



2019

ANNUAL REPORT

MESSAGE FROM LEADERSHIP

We are proud to report the accomplishments of Consejo Counseling and Referral Service in 2019. During this year, we continued to provide comprehensive outpatient behavioral health services to the Latino and other communities in King, Pierce and Thurston/Mason Counties. We are honored to report that Consejo is the lead Behavioral Health, Domestic Violence/Sexual Assault Victim Agency providing bilingual and bicultural care

to the Spanish-speaking communities of the Pacific Northwest. After more than 42 years of service, we are gratified to report that Consejo has treatment facilities and three housing facilities within major need-based areas of Washington State.

In 2019, Consejo expanded the areas we serve, opening new facilities in the Graham area to serve the East Pierce County community and in the Belfair area to serve the North Mason community. Additionally, Consejo purchased the Villa Esperanza LLC transitional housing program from RBC Capital Market TCEG, and is its sole owner and operator. Consejo updated how it serves clients, installing new Telehealth and electronic health record systems across King, Pierce and Thurston/Mason counties, and contracting with Collective Technologies to provide care coordination for patients seeking Hospital Emergency room services.

Consejo implemented the new Integrated Managed Care Program for Pierce County, and joined the King County Integrated Care Network. Consejo has successfully contracted with Molina Healthcare, United Behavioral Health, Coordinated Care, Amerigroup, and Community Health Plan of Washington, and established Behavioral Health Contracts with the Thurston/Mason BH-ASO and Beacon Health Options. Consejo was able to secure an additional contract with Mason County Public Health.

Consejo's non-behavioral health programs continue to thrive. In 2019, Consejo hosted a very successful annual Youth Conference at the Youngstown Cultural Arts Center, with over 200 youth in attendance. Consejo continues to provide strong support services for youth and families across King, Pierce and Thurston/Mason Counties. Consejo also is pleased to partner and have Memorandums of Understanding in place with 17 school districts.

In 2019 the Office of Violence against Woman (OVW) granted a three-year contract extension for Consejo to provide culturally-specific Sexual Assault Services.

During the 2019 annual independent audits, Consejo had no findings of concern. Financially, Consejo remains very healthy and maintains a strong cash position, with six months cash reserve. We are thrilled that Consejo's assets during this administration have increased from 5 million in 2014 to \$13,391,973 million in 2019. In addition, Villa Esperanza assets add a value of \$3,967,046 for a total asset value of \$17,359,019. This administration has also increased services hours by 62% for the same period.

Consejo continues to have a strong, diverse Board of Directors and a committed, effective leadership team, continually working to serve clients' needs. We are currently positioning the agency to expand and improve services in the new facility in Renton. This will provide integrated care to a larger clientele, in a completely renovated facility.



Mario Paredes, MA, MHP
Executive Director



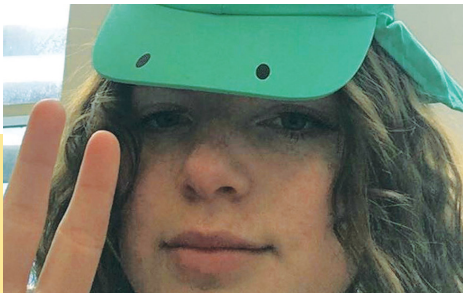
B. Jane Distad, MD
Board President

2019 EXPANDS CONSEJO'S SERVICES WITH TWO NEW OFFICES



GRAHAM

Consejo's office in Graham opened in the fall of 2019. Since opening, this office quickly developed multiple partnerships with local school districts that serve 21 schools in the East Pierce County area. Working with school counselors, administrators, principals, and superintendents, Graham was able to complete Memorandums of Understanding with several of these School Districts before year's end.



TESTIMONY - YOUTH WHO HAS BENEFITED FROM SERVICES IN GRAHAM:

Hi, I am a 15 years old girl. When I came to Consejo I had trouble with my self-esteem, but then here at Consejo I met new people and made friends with group members; they helped me boost my self-esteem and self- confidence. I talked to my SUD Youth and Mental Health counselor at Consejo about my troubles and she helped me calm down my adrenaline. The SUD Youth Staff helps me better the environment around me. I am also in the leadership group with Staff from the APOYO Youth Leadership Program to help plan the Pierce County Youth Conference. I have grown and matured a lot in my time at Consejo.

