

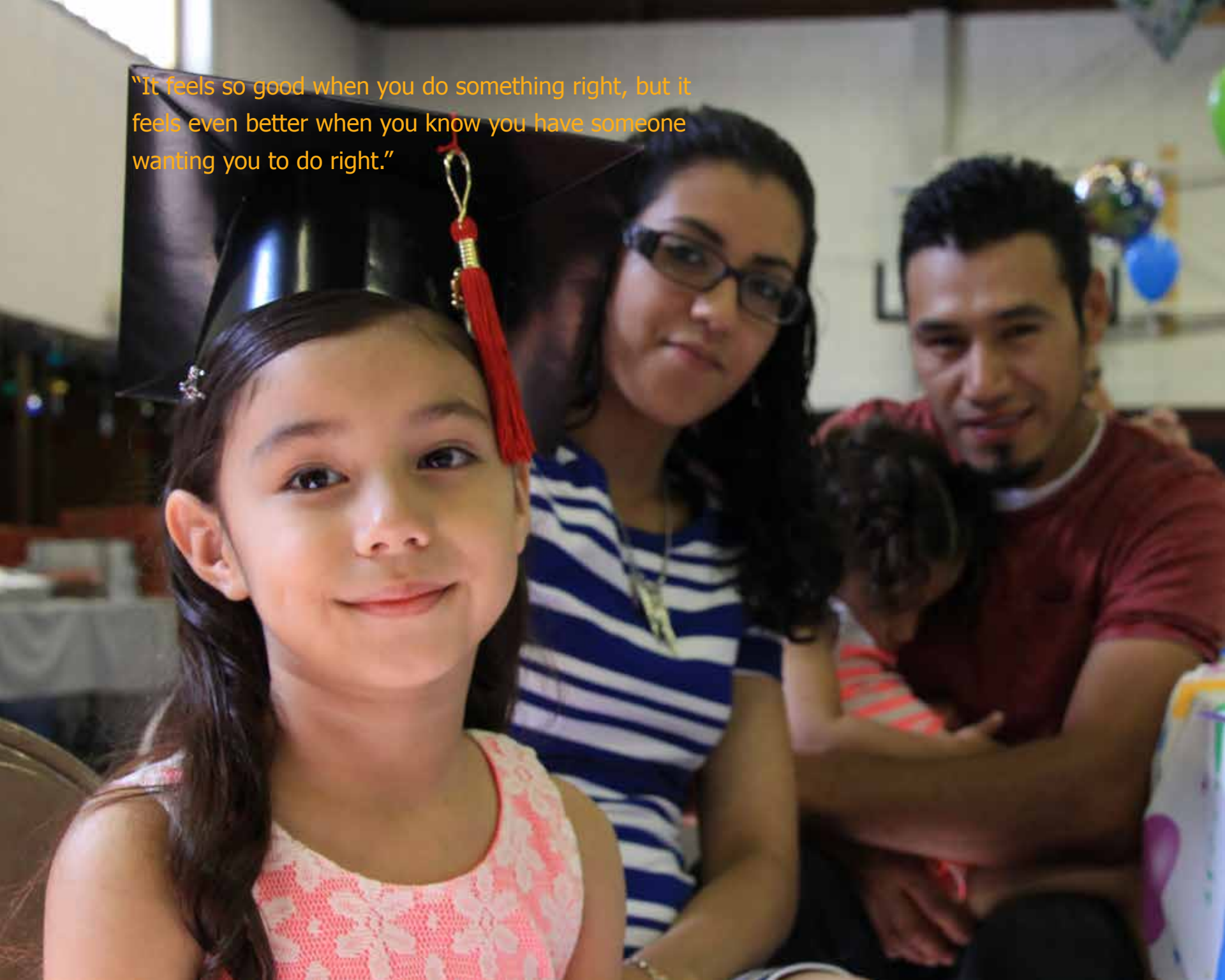


2015 Annual Report

SOUTHWEST
YOUTH & FAMILY
 SERVICES



"It feels so good when you do something right, but it feels even better when you know you have someone wanting you to do right."



SOUTHWEST YOUTH AND FAMILY SERVICES

Challenge the Past. Change the Future.

