFS have something to offer in preventing youth violence. Coordination and case management is provided through the Counseling Center; the Education Center's High School Reentry and Teen Parent GED Programs are tailor made for at-risk youth; and the Family Center provides youth development programs offering positive recreational and social activities for at-risk youth, as well as parenting classes and support for their parents and guardians.

Despite the sense of crisis, 2009 was, in some ways, the best of times for SWYFS. In the face of ongoing economic gloom, our fundraising efforts continued to grow - and succeed! Our annual event graduated from a breakfast and silent auction to a full-fledged Pacific Island themed dinner gala and auction, and was attended by a sellout crowd. Event sponsors, the number of donors and average contributions also continued to increase, leading to our most successful fundraising year ever.

And finally, with the support of an in-kind grant from the Taproot Foundation, SWYFS joined the 21st century by launching a brand-new website. Please visit us at [www.swyfs.org](http://www.swyfs.org) to keep abreast of our activities, and see for yourself the progress we've made.

Thank you!



Eileen Norton  
Chair, Board of Directors



Steve Daschle  
Executive Director



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(206) 937-7680, or visit us at [www.swyfs.org](http://www.swyfs.org)

## Who we serve

During 2009, Southwest Youth and Family Services served a minimum of 1,419 people, in 2009. Those served participated as follows: 405 in the Counseling Center, 134 students in the Education Center, and 880 heads of household in the Family Center. The total number of family members in the 880 families served by the Family Center was 3,005 but not all were directly served.

**Demographics:** Please note that all categories are self defined by participants.

**Gender:** 65% female and 35% male

**Age:** 45% 18 or younger; 40% 18 or older; 15% unknown

**Income:** For a family of 4: Very Low income is less than 25,300; and Low is less than \$42,150

78% Very Low Income    11% Low Income    2% Moderate Income

<b>Race and Ethnicity:</b>	29% African and African American	23% Latino	15% White
	6% Pacific Islander	12% Asian	6% Unknown
	4% Native American	1% Iraqi	4% Multi-ethnic

## What we do

Southwest Youth and Family Services has been providing services in the West Seattle area since 1979. Our mission is to *empower youth and families through culturally relevant counseling, education and family support services in White Center, South Park, Delridge and West Seattle.* Southwest Youth and Family Services is a private non-profit, 501(c) 3 organization. All donations are tax deductible.

**Counseling:** Individual, family and group counseling for youth and families; Multisystemic Therapy for court referred youth and families; youth violence prevention case management and intervention for academically at-risk youth and criminal justice system involved youth. Counseling is provided in English and Spanish; case management is provided in English and Samoan.

**Education:** High school re-entry services; GED preparation and instruction for teen parents; Summer Young Writers Workshop and summer youth employment.

**Family Support:** Parenting education and support; advocacy for immigrant and refugee families and for families with children with developmental disabilities; English as a Second Language classes. Services are available for Arabic, Cambodian, English, Samoan, Spanish, and Somali speaking parents. Advocacy and support for young parents and for Native American youth.



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- **1,419 youth and families** participated in services and activities at Southwest Youth and Family Services.
- **880 new families** took part in parenting classes and workshops; received assistance with basic needs like food, housing and energy; took ESL classes; got help from advocates to get healthcare, support their kids in school, and with immigration issues. As a result, 71% of those surveyed had better family relationships and improved management skills.
- **302 families** received information about community resources, including child care; employment; and libraries. More than half of those surveyed strengthened their support networks.
- **223 youth** participated in services and activities to keep them out of and get them out of gangs, like case management; learning alternatives to conflict; and positive social and recreation activities. In just 6 months, 44% met goals to help keep them out of trouble.
- **187 youth and families** received counseling and improved family communication, school participation, had less conflict with peers, improved participation in their communities or simply functioned better in life.
- **133 youth** participated in the High School Reentry Program, and 75% earned credit to return to high school or another appropriate educational program.
- **41 parents** age 15 to 20 became better parents because of support from the Young Parent Advocate.
- **58 young** parents attended Teen Parent GED classes, and **19 young** parents earned a GED.



