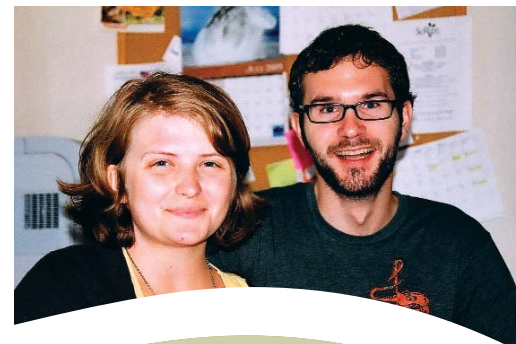




Transitional Resources

hope. opportunity. recovery.

2008 - 2009 ANNUAL REPORT & NEWSLETTER



Building Partnerships ... Enriching Lives

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

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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 a 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.



STRENGTHENING OUR COMMUNITY TIES

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

I am grateful for the opportunity to share our annual report with you. It has been a busy time for Transitional Resources, filled with both challenges and great rewards. Not only is the demand for our services growing, but at the same time, the clients in our programs are presenting with increasingly complex needs. In part, we have been able to meet these needs because of the funds raised by the one-tenth of one percent sales tax increase dedicated to mental health and chemical dependency services. Unfortunately, some of the great strides that have been made in mental

health are threatened by decreasing County revenues and the State's budget woes.

At times like these, it is your support that allows TR to continue to provide care to the most vulnerable in King County. Just like partnerships with our clients are at the heart of everything we do, partnerships with members of our community enable us to enrich the lives of our clients, breaking the cycle of homelessness, incarceration, and hospitalization so many individuals living with serious mental illness experience. Building partnerships through community involvement also increases awareness of mental health issues and decreases the stigma associated with mental illness. Time and time again, I have witnessed the profound effect it can have on a volunteer to hear a client's story of what it is like to live with mental illness and the struggles they have had to overcome.

This past year we have seen many shining examples of community partnerships through contributions of time, talent, and resources. Each contribution, no matter how big or how small, goes directly to supporting the agency's mission of providing respectful and optimistic recovery-oriented services to those who are most in need. Our clients' lives are positively impacted by your involvement; it is our collaborative and focused efforts that allows for TR to provide the best care possible. We thank you for your generous support.



COMMITMENT AND COMMUNITY TEAMWORK

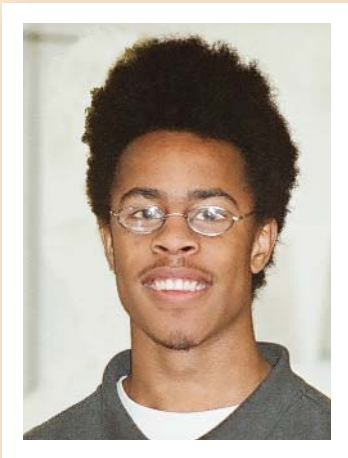
RACHEL FENIMORE, ARNP PRESIDENT, BOARD OF DIRECTORS

My commitment to Transitional Resources stems from the core belief that everyone should be treated with dignity and respect, regardless of their circumstances. I see this value lived by staff, clients, fellow Board members, and community supporters. Respect is powerful. It lets clients know their lives are worthwhile and can increase self-esteem needed to build a better life.

By building on each other's strengths, we are able to create a community that supports our clients on their journey to wellness. This past year, TR's Board of Directors updated the agency's Strategic Plan to ensure that we continue to be responsive to our clients' and community's needs. We are poised to face any challenges, as we are stronger and more focused than ever before.

Transitional Resources is fortunate to have such committed leadership and a strong base of community support. In our current economic times, it is comforting to know we have such strong alliances. There are many people to thank — the voters for approving the increase in sales tax for mental health care; the staff for doing excellent work; my fellow Board members for their dedication to the agency; you for so generously supporting TR; and especially our courageous clients who inspire us every day.

