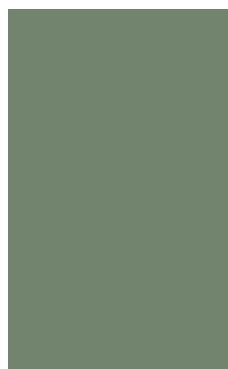
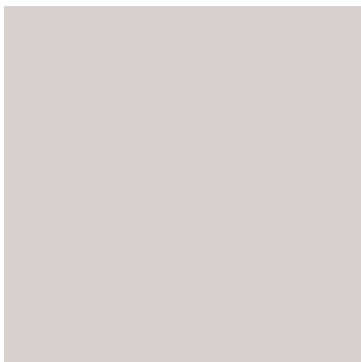


Transitional Resources



# ANNUAL REPORT 2019



# A message from our CEO and Board President

Dear Friends and Community Members,

It is an interesting experience reflecting on 2019 in the very different world of 2020. Looking back, we are proud that in 2019, TR continued to ensure that those living with mental illness received personalized care and stability within our community. In addition, one of our major goals for 2019 was to increase our visibility and collaboration with our local community, leveraging the impact that we are able to make when we work together.

Our year began with an incredible gesture from our friends at the now-disbanded University Congregational Housing Association. The volunteer-led group was a true inspiration, coalescing and providing support to organizations addressing homelessness throughout Seattle. As they began to divest their organization, they transferred ownership of our Westwood House directly to TR, ensuring this house will provide a place of safety and transformation to our clients for years to come.

Another highlight of our year was the opportunity to present to Impact West Seattle, a group of civic-minded women in our neighborhood who are collectively investing in our community. We were thrilled to receive one of their quarterly grants last year, and moreover, to connect to such a focused, committed group of neighbors who support our work. This past year we also saw our largest turn-out so far for our annual fall fundraising dinner where we raised over \$154,000 for our programs.

The hard work and cultivation efforts made by our staff, Board of Directors, and our passionate supporters is reflected not only by all of these highlights, but also the many milestones we see our clients achieve each and every day. These acts of support from our larger community, along with the daily hard work of our staff, volunteers, and Board of Directors, helped us achieve outstanding outcomes once again, some of which you can see highlighted on the next page. With your support, we are truly creating a better world for people living with serious mental illness.

We have always envisioned a future where everyone living with mental illness leads a safe and meaningful life. Even now, halfway through the tumultuous year that has been 2020, that future is still tangible; we believe in the strength of our community and our supporters and staff. This incredible momentum that we have seen over the past year will continue to move us forward. We are excited to continue expanding our outreach and education on the issues of mental health and homelessness as well as physically expand our footprint with our Yancy Street Project. Our friends and community helped make 2019 our most successful yet, and we are confident that with continued dedication and perseverance, we can work together to make 2020 a success as well.



Darcell Slovek-Walker, MA, LMHC  
CEO



Miriam Chilton  
Board President

# 2019 at a glance:



94%

of outpatient clients remained  
in safe and stable housing.

323

friends and neighbors  
supported our work.



5,840

nights of care provided for clients in  
our residential program

152

clients served in all our  
programs



## TR's Programs

- Residential Treatment
- Intensive Congregate Care Program (ICCP)
- Outpatient Services
- Puget Sound Networks (PSN)
- Intensive Case Management
- Expanded Community Services (ECS)
- Vocational Services
- Puget Sound Employment (PSE)
- Crisis/Hospital Diversion Bed
- Supported Housing

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

# Community Citizenship Award

*Each year, TR recognizes someone who has contributed significantly to advancing our mission with our Community Citizenship Award. This year, it is a true pleasure to present this award to Dani Flanagan, who has been a volunteer and leader at TR for over 25 years. Here are some highlights from an interview we did with Dani--look for the rest to be released as part of our upcoming virtual event in September!*



## **How did you first get involved with TR?**

I first got involved in 1992. I was fresh out of college with a degree in psychology and joined Jesuit Volunteer Corps Northwest. I got placed at TR and spent my first year there as a volunteer and absolutely loved it. I ended up staying on and working for TR for another four years as a Residential Counselor while I pursued my master's degree. In the years since, I have been involved with the Board in various roles and I am incredibly fortunate and grateful I have been able to be involved for so long.