As we look back on 2015, a clear theme of transformation emerges. Not only have we doubled the size of our board and prepared for an expansion of our Education Center, we also streamlined our mission statement. These actions led to a focus on creating a solid foundation for the growth of our programs, services - and ultimately our organization. This past year, we have been thrilled to embark on a new partnership with Social Venture Partners, which is resulting in more capacity building through an updated strategic plan, board trainings, database implementation, financial process evaluations, upcoming market research and the process for developing a new mission statement. I think that our new mission statement encompasses the vital community work of our organization as a whole, as well as the internal and transformational work we have undertaken to build infrastructure that will support the organization's needed growth.

Our mission statement now calls out key words like partnership, transformation and future – these are the elements of our work that define the hallmarks of each of our programs and services. We pride ourselves in the fact that our incredibly insightful and caring staff do not impose solutions to clients' needs, but instead PARTNER with each youth and family to understand those needs and then work with them to access resources toward fulfilling their needs. We know that every youth and family with whom we partner has innate potential, drive and capacity – and it is our job to make connections and relationships so they can access resources to TRANSFORM their own futures and open doors to opportunities that may have seemed unattainable. Our focus on partnership and social justice helps to build confidence and equitable pathways toward a successful FUTURE.

Southwest Youth & Family Services partners with youth and families to transform their futures.

In this report, you will find examples of how this transformation occurs. Read about Kelsy, a teen mom who found support and a creative outlet, and is now on track to graduate; Theresa, a mom of three boys and a survivor of domestic abuse who found a community to help her navigate parenting her children through a challenging situation; Fatuma, a teenager from Somalia, whose family found the resources to gain safe housing and education for their children; and Pablo, whose family, with the help of our counseling and family advocacy has moved from an unstable and abusive lifestyle to one of stability as a family unit. These are the stories that shape our social justice work every day, and with your support we are able to partner with even more youth and families, transforming futures one by one.

Thank you for your support.



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"The future depends on what you do today" - Mahatma Ghandi

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SOUTHWEST YOUTH AND FAMILY SERVICES

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OUR MISSION:

Southwest Youth and Family Services
partners with youth and families
to transform their futures.



Sean finally realized that his actions at school would have consequences for his future, and most importantly he realized that someone honestly cared about helping him get there.

**--Justin Cox,
Case Manager
King County Youth Violence Prevention Program**

SOUTHWEST YOUTH AND FAMILY SERVICES

Challenge the Past. Change the Future.



CHANGING THE FUTURE:

Claudia* is a single parent living in low-income housing with 3 young sons. She came to our New Futures program in need of support for herself and her children. Her children needed homework and academic support and she needed a community that would rally around her to help her access the resources to provide a stable home for her family. The advocates partnered with Claudia to access utility discount programs, update her resume, gain critical problem solving and parenting skills, and work to overcome a serious domestic violence situation, which threatened the safety of herself and her children. As a single parent of three, Claudia valued the support and enrichment opportunities for her children, knowing that she did not have the capacity to provide those opportunities herself. Claudia and her 3 sons are now in safe housing and working toward buying their own home. She credits New Futures and the community that surrounded her for helping her gain the confidence and capacity to get to this new stage in her life.

When asked about why the community should support the New Futures program, Claudia said this, **"New Futures totally cares about families and they go the extra mile by reaching out and helping families for their future. This program is impacting and making a difference in families' lives. It is greatly needed in our community and without the help of this program, families are limited and hope is LOST."**







*Names have been changed to protect privacy.

Fatuma is a 16 year-old student whose family moved as refugees from Somalia in 2012. As new immigrants to the United States, Fatuma's mother, disabled and using a wheelchair, came to SWYFS looking for someone to help her understand our systems: school, housing, utility assistance, disability and more. Our East African Advocate Farhiya helped her navigate all of the resources and systems available. Farhiya also referred Fatuma to the Summer Young Writers' Workshop, which would give Fatuma High School credit, summer employment and an outlet for sharing her thoughts and feelings. Fatuma's poem here showcases how many Muslim immigrants face discrimination on a daily basis, while simply trying to find a better life and assimilate into their new surroundings.

