

2015— 2016 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!



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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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Transitional Resources
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Transitional Resources
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2015 - 2016 ANNUAL REPORT & NEWSLETTER



Shine a Light



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

Transitional Resources’ Report to the Community

Dear Friends,

Exciting things are happening in the world of behavioral health. System integration is well underway and with it brings new opportunities for better health and an improved quality of life for people living with mental illness and/or a substance use disorder. As an agency specializing in helping those who have traditionally had the least access to care, we know what a difference treatment can make.

We have seen a marked decrease in both psychiatric and medical hospitalizations once people are connected to the right care. This not only saves public resources, but just as importantly, it saves lives. People living with a serious mental illness, like the clients we work with at Transitional Resources, are 11 times more likely to be the victim of a violent crime, 58 times more likely to die before age 50, and 10 times more likely to die by suicide than the general population. And yet, 56% of people in Washington who needed mental health care last year did not receive it.*

This is why it is so important for us to continue our work. Even as the system evolves, we know we can rely on the strong foundation we’ve built. This includes optimistic, recovery-oriented care that is available around the clock, a continuum of services that meet each client’s needs, and a place to call home, all within an intentional community of support. These factors have been the key to our clients’ outstanding outcomes again in 2015.

Our theme this year was *Shine a Light* because we hope to illuminate the paths and possibilities that lie ahead for our agency thanks to our community of supporters. We hope you will follow us as we chart the next chapter for Transitional Resources.



Darcell Slovek-Walker
Chief Executive Officer



Stephen Mitchell
Board President

**Sources: Archives of General Psychology 2005; Disability Rights Commission 2005; Suicide in the USA report, American Association of Suicidology, 2012; Parity or Disparity: State of Mental Health in America 2015, Mental Health America.*

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.*

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Building a Healthy Community—Together!



Ursula and Wayne during a Cooking Matters lesson.

“I wanted to empower folks with serious mental illness to improve their nutrition and health, and to be a part of TR’s strong community of support.” Ursula, Cooking Matters Volunteer

With our kitchen renovation complete and a new volunteer program in development, we have introduced a new cooking and nutrition program, *Cooking Matters*. Ursula Neal is one of the volunteers who made this program a reality. Each week, Ursula led part of the program, acting as the chef and incorporating her background in nutrition into lessons on healthier cooking. Her goal is to provide TR clients with better education and support for wellness so they can focus more on their recovery.

Wayne is one of these clients. He has fond memories of learning to cook in Boy Scouts, but before coming to TR, he had little experience living independently and cooking for himself. He has enjoyed learning to cook and says *Cooking Matters* helped him feel more confident in the kitchen and willing to try new things. Another client, Mike, never had access to his own kitchen before coming to TR, so he typically relied on prepared foods. He says *Cooking Matters* has not only introduced new recipes and foods, but also helpful information for making better choices at the store.

With programs like these, we hope to continue complementing our critical mental health services. By educating and treating the whole person, we see better outcomes across the board. We thank *Cooking Matters* and all the volunteers who made this program possible!

Health and Wellness: Did You Know?

Many of TR’s clients come to us after years on the streets. This means they have often had inadequate access to primary care or behavioral health services, and limited education about wellness and nutrition. Yet we know that these factors have a big impact on behavioral health.

At TR, we are doing everything we can to support better overall health. Some of our efforts include:

- Programs like *Cooking Matters*, above, and groups that meet to address wellness, go for a walk, or practice mindfulness, help clients learn concrete skills for healthier living. We also offer smoking cessation support.
- An emphasis on integrating primary care. Each person’s medical needs are integrated into their treatment plan to ensure that care supports all their needs. Case managers also frequently accompany clients to their medical appointments. This is especially important for clients who are fearful or have trouble understanding a medical diagnosis.
- Our organic garden, where clients can gather fresh produce and learn how to incorporate it into their diets.

We plan to continue offering innovative services to enhance our clients’ well-being, and look forward to better health for all!



Volunteer Spotlight: A Year of Service



“I hate the labels and stigma that often get attached to people living with mental illness, and so I urge people to look past those things to see the individual.” – Monica, Volunteer

TR has 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 Northwest. We are so grateful to have hosted Monica and Taylor, who brought endless positivity and hard work to TR this year.

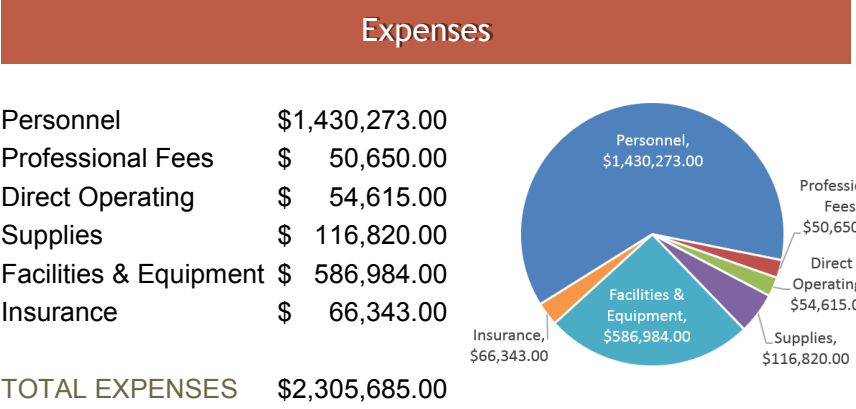
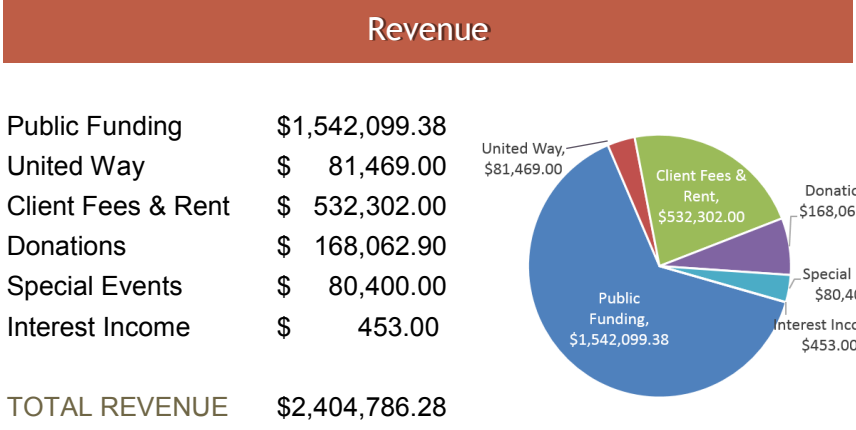
Monica Clark was our Jesuit Volunteer. She came to TR after graduating from Gonzaga University, where she majored in Psychology. She decided on a year of service because of her commitment to volunteering, and to gather experience in the nonprofit world. Monica has enjoyed getting to know our clients as individuals over the course of the year. Her commitment to service will continue; Monica is off to a second year of volunteering at a mental health agency in Missoula, Montana.

Taylor Graydon, our Lutheran Volunteer, graduated from Luther College with a major in Secondary Education and English. She wanted to explore a field outside her major in a new setting, and that brought her to TR. Taylor says she’s learned a lot about the value of teamwork during her year. She will carry the memory of Thanksgiving at TR and all the laughter and camaraderie that go into the preparations. Next year, she will be teaching Language Arts in Renton, Washington.

We thank both of our volunteers for their service and wish them all the best in their next endeavors!

2015 FINANCIALS

Fiscal Year: January 1—December 31, 2015



2015 CLIENT DEMOGRAPHICS

