



Transitional Resources

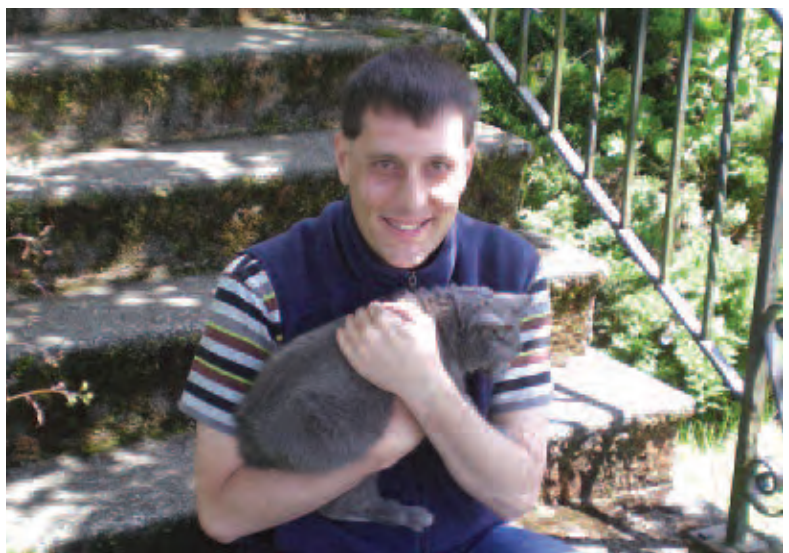
hope. opportunity. recovery.

2009 - 2010 ANNUAL REPORT & NEWSLETTER

Believing in the Possibilities



Our vision is that everyone with mental illness achieves a better life



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2010 Board of Directors

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 a 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: *TR has two diversion beds that provide intensive, short-term, 24-hour supervision and support for adults in psychiatric crisis.*

Residential Treatment — TRY House Intensive Congregate Care Program (ICCP): *This program with 24-hour staffing serves those with the most serious and persistent mental illnesses. Residents maintain a cooperatively run household and are encouraged to seek employment, volunteer, or educational opportunities through our vocational program.*

Intensive Case Management — Expanded Community Services (ECS): *ECS offers intensive, highly structured case management services in the homes of clients who have been recently released from the state hospital.*

Case Management — Puget Sound Networks (PSN): *PSN partners staff with clients to obtain permanent housing and recovery. PSN offers practical assistance and resource advocacy. Caseloads in this program are low and support is easily accessible 7 days a week.*

Supported Housing: *The supported housing program provides safe, decent, and affordable housing for clients in houses and apartments in the surrounding community. Clients support each other in an independent living environment with regular contact and assistance from TR staff.*

Vocational Programs — Puget Sound Employment (PSE): *PSE helps clients find and maintain meaningful employment or volunteer experiences in the community. Our organic garden program also provides horticultural job training for our clients.*

Our supported housing and comprehensive mental health care 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.

Laying The Foundation For Success



DARCELL SLOVEK-WALKER, MA
CHIEF EXECUTIVE OFFICER'S REPORT

Developing resiliency is recognized as preventing mental health problems and improving well being. The ability to bounce back from adversity is crucial for mental health recovery. The resiliency demonstrated by our clients each and every day is inspiring.

Just as individuals need to develop resiliency to have the best life possible, organizations like Transitional Resources (TR) must also ensure that we are strong and ready to adapt to any situation. This is truer now than ever before as the need for our services continues to grow at a time when resources are becoming increasingly limited.

This past year, together with the Board of Directors, there has been a strong emphasis on ensuring TR's continued success as a small and innovative agency providing a wide array of services designed especially for those individuals with the most serious forms of mental illness. Our upcoming housing project, Avalon Place, is well aligned with our mission and exemplifies our priorities by serving highly vulnerable men and women who have mental illness and are currently homeless.

We are excited to be expanding our services with this new project as it gives us the opportunity to meet a critical need in our community. Our work moves forward because of your generosity and the efforts of our many partners. On behalf of everyone at Transitional Resources, I thank you for your continuous support and commitment to TR's mission.