## **How has TR changed since you first got involved?**

I think the most dramatic difference has been seeing TR's increased visibility in the community. Back when I was first involved, West Seattle and the greater community really didn't know about us—we kept more of a low profile that, I think, was based a bit on the stigma of mental health services at the time. We were just a small organization in West Seattle helping those we could. But West Seattle has grown immensely over the years, and people are more adept now at connecting how much mental health impacts community life and are noting the value of the specific model and programs that TR offers. So many people are stepping up to support these causes, and it has been amazing to see not just the community awareness of TR expand, but how people are generally more accepting and understanding of mental health services and programs, and witnessing these once sort of unspoken and stigmatized ideas shift and change more broadly to awareness and acceptance has been incredibly encouraging.

## **How did TR influence your life and/or career?**

I ended up earning my master's degree in school counseling. I left TR once I earned my degree and began working with children from kindergarten through eighth grade. I have been doing that now for over 20 years, and I fully was able to recognize the importance of early intervention for mental illness. My time at TR gave me so much compassion for folks living with mental illness as well as those experiencing homelessness or drug addiction. It helped me see not only the connection between all of these issues more prominently, but also how performing early intervention and establishing a support system with treatment can help someone find stability and hope in their lives at a critical time.

# Remaining social while socially distancing

Transitional Resources' therapeutic and social groups have always been an important part of our intentional community by helping clients find support and healing, as well as learn new skills and build confidence. We have seen the impacts that COVID-19 has had on the mental health of all those in our community and the world. Social isolation and lack of activities have taken their toll on everyone, and our clients especially rely on the support and interactions they get from group activities.

We have been opening up group activities with new protocols to keep our clients and staff safe, while also bringing back this important aspect of our care. Here is a peek at two of the groups we have recently re-introduced:

## Healthy Cooking Class

This group is dedicated to teaching clients the valuable skill of cooking nutritious meals for themselves on a budget. Many of our clients are limited to a small, monthly food budget or rely on food banks for a large portion of their meals. The food variety at the food bank can be limited, so our staff are helping teach them to be creative and healthy with their food options! This class will explore different recipes that clients will learn to make at TR, then can take home so they can cook them on their own.



## Mindfulness Group

This group teaches clients the skills and practices of emotional regulation and communication. The group meets each week, and members have had a consistent group where they have been able to develop strong friendships and support each other outside of the group as well. Many of the sessions are driven by group input as to what they want to learn, whether it's deep breathing exercises or positive self-talk, each meeting is about learning various ways to focus on healthy habits. Once a month the group goes on a mindfulness walk, usually in the West Seattle area, and takes time to enjoy the outdoors and reflect on their emotions and mindfulness.

# Yancy Street Project Update



## Project Recap

- TR has rented properties on SW Yancy Street, which is very close to our main campus, for many years.
- With this project, TR's total housing stock and outpatient program will increase by about 50%.
- We are scheduled to break ground in summer 2020. The project is expected to take approximately one year to complete.
- Owning properties allows us to maintain affordable, permanent homes for the people we serve, regardless of the housing market.

As you may remember, in 2018 we decided to move forward with a new project to expand and develop our Yancy Street properties. We have made tremendous progress through 2019 and have moved forward to the next phase of the project. We are on schedule to break ground in summer 2020.

The new project will combine the properties into three buildings with 44 studio apartments. This will increase our bandwidth and ensure more people have access to safe and affordable housing. When the project is completed, each resident will have a private apartment with access to a shared community room and outdoor amenity space, with staff support available on-site 24 hours

a day. Residents will be able to access comprehensive behavioral health services they need quickly and easily at our nearby offices and will be part of a supportive, larger community in a great neighborhood.