In addition to providing services in schools, Graham serves adults and youth in the office and at their homes. Staff created two mental health groups titled Enhancing Self-esteem, an 8-week course designed to build and support self-worth. This course is offered to groups, providing them strategies in addressing past trauma, depression, and cognitive distortions for teens and adults.

In 2019, Graham developed a relationship with Recovery Café in Orting, WA to bring SUD and MH services to that community. Staff also traveled as far as Ashford, WA, just outside of the Mount Rainer Park entrance, to deliver mental health services to community members in that area as well.

Before the 2019 year ended, the number of Graham staff grew from five to eight, to serve the increasing number of school and community referrals that the office received. As the number of patients and referrals increase, Graham will evolve and adjust to the needs of the community and will continue striving to fulfill Consejo's mission of helping people achieve self-acceptance and emotional security, as they learn new skills to enhance their lives.



BELFAIR

Belfair is Consejo's most recent office to open. Serving North Mason County, Belfair has quickly established partnerships with local agencies, healthcare providers, and the North Mason School District, offering students school-based therapy services. All Consejo services are available in this office.

Our Services Include:

MENTAL HEALTH SERVICES

- Mental Health Screenings
- Mental Health Assessments
- Individual Therapy
- Group Therapy
- Family Therapy
- Trauma Informed Care
- Case Management Peer Services
- Care Coordination Services
- Less Restrictive Alternatives (LRA)
- Psychiatric Evaluations
- Medication Management
- Tele-Medicine
- Tele-Psychiatry
- Services to children, youth, adults and older adults

SUBSTANCE USE DISORDER TREATMENT AND SERVICE

- Mental Health Screenings
- Mental Health Assessments
- Individual Therapy
- Group Therapy
- Family Therapy
- Trauma Informed Care
- Case Management Peer Services
- Care Coordination Services
- Less Restrictive Alternatives (LRA)
- Psychiatric Evaluations
- Medication Management
- Tele-Medicine
- Tele-Psychiatry
- Services to children, youth, adults and older adults



BELFAIR RESIDENT, SHARES THE FOLLOWING ABOUT HER EXPERIENCE AT CONSEJO



My family has had the good fortune to have learned about Consejo through my children's schools. We met Belinda, and she introduced us to Consejo and its services. I have lived in Belfair for more than 13 years now, and I have finally found a helpful office close to my home, which offers

services we need and staff who speak my language. I very much appreciate the children's self-esteem enhancement group. I have noticed positive changes in my children since they began participating with Consejo, and I am happy when they ask me, "Do we get to go to Consejo today?" It is beautiful to see my children excited to learn and participate with their group at Consejo. I've also been able to participate in the positive parenting classes, and I am grateful because, without Consejo in Belfair, I know my children would not be advancing as they are now. There isn't anything more important than my children feeling better about themselves. Consejo and everyone at Consejo is a positive part of our lives.

Thank you Consejo.

MENTAL HEALTH SERVICES

SEATTLE HQ OFFICE

Consejo's Headquarters office in Seattle is where many people needing and seeking mental health services begin their admission process. Clients are welcomed, evaluated, and referred to the appropriate program, should it be, SUD, Domestic Violence, Sexual Assault, or Psychiatric Services. Other referrals include Health Care or Complementary Medicine programs that Consejo offers in partnership with Swedish Hospital and Bastyr University. In 2019, Consejo recruited a Case Manager Group Leader as part of the Mental Health team. This individual assists clients in finding housing and assists with other services the client may need. Also in 2019, a teenage girls group was launched to provide coping skills to girls experiencing cyber-bullying and mental health symptoms.

Consejo's Psychiatric Medical Director and Psychiatric ARNP acquired a new Medical Assistant. The Medical Assistant is the link between behavioral health and physical health. This individual coordinates care for clients to ensure both mental health and physical health needs are covered. Since the recruitment of this position, there has been an increase of Consejo's BHP's coordination care services to clients as well as the collaboration among Consejo's and other external health care providers.

KENT OFFICE

In 2019, the Consejo office in Kent, based on the approach to integrated health services and comprehensive person care, provided a psychotherapeutic group for female clients with a history of domestic violence and current depression / anxiety/PTSD disorders. As part of our MH services, BH Program requires services focused on

evidence-based practice. And like individual psychotherapy, this psychotherapeutic group focused on objectives related to conflict resolution, breaking the silence of abuse / isolation, rediscovering emotional balance, expanding the social network, personal growth, enhancing social skills and equipping the group of the coping tools they need as an instrument that enhances the desired change. Our same clients expressed not feeling alone about their problems, shared emotions and thoughts without fear of criticism, increased a level of group cohesion. They will continue to be monitored on these therapeutic goals through their individual counseling sessions on the improvement of self-esteem, learning new and assertive models of alternative behaviors that lead to more stable psychological changes and a comprehensive recovery.