Shared Values And Commitment



PAT MORRISON
PRESIDENT, BOARD OF DIRECTORS

I am very proud to serve as Board Chair of Transitional Resources. It is my privilege to work alongside the dedicated Board members, staff, and volunteers to boost TR so that those struggling with mental illness are part of a community where respect, autonomy, dignity, integrity, and recovery are a new way of life.

The values at TR are as vital now as ever and we remain committed to TR's mission as a guiding force in all that we do. Over the last year the Board has collaborated with staff to re-evaluate and re-energize the strategic initiatives for TR. Two of the areas where we continue to focus are maintaining and innovatively enriching the high quality and respectful services for our clients, as well as sustaining and enhancing the supportive work environment for the remarkable staff and volunteers at TR.

Thank you to all of you, the supporters of TR over the years. Without you, we would not be able to achieve the positive outcomes we have accomplished. With you, we look forward to even more success!

On The Home Front

As part of the continuum of services offered at Transitional Resources, the Supported Housing program has become a cornerstone of recovery for those that we serve. Many of our clients come to Transitional Resources with a history of homelessness and hospitalization, so having a roof over one's head is of utmost importance.

For many, a place to call home is not only a source of security, but also provides a sense of accomplishment, as most are living independently in the community for the first time in years. We offer a variety of housing options, so that each person's individual needs and preferences are met — whether it's living alone or with roommates.

We are able to provide housing for our clients because of a host of funders, subsidies available from Shelter Plus Care, and long-term relationships we have developed with landlords in the community. Thank you for your continued support and for helping to make our clients' lives better by providing them with safe, decent, and affordable housing options.



Gregorio's Story — Opening The Door to Recovery



TRANSITIONAL RESOURCES • 2009-2010

Prior to coming to TR, Gregorio was living with his family and doing the best he could to deal with his mental health issues. Without help, however, he found himself struggling and unable to make it while living at home. After several years and many hospitalizations, Gregorio ended up at Western State Hospital.

When he was ready to discharge from the hospital, Gregorio knew he needed more support than what he could get at home, so he moved to TRY House, TR's intensive residential program. After a brief stay, Gregorio thought he was once again ready to move back home with family, but unfortunately he found out that this wasn't the answer. Returning to the residential program wasn't the answer either as Gregorio was ready for more independence.

"Just live life one step at a time and don't ever give up."

A good alternative to residential treatment was moving into Avalon Mutual Housing (AMH), TR's intensively supported apartment building located adjacent to TRY House. At AMH, Gregorio has access to treatment staff twenty-four hours a day, seven days a week, while having all of the freedoms of living on his own. This type of supported housing model has been highly successful at helping people live independently and Gregorio is no exception.

Gregorio has thrived since moving to AMH over three years ago. Recently, he was elected by his peers as President of the AMH Tenant Association. This honor is a testament to Gregorio's hard work on his recovery and is a good example of the kinds of things that can happen when a person is given the opportunity and right type of support. Gregorio advises others to "just live life one step at a time and don't ever give up." Gregorio's attitude and perseverance is an inspiration to us all.

Employment: Making It Work



Transitional Resources has long believed in the power of employment in helping those with mental illness achieve recovery. Our vocational program, Puget Sound Employment, provides both job and volunteer placement assistance to those who want to transition back into the workforce. Whether it is providing one-on-one counseling or creating jobs within our organization for our clients, we have remained committed to providing them with opportunities for success.

We have clients currently in the midst of volunteer training and actively looking for work. They are a dedicated, hard working group who have been very diligent in going to interviews and meeting with employers, polishing their interview skills. Despite the current economic climate, they are showing a great deal of motivation and we are hopeful a job is around the corner for them. We know the dedication and hard work they have shown during their job search will be a benefit to whoever their new employer is.

It is also pleasing to see clients who have been long-term employees at stable jobs in the community for many years. Two of these clients made the best out of losing their jobs due to the downturn in the economy late last year by getting right back to work in new positions. They were able to keep positive attitudes and get hired on with new employers. As always they are great role models of recovery.



Jeff's Story

Employed at Transitional Resources for over 10 years now performing both yard work and janitorial tasks, Jeff credits his mental health recovery to working. "It keeps me busy and gives me something to do. Having a daily routine is important."

"I now have confidence and job security. I feel successful."

