



CONSEJO COUNSELING & REFERRAL SERVICE

2021 ANNUAL REPORT

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TRANSFORMING · STRENGTHENING · EMPOWERING

Consejo Thanks You



Since 1978, Consejo has been serving the community from Columbia City. Two years ago, we began relocating to our new integrated care facility in the Renton area. Our former home will be sold to another non-profit organization to build a 6-story, 87-unit low-income housing apartment. We thank our Columbia City neighbors, partner organizations, and funders that supported Consejo's mission for the last 43 years. The new Consejo administration and integrated care facility began its operations and services in December 2021. We want to thank the City of Renton leadership, our funders, and the community for their support during the transition. Our new location offers more space and better parking for our clients.

Consejo provides families, children, and adults with behavioral health, substance use treatment, domestic violence/sexual assault survivor services, and supportive housing by empowering them to engage in their community at their highest level of functioning. Consejo's interdependent treatment model allows clients to develop self-acceptance, emotional security, and growth while learning and using new skills to better their lives. Consejo thanks and appreciates its employees, volunteers, and the community for supporting us to transform, strengthen, and empower individuals' lives.

Consejo received accreditation from the Joint Commission for all behavioral health services. The Joint Commission focuses on essential client care and organizational functions that are essential to providing high quality care. Earning this accreditation signifies Consejo's dedication to high quality of care for our clients. Consejo is very proud of this accomplishment!



Children, Youth & Family Services

Children, Youth, and Family Services at Consejo include school-based behavioral health services, outpatient substance use disorder treatment, system navigation case management, and an annual youth leadership conference.



Consejo's system navigation services utilize a trauma-informed care approach. The target populations are youths and young adults ages 14- 24 that the Criminal Justice system has negatively impacted. The program uses a harm reduction approach and empowers participants to engage in their communities at their highest level of functioning. Clients attending the program gained knowledge from employment referrals, mock interviews, and resume writing. The program provided education, mental health, SUD assessments, immigration assistance, legal aid, primary care connections and transportation to and from COVID vaccine appointments.



The program served over 25 school districts across all regions and established effective partnerships in the community, including a collaboration with the Children and Family Justice Center. We conducted outreach, recruitment, and workshops to educate and engage the community. We hosted the Annual Youth Conference in Pierce County in partnership with the Bethel School District at the Spanaway High School. Youth from King and Pierce County attended the Hybrid conference. This year the event was live-streamed via Facebook and provided an opportunity for 30 youth in the King County Juvenile Detention Center to attend. The program participants attended educational workshops, games, raffles, and other fun activities.



North Sound Services

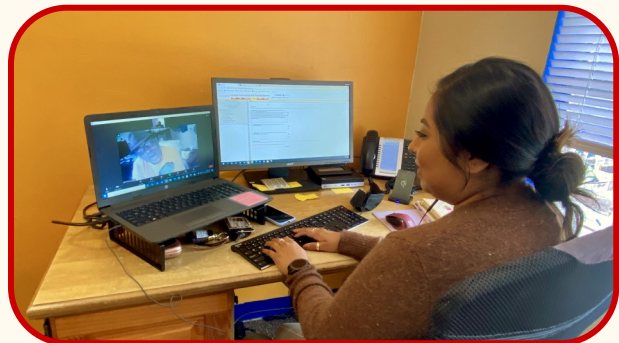


Consejo expanded behavioral health services in the North Sound region to respond to the area's high community needs serving Whatcom, Skagit, Snohomish, Island, and San Juan Counties. Consejo's telehealth services include children, youth, adults, older adults, and families. Consejo provides low-barrier access care by utilizing a decentralized care model. We offer integrated care services, same-day and next-day access to telehealth assessments, and outpatient care to respond to the clients' needs.

North Sound Region



Telehealth Services



Consejo partnered with five managed care organizations, the North Sound BH-ASO and San Juan County Juvenile Court Services. Consejo received referrals from the Sultan School district, Orcas School District, Orcas Community Resource Center, The Funhouse Commons, Whatcom Health Department, San Juan County Juvenile Probation, The Skagit County Adult Detention facility and the community at large. Consejo is exploring the options of acquiring property in the North Sound region; the new building will provide client's with access to local public transportation, parking, and ADA for all clients. Consejo has been in communication with the San Juan and Skagit counties about plans to acquire properties late 2022. As a behavioral health provider, Consejo aims to provide the North Sound region with a safe and caring environment.

