

Annual Report 2020



Transitional Resources
hope. opportunity. recovery.

Our 2020 Board and Programs

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



Our vision is that everyone living with mental illness leads a safe and meaningful life.

Our Values

- 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

2020 Board Members

Miriam Chilton
President

Stephen Mitchell, MNPL, RN
Vice President

Rachel Mokry, MA
Treasurer

Rahul S. Jathar, MHPA, CMPE
Secretary

Matt Carson, MBA
Heidi Wesley-Cleveland
Rachel S. Fenimore, MSN, ARNP
Dani Flanagan, M.Ed.
Jacob Goldbas, JD
Sara Mathews
Belinda Richardson M.Sc
Cathlyn Fraguela Rios, LICSW
Charlene Robins, PA-C
Britney Thompson, MA



TR's Programs

- Residential Treatment:
 - Intensive Congregate Care Program (ICCP)
- Outpatient Case Management:
 - Puget Sound Networks (PSN)
- Intensive Case Management:
 - Intensive Community Support and Recovery Program
- Vocational Services
- Crisis/Hospital Diversion Bed
- Supportive Housing

A message from our CEO and Board President

Dear Friends and Community Members,

What a year! It goes without saying that 2020 was a tough one: the pandemic completely disrupted the world as we knew it in March, but our challenges were only getting started. As we were adjusting to a new world of quarantine, distancing, and masking up, the West Seattle Bridge suddenly closed, isolating our facility even more.

At TR, we had to get creative. While much of the world moved online to Zoom and remote work, telehealth really isn't an option for our clients, who often don't have consistent access or comfort with technology. Our staff made major adjustments to devise an environment where our clients could continue to see their case managers, get their medications, and interact with the staff and other clients safely in person. We also witnessed so much generosity among our clients, friends, and neighbors, and we are so grateful for all the ways that our community went above and beyond to support us.

Throughout 2020, our nation also began publicly grappling with the injustices that people of color, especially Black Americans, face each day. At TR, we are painfully aware of how systemic racism impacts the mental health and housing world. We are unequivocally committed to eliminating these injustices within our organization, our community, and our society at large. We believe that everyone deserves the safety and dignity of healthcare and housing, without discrimination or disparities that the BIPOC community too often experience. We are committed to holding ourselves and our community to a higher standard of accountability and action.

Even amidst the changes that 2020 brought, our goal remained the same—to keep our clients in safe and stable housing with access to high-quality behavioral healthcare. Our clients were hit especially hard by the isolation and uncertainty we all experienced. These factors can exacerbate symptoms of mental illness, and changing well-cultivated and predictable routines can also disrupt clients' stability. Our staff's tenacious efforts ensured that our clients remained healthy, housed, and within reach of the extra care and support they needed during this time.

We are so proud of how Transitional Resources' staff, clients, and community remained resilient and united through a difficult year. We are looking forward to continuing to achieve milestones in the post-pandemic world, including opening up our new Rise at Yancy Street building! We saw many changes this past year, and while we know more change is always on the horizon, we are happy that we are on the road back to a world with gatherings, groups, and community. We have missed being able to see our friends and community members, and we are excited for the day where we can all meet again. We hope you are continuing to stay safe and healthy.



Darcell Slovek-Walker, MA, LMHC
CEO



Miriam Chilton
Board President

Ways to Support TR



Direct Donations

When you make a donation to Transitional Resources, your contribution directly helps us run our programs. During this critical time, you can ensure that 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 or
kristenj@transitionalresources.org



Bonus: Follow us on social media!

Keep in touch with us and see the latest updates on our work! You can like and share our posts to help us grow our community of support!



facebook.com/transitionalresourcesSEA



[@transitionalresourcessea](https://www.instagram.com/transitionalresourcessea)



[@TransitionalR](https://twitter.com/TransitionalR)



www.transitionalresources.org

Our 2020 Impact at a Glance



118

clients served in all our
programs



97%

of outpatient clients remained
in safe and stable housing



314

friends and
neighbors
supported
our work.



To see more stats and content, visit
www.transitionalresources.org/2020-annual-report

Community Stories

"One thing that really helped me was focusing on my hobbies and things I want to do in the future once this is over. I bought a [keyboard] piano with my check, and I've been practicing that and it has helped a lot."