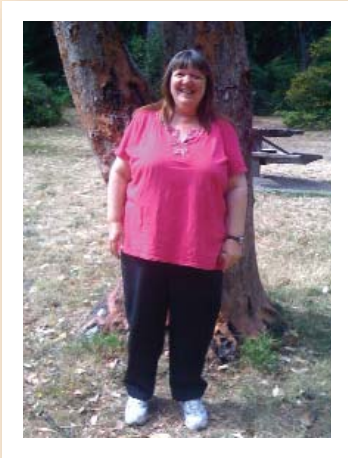
Sharing Our Stories



Elree

Only 23 years old, Elree has been through a lot in his short years. He has survived a kidney transplant, homelessness, and time in the juvenile justice system. For the past year, Elree has been living in TRY house. It is amazing to see the changes he has made in such a short amount of time. Feeling ready to move out into his own apartment, Elree will be discharging soon.

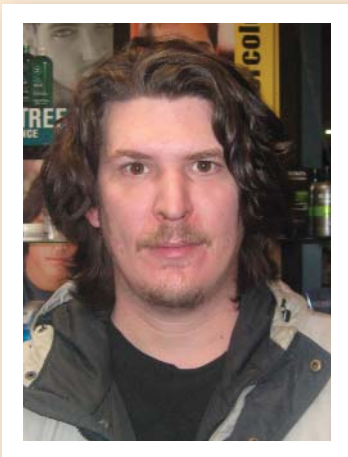
When asked what he wanted others to know about mental illness, Elree stated "there is always hope for us. Everyone can learn from their mistakes and move on." Clearly Elree is feeling hopeful for his future. His plans include working on his music and possibly getting a Doctorate degree in Religion. The thing he has appreciated most about TR is "living in this little community that supports each other." Although soon he won't be living in TRY house any longer, he will continue to be part of the community that has supported him in his recovery.



Dorothy

If you have ever been to an event at Transitional Resources, you may recognize Dorothy as the unofficial ambassador of goodwill at TR. Always one to make people feel welcome, Dorothy recalls that she didn't always feel so outgoing. Diagnosed with Depression in her early thirties, Dorothy suspects it actually began when she was a teenager. The tragic loss of her eight-year old son and the subsequent destruction of her marriage led Dorothy on a downward spiral. She felt completely overwhelmed and hopeless.

Today, Dorothy feels like a new woman. She has many friends, is enrolled in a computer class and is working on finding a job helping the blind. It took many years for Dorothy to begin rebuilding her life again, but she finally feels she is back on track. Dorothy credits the help she has received from TR for making all of this possible. Her advice to others is to never give up — things can change.



Jeff

Jeff was first diagnosed with mental illness when he was nineteen. Plagued by voices and paranoia, Jeff began having problems in the apartment where he was living. Soon he found himself homeless. For years he cycled in and out of hospitals, frequently finding himself back on the streets.

After Jeff's last hospitalization, he realized he just wasn't making it on his own and he decided he was ready to try something new. It was then that Jeff came to TRY house, TR's residential program. Jeff really liked living in TRY house. For the first time in years, he felt safe. He was working a few hours each week and he was no longer going back to the hospital.

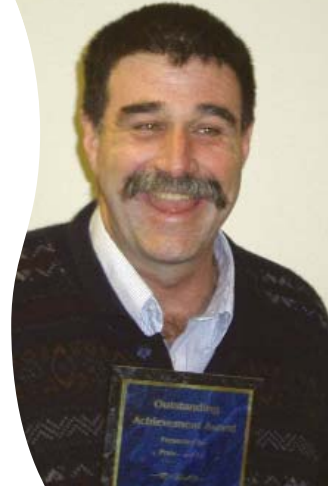
With TR's help, Jeff decided to make another attempt at living on his own, but this time things were different. He had a strong support system in place and he knew that a move out of TRY didn't mean he was all alone. He could still come to TRY house whenever he wanted. Jeff has successfully lived in his own place for several months now. Although he remains a little anxious about his move, each day he grows more confident that he is going to be successful. Going to college to study auto mechanics no longer seems like an impossible dream, but a real possibility.

Enriching Lives Through Work

Providing job and volunteer placement assistance and on-the-job support is an integral part in helping our clients on the road to recovery — that's where our Puget Sound Employment (PSE) program comes in.