Jeff is grateful for the help he has received from Transitional Resources, especially from our vocational specialist, Amy Maxwell. He is proud of all that he has accomplished since coming to TR and says, "I now have confidence and job security. I feel successful!"

Real Networks Foundation

Transitional Resources was fortunate enough to receive a RealNetworks Foundation Community Enhancement Grant in 2009, providing \$5,000 in funding to Puget Sound Employment. The mission of RealNetworks Foundation is to enhance communities where their employees live and work by investing in programs like those offered at TR. Support like this allows us to continue to provide vocational services that are critical to helping individuals with serious mental illness find and maintain employment. Thank you RealNetworks!



In Our Clients' Own Words



Jim

"TR gives me a place to come each day and I've made a lot of friends here. I've got my own apartment that is nice and comfortable. I play the guitar and enjoy cooking for myself and my friends. The people at TR are helpful and friendly. My life has improved 100% since coming to TR. I'm making it."



Teresa

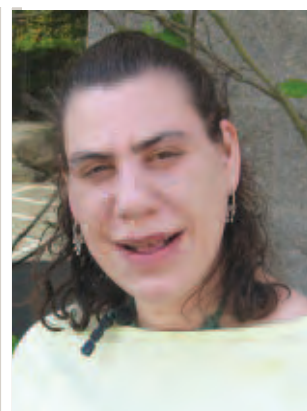
"Everybody needs a friend and I have some at TR."

"The other people at TRY House have problems like mine and they're doing well, so being around them is good for me. Being accepted by others is important for people with mental illness and I feel that I have that here."



Andrew

"The people at TR care about me and are like part of my family. You can do what you want and be your own person. The staff has taught me a lot about how to be my own self."



Lisa



Josie

"I like coming to TR because I always feel like they accept me for who I am."



Marvin

"It's nice to have a safe place to hang out and have friends. Right now, I'm working with Amy (Vocational Specialist) to find a job. I want to work as a dishwasher."

TR Events: A Reason To Celebrate

Fresh From The Garden

Photos – Jamie Neilsen Photography



Our 6th annual Garden Party was held Saturday, June 5th, 2010. It was a beautiful, sunny day as TR clients, staff, and Board were joined by community volunteers to kick off the beginning of the growing season in our certified organic garden. We had two very special guest appearances. Chef Jennifer Meyer from Café Revò stopped by and used fresh garlic from our garden to make delicious bruschetta for everyone to sample. Award-winning author and TR Board Member Judy Brown was also on hand signing copies of her book, "A Glove on My Heart," based on her experiences volunteering at TRY House. A special thank you to all who attended and to our generous donors and sponsors for making this a special day – a great time was had by all!



Friends and Family Picnic



The Friends and Family Picnic has become a summer tradition for TR, as clients and their family and friends join TR staff and Board members at Lincoln Park for an evening of food, games, and plenty of fun.

The picnic allows us to kick-back and enjoy each other's company, seeing old friends and making new ones as well. In bringing everyone together to celebrate, we strengthen the bonds of community that are integral to TR's programs and the clients' success.

Thank you to everyone who participated in this year's picnic – it was an event to remember!



Save the Date – An Evening of Inspiration

Join us for our annual event, An Evening of Inspiration, and be a part of TR's work to ensure those living with mental illness lead a better life – one with hope, opportunity, and recovery.

The evening starts with a reception and art display at 6:00 p.m. and is followed by a 3-course dinner at 7:00 p.m., prepared by Tuxedo & Tennis Shoes catering.

Space is limited, so please RSVP to:

Carrie McBride at 206-883-2033 or email her at carriem@transitionalresources.org

You may also buy your tickets online by clicking the *Donate Now* button on our website at: www.transitionalresources.org.

When: 6pm – 8:30pm, Thursday, September 16, 2010

Where: The Hall at Fauntleroy – 9131 California Ave, Seattle

Price: \$40 includes three course meal. Cash bar available.

Volunteers: Stories of Service

For several years now, Transitional Resources has had the privilege of welcoming two full-time volunteers to the TR staff, one from the Lutheran Volunteer Corps and the other from the Jesuit Volunteer Corps. Committing to a year of service at TR, these talented and dedicated volunteers have become an integral part of our staff team. A special thank you to both of our wonderful volunteers — we are grateful to have had you here and wish you all the best in your future endeavors.

