There is so much left to learn.

This sentiment echoed throughout the year for me. Seeing the devastation of family separation at the border, gun violence destroying the lives of youth... It can feel like too much to bear.

From the families and youth we are fortunate to partner with, we've seen the strength of community in times of uncertainty. Throughout this Annual Report, you will see glimpses of hope. This looks like...

Over 2,460 individuals walking through our doors and making steps toward transforming their futures.

Over 1,160 families receiving community programming and advocacy

Over 500 students participating in after-school programming and receiving personal support to succeed in school

Over 250 individuals and families receiving behavioral health support

Over 100 students enrolled in our credit retrieval and GED programs

This work happens because of the passion and dedication of our staff alongside contributions from donors like you. On behalf of all Southwest Youth & Family Services and those we are honored to partner with, thank you for your support.

Steve Daschle, Executive Director
Our mission is to partner with youth and families to transform futures

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**OUR THEORY OF CHANGE**

The long-term goal of SWYFS is to see youth and families in Southwest King County remove barriers to their success and sustainability caused by systemic and economic inequities. Through nearly 40 years of doing this work, evaluating, and learning with our community, we believe the key levers that impact this long-term change are 1) An equitable and inclusive environment with services that support participants to build on their existing assets of 2) Knowledge and Skills, 3) Hope, and 4) Voice. This year we began measuring our success against this goal, evaluating our impact on those key levers of change.

**AFTER PARTNERING WITH SOUTHWEST YOUTH & FAMILY SERVICES, OUR PARTICIPANTS HAVE...**

**HOPE**

We define hope as the perseverance and resilience to continue, despite challenges and barriers. After partnering with us, 70% of our participants told us they have a renewed sense of hope.

**VOICE**

It is vital that those whose voices have historically not been heard feel a sense of agency to use their voice, have opportunities to be heard, and speak to the change they want to see in their community. 90% of the people we work with feel their voice is now amplified within the community.

**COMMUNITY CONNECTION**

Community is essential for ensuring positive support structures exist for youth and families. This is why we prioritize relationship and a safe, welcoming environment where culture is celebrated and connections are built. 94% have a sense of equitable & inclusive community & connection.

**KNOWLEDGE AND SKILLS**

83% of our participants tell us they’ve increased their knowledge and skills to develop and achieve personal goals around education, mental health, wellbeing, behavior, parenting, and self-sustainability.
WHEN WE SAY WE PARTNER WITH YOUTH AND FAMILIES, WHAT DO WE MEAN?

To us, partnership means meeting people exactly where they are and valuing the inherent strengths of all individuals and families bring to their work with us. People’s inherent strengths are the most important resource in their own lives, in their lives together, and in the lives of their own communities. Through their own voices, they bring essential resources to their work with us. Overall, our goal is to be partners in hope toward a stronger foundation for their personal success by helping remove barriers and offering a variety of resources to support their goals and future.

BEHAVIORAL HEALTH

Our Counseling Center works with youth and families through individual counseling, groups, and family therapy. It is a hub for behavioral health and youth violence prevention services in South King County. SWYFS integrates behavioral health services in all of our work with children, youth and families to ensure programs holistically promote deep and lasting healing and change.

YOUTH DEVELOPMENT

Through case management, quality out-of-school time programming, our summer writing workshop, and community field trips, participants have the opportunity to explore their world and their place in it. We provide a supportive community of mentors and peers that engage youth in finding their identity, power, and voice.

FAMILY ADVOCACY

Many of the families who partner with SWYFS are immigrants or refugees. Our resource specialists and advocates live in the community and speak many of the languages represented there, including Spanish, Somali, Arabic, and Cambodian. Family Advocacy Support, Family Management Services, Systems Navigation, and Emergency Assistance are all services that are available to all that partner with us.

EDUCATION

Our education programs include year-round extended learning programs, early learning, and high school re-engagement programs. Our Education Centers provide supportive, culturally responsive programs for youth looking to complete their education outside the mainstream system.
F I N A N C I A L S

**Income 2018**
$4,826,493.00

- Miscellaneous... 0.5%
- Special Events... 3%
- Fiscal Sponsor Projects... 1%
- Medicaid Counseling... 6%
- In-Kind... 4%
- Individuals... 2%
- Corporate/Foundation Support... 8.5%
- United Way... 21%
- Gov't Contracts ... 54%

**Expenses 2018**
$4,660,514.00

- Administrative Expenses... 13%
- Fundraising... 5%
- Program Support... 82%
IN 2018 OVER 2,460 INDIVIDUALS WALKED THROUGH OUR DOORS AND MADE STEPS TOWARD TRANSFORMING THEIR FUTURES.

At SWYFS we support four lines of services: Behavioral Health, Youth Development, Family Advocacy, and Education. Each one interconnected to ensure that participants receive a holistic network of support on their journey to transform their futures.