At TR, we believe that everyone can and wants to positively contribute to the community. Most people with a mental illness want to work, but the rates of employment for consumers with serious mental illness are staggeringly low. Fear of losing benefits, discrimination, and long unexplained gaps in employment are just a few of the reasons cited for the low rate of employment.

PSE is available to all of our clients. The agency's Vocational Specialist, Amy Maxwell, starts by finding out each person's interests and then works to develop a path to finding jobs, volunteer opportunities, or school programs that match those aspirations. Ongoing support is also available to further our clients' successes. Despite the challenge of serving people with the most severe mental illnesses, TR is proud to have one of the highest employment rates in King County.



Jim's Story



Jim's story is a great example of the kinds of services available in the agency's Vocational Program. When we first met Jim he was living in a shelter. He was anxious to find a place to call home, but equally important was that he find a job. After searching for work with our Vocational Specialist, Jim landed a job on the agency's landscaping crew.

When the landscaping business ended, Jim found himself needing to look for work again. Where this might have thrown most people, Jim knew he wouldn't be alone in searching for work as TR clients can use our services whenever they are needed. Jim meets regularly with the agency's Vocational Specialist to contact employers and look for work. In today's economy, finding a job can be tough, but Jim has remained upbeat and steadfast in his search.

In the meantime, Jim is doing some part-time work at the agency. He is one of the hardest working people ever employed by TR. He rarely takes a break and has to be reminded that it is time to quit work and go home. A man with a big smile and a positive attitude, any employer is going to be lucky to have him as an employee.

A Report From Amy Maxwell, Vocational Specialist

Several clients began new positions in the community this year, forging new paths for themselves. Because our vocational program is individualized, we seek out training opportunities and work sites to meet each client's needs. This, in turn, helps to foster new connections for TR as well. We have expanded our network of volunteer opportunities this year to include sites in Pioneer Square and Lake Union. We have clients currently working toward careers as diverse as truck driving and working with the blind.

Along with the new careers and new volunteer placements, there are those who have stayed on at jobs that continue to be rewarding and successful. These employees have been an encouraging example of recovery. Last fall, we hosted an employment dinner to highlight working clients' achievements in employment. We were pleased to give over 15 certificates for completing over one year of continuous employment and 2 plaques for over 10 years of employment.

We look ahead to celebrating the achievements of employed clients this year. Whether building new connections in the community or strengthening existing ones, we value the partnerships you have forged for and with us.



Program Highlights



Julie Watkins, MA – New Clinical Director

Julie Watkins joined TR as Clinical Director in March of this year. Julie has worked in the field of mental health for 20 years, and has been in supervisory or management positions since 1994. Most recently she worked as the Clinical Review Manager for the Regional Support Network in Kitsap County, which oversees publicly funded mental health services in three counties. However she found that she missed working in a community mental health agency, and wanted to return to a clinical management position.

The position of Clinical Director appealed to her because of the wide array of services offered at TR and because of the excellent reputation the agency has always had in the King County mental health system. She enjoys working with both clients and staff and appreciates that her position at TR allows her to get to know the clients and interact with them even though she is in a management position. She states she “really enjoys working with the great team of employees at TR” and hopes she “can contribute to helping consumers reach their personal recovery goals.”

Art Group

My name is Lilith. I am an Outpatient Case Manager with the Puget Sound Networks program. I run a weekly art group at TR that gives clients the opportunity to interact and socialize with their peers, while also providing a creative outlet where clients use artistic expression to help alleviate some symptoms of their mental illness.

I am currently in graduate school working towards a degree in Mental Health and Art Therapy, and it is my belief that art can be used as a powerful therapeutic tool when working towards recovery. Working with the clients week after week and watching them reap the benefits of using creative expression is one of the most rewarding and satisfying parts of this job.



Some of the reasons clients gave for liking art group:

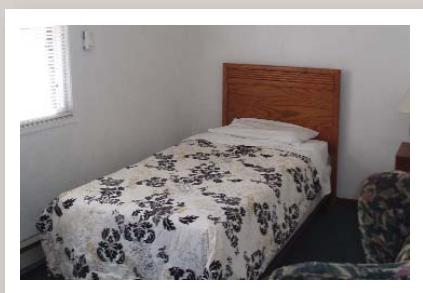
Terri – “I like to make pretty things.”