SOUTH PARK OFFICE

In 2019, the Mental Health team expanded its services to 11 different public schools, serving South Seattle and Highline, providing psychotherapy in English and Spanish to students' grades 1-12. Our two (2) full-time clinicians and supervisor have processed an unprecedented number of school-based referrals. Our office continues to expand our program to meet the growing mental health need of multicultural elementary, middle, and high school students in the Seattle area. Our school-based clients have presented a diversity of complex issues, from school performance anxiety to acculturation challenges, to more severe problems like foster care placement, or pressures of gang involvement. Our South Park clinicians consistently go over and above to advocate for clients in multiple systems such as CPS, the courts, family, or within the school system.



CONSEJO'S 2019 YOUTH CONFERENCE

DEVELOPING FUTURE LEADERS THROUGH COMMUNITY INVOLVEMENT

In July 2019, Consejo held a Youth Conference that focused on providing knowledge on resources, career paths, and other tools to youth. Young participants came from various cities of King and Pierce Counties.

Cielo Miranda, Miss Teen Washington Latina, was the keynote speaker of the event. In her speech, she shared her personal story and spoke about the challenges she faced in obtaining opportunities to reach the achievements she has accomplished so far.

Dance contests and raffles were also part of the conference; and breakfast and lunch was provided to all participants.



WHEELS TO EMPOWER OUR COMMUNITY

During the summer of 2019, Consejo received a donation of 60 bicycles from Bike Works, a nonprofit organization in Columbia City that for the last 22 years has provided bicycle education services for youth and adults in South Seattle. "We have a portion of our programs dedicated to building bikes for the community, and those bikes get donated," explained Ricardo Rodriguez, Bike Works' Senior Program Coordinator. "We want to reduce the barriers that keep people from having access to bicycles," he added.

"This alliance with Bike Works will help us promote bicycle education to Consejo's clients, especially youngsters," said Marcos Sauri, Consejo's SUD Clinical Supervisor. Sauri added that this program would instill "ownership,

community involvement, and civic responsibility at an early age of their lives".



Consejo is pleased to partner and have Memorandums of Understanding in place with the following school districts: Auburn, Bellevue, Bethel, Eatonville, Federal Way, Highline, Kent, Lake Washington, North Mason, Orting, Pioneer, Puyallup, Seattle, Shelton, Shoreline, Sumner-Bonney Lake and Tukwila.

SEXUAL ASSAULT PROGRAM

In 2019, Consejo's Sexual Assault Program continued providing bilingual and bicultural confidential care and services to sexual assault survivors at our Seattle, Kent, Bellevue, and Lake City offices. These services were provided to primary and secondary sexual assault victims/survivors and their families. Victims/Survivors may include children, teens, adults and LGBT individuals.

Our services include advocacy, which consists of the development of a safety plan, references to additional services as identified, provide support and information about the legal system and victim's rights as well as to discover community resources available. Other services provided were individual therapy, family therapy, and support groups to women survivors. Throughout the year, our staff facilitated two (2) eight (8) week support groups and twelve (12) monthly group sessions. During the group sessions, survivors discussed topics related to sexual assault and engaged in creative drawings and paintings, which helped them express their memories and emotions in a safe and non-verbal way.

The efforts in reaching out to the community included presentations about Sexual Assault and Abuse for medical providers at SeaMar, MH Therapists, DV Advocates, and parents of children with intellectual and developmental disabilities from "The Arc of King Co." Latinx clubs at UW, schools of the Seattle School District, Latinx parents group (Líderes Naturales), Latinx members from Casa Latina, and

Latino women students of Adult Basic Education (ABE) participated in Consejo's Youth Conference and the Community Forum about sexual harassment with Entre Hermanos, an LGBTQ organization. Our staff also participated in radio and television interviews with Univision Seattle.

In April 2019, for the first time, the Sexual Assault program assembled an art exhibit that displayed artwork created by SA survivors. The exhibit took place at Consejo's Seattle office. We called this activity "Survivor's Art Exhibition." A

reporter from Univision Seattle came to Consejo and interviewed a staff member and a female survivor about the exhibit for Noticias Univision Seattle.