In 2018, 85% of the people we partnered with were people of color and over 60% were immigrants and refugees. Throughout the year we saw our community rise together through difficult times and challenges presented by the national political climate.

We saw community and cultures connect in celebration in our Family Resource Center. Creativity blossomed amongst youth who led and planned program events at our New Futures sites.

We honored students shining through academic success. We also celebrated 25 years of youth voice and creativity in our Young Writers Workshop Program fondly known as The Boot.

And so much more.
Over the past year, we have seen an increased understanding of the role mental and behavioral health plays in overall wellbeing. Our approach to behavioral health includes wrap-around support with a trauma-informed lens and tools for ongoing self-care. Our Counseling Center spent 2018 adapting to the increasing needs of the Latinx community. We hired two Spanish speaking counselors which allowed us to branch further into areas that needed support. The Counseling Center increased collaboration with our New Futures programs by providing students and families with therapy at their sites in apartment complexes. We served two students from Arbor Heights, two students from Woodridge Park, and two students from Alcove.

Stories from the community:
When I first started working with A.N. at age 16, there were enormous challenges. Growing up impoverished and with parents who abused alcohol and drugs, domestic violence was a norm in the household. She eventually developed an anxiety disorder so severe she was unable to concentrate on her schoolwork, sleep and eat properly, or regulate her emotions. She was failing her classes and seriously thinking about suicide. Though the therapeutic work was painful and long, she courageously kept at it, working to identify and work on the barriers to her recovery. Encouraging her to carefully open up to school counselors and other resources led to the identification of, and accommodations for, anxiety, depression, post-traumatic stress, and a learning disability. Her grades improving, and no longer blaming herself for mental illnesses outside of her control, she plowed ahead, signing up for healthy extracurricular activities, sports, an outward bound program, and numerous others. Eventually, after about a year she applied for a major university and was accepted. She stated she was the only person of her family, extended and generational, to be accepted to college. - SWYFS Counselor
Youth development is an integral part of many of our programs including New Futures, our Education Center and Violence Prevention Initiatives. As the community continues to change, how our youth are supported changes with it. In 2018 we shifted our focus from violence prevention work to youth development focused programming such as empowerment groups for young women, financial literacy opportunities and middle school leadership development.

We maintained our King County Youth Violence Prevention program in which 80% of youth enrolled met their Individualized Service Plan goals, including 50% who made a reduction in criminal involvement or behavior, 61% who increased school success, and 75% who improved housing stability.

Stories from the community:
During the summer of 2018, we had an opportunity to witness what partnership between SWYFS, GOKiC, and ArtsCorps could look like through youth-led programs. With the direction of our Youth Program Coordinator at Windsor Heights, young women from her EmpoHERment group organized a community potluck, an annual event bringing together residents from the Windsor Heights apartment complex. Over the seven-week summer session, our Youth Program Coordinator folded in leadership development, GOKiC video content development, and ArtsCorps performance curriculum, culminating in a community potluck attended by over 100 students and families living at Windsor Heights. Parents organized food tables celebrating their culture, where they shared traditional foods, the youth put together programming that included poetry that celebrated the beauty and power of black women, and our elementary students sang traditional songs. For the final project, our youth filmed, edited, and curated a video that celebrated dance and fashion from over a dozen ethnic groups. - New Futures Program Director
MY PEOPLE BY GISELLE DIAZ MARTINEZ
FROM THE 2018 BOOT

I am from the depressing weather that wants to make me cry
I am the wind and ocean that makes me feel different types of emotions
But, my ancestors are from the beautiful Mexico
Where the people and the food is full of flavor and traditions

My colors are green, white, and red running through my blood
Yet my people are being forced to leave their country
They fear their own country
All they want is better lives that their own country can’t give to them
But, America is destroying their country,
With cheap sweatshops that only pay 10 dollars a day
Then giving Mexico millions of dollars,
Just for weapons that they use on their own people

Jumping the border just to be used,
Paying taxes and bills that are overdue
While working hard under minimum wage
Just to keep my people oppressed or in jail under arrest

Instead of spitting out hateful dialogue,
That criminalizes the color of our skin and imprisons brown bodies
We should recognize and embrace the value that we bring to this country
Rather than creating walls that separate us,
Let us come together in the fight for social justice
Family resource specialists assist with basic needs such as translation, transportation, mediation, resource referrals, and helping families navigate the many systems they interact with every day. In 2018, 191 individuals or families participated in Health and Wellness activities through our Family Resource Center. Over 164 individuals or families participated in parenting and family education and support activities, 36 individuals or families participated in structured parent and child activities such as parenting classes and 120 individuals or families participated in activities that provided a connection to their community and culture.