Carol – “It can help relieve tension.”

Josie – “It takes me to a different dimension.”

All of them agreed that Art makes them happy!

Hospital Diversion Beds



Transitional Resources has two Hospital Diversion beds that provide a safe and effective alternative to hospitalization for those in psychiatric crisis and at risk of admission to a hospital.

Many of those admitted to our diversion beds are suicidal, or experiencing an increase in symptoms such as depression and anxiety. Some are homeless; others may be in an abusive relationship that makes their home unsafe. TR staff members offer support and encouragement, and help them get linked with ongoing outpatient services if they are not already receiving services.

In 2008, almost all of our crisis admissions had successful outcomes, whether that meant returning to their own home, or finding new or transitional housing. TR’s hospital diversion program has been very successful in enabling those in crisis to get the supportive services they need and thereby avoiding costly hospitalization.

Paving The Way

Housing Through TR

Transitional Resources' supportive housing program has grown tremendously over the years. What began with one house for five has now grown to include housing for seventy-two clients each month. The agency offers a wide range of affordable housing options, from studio apartments that are literally next door to TRY house, to shared houses that are several miles away. Because not one type of housing fits all, a range of options is critical for honoring client choice and individualized needs.

Having a safe and affordable place to live is critical for recovery, but it often takes more than just housing to successfully break the cycle of homelessness. Supportive services, paired with housing, allows our clients to successfully live in the community where they receive as much or as little support as they need. It is rewarding to watch our clients thrive once they have a place to call home.



My Experience With Supported Housing



My name is Chris and I have been living with mental illness for over twenty years. I was homeless for the past five months. I was lucky to find a good homeless shelter to stay at. I slept there every night. A typical day would be to leave the shelter in the morning, drink coffee, and then go to the library until it was time to go back to the shelter. I felt unsafe walking to the shelter every day and my anxiety level rose because there was a rough crowd that hung out on the streets by the shelter.

Fortunately, I was able to get permanent housing from Transitional Resources. I was thrilled to be able to get my own bedroom and to be able to cook my own food. I feel less anxious now that I am not around so many people. I love living with my new housemates. I share a house with four other men and I feel very compatible with them. I am so glad to have Transitional Resources help me and improve my quality of life.

TR's Future



TR's next housing project, Avalon Place Project, is progressing nicely. This housing project will provide affordable housing and supportive services to sixteen homeless adults living with mental illness. A clubhouse/drop-in center will be featured on the first floor of the building that will offer a safe and inviting place for clients to gather, participate in wellness classes, use computers, or seek employment services. The clubhouse will be largely run by clients and will take the place of TR's current clubhouse/drop-in center, TRAC (Transitional Resources' Activity Center), that operates inside of TRY house.

We are very excited about the ability to provide more affordable housing. It is difficult for recovery to occur without a safe place to call home. We are equally excited about the new clubhouse, as it will provide the clients with considerably more room and will also free up space in TRY house that is sorely needed. If you have been to TRY house, TR's original residential program, you have probably noticed that space has become limited with the continued growth and success of our programs. While moving the clubhouse out of TRY house will provide some relief, it won't fully address our space needs.

We aren't the only ones who have noticed our space limitations. In his recent book, *Showing Up for Life*, Bill Gates, Sr. commented on his visit to TRY House. Although he was deeply moved by the work we do, he also noted that our building couldn't "be providing help for more than a dozen people." We bet he would be surprised to know that we now serve hundreds of clients each year. TR's next project will be to analyze our current and future needs. We look forward to the opportunity to increase our capacity allowing us to better meet the needs of our clients and staff. Stay tuned for future developments.