**The SW Family Center served more than 3000 family members in 880 new families in 2009.**

Alice and John came to the SW Family Center looking for help with their six-year-old son, Ben. He had been diagnosed with behavioral disabilities and they felt they were losing control of his behavior at home. Though a bright and curious child, Ben is extremely impulsive; has very strong emotional reactions, whether happy, sad or angry; and seems to have no idea how to handle his feelings, which sometimes surprise even him. Alice and John were beginning to worry about what would happen as Ben got older. What would happen if they couldn't manage him?

They enrolled in a parenting class at the Family Center, and learned to understand his frustrations and stresses, and ways to redirect his attention and behavior before an explosion could occur. They learned to give him attention for good behavior, which then increased. They began to feel hopeful as parents.

Even so, parents with a child like Ben can experience enough stress to affect their own re-

lationship and their relationship with their other children. The family advocate at the Family Center was able to refer them to a counselor willing to work with them for free. Alice was also invited to join a mother's support group, which helped reduce her stress even more. Finally, the family advocate helped them get a YMCA scholarship so Ben could play soccer as an outlet for all his energy, and they could do fun things as a family

Ben and his younger brother now have parents who are comfortable and confident managing their children's behavior. Even better, they're no longer worried about Ben's future.



41 teen parents became better parents, and provided a more stable life for their children. 19 parents earned their GED's, and several more made important progress!



The SW Family Center started the first ever tutoring program for Arabic speaking students in collaboration with in the Highline School District, and 32 K-12 students



relationship and their relationship with their other children. The family advocate at the Family Center was able to refer them to a counselor



**In 2009, the Education Center served 134 young people.**

## Learning, Growing, Succeeding

Edward was a young man facing a life of trouble. At 17, he had already been involved with drugs, missed too much school, been in too many fights and been mugged. His mother had kicked him out; he was staying with friends when he came to the Education Center.

There, beneath the bluster, teachers found a talented spoken word poet, public speaker, and essayist looking for an outlet for his talents, and an intense intellectual interest in social history. He also showed himself to be developing as a semi-professional boxer, quite able to defend himself.

Education Center teachers integrated developing skills into the curriculum by giving him time in class to write and by providing detailed one-on-one constructive criticism and suggestions. The culturally relevant ethnic studies curriculum also motivated him to learn. They engaged him in practice debates in class, helping him develop further as a public speaker. All of this encouraged him to attend school regularly and to get here on time.

digital self-publishing skills; putting his writings online on his own blog. The Education Center provided an optional physical education class twice a week during lunch, where he could safely train as a boxer and gave him a chance to teach his skills to others, including a teacher!

Now he is achieving high grades, and aims to apply for college. He is engaged in community service and social justice activities, in addition to boxing regularly. He has the discipline and motivation to stay focused and out of trouble, and is recognized both at Southwest and in the community as an emerging leader and a developing intellectual.

## OTHER HIGHLIGHTS



Over the summer, participants of the Young Writers Workshop participated in an essay contest sponsored by the 34th District Democratic Women. 3 students won scholarships for their essays on the First Amendment of the Bill of Rights.

75% of Education Center students returned to high school, enter an appropriate vocational retraining program will remain in the program to continue progress toward reentering high school.



Teachers built strong trusting relationships with him through one on one conversations about politics, philosophy, and culture during breaks and lunch. They connected him with after school activities, including volunteer service work and community activism. He learned



**In 2009, the Counseling Center served 405 young people and their families.**

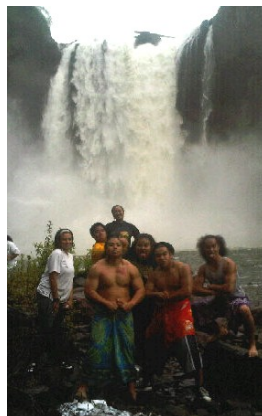
## Growing, Together

Maria agreed to tell her story because she wants everyone to know how much better her son is doing. Before she came to SWYFS, she was worried about José, who is 16. When the school called her to tell her he had been cutting himself, she didn't know what to do. A friend told her about SWYFS, and she made an appointment with a bilingual counselor. She says, "We learned that José was being pressured by his peers, and to be accepted in the group, he started doing things like cutting himself, lying, and skipping school.