The mural was created by Consejo's clients



Domestic Violence & Sexual Abuse Services



Consejo's Sexual Assault Program provides survivors a safe and confidential space to express their feelings, experiences, and concerns with others survivors dealing with similar memories and traumatic experiences. Consejo offers individual therapy services to children, youth, and adults, including Latino LGBTQ survivors in need of healing and processing their traumatic experiences. The sexual assault program provides clients with exercise classes, self-care workshops, and wellness programs. Consejo participated in radio and church programs during the pandemic to inform the public and religious communities about sexual assault effects and services.

Survivors stated it was extraordinary knowing that they had the opportunity to receive services in their language during the pandemic. Clients felt confident knowing Consejo understands and helps them on the path to healing the wounds of the abuses they suffered. The group provides survivors with a safe space to feel heard, valued, and express themselves verbally. Therapeutic drawings enable clients to learn about the abuses that affected their lives and empower them to gain self-confidence. Consejo takes pride in being able to assist, support, and help survivors overcome their obstacles.

Consejo's Domestic Violence Program works with survivors and their families dealing with life-threatening situations. We provide safe and comprehensive services, including advocacy-based counseling, transitional housing, support groups, and legal advocacy to help survivors obtain protection orders and navigate the legal system.

Domestic violence survivor-driven advocacy consists of a partnership where survivors define what safety means to their families.

A Latina victim endured emotional and physical abuse for over twenty years. She empowered, strengthened, and transformed herself into an independent, self-reliant, and stress-free.

Consejo implemented telehealth services and provided emergency food cards, hotel vouchers, and rental assistance to survivors throughout the Pandemic. During DV awareness month, Consejo's DV program manager, in partnership with the King County Sheriff's office, co-presented via Zoom at the annual DV symposium for the Latinx community.



Pierce County Services

Consejo's Pierce County facilities provided behavioral health programs and summer activities to enhance youth involvement and participation. During treatment, Consejo's clinicians taught youth life and coping skills. East Pierce County families living in remote communities had limited access to medical, behavioral health, and transportation services. During the Pandemic, youth experienced social isolation, high levels of anxiety, and clinical depression; as a result, the number of children and families seeking outpatient services increased.

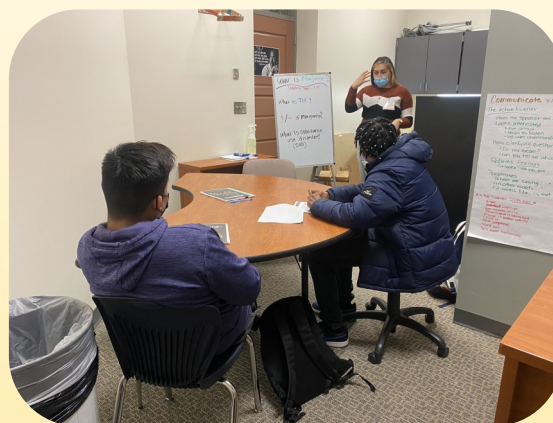
We conducted outreach and community education via social media. We collaborated with the local Rotary Club, White River Families First Coalition, Orting Standing Together Prevention Coalition, Communities for Families Coalition-Sumner Bonney Lake, and the Pierce County District Court Resource Center Committee. Consejo is honored to support and provide nine school districts in the East Pierce County region with behavioral health services.



The Pierce County Community Services Eviction Rental Aid Program honored Consejo with the Housing Hero's of Pierce County award for providing clients, families, and community members with over \$500,000 towards rental assistance.

The Tacoma Public School Board recognized Consejo for being a whole child champion and dedicated community partner for helping every student be safe, healthy, engaged, and challenged. *"Our district is dedicated to celebrating and honoring the great work and efforts being put into supporting our students by Consejo Tacoma Teams. We want to celebrate Consejo Counseling and Referral Service for being a Whole Child champion and a dedicated partner to this work."*

Consejo is committed to integrating bi-directional care and began renovating its lower-level building in December 2021. The renovation will increase Consejo's capacity by twenty additional offices, two conference rooms, and ADA access throughout the facility.