Community Collaborations

Noise For The Needy



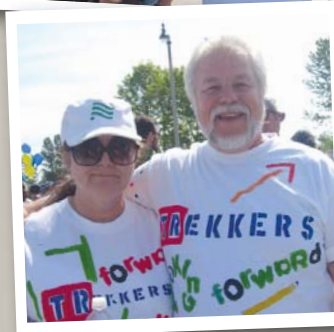
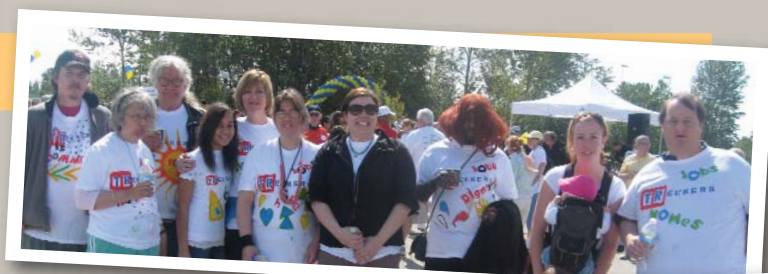
Noise For The Needy (NFTN) is a Seattle-based non-profit organization that raises money for charitable causes through the production of live music shows. TR was the chosen beneficiary of this year's event. Offering an eclectic mix of music, this event gave many in the area the chance to enjoy an evening out and a unique way to raise money in support of TR — over \$20,000 was raised for our clients!

Occurring over 5 nights, June 10th through June 14th, and featuring over 40 bands at venues across Seattle, from the Tractor Tavern in Ballard to Chop Suey on Capital Hill, the event dominated the music scene for the long weekend. Each concert event had an information table staffed by a friendly NFTN volunteer where information on TR and mental illness was handed out. The TR Board of Directors also volunteered and attended many of these lively and entertaining concerts throughout the event — increasing our visibility within the community. King County Councilmember Dow Constantine even joined us at Neumos in support of NFTN. Our special thanks to the passionate and supportive NFTN Board, the bands, venues, and volunteers who worked tirelessly as champions for TR during the event.

NAMI Walk

TR was one of the sponsors and participants in the National Alliance On Mental Illness (NAMI) Washington State Walk on Saturday, May 16th, at Magnuson Park in Seattle. As a very public display of our support for persons living with mental illness, participating in these walks allows us to shine a public light on a topic that many shy away from discussing.

An energetic team of TR clients, staff, Board Members, and community supporters joined over 800 participants in the NAMI Walks for the Mind of America, who helped raise money and awareness to “stomp out the stigma” associated with mental illness. For the second year in a row, the agency's team, TR Trekkers, won the t-shirt contest. Our t-shirt is now off to the National competition. Way to go TR Trekkers and thanks to everyone who came out to Magnuson Park!



West Seattle Garden Tour



We are honored to be one of the beneficiaries of this year's West Seattle Garden Tour. Originally founded over fifteen years ago as a fundraising event for the ArtsWest Theatre, the West Seattle Garden Tour has evolved into a highly active fundraising event for a wide range of non-profit and educational organizations in West Seattle and the surrounding community.

The funds dedicated to Transitional Resources will allow us to build a new pergola, as well as to purchase furniture for the patio located in TR's organic garden. The pergola, along with the furniture, will provide much needed shade and a place of relaxation for our clients and visitors. The garden is part of our vocational program and also serves as an important green space that enhances our clients' daily lives. Thank you West Seattle Garden Tour for your generosity and commitment to enriching our community.

Events At TR

Fifth Annual Garden Party

The 5th annual Garden Party took place on Saturday, June 6th at our organic garden — the smallest certified organic garden in the area. Thanks to dozens of volunteers who turned out, much was accomplished. Despite a slight drizzle in the morning, we weeded, planted, and laid bark to prepare our garden for the growing season. Special thanks to Christine Keff, chef/owner of Flying Fish, who dazzled us with a wonderful Kale-Potato Stew using fresh organic ingredients from our garden — a highly appropriate meal for the Seattle weather we experienced. Thanks to those of you who joined us and helped to make this a fun and successful day.

TR's organic garden is an integral part of the agency's program services, providing employment and educational opportunities for our clients. The garden has jobs for all abilities, which allows a diverse group of clients to participate. Clients also gain access to new and different foods and learn how foods that come from the ground are whole and nutritious, such as spinach and blueberries. The garden work gives clients a sense of structure and routine and it also gives them a sense of pride and accomplishment, seeing their hard work thrive for the benefit of themselves and the local community.