Visit our website at  
<https://www.transitionalresources.org/new-projects>  
for up-to-date information on this project.

# Ways to Support TR



## Donations

When you make a donation to Transitional Resources, your contribution directly helps us run our programs. During this critical time, you can ensure we can continue providing behavioral health treatment and supportive housing to those in our community.



## Recurring Giving

Want to give \$1,000 dollars to Transitional Resources? If you sign up for a monthly gift of \$40.00, you can give TR \$1,000 in just over 2 years. Recurring and scheduled gifts are the most helpful and consistent way to ensure we can continue providing personalized care to our clients.



## Workplace Giving

Many companies match charitable contributions to non-profit organizations. You can generate an additional gift that may double or triple your own contribution to Transitional Resources by taking advantage of your company's matching gift program. Please check with your company's human resources department to find out about its matching gift policy.



## Corporate Sponsorship

If you are part of the business community, consider Corporate Sponsorship! Your sponsorship shows our supporters and the Seattle area your commitment to strengthening the local community. Contact our development staff for details:  
[emilym@transitionalresources.org](mailto:emilym@transitionalresources.org) or  
[kristenj@transitionalresources.org](mailto:kristenj@transitionalresources.org)

Visit our website at [www.transitionalresources.org](http://www.transitionalresources.org) to learn more about what you can do to support us during this time.

# Thank you to our 2019 Foundation and Corporate Supporters

We'd like to recognize these organizations for their  
extraordinary giving in 2019:



**Impact | West Seattle**  
a local giving circle

Special thank you to our 2019 Evening of Inspiration Sponsors:



- Northwest Fire Systems
- Bill & Melinda Gates Foundation
- Premier LTC Pharmacy
- Lotus Development Partners
- The Keimig Associates
- Catalysis
- Northwest K9 Bed Bug Detectives
- SMR Architects
- Lindley & Associates

***Thank you for sharing your reasons you support our work!  
We couldn't do it without you!***



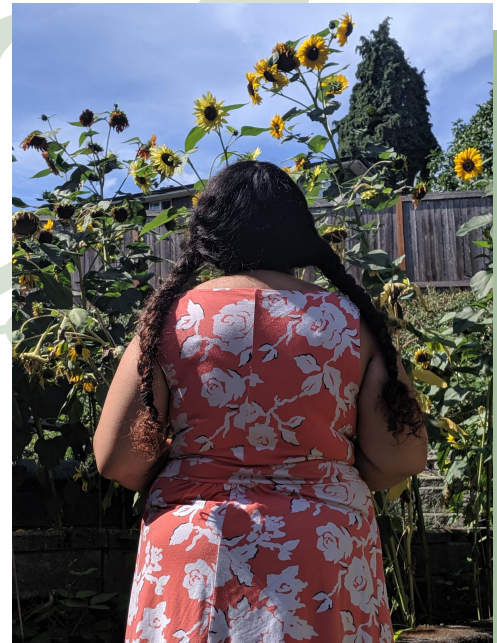
"Because being part  
of a supportive community  
means everything!"

"Because we believe in having a community  
where everyone feels they matter."

"We all deserve dignity, hope,  
and a place to call home."

"Everyone deserves  
to be safe."

"My sister has a mental illness and TR  
provides housing for people like her."



"We all need help  
at one time or another."



"Because everyone  
deserves a chance to  
be safe and be the  
best version of  
themselves."