SWYFS did a lot of work to help us. José had such a hard time expressing his emotions and was worried about school. He had low self-esteem. Our counselor helped us all learn to communicate with each other, and understand the cultural differences he faced, and how to bridge them. We learned to communicate clearly, and to listen to each other within our family. We understand him better and because of that, we all communicate better.

Now José trusts his family, when he has problems he talks to us. He stopped doing harmful behaviors. When he has problems in school or low grades, he feels confident enough to ask other people for help, which makes a big difference. He's doing great things outside of school, too. He's doing a lot of drawing and goes to the church youth group. We are very grateful to the people who work at SWYFS who are helping families like us."

## OTHER HIGHLIGHTS



**208 youth and Families** improved their communication and to cope and improved family communication. Young people's school and community participation increased; and they were more able to function successfully

**119 youth received gang prevention case management** between July and December. This helped keep kids out of jail, and decreased the potential for violence in the community. The number of kids helped is expected to more than double in 2010.





# Administration at Southwest

Reception \* Fiscal Management \* Development \* Special Events \* Data Management\* Maintenance

**In 2009, Administrative staff managed 28 contracts, submitted 25 grants and proposals, and supported 59 staff in serving 1, 419 individuals and over 1,000 families.**

## FIA! FIA! A Party Like No Other!

On September 18, 2009, Samoa came to West Seattle! The first ever Annual Dinner and Gala to benefit Southwest Youth and Family Services was held at Salty's, with a Samoan theme completed by a performance by the South Pacific Youth Connections dance troupe. The event netted more than \$50,000 to support programs at Southwest Youth and Family Services, and was widely regarded as one of the best parties ever!

## New Website Debuts!

A group of volunteer professionals, coordinated through an in-kind grant from the Taproot Foundation, contributed their time and skills to develop a brand-new website for Southwest Youth and Family Services. The website is now easy to read and access, and does a great job of highlighting agency services and activities. Take a look for yourself at [www.SWYFS.org](http://www.SWYFS.org) !

## Thank You Katelynn!

Volunteer Katelynn Holte played a major role in the success of SWYFS fundraising efforts in 2009. She contributed countless hours toward Fia! Fia!, helped out in several administrative areas and was always ready to do what ever needed to be done.

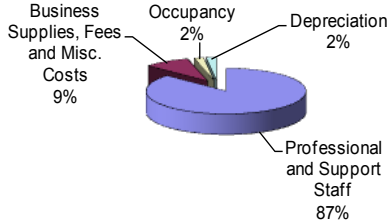


Admin added a new staff position to support the Seattle Youth Violence Prevention Initiative. We were lucky to find Ariam Fesaha, whose calm, skills and cheer has strengthened the administrative team.

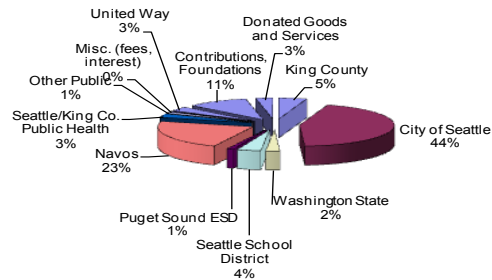


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**Expenses -- \$2,259,997**



**Revenues -- \$2,177,359**



### Assets

Cash and cash equivalents:	117,000
Accounts receivable:	315,074
Other receivables:	700
Prepaid expenses:	3,444
Long-Term Investments	10,270
Property and Equipment - net	896,496
<b>Total assets:</b>	<b>1,342,984</b>

### Liabilities and Fund Balance

Accounts Payable	34,692
Payroll Tax and Employee Benefits Payable:	8,515
Accrued Vacation:	76,845
Due Others	611
<b>Total liabilities:</b>	<b>120,663</b>
<b>Net Assets</b>	
Unrestricted	
Designated by Board for endowment purposes	10,270
Undesignated	1,123,565
<b>Total Unrestricted</b>	<b>1,133,835</b>
Temporarily Restricted	88,486
<b>Total Net Assets</b>	<b>1,222,321</b>
<b>Total liabilities and net Assets</b>	<b>1,342,984</b>



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# SWYFS Board and Staff

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Seattle, WA 98136

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Hennessey Communications  
Vashon, WA 98070

Loretta Delora  
Technical Assistance Coordinator  
White Center Community Development Association  
Seattle, WA 98106