King County Services

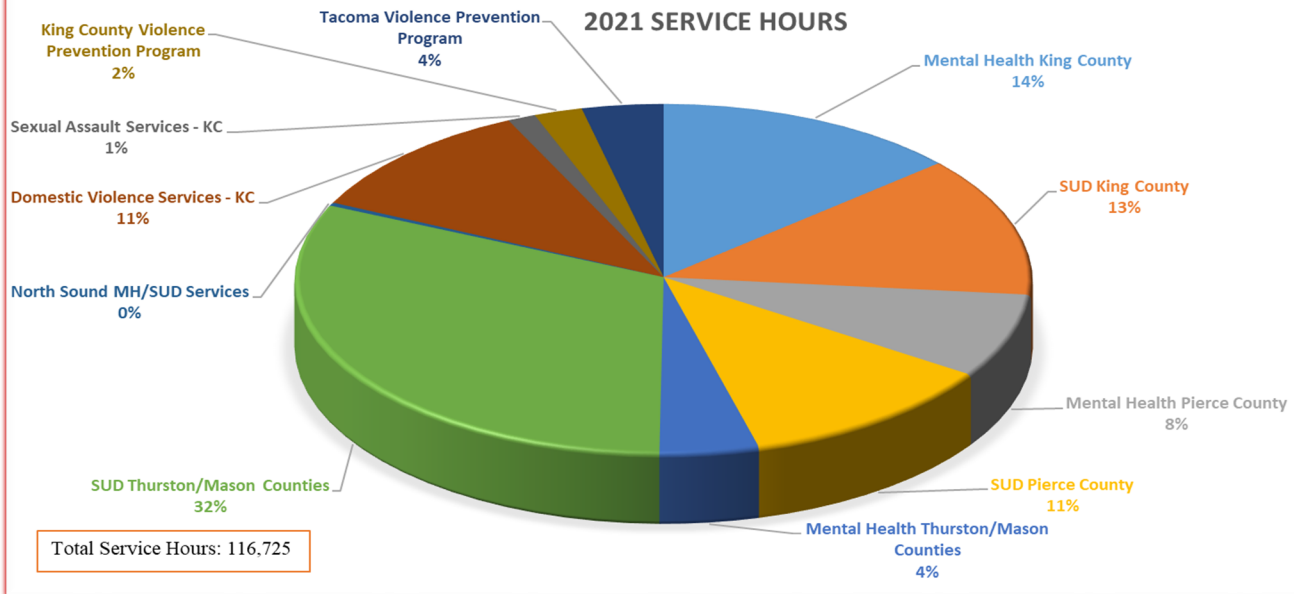
Consejo, the University of Washington Harborview Medical Center, Health Point, Sea Mar and El Centro De La Raza partnered to provide Latino clients with access to COVID vaccine clinics. Consejo provided trauma informed outpatient Mental Health and Substance Use disorder services to youth living in the City of Kent who had no health insurance coverage or means to pay for behavioral health care. Youth received behavioral health assessments, treatment plans, individual therapy, group therapy, case management, care coordination, psychiatric evaluations, medication management, peer and family support services.