"I wanted to spend a year working purely in the service of others."



"I have had a wonderful experience this year at TR, but one of my favorite memories was the Halloween party. We had a blast getting dressed up in costumes, eating lots of yummy treats, and dancing up a storm."

Excited by the prospect of filling a need in an agency like TR, **Laura Glasebrook** came to our agency from the Lutheran Volunteer Corps after graduating from St. Olaf College in Minnesota with a degree in Social Work.

Laura is now headed to Slovakia where she'll spend another year volunteering for an organization that helps young Roma women who have recently been emancipated from the orphanage system, helping them develop the life skills needed to live independently.



Steven Felix from the Jesuit Volunteer Corps came to TR after receiving his degree in Psychology from Yale. "I decided to volunteer because I wanted to spend a year working purely in the service of others."

Steven enjoyed the fast paced, unpredictable nature of working at TR and helping clients in crisis. Upon leaving Transitional Resources, Steven will be moving back to Los Angeles where he hopes to earn a graduate degree in Psychology, as well as further his studies in emotions and their importance to our physical, mental, and social health.

United Way Day of Caring

Transitional Resources welcomed a team of volunteers from Big Fish Games for the annual United Way Day of Caring in September. The group of fifteen spent the day sprucing up TRY House and doing yard work. As always they blew us away with all they were able to accomplish in such a short time! United Way sets aside one day each year for the Day of Caring, giving companies the chance to give back to the community through volunteering. Thank you United Way and Big Fish Games!



Seattle Works

In the past year, we have been fortunate enough to have several groups from Seattle Works spend the day volunteering at TR. Whether working in the garden or applying a fresh coat of paint, the volunteers from Seattle Works have great enthusiasm and are a joy to work with. Seattle Works is a local nonprofit that aims to foster a commitment to community service among young adults by providing innovative volunteer and educational opportunities. A huge thank you to Seattle Works and everyone who has volunteered!

The Power of Community Partnerships



Sharon Carlsen
Coldwell Banker Bain
206.979.1844
sharoncarlsen@cbbain.com
www.HappiestHomes.com

If you or someone you know is planning to buy or sell a home, I hope you will refer them to me. Through Coldwell Banker Bain's Community Partnership program, I am helping Transitional Resources raise funds. Each time anyone from the TR community works with me to buy or sell real estate, I donate 10% of my commission to Transitional Resources. This applies to anyone affiliated in any way, including staff, volunteers, Board members, donors, clients, or any of their friends or relatives.

So far, our partnership has resulted in \$9,600 being donated to Transitional Resources.

Organizations that have benefited from this program repeatedly tell me that this is the easiest money they raise. I'm happy to do the work. All it takes is your referral. Please visit my website to learn more about my services or feel free to give me a call. I look forward to joining with you to support the fine work of Transitional Resources.

Rotary Club International

Transitional Resources is honored to have received grants from two local Rotary Clubs this past year. The Rotary Club of West Seattle awarded TR a grant for new dining room furniture, lighting, and mattresses for the residents of TRY House or those moving into the community. In addition, the Rotary Club of the University District granted TR's Growing Solutions program the funds needed to repair and upgrade the greenhouse that is used as part of our certified organic garden. Thank you to the Rotarians for all that they've done for TR and for our community!



Comprehensive Recovery Payment Services

People with serious mental illness are often forgotten or overlooked, but one company, Comprehensive Recovery Payment Services (CPRS), an accounts payable auditing firm in Bellevue, has been a community champion for our organization for many years now. Whether it's providing care packages to our clients during the holiday season or holding an auction in their office to raise funds for TR, CPRS has inspired a culture of giving and volunteerism in their employees that is unsurpassed. CPRS's giving communicates to our clients that they are valued members of the community and also helps us to raise awareness of our mission. Thank you CPRS — You are truly our unsung heroes!

CPRS has inspired a culture of giving and volunteerism in their employees that is unsurpassed.