-Charlotte, TR Client

Routines from TR staff and clients

- Journaling
- Grocery shopping
- Phone calls
- Reading
- Taking walks
- Meditation
- Drinking more water
- Exercise
- Chatting with friends
- Learning new hobbies
- Face to face counseling
- Offering support to others



Verity
CREDIT UNION

Routines and habits have been such an important part for all of us during this time. Our 2021 spring fundraising event focused on Fresh Starts and the power and importance of routines and habits. If you missed it, you can check it out on your Youtube channel!

Thank you again to our sponsor of our spring fundraising event, Verity Credit Union.



Around the TR facilities, at our events, and in our publications, Jenza's artwork features prominently. She and her work have become a big part of our community over the ten years she has been a client at TR! Like many of our clients, Jenza spent years on the streets of Seattle, struggling with mental illness and hoping to find help. Today she is thriving. Her journey to finding a life of stability, community, and a passion for art is truly inspiring, and one that would not be possible without hard work, love and compassion. Check out her story on TR's YouTube account.

You can view our Fresh Starts program and Jenza's story at
<http://bit.ly/TR-videos>

Community Stories

New Beginnings, Coming Soon!

Rise at Yancy Street will open this summer.

After nearly three years in the making, we are excited to be in the final stages of our newly named building, Rise at Yancy Street!

These 44 studio apartments will be home to adults living with serious mental illness as they exit homelessness, hospitalization, or residential care facilities. Residents will have access to TR's full spectrum of behavioral health services, supportive housing and the strong, intentional community that makes transformation possible. The building will have its own staff onsite, as well as being within a short walk to our existing facilities.



A rendering of the project.

This project has only been possible with the support our partners:

Funding Partners:

- City of Seattle Office of Housing
- Washington State Department of Commerce
- Washington State Housing Finance Commission
- King County Department of Human and Community Services
- Washington State Housing Trust Fund
- National Equity Fund
- Federal Home Loan Bank
- Columbia Bank
- Impact Capital
- Wells Fargo Bank NA

Project Development:

- SMR Architects
- Buchanan General Contracting
- Lotus Development Partners
- Michael Nouwens
- KPFF
- Sider Byers
- Travis Fitzmaurice & Associates
- The West Studio

Construction progress in spring 2021.



**See the
enclosed
postcard for
how you can
help!**

We couldn't be more excited to open the door to a new beginning for this incoming group – and you can help us welcome them home!

For more information about our project visit
www.transitionalresources.org/new-projects

Our Community of Support

We are so fortunate to have two volunteers from year-of-service programs through QuEST and Jesuit Volunteer Corps Northwest.

Below are a few responses from an interview we did with our volunteers, Christine Siebels-Lindquist and Natalie Behrens, reflecting on their time here at TR and their experiences, including the unusual year that was 2020.

Why were you interested in volunteering at TR?

Christine: I was actually really drawn to the West Coast--I'm from Minnesota originally--and had always wanted to move and live here. My background comes more from the biology and science perspective, but I was really interested to learn about the clinical side of healthcare and for practical training in mental healthcare, and this position gave me that opportunity.



Left: Christine, volunteer from QuEST
Right: Natalie, volunteer from JVC-NW

Natalie: I saw the position and I was fresh off a degree in psychology. I had taken a lot of classes on mental health and had a lot of book knowledge on the subject, but lacked direct experience. I thought it would be a good opportunity to take what I had learned and get practical experience doing what I had studied and was interested in pursuing.

What do you think people should know about TR and our clients?

Christine: I want people to know how invaluable the sense of community is for folks here [for both staff and clients]. I didn't fully understand until I came here and began working just how much the clients would be involved in the community, and how much they would trust and confide in me in such a meaningful way. I see all the time how much they care about each other and their kindness. They have an immense capacity to give and share, and they do it often.

Clients can share their struggles, failures, successes—everything—and TR can be with them through this whole trajectory and beyond. I don't think people realize how truly important that is. Other organizations can't really do that in most cases, and so it just makes us very unique.

Natalie: The people here are just so special. This is my first job in this field, and I've really enjoyed getting to develop personal, meaningful relationships. TR provides the opportunity to do that and get to know people. I've also seen how people here deeply support each other—they are truly there for each other and it's really amazing to see that in so many different ways.

I have witnessed so much growth, both from the clients and from myself. I am definitely a different person now—in a good way. It has been a really formative work experience and it's been nice to have the mutual relationship with the clients and staff to learn and grow together.

For more content from our volunteer interview, visit
www.transitionalresources.org/2020-annual-report

Our Community of Support

We'd like to thank the 314 individuals, businesses, and organizations who contributed to our work in 2020. You make our work possible!