## Administration Staff

Steve Daschle, Executive Director  
Leslie Galloway, Administrative Director  
Donna Chapman, Administrative Assistant  
Ariam Fesaha, Administrative Assistant  
Be T. Ho, Evening Receptionist  
Frances Rivera, Office Manager  
Joannie Yuhashi, Relief Receptionist  
Nanette Westerman, Development Director  
Cara Kroenke, Gifts and Special Events Manager

## Family Center Staff

Fiasili Savusa, Family Center Director

## Family Advocates

Yahya Al-Garib, Iraqi Family Advocate  
Jenny Ap, Developmental Disabilities Group Coordinator  
Hiram Calf-Looking Sr., Native American Family Advocate  
Curn Domingo, Young Parent Family Advocate  
Maria Rosario Nava, Latino Family Advocate  
Farhiya Mohamed, Somali Family Advocate  
Muhamed Qatrani, Iraqi Family Advocate  
Joseph Seia, Pacific Islander Family Advocate  
Sambath Suong, Cambodian Family Advocate  
Maria Arevalo Alfaro, Latino Parent Educator  
Maria-Teresa Tellez, Latino Program Assistant

## Parent Child Home Program

Annie Soustek, Parent-Child Home Program Manager  
Fadumo Muse, Somali Family Home Visitor  
Marwa Sadik, Iraqi Family Home Visitor  
Nancy Scheimann, Family Home Visitor  
Yemaya Hall-Ruiz, Latino Family Home Visitor

## ESL Program

Marjorie Richards, ESL Program Manager  
Sadia Ali, ESL Sewing Instructor  
Nancy Arnold-Hunting, ESL Instructor  
Breanne Berg, ESL Instructor



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Alex Dombrowski, ESL Instructor  
 Chelsea Hanson, ESL Instructor  
 Susan Hussey, ESL Instructor  
 Angela Hyland, ESL Instructor  
 Kristin Jeffrey, ESL Intern  
 Shyra Nacht, ESL Instructor  
 Suzanne Schmidt, ESL Sewing Instructor  
 Karyn Spetz, ESL Instructor  
 Renée Stern, ESL Instructor

### Child Care Providers

Sadia Ali, Child Care Provider  
 Josefina Barron, Child Care Provider  
 Faisa Hashi, Child Care Provider  
 Yee Hui, Child Care Provider  
 Sonia Velasquez, Child Care Provider  
 Cleotilde J. Villar, Child Care Provider  
 Sokunthy Yim, Child Care Provider

### Education Center Staff

Bryan Hayes, Education Center Director  
 Matthew Hamilton, Teacher  
 Lisa Gascon, Lead Teacher  
 Bev Perry, Teen Parent GED Teacher

### Counseling Center Staff

Diane Payne, Counseling Center Director  
 Mark Mirante, MST & Internship Coordinator/  
 Child & Family Therapist  
 Michelle Accettola, Counseling Program Manager  
 Joe Broome, Child & Family Therapist  
 Analia Castanos, Latino Families Child & Family  
 Therapist  
 Eric Embrey, Child & Family Therapist  
 Gabrielle Hope-Foucault, Child & Family Therapist  
 Benjamin Rhodes, Child & Family Therapist  
 Tamara Sampson, Child & Family Therapist  
 Ling Chua, MST Therapist  
 Robert Gant, Seattle Youth Violence Prevention  
 Initiative Network Coordinator

Antimmo Bennet, JRA Case Manager  
 Jason Clark, Case Manager  
 Elizabeth (Nani) Fatuesi, Intake & Referral Specialist  
 Darryl Spencer, ART Program Coordinator/  
 Child & Family Therapist  
 Debra Williams, Lead Case Manager  
 Joseph Seia, Case Manager

### Volunteers

Cynthia Bolin Intern Therapist  
 Nicole Rogers Intern Therapist  
 Carmen Brower Intern Therapist



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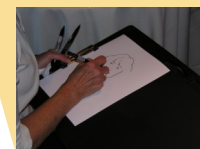


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## Support Our Work

If you would like to make a contribution, find out about volunteering or would just like more information about how you can support the work of Southwest Youth and Family Services, please call us at: (206) 937-7680.

Visit Our Website at [www.swyfs.org](http://www.swyfs.org)



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