I Belong by Fatuma

You said I don't belong in this country
But I have the same rights as you
Can you take a naturalization test?
Can you pass that test?
Because I can
You said I can't speak English
But what language am I speaking now?
You said I am hiding myself under my hijab, but it represents who I am
You said you can't help me because I am a Muslim, but I am a human just like you
You said immigrants like me take all the jobs, but I didn't ask to be here
You said go back to your country!
And you don't belong here!
But this is where I belong now

TIMELINE OF SERVICES THROUGH LIFE CYCLE

	<ul style="list-style-type: none"> INFANT AND TODDLER (AGE 0-4) 	<ul style="list-style-type: none"> YOUTH /CHILD (ELEMENTARY SCHOOL AGE) 	<ul style="list-style-type: none"> TEEN
BEHAVIORAL HEALTH 		<ul style="list-style-type: none"> Art and Drama Therapy Behavior Modification Programs Counseling in English, Spanish, Oromo and Amharic 	<ul style="list-style-type: none"> Counseling Art and Drama Therapy Behavior Modification Programs Violence Prevention and Agression Replacement Training Programs
EDUCATION 	<ul style="list-style-type: none"> Parent Child Home Program Play and Learn Education programs for young parents 	<ul style="list-style-type: none"> After school & summer programs 	<ul style="list-style-type: none"> College and work readiness HS Credit Retrieval Young Writers Workshop GED (16-21) and for Young Parents
FAMILY SUPPORT 	<ul style="list-style-type: none"> Play and Learn Culturally sensitive advocacy Childcare for programs Parenting classes 	<ul style="list-style-type: none"> Parenting classes Culturally sensitive family advocacy 	
YOUTH DEVELOPMENT 		<ul style="list-style-type: none"> After school & summer programs 	<ul style="list-style-type: none"> Behavior Modification Programs Violence Prevention and Agression Replacement Training Programs Young Writers Workshop GED (16-21) and for Young Parents

■ ADULT

- Counseling in English, Spanish, Oromo and Amharic

- GED (16-21)
- English as a Second Language

- Culturally sensitive family advocacy
- Parenting classes
- English as a Second Language
- Life skills workshops

■ FAMILY

- Counseling in English, Spanish, Oromo and Amharic

- Parent Child Home Program
- English as a Second Language

- Culturally sensitive family advocacy
- Sewing Groups/Networking
- English as a Second Language
- Life skills workshops
- Parenting classes and Parent Child Home Program



■ COMMUNITY

- Counseling in English, Spanish, Oromo and Amharic



- Parenting classes
- Sewing Groups/Networking
- English as a Second Language
- Life skills workshops
- Immigrant integration into community and connection to resources

I BRING *by Kelsy*

I bring a **teen mom** that has faith in her daughter, herself & her family that they will make it to reach their goals regardless of the struggles life throws at them.

I bring knowledge that with a baby **everything is harder** to accomplish but I believe that I can make through it all because my daughter is my motivation.

I bring a daughter that isn't stopping me from a better future, but instead is showing me & pushing me to know that **we deserve a better life** than what I was striving for.