Thank you to these businesses and foundations
who supported us in 2020!



The Lucky Seven Foundation



Thank you to our 2020 Fall Event Sponsors!



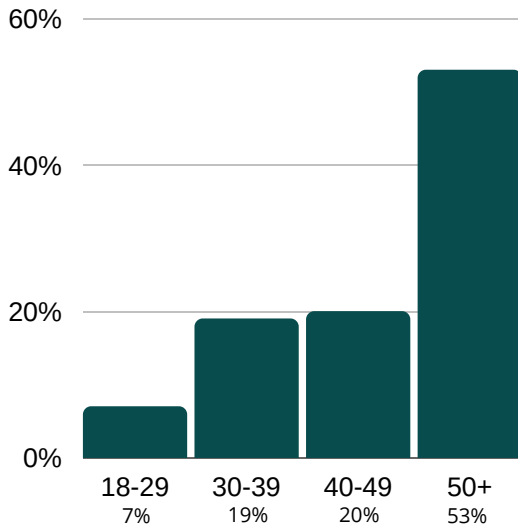
*BILL & MELINDA
GATES foundation*



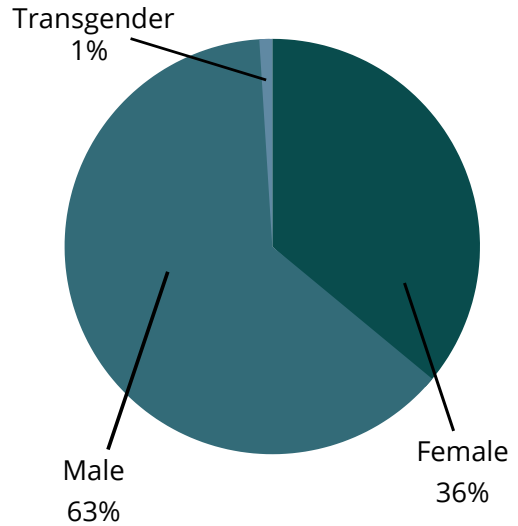
For more content about our partners and sponsors, visit
www.transitionalresources.org/category/news/