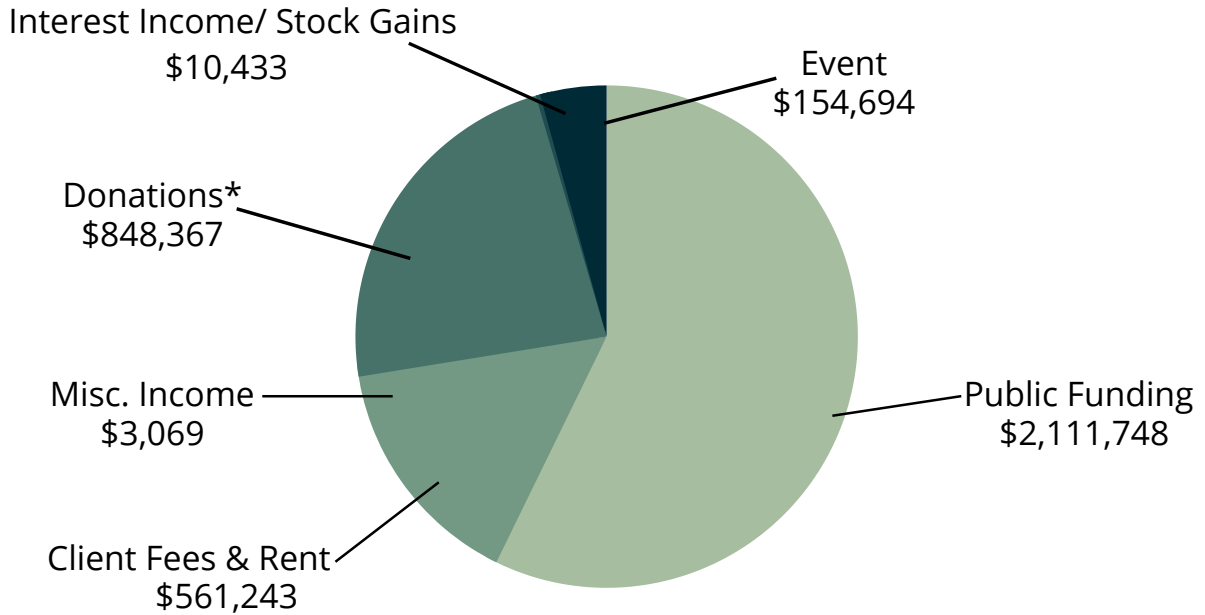
"Because mental health is health  
and we all need support."

"Everyone should  
have hope."