Spark Design

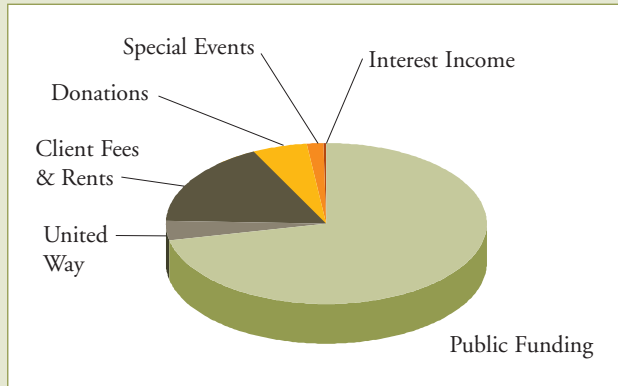
Spark Design is a graphic design firm in Portland, Oregon that has been creating TR's annual reports for a decade now, generously donating their services for the last seven years. Co-owner Rupert Edson says "We really enjoy the TR update, seeing everyone's photos and putting together the story of the previous year." The creative collaboration with Spark Design has also been an enjoyable one for TR, as we always look forward to seeing our mission so beautifully presented. Thank you to everyone at Spark Design for being such wonderfully supportive community partners. We appreciate all that you've done! To learn more about Spark Design, please visit their website at www.ignitingideas.com.

"We really enjoy the TR update ... and putting together the story of the previous year."

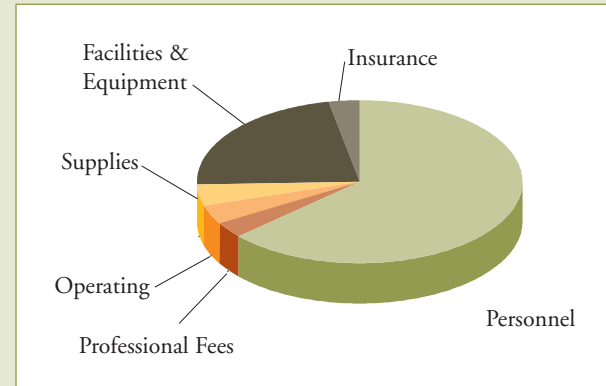
2009 Financials

Fiscal year: January 1 - December 31

TOTAL REVENUE		\$2,115,448
Revenue	Public Funding	1,569,746
	United Way	58,146
	Client Fees & Rents	350,287
	Donations	95,564
	Special Events	40,771
	Interest Income	934



TOTAL EXPENSES		\$2,043,885
Expenses	Personnel	1,340,236
	Professional Fees	53,159
	Direct Operating	97,024
	Supplies	86,358
	Facilities & Equipment	415,211
	Insurance	51,897



Wish List

If you have any of these items that you no longer want, or are willing to share your talents, we can certainly use them!

- | | |
|-------------------|-----------------------------|
| Batteries | Vacuum Cleaners |
| Televisions | Cordless Phones |
| DVD players | Dishes |
| Sheets | Glassware |
| Pillows | Silverware |
| Blankets | Pots and Pans |
| Chests of Drawers | Garden Supplies |
| Table Lamps | Gift cards: Gas and Grocery |
| Microwaves | |

Ways To Support TR

Donate online: Visit our website at www.transitionalresources.org. Click on the "Donate Now" button to contribute safely and securely through Groundspring.

Call us at: (206) 883-2033 and donate over the phone with a credit card.

Mail in a donation: to TR at 2970 SW Avalon Way, Seattle, WA, 98126.

Include TR in your will or planned giving: Talk with your tax advisor or call Carrie at (206) 883-2033.

You could DOUBLE the impact of your gift! Some employers will match an employee's donation to a non-profit.