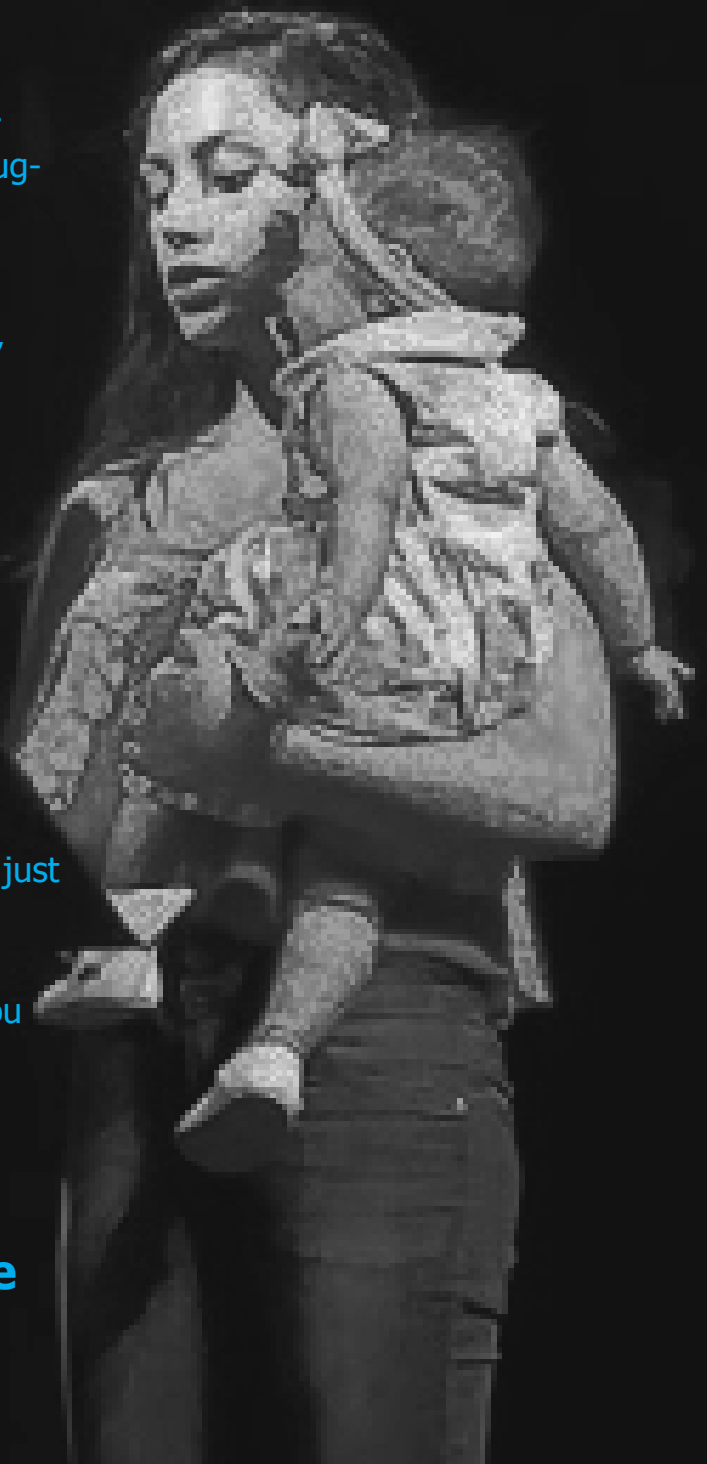
I bring a mom that struggles to get through sleepless nights yet has a smile on her face because **my daughter's happiness means everything to me.**

People told me my life had ended when I had a baby but my life had just begun.

You made me a better person & I'm going to give you the world because you deserve it.

I bring a mom that wants to be there for her daughter in tough moments, for I don't want her to feel alone.

I bring the **motivation to fight for a better future** so she can have the life I would have wished for as a kid



SOUTHWEST YOUTH AND FAMILY SERVICES

Challenge the Past. Change the Future.

CHANGING THE FUTURE:

Kelsy is a 16 year old who is driven to succeed, despite the challenges that she has faced and will continue to face as a teen mother. Kelsy dropped out of school last March when her daughter was born and spent the first 4 months as a new mom dealing with sleepless nights, trouble with breastfeeding, little to no support at home, and feeling mentally, emotionally and physically exhausted. She said it was really hard because the people she wanted most to understand her really felt unreachable, judgmental and isolating.

She began working with the Nurse Family Partnership who referred her to Southwest Youth and Family Services. She met our teen parent advocate and Matt and Lisa, the Summer Writers' Program teachers who helped her to enroll in our summer writing program that partners with Summer Youth Employment to pay students for their summer work. Kelsy received language arts credits toward her diploma while receiving free childcare and parenting resources. Through the teen parent advocate, Kelsy found resources to have childcare assistance, looked into housing when she becomes eligible to leave her mother's home and is participating in weekly parenting groups that allow her to talk to other teen parents and advocates who do understand what she is feeling and experiencing as a new mother. She no longer feels alone, and through her writing in the Writers' Workshop, she has been able to express her emotions get away from some of her own family issues for a while and focus on her own well-being and future.