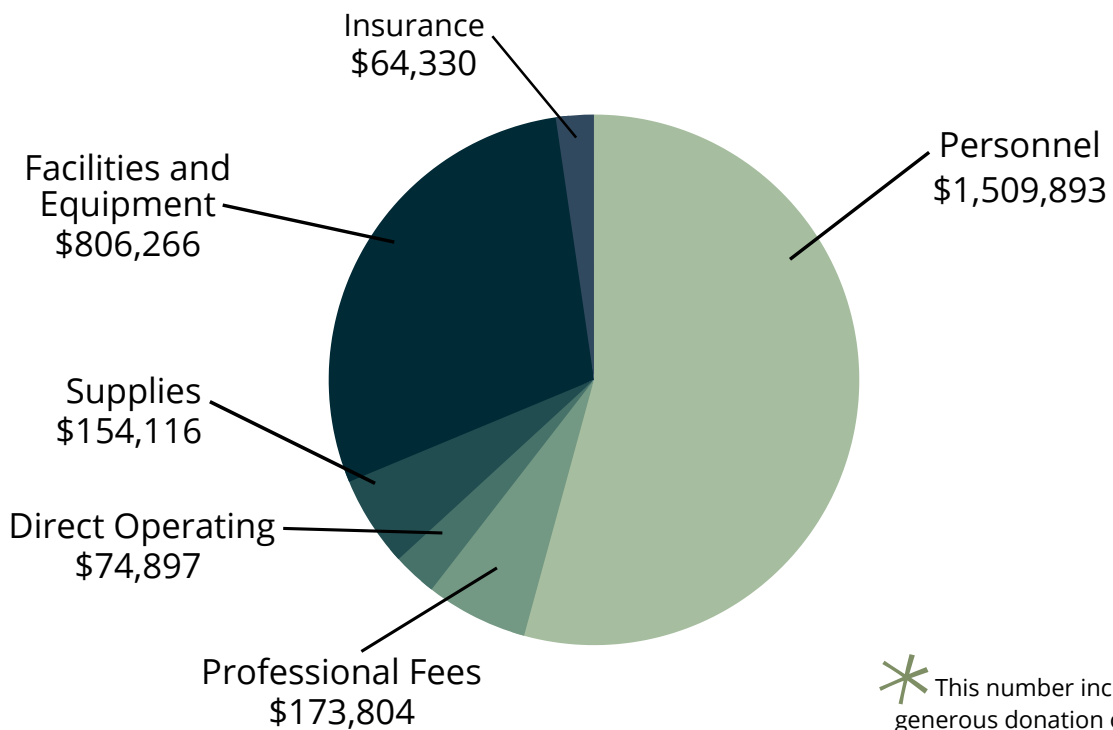
# 2019 Financials

Fiscal Year January 1 - December 31, 2019

## Revenue



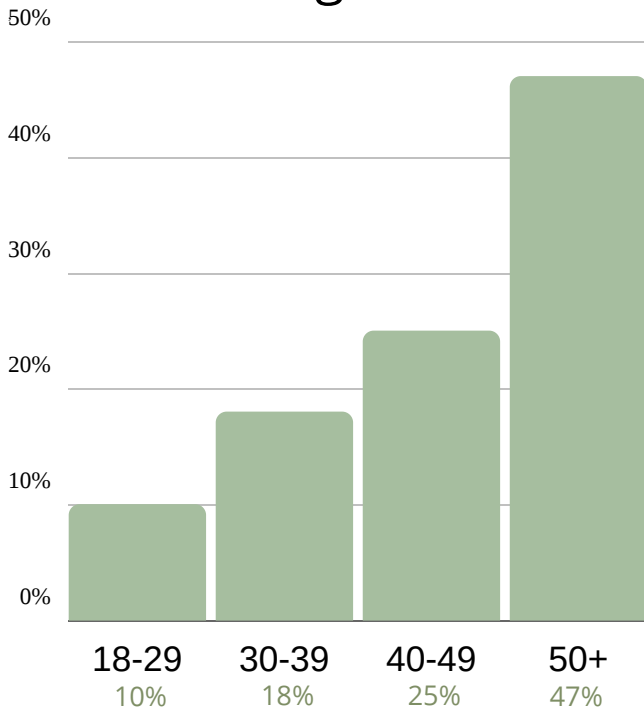
## Expenses



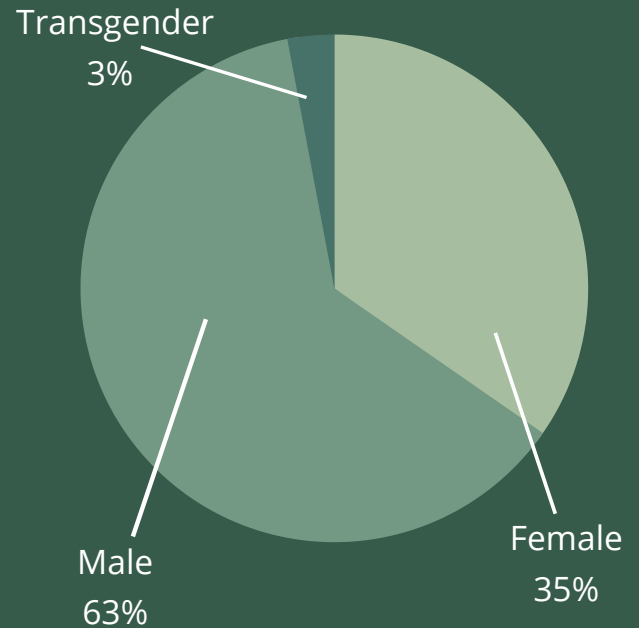
\* This number includes the generous donation of a house to TR from our friends at UCHA