TR Client Demographics 2009

Ethnicity

African American	31	16%	<div style="width: 16%;"></div>
Asian/Pacific Islander	8	4%	<div style="width: 4%;"></div>
Hispanic/Latino	9	5%	<div style="width: 5%;"></div>
American Indian/Alaska	2	1%	<div style="width: 1%;"></div>
Other	33	17%	<div style="width: 17%;"></div>
Caucasian	112	57%	<div style="width: 57%;"></div>

Gender

Female	71	36%	<div style="width: 36%;"></div>
Male	124	64%	<div style="width: 64%;"></div>

Ages 18 – 60

2009-2010 CONTRIBUTORS

INDIVIDUALS

Anonymous Donors (12)

Eileen Abbott
 Eileen Abbott and Jim Beyea in
 Memory of Amy Levin
 Marina and Greg Abbott
 Faith Adams
 Kit and Asja Adams
 Lynn Adams
 Janice Lindsey-Alexander
 Annie Alidina
 Pamela Alegnani
 Marian Allen
 Chris and Miren Anton
 Mike and Adelaide Arizona
 Roshawna Atmore
 Kim and James Austin
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 Judy Brown
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 Sigrun Lane

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 Lessie Woodruff
 Dr. John Wynn
 Mark Yoshimi
 Mary Zalesny
 Edwin and Eva Zanassi

2009-2010 CONTRIBUTORS, CONT.

IN-KIND CONTRIBUTIONS

Argosy Cruises
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 Assisted Transitions, LLC
 At The Table Cooking School
 & Parties
 Avalon Glassworks
 Bel-R Greenhouse
 Darcy Breene
 Judy Brown
 Cedar Grove Composting
 Choice Organic Teas
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 Home Depot
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 Jerry Howard
 Annie Jacobsen
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 Junction True Value
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 Christine Keff and Flying Fish
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 The Keimig Associates
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 PCC Natural Markets
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 Spark Design
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 Trader Joes
 Wahine Sport
 Carlos White
 Donald Whitten
 Kari Young
 Zatz-a-Better Bagel

AGENCIES, CORPORATIONS & FOUNDATIONS

Bank of America Matching
 Gift Program
 Brown and Brown Insurance
 Coldwell Banker Bain's
 Community Partnership
 Program
 Comprehensive Payment
 Recovery Services, Inc.
 Emmanuel Episcopal Church
 Employees Community Fund
 of the Boeing Company
 Employees WA State
 Combined Fund
 Fairfax Hospital
 Fred Meyer
 GlaxoSmithKline Foundation
 Heather's Tummy Care
 Java Bean
 The Keimig Associates
 KEXP Community
 Partnership Initiative
 King County Combined
 Federal Campaign
 King County Employee
 Giving Program
 Lease Crutcher Lewis
 Lindley & Company, LLC CPA's
 Lucky Seven Foundation
 Microsoft Matching
 Gifts Program
 MJ Murdock Charitable Trust
 Noise for the Needy
 Nucor Steel Seattle, Inc.
 Pacific Continental Bank
 Pfizer Foundation
 RealNetworks Foundation
 Rotary Club of
 University District
 Rotary Club of West Seattle
 Safeco
 Sisters of St. Joseph of Peace
 Sunset Tavern
 United Way of King County
 Washington Mutual Matching
 Gift Program
 West Seattle Garden Tour
 Wyman Youth Trust
 Zymogenetics

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 Adrienne Buttelmann
 Kathy Carlsen
 Rob Caughell
 Sandra Caughell
 Steve Caughell
 Diana Curren
 Jesse Durham
 Doug Grisham
 Jon Hauck
 Mary Lachapelle
 Tammi Meyers
 Art Miner
 Manny Nacionales
 Eileen Rider
 Jeff Ritter
 Mary Ritter
 Hugh Rogers
 Sevy Salvador
 Paul Sargent
 Bill Serahn
 Larry Stonebreaker
 Dorene Stonich
 Yvonne Uhrich
 Gary Weller
 Don Wayne

NOISE FOR THE NEEDY

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 Andy Fiedler
 Rich Green
 Dave Green
 Jason Grimes
 Jeff Henry
 Joan Hiller
 Megan Kagel
 Dave Klopp
 Stephanie Perry
 Michelle Smith
 Sophie Tiffany
 Amy Williams
 Michael Young

In Memory of Dr. Robert Goad, Captain, USN, Retired

Joan Andrew
 John Billman
 Susan and George Bosl
 Gertrude Counts and
 Jane McNeil
 Elise Goad and
 Clark Thomas Dalton
 Debra Hartley
 James and Elizabeth Hegman
 Mason County
 Anesthesia Services
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 Mark Nagell
 William Nelson
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**We apologize if we have
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