A Latino female survivor of incest, who is receiving individual therapy and is participating in support groups, reported to her therapist "feeling better and empowered to share her story with the community." She agreed to share her testimony in a television interview with Univision Seattle. This survivor; was referred to Consejo's

Sexual Assault Program because she was experiencing nightmares, panic attacks, fear, depressed mood, and anxiety, due to repressed memories of the abuse she suffered for decades, began receiving services at Consejo. Upon receiving services, her panic attacks decreased, as her knowledge about her trauma increased. She continued expressing her experience and feelings through art and continues receiving services through Consejo's Sexual Assault and Mental Health Programs to treat her PTSD diagnosis.



TACOMA



Consejo Tacoma has continued providing the vital Mental Health, Substance Use Disorder and Children, Youth & Family Services the communities in Pierce County needed throughout 2019.

THE FOLLOWING ARE A FEW ACTIVITIES FUNDED BY THE CITY OF TACOMA IN WHICH WE TOOK AN ACTIVE PART IN 2019:

- Implementation of a Youth Co-occurring Program at Tacoma Public Schools
- Offered Homelessness & Household Stability and Mental Health Outpatient Program to the Community.
- Actively participated in the Gang Project Multidisciplinary Intervention Team, assisted in providing staffing, consultations, outreach, and engagement.

OTHER ACTIVITIES INCLUDE:

Pierce County United Way Funded-Basic Needs and Self Sufficiency Matrix

Consejo collected a basic needs survey from 311 consumers to help Pierce County United Way determine the resources needed for the community.

Pierce County Jail and Nisqually Public Safety Jail Substance Use Disorder Assessments

Conducted over 100 SUD Jail Assessment in the above two jails.

WA State Department of Corrections, Work Release Program SUD Services at Consejo

Consejo's SUD Adult Outpatient program acted as the leading provider for the WA State corrections work release program. All inmates at that program with an SUD history were referred to Consejo Tacoma for SUD intakes and Treatment if recommended.

Washington Equity Census Grant Operations

Participated in this Census grant program to reach out to the community to help mobilize, educate, and engage the hard-to-count populations to participate in the 2020 Census.

Whole Person Care Initiative

In January of 2019, Consejo Tacoma and Community Health Care began working together to provide Integrative Specialty Mental Health Counseling. Consejo also collaborated with primary care providers in Pierce County to implement a Whole Person Care service to clients.

Domestic Violence Advocacy

In December of 2019, Consejo Tacoma and DSHS completed a contract to have a 20 hours DV advocate at the Puyallup DSHS office and a 20 hours DV Advocate at the Lakewood DSHS office. As a result, Consejo Tacoma created a new full-time position to fulfill these duties.

DOMESTIC VIOLENCE PROGRAM

DOMESTIC VIOLENCE COMMUNITY ADVOCACY PROGRAM AND TRANSITIONAL HOUSING PROGRAM

The Domestic Violence Program has continued providing specialized services to DV survivors. In 2019, 1,869 survivors (including their children) benefited from multiple Consejo's services, such as transitional housing, support groups, assistance in navigating the legal system and obtaining referrals to Mental Health Services. These services help survivors in the process of breaking out from the cycle of abuse, contributing to their overall wellbeing.

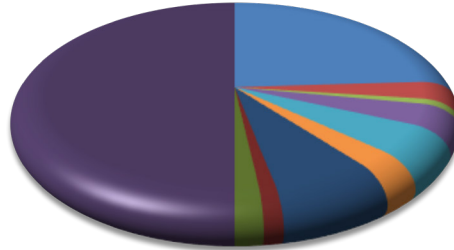
One of those survivors is DBA, who began receiving Domestic Violence Services at Consejo in March 2018. DBA suffered emotional and physical abuse from his ex-partner. Consejo assisted him in creating a Safety Plan, provided rental and mental health aid as well as Legal assistance with Northwest Justice Project and immigration assistance with Northwest Immigrant Rights Project. DBA continues receiving mental health therapy at Consejo, which has enabled him to make positive changes in his life.