Our partnership with the Seattle Department of Transportation was a highlight of 2018. As Transportation Ambassadors, we were able to find engaging opportunities to teach our families the different transportation options available in the city of Seattle. Our goal was to make each option feel accessible and easy to navigate. For example, our staff created a bingo game with transportation options with pictures of each option and included tips on how to access each option along the way.

Stories from the community:

_In the spring, a new mother and her twin daughters came to the Community Bingo to take advantage of the resources provided. She was further connected to the Family Center through the ParentChild+ program; due to needing a power of attorney for her daughters in preparation of future brain surgery. She has received support in translating information with her daughter’s passport applications and baby support through West Side Baby. While she is preparing for her surgery, Southwest Youth and Family Services were able to connect her to Univision television network to share her story and open a GoFundMe page that was shared across the broader ParentChild+ community._ - Latinx Resource Specialist
"You can just see the change. A major change. It changes the whole family. The family will start making changes for themselves because they see it working."

- Nancy Scheimann, ParentChild+ Program Director

The ParentChild+ program is a research-based early literacy and school readiness for primarily refugee and immigrant families. In 2018, the ParentChild+ program served over 368 total participants. This included 117 families through our Delridge site and 60 through our New Futures sites. SWYFS received funding to work with 20 new families from the Ethiopian and Eritrean community that speak Amharic, Oromo, and Tigrinya at the beginning of 2018. By June, we had a total of 64 families complete their second year and graduate from our program.

We are now partnered with Within Reach to refer children who have areas of concern and room for growth. We also had three Early Learning Specialists graduate from an Early Learning program, with one receiving her Early Learning Education degree.

Stories from the community:

One of our second-year participants has demonstrated a huge difference in his behavior. When our Early Learning Specialist and Program Coordinator first met with the family, they gave the child a book to keep him occupied while the family answered questions. The child took the book and threw it off the balcony from the third floor. When our staff went outside to retrieve the book, they found numerous other items the child had thrown off the balcony and returned them to the family. Through the Early Learning Specialist consistency and calmness and the mother’s involvement, the child has been able to sit and participate during the entire 30 minutes of a visit. Now, in the second year of the program, when our staff arrives, the child rounds up his parents, telling them where to sit and that it is time for his school. He loves books and participates through the entire visit.

- ParentChild+ Program Director
We know students are more successful when their basic needs are met and they have a safe place to learn. Students work with case managers to identify both academic needs and any additional services they may need, such as mental health services, violence prevention programs, and family support.

Over 100 students enrolled in our credit retrieval and GED programs through the Southwest Education Center (SWEC). Twelve students graduated with either a high school diploma or GED and almost 70% of students made positive progress toward their academic goals. SWEC students generated a combined total of 166.28 credits. Two of our students received the Rotary Club of West Seattle Student of the Month. New Futures participants had a 100% graduation rate and all students were involved in pro-social activities that included community work, employability, and college-related activities.

The Education Center's Young Writers Workshop celebrated its 25th anniversary and was featured in the South Seattle Emerald's for a legacy of delivering “Powerful Poems, Prose at Youngstown Arts Center”.

"Being at SWYFS has made me a wise person and think more for myself, not just what my friends think. Through SWYFS I got my high school credits. I didn’t think I could - I came here with 8 out of 23 credits, now I have 23 and will earn my diploma in June.”

- Henri, Education Center Participant and 2018 Scholarship Recipient
OUR FUTURE

SWYFS continues to adapt to the changing landscape of Southwest King County. Although we still see families being pushed out of the neighborhoods they know best, we will follow as needed.

Looking into the future, the Family Resource Center is planning more preventative workshops and classes to support our families’ self-sustainability. Our Counseling Center will hire staff that reflects the Latinx and Iraqi community needs and continue to enhance the structure of their Youth Development work.

ParentChild+ is incorporating new data systems and professional development opportunities for home visitors focused on mental health.

Southwest Education Center looks forward to the expansion of the Summer Young Writers Workshop to a year-round workshop that will produce a quarterly zine or blog and a public reading each semester that showcases students’ poems and prose.

New Futures hopes to deepen our connections with White Center, Burien, and SeaTac, and to continue to be civically engaged in order to influence decision-makers that impact our communities. Our student leaders will continue to speak to issues that are meaningful to them and will connect those issues to community organizing efforts and broader change.

Southwest will be here to partner with youth and families in pursuit of a brighter future where our community reaches its best potential.

“Southwest Youth and Family Services has impacted me a lot because it made me realize that I do matter and that I can do something with my life. They have given me opportunities that I have never would have thought I was capable of.”

- Ashlyn, New Futures Participant
Thank you to all our community supporters! Please inform and forgive us for any mistakes or omissions.

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WE PARTNER WITH YOUTH AND FAMILIES TO TRANSFORM FUTURES.