Friends and Family Picnic

The Transitional Resources' Friends and Family Picnic started three years ago as an effort to bring together clients, the clients' families, friends, TR staff, and Board Members for a day of fun. The picnic gives everyone an opportunity to interact outside of the normal day to day business of TR and serves to reinforce the spirit of community that TR fosters.

At the picnic, there is plenty of food, fun, and a chance to relax and get to know one another. It is times like these that we can focus on our commonalities, rather than our differences. The day is always a great success filled with plenty of laughter and camaraderie. Long before the date has been set for the next picnic, clients are eagerly asking when the next picnic will be. Until next year...



Friends and Family Support Group

Each month, the Family & Friends Support Group meets to learn and discuss interesting and relevant topics such as "Alternative Medications" and "Understanding Schizophrenia." By learning about mental illness, we can better help and support our loved ones on their road to recovery!

For more information, check our website or contact: Donna Nickelberry at (206) 883-2027 or donna@transitionalresources.org

Volunteers In Action

A Year Of Service

Transitional Resources is extremely fortunate to have had two outstanding volunteers this year, one from the Jesuit Volunteer Corps and the other from the Lutheran Volunteer Corps. Volunteers in these programs commit a year of full-time service to non-profit agencies throughout the country in exchange for a modest room-and-board stipend. For many years now, TR has relied on these amazing and dedicated volunteers to help run our programs.



Jenny Hauschildt



Whitney Hohman

Our Jesuit Volunteer, Jenny Hauschildt, came to us as a graduate of John Carroll University with a BS in Psychology. Jenny joined the Jesuit Volunteer Corps shortly after graduating from college. While in school, she developed a real interest in Psychology and decided to dedicate herself to a year of service in the field to see if it was a good fit. Everyone who came into contact with Jenny could tell that she was extremely passionate about helping people. Jenny reported that the thing she enjoyed most about being at TR was her work in the garden and the opportunity to learn from the clients. Jenny hopes to go to graduate school one day and to continue her work in Psychology.

TR's Lutheran Volunteer, Whitney Hohman joined us after completing a BA in Biology and Studio Art from Gustavus Adolphus College. Whitney was committed to social justice and wanted the experience of public service to round out her education. An avid artist, Whitney shared her talents and enthusiasm for art with us. Her colleagues noted that Whitney had a true gift for helping TR clients express themselves. Together, many beautiful projects were created. Whitney also really enjoyed bringing new experiences to TR and organized countless exciting activities. Whitney plans to move to New Zealand for six months before attending graduate school.

Thank you Jenny and Whitney for an incredible year of service. We wish you all the best in your future endeavors.

Lily: Our Most Loyal Volunteer — By Jenny Hauschildt

At TRY House, we have many clients who have a love of animals. Many of them used to have animals in their lives. As my year at TR progressed, the more I believed that an ongoing relationship with an animal could be very therapeutic for our clients (and for staff)! Having a mental illness can make social interaction quite difficult, and I believed that engagement with an animal could bring people out of their shells.

As part of their program "Visiting Pet Friends," the Humane Society of Seattle/King County agreed to send out a black Labrador named Lily to interact with our clients once a month. When Lily visits, it opens up a channel for clients to express affection and love without feeling self-conscious or fearing judgment. It is so awesome to see our client's faces light up when Lily walks in the room. Lily has been an asset to the TR community and we hope to continue our relationship for many years to come.



Building Lasting Partnerships

Comprehensive Payment Recovery Services



Community partnerships are invaluable to TR and can have a considerable impact on our clients' recovery. Comprehensive Recovery Payment Services (CPRS), an accounts payable auditing firm in Bellevue, has stepped up and been a community champion for our clients year after year.

CPRS always finds creative ways to help enrich our clients' lives in a way that will make a lasting impression. For several years now, CPRS has provided holiday cheer for the clients at TR. They have generously donated needed items like food, clothing, haircuts, and household goods, in addition to special treats our clients could not otherwise afford like gift certificates to movie theaters and restaurants. More meaningful to the clients than the gifts they receive is the knowledge that they are valued and remembered during the holiday season.