Kelsy is registered as a Junior at Interagency High School this fall, and will have childcare assistance so that she can focus on her studies. She hopes to get a part-time job to save up money and provide for her daughter and has aspirations of nursing or real estate upon graduation. She says that coming to SWYFS has really helped her find the support that she needed to be a good mom while also making her education a priority. When asked what she would say to a potential donor, she says, **"SWYFS is a trustworthy organization that provides a lot of needed support and if the funding was available, we should hire 1000 parent advocates."**

◀ This is one of the poems that Kelsy performed as part of the Summer Youth Writers workshop in front of over 100 people - and her daughter Anaya came on stage with her!

Pablo* and his mother came to SWYFS three years ago after the family had learned of significant childhood trauma and abuse that he had experienced at the hands of a family member. Pablo's mother desperately wanted to help him work through the trauma, increase his self-esteem and help the family as a whole to reverse the downward spiral that they had begun.

At first, Pablo was very leery of other adults, including the therapist, but over time he has become more trusting and comfortable. As the therapist got to know Pablo and his mom more, she realized that the family of five was really in need of more than just therapy for Pablo. Family Advocacy stepped in to help them with immigration documentation and utility assistance, and the therapist slowly brought the entire family into full family therapy sessions to overcome emotionally abusive patterns that were hindering their ability to bond as a family unit.

Realizing that Pablo's mother was extremely dedicated to the well-being of her family and was truly the key to success for the family as a whole, the therapist worked with Pablo's mother to help her gain the confidence and ability to stand up for herself and make decisions on her own. With her new confidence, Pablo's mother was able to convince his father to get medical help for his diabetes and alcoholism and begin attending the family therapy sessions along with everyone else. He also began seeking help through domestic violence classes and has shown significant change in his patience and respect for the family partnership. Pablo's mother continues to worry about the influence of gangs in her community and knows that Pablo has been invited on a number of occasions to join a gang. Because of this, Pablo has been referred also to SWYFS violence prevention programs and aggression replacement training so that he can actively avoid this path and ultimately break the cycle of violence and abuse.

Pablo is entering 8th grade this year and has his sights set on being a computer programmer. Three years ago, he was in danger of dropping out of school. While their journey is far from over, this family who came to us three years ago scared and unsure of everything is now solid, bonded and confident in their future.

* Names have been changed to protect privacy.



WE SEE A FUTURE IN OUR COMMUNITY WHERE...

Every family has the support and resources they need to raise healthy and thriving children.

Every child is ready for kindergarten; every third grader is reading at grade level; every eighth grader loves science and every student completes high school ready for college or a career.

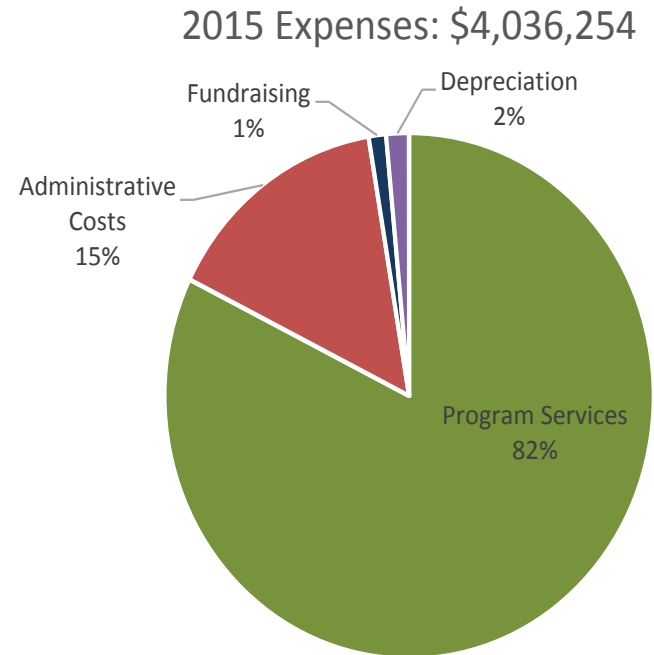
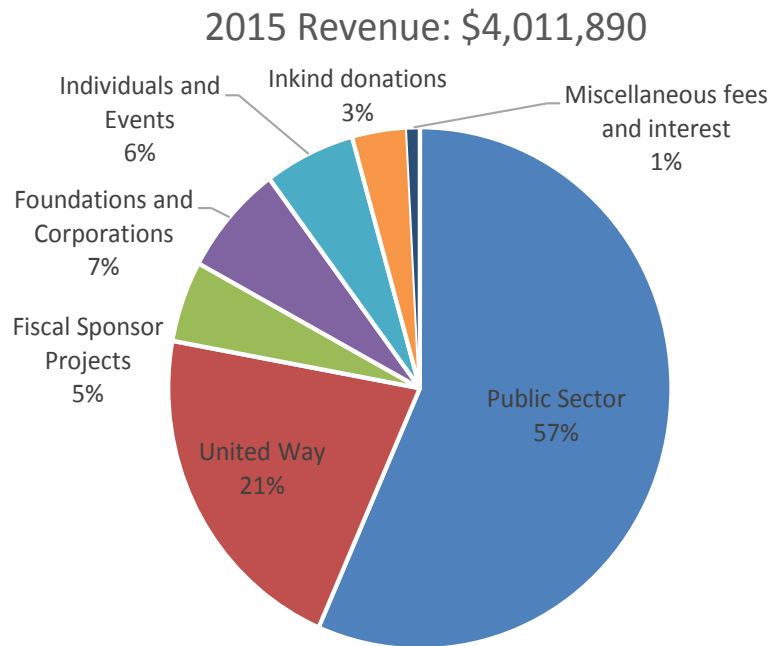
Every youth is able to solve problems in peaceful ways and every person who has been emotionally harmed has the opportunity to heal.