2019 YEAR END FINANCIALS

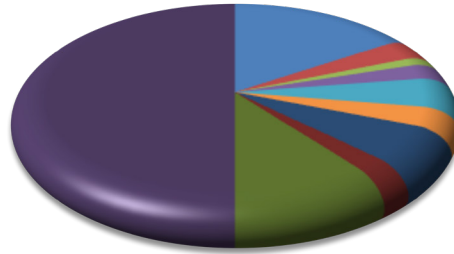
REVENUE

Mental Health King County:	5,093,326	5,093,326
Mental Health Pierce County:	636,941	636,941
Youth and Family Services:	187,693	187,693
SUD King County:	776,244	776,244
SUD Pierce County:	1,085,338	1,085,338
DV & VOCA:	579,411	579,411
Shelton - BH:	1,591,161	1,591,161
Housing:	270,673	270,673
Administration:	392,902	392,902
Total Public Support and Revenue	10,613,698	



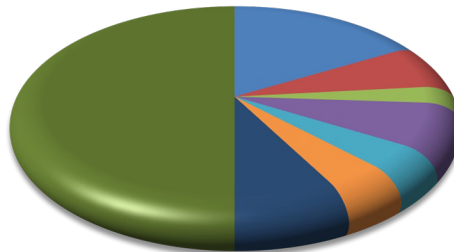
EXPENSES

Mental Health King County:	2,745,903	2,745,903
Mental Health Pierce County:	542,239	542,239
Youth and Family Services:	212,986	212,986
SUD King County:	422,200	422,200
SUD Pierce County:	840,488	840,488
DV & VOCA:	565,271	565,271
Shelton - BH:	1,093,823	1,093,823
Housing:	397,874	397,874
Administration:	1,841,423	1,841,423
Total Expenses	8,662,206	



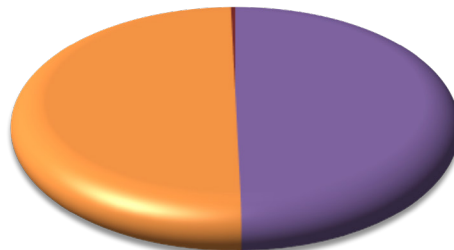
SERVICE HOURS

Mental Health King County:	20,690
SUD King County:	8,340
Mental Health Pierce County:	3,371
SUD Pierce County:	9,324
Domestic Violence:	5,200
Thurston County MH:	5,542
Thurston County SUD:	9,740
Sexual Assault:	942
Total Service Hours:	72,007



VILLA ESPERANZA

Revenue:	347,769
Net Revenue Over Expenditures:	2,703
Total Expenditure:	350,472



WE THANK OUR YOUTH CONFERENCE SPONSORS



A Member of the Tokio Marine Group



WE DEEPLY APPRECIATE THE GENEROSITY OF OUR FOUNDERS AND DONORS

FOUNDATIONS AND ORGANIZATIONAL DONATIONS

Seattle Foundation
Medina Foundation
The Norcliffe Foundation
Moccasin Lake Foundation
Horizon Foundation
Philanthropy Northwest
Quil Ceda Village Charitable Foundation
Lucky Seven Foundation
Jeffris Wood Foundation
Seattle School District
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The Benevity Community Impact Fund
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YOUTH CONFERENCE SPONSORS

USI Insurance Services Event Sponsor
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Alfredo Campos
Laurie Kriesel-Roth
Martha Sanchez-Zavaleta and Mario Zavaleta
City of Seattle 2019 Employee Giving Fund
Secretary of State Employees Donations
King County Employee Giving Program Donations

FUNDERS

DOJ-OVW-Sexual Assault SASP
DSHS Culturally Specific DV
City of Bellevue - DV
City of Federal Way - DV
Washington State-STOP DV - WA
Washington State STOP Grant - YWCA
Washington State DVLA Program
King County-DV
King County State Youth Treatment Program
King County Integrated Care Network
King County- Office of Housing
King County Public Health
King County-MIDD
Pierce Co - Healthy Youth Coalition

City of Auburn-DV
City of Bothell-DV
City of Kirkland-DV
City of Redmond-DV
NWIRP GTEA
City Seattle-DV Legal Advocacy
City of Seattle-DV Coordinated Response Cell Phone
City of Seattle Access to Advocacy Hotline & Outreach
City of Seattle Office of Housing
City of Tacoma - CD Program
City of Tacoma Youth Co-Occurring
City of Tacoma REACH program
City of Seattle Youth Violence Prevention Initiative
Center for Children and Youth Justice-LINC
Beacon Health Options
United Behavioral Health
Coordinated Care
Amerigroup
Community Health Plan of Washington
Thurston/Mason BHO
Mason County Public Health
Pierce Youth Violence Prevention
Therapeutic Court SAMHSA Family Recovery Court
Healthierhere
Elevated Health
Cascade Pacific ACH