CPRS not only supports our clients during the holidays, but throughout the year. Last fall, CPRS held an auction within their office that raised over \$7,000! This amazing team not only raised funds to help TR, but had fun in the process. The check was presented at TR's annual event, helping make the evening a resounding success.

Thank you, CPRS, for your generosity, caring, and for letting our clients know they are valued — a feeling that will stay with them forever.



Assisted Transitions



We are grateful to count Assisted Transitions, move management professionals who provide support in assessing and planning moves, as one of our valued community partners. Every couple of months they come in and maintain our storage areas where we keep donated items that are used by our Housing Program.

In addition to using their organizational expertise to help TR, Assisted Transitions has also worked with their clients, who have responded with interest and enthusiasm, in donating beds, kitchen items, and furniture that our clients can use in their homes. For some of our clients, these are the first real homes they've had in years and these furnishings give them the fresh start they need.

Owner Annie Jacobsen says about TR, "We have worked with a lot of charities, and we are truly moved and quite impressed with the quality of the staff and programs, and the dignity and regard for every individual that is so clear in the way everyone works together."

Thank You Assisted Transitions for your support of TR, our clients, and the community! Your commitment to TR has been truly admirable.

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 | Dishes and glassware |
| Televisions | Silverware |
| DVD players | Pots and Pans |
| New Twin Mattresses | Garden Supplies |
| Sheets, Pillows, Blankets | Plumbing Services |
| Chests of Drawers | Gift cards: Gas and Grocery |
| Table Lamps | |

Focus On Service



Seattle Works

Seattle Works is a local nonprofit that promotes volunteerism in our community's next generation of leaders by connecting them to volunteer opportunities in the community. Seattle Works volunteers have completed several team projects at TR from grounds upkeep to painting and household projects. In addition to the team projects, the agency has gained several new Board members that have come through Seattle Works' Bridge program. This program offers training and connects volunteers with Boards that share their passion and mission. Thank you Seattle Works for your vision and commitment to tomorrow's leaders.

United Way

Every year for the United Way Day of Caring, TR is fortunate to have a team of volunteers come out and help with key projects the agency could not complete themselves. The volunteers always come with boundless amounts of energy and a willingness to do whatever is needed. This year we had twenty volunteers from Microsoft painting and beautifying the grounds at TR. A huge thank you to all of the volunteers at Microsoft and to United Way for making the Day of Caring possible.



NPower



A special thanks to our friends at NPower. As part of their Stable and Secure Day of Caring, NPower completed an evaluation of TR's technology infrastructure that will help guide our decisions in the year to come.



TR Gives Back – West Seattle Food Bank

TR is an active member of our West Seattle Community. Since the growing season began, TR has been delivering produce from our organic garden to the West Seattle Food Bank.

Grown by TR clients as part of our Horticultural Therapy Program, the organic produce includes supplies of kale, lettuce, spinach, arugula, parsley, carrots, tomatoes, beets, among other fruits and vegetables. Working in the garden helps give our clients the feeling that they are being productive members of our local neighborhood and giving back to the community that has supported them.

Through our contributions, we help the West Seattle Food Bank in their mission to eliminate hunger, help reinforce the idea that organic produce from a local source is important to the long-term viability of the community, and give healthy food to a public sector that wouldn't normally have access to it.

Make A Difference at TR

Save the Date – An Evening of Inspiration

When: 6pm – 8:30pm, September 17, 2009
Where: The Hall at Fauntleroy – 9131 California Ave, Seattle
www.hallatfauntleroy.com
Price: \$25 includes three course meal. Cash bar available.

There's still time to reserve your table! If you are interested in attending this special event, contact us for seating availability:

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

Your Support Makes A Difference –

In The Lives Of Our Clients ...

Your support ...

- Keeps our caseloads low which enables our clients to receive highly personalized care tailored to their individual needs.
- Provides permanent housing which lays the foundation for a successful recovery from mental illness. TR is committed to helping people living with the most severe mental illnesses find and maintain independent housing in the community rather than in an institution.
- Allows us to create a strong sense of community with and among our clients that provides natural support and inspires hope for those who are in the early stages of recovery from a serious mental illness.
- Enriches our clients' lives, gives them hope, and lets them look forward to a better life.