# 2019 Client Demographics

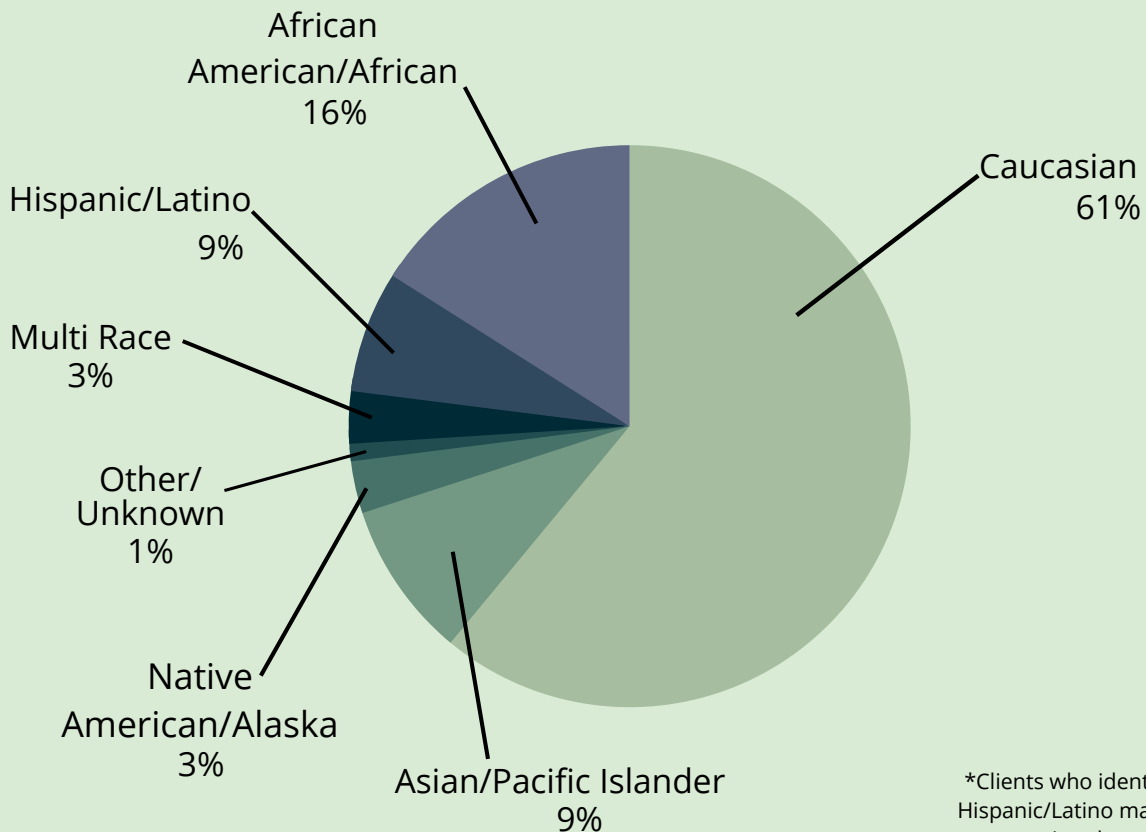
## Age



## Gender



## Race/Ethnicity\*



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

# *Save the Date*



Transitional  
Resources

## **In This Together**

*Resilient and United*

Join us online for our annual fall fundraising event

**September 20 - October 10**

Although we are disappointed that we cannot come together in person for our annual fall event, we are excited to create a new online experience for our supporters!

We'll be sharing videos and interactive media for you to learn about our challenges and triumphs in this unusual year, as well as provide opportunities questions and hear directly from our leaders, staff and clients. We hope you will join us!

Visit our website at [www.transitionalresources.org/news-and-events](http://www.transitionalresources.org/news-and-events) to find out more.