We want to be able to do this for more people, in more cultures, in more languages and even further into southwest King County.

SOUTHWEST YOUTH AND FAMILY SERVICES

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FINANCIALS:





2015 Statistics:

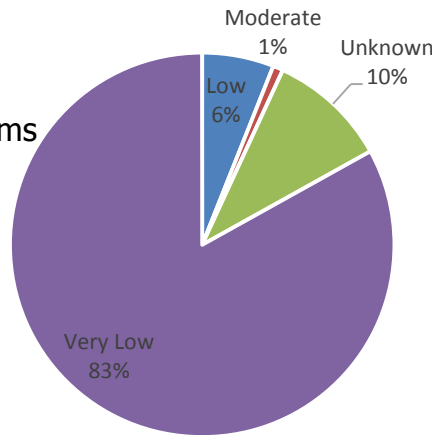
1321 Individuals in Family Center
 Languages spoken: Arabic, Cambodian, English, Somali, Spanish

1520 Individuals in New Futures Programs
 Youth development and family advocacy

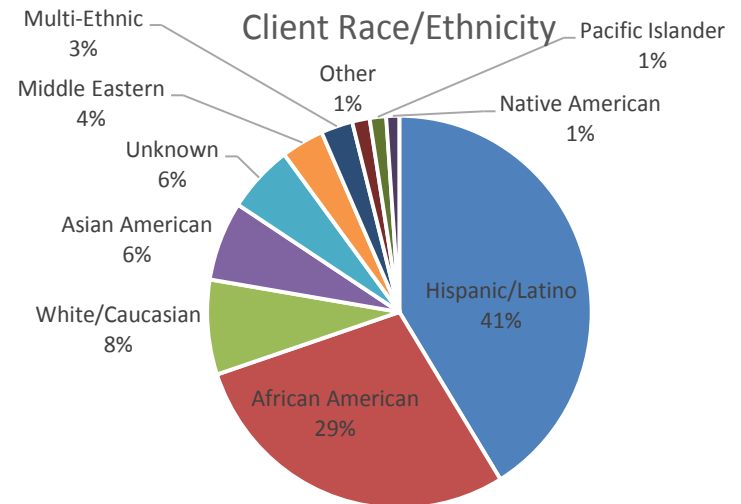
560 Clients in Mental Health Services
 Counseling & case management for individuals and families

135 Students in Education Center
 High School credit retrieval, GED

Client Household Income Levels



Client Race/Ethnicity



Total individuals served in 2015: **3536**

SOUTHWEST YOUTH AND FAMILY SERVICES

Challenge the Past. Change the Future.

Thank you to our 2015 community supporters:

Please inform and forgive us for any mistakes or omissions. We truly value all of our supporters.

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