And For The Community

We work to improve the quality of life, not only for our clients, but for our entire community as many of our clients would be homeless, hospitalized, or incarcerated without our services – creating significant cost-savings for the community. The partnerships we have created together allow us to enhance our network of support and make the community stronger for our clients and for you.

If you have any questions or ideas about supporting TR, call Carrie at (206) 883-2033 or by email at carriem@transitionalresources.org

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: Call us at (206) 883-2033 with your credit card number and make a donation over the phone.

Mail in a donation: Mail your check 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.

Transitional Resources Client Demographics

Ages

18-60

Gender

Female 38%

Male 62%

Ethnicity

African American 16%

Asian/Pacific Islander 6%

Hispanic/Latino 4%

American Indian/Alaska 1%

Other 17%

Caucasian 56%

You Might Be Surprised to Learn ...

- Mental illness is more prevalent than cancer, lung disease, and heart disease combined.
- 1 in 5 Americans will be diagnosed with mental illness during any given year. 25% of these will be classified as having a serious mental illness.
- Each year, untreated mental illness costs the United States more than 100 billion dollars.
- People with mental illness are far more likely to be victims of violent crime, not perpetrators. People with severe mental illnesses are 2 ½ times more likely to be attacked, raped, or mugged than the general population.
- Washington State has been ranked near the bottom in per capita spending on mental health in the country. Consequently, the need for funding from individual and community donors is great.

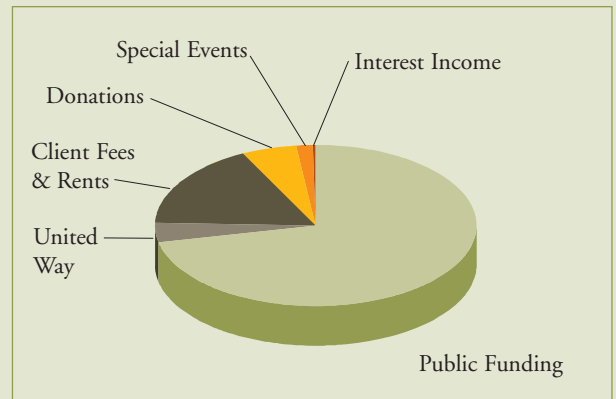
2008 FINANCIALS

Fiscal year: January 1 - December 31

Revenue

Public Funding	1,541,359
United Way	53,259
Client Fees & Rents	330,544
Donations	106,110
Special Events	47,148
Interest Income	4,513

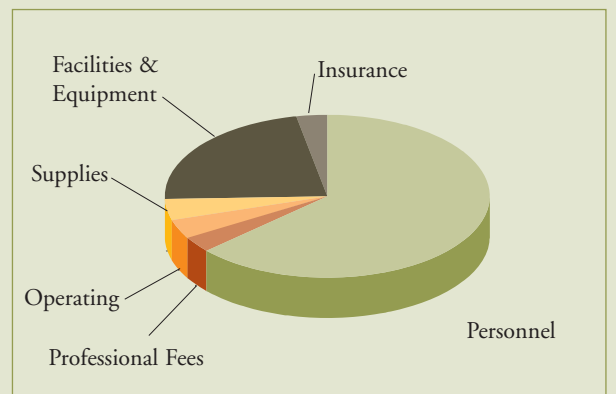
TOTAL REVENUE \$ 2,082,933



Expenses

Personnel	1,221,890
Professional Fees	56,522
Direct Operating Supplies	73,905
Facilities & Equipment	88,046
Insurance	400,923

TOTAL EXPENDITURES \$ 1,892,623



2008-2009 CONTRIBUTORS

INDIVIDUALS

- Anonymous (11)
 Eileen Abbott
 Eileen Abbott and Jim Beyea
 in Memory of Amy Levin
 Marina and Greg Abbott
 Faith Adams
 Harlan Adams
 Kit and Asja Adams
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United Way of King County

*We apologize if we have
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 to Transitional Resources at
 206-883-2033.