2020 Client Demographics

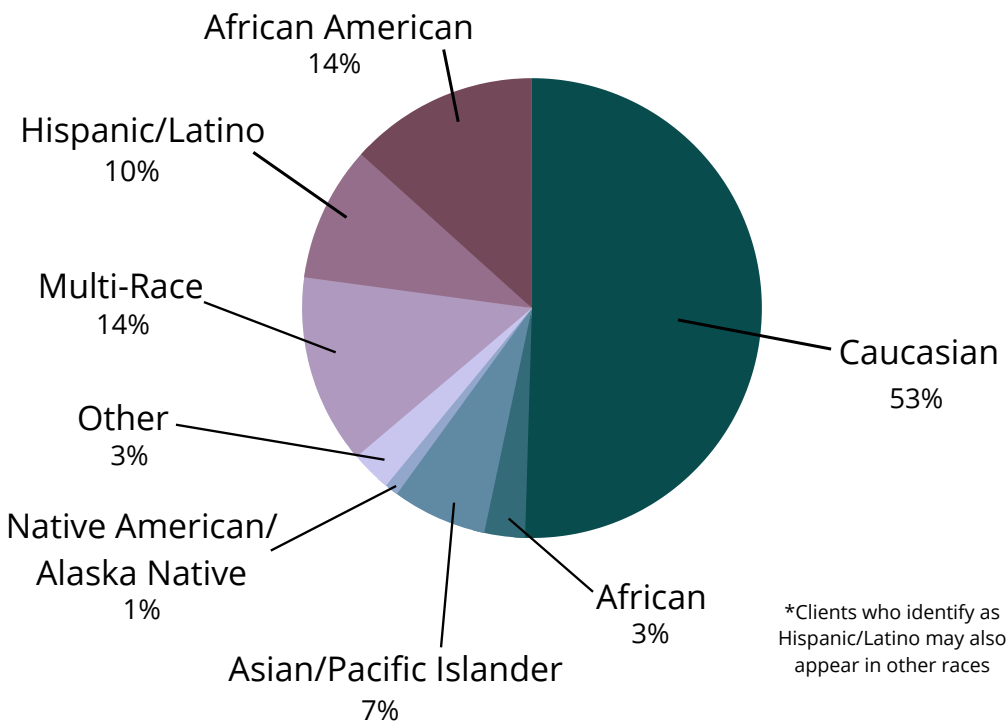
Age



Gender



Race/Ethnicity*

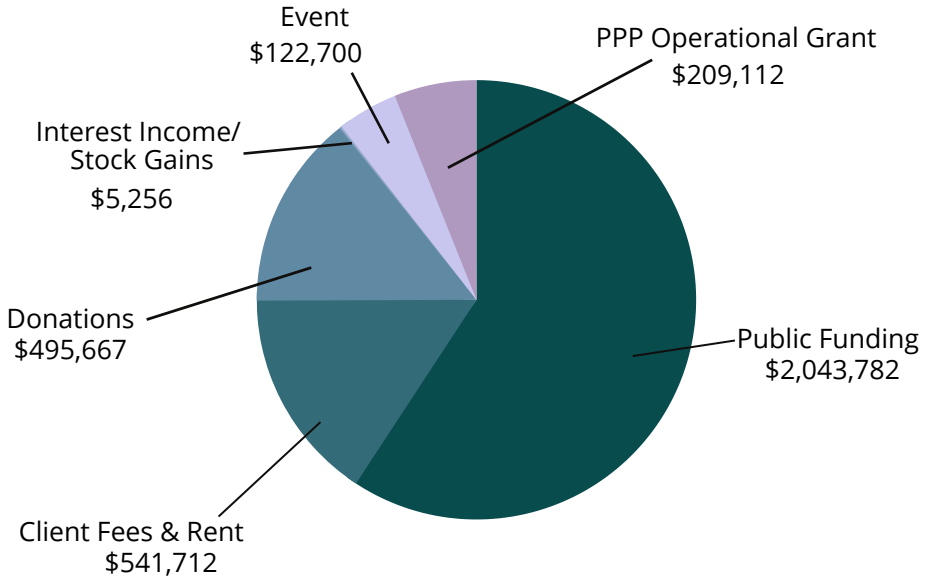


*Clients who identify as Hispanic/Latino may also appear in other races

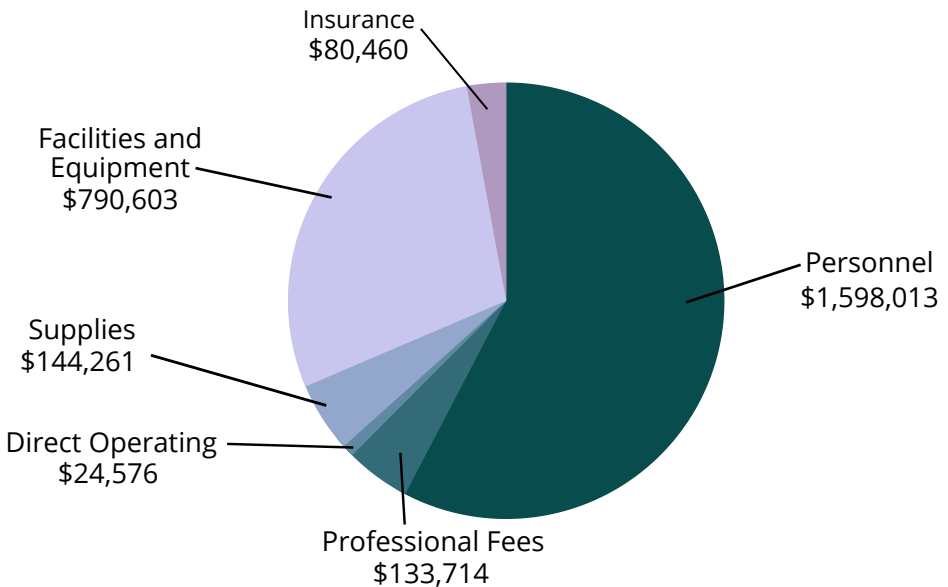
2020 Financials

Fiscal Year January 1 - December 31, 2020

Revenue



Expenses





Save the Date!

In 2021 we invite you to

CHOOSE YOUR OWN DATE!

for TR's Evening of Inspiration!

September 23 - October 7, 2021

As much as we miss you, we still aren't able to plan for our large gatherings quite yet. Therefore, we will be bringing the event to you!

We will provide the program, the inspiration, and all the support you need to host your own small fundraising gathering at your convenience! There will also be ways to participate individually from home.

Many more details to follow – make sure to follow our emails, social media, and our events page for more info!

www.transitionalresources.org/news-and-events