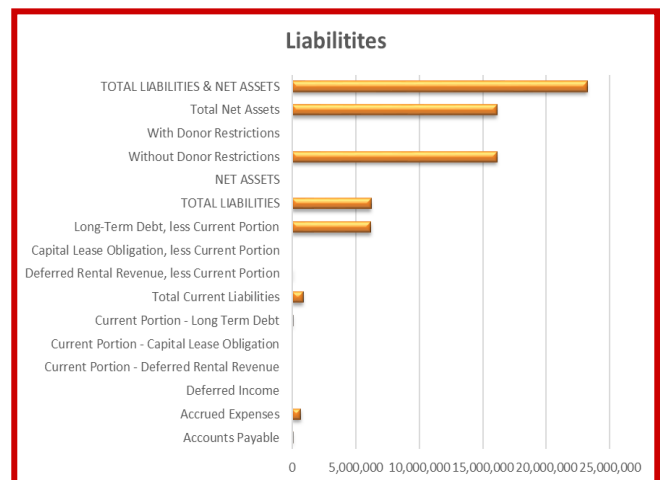
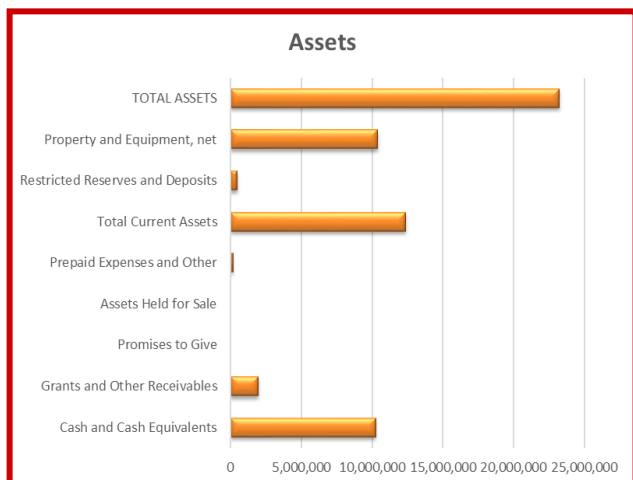
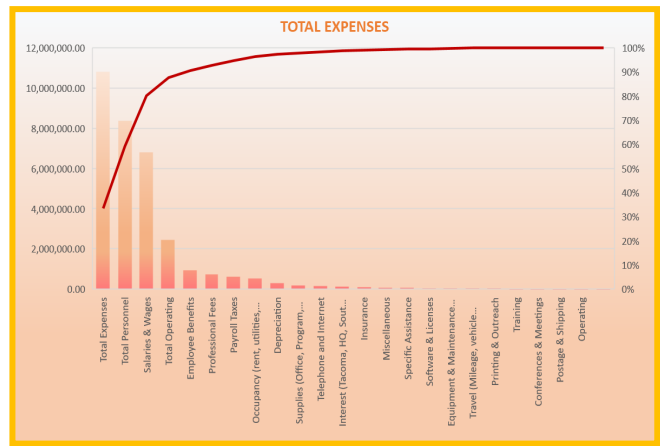
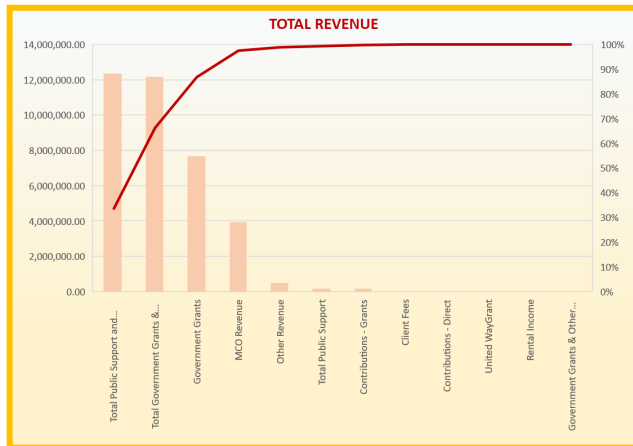
Mason County Services

The Shelton Consejo site prides itself on our clinicians' involvement in the Mason County therapeutic court system, including Drug, Veterans, Family, and Mental Health Courts. During the Pandemic, our program provided energy assistance, emergency food cards, and coordinated COVID tests for our clients in partnership with Peninsula Community Health Services. The program established a COVID hotline for the Mason region. Our team established behavioral health services in the North Mason-Belfair area to serve the rural, underserved, and marginalized communities. Consejo supports and provides three school districts in the Mason County region with behavioral health services.

Service Hours



Revenue, Expenses, Assets & Liabilities



Consejo's Funders

Foundations:

- ◆ Amazon Smile Foundation
- ◆ Community Foundation of South Puget Sound
- ◆ Fidelity Foundations
- ◆ Group Health Foundation
- ◆ Horizons Foundations
- ◆ Seattle Foundation
- ◆ Seattle Foundation-Quincy Ells Funds
- ◆ Seattle Foundation-Anonymous Donors

Individual Donors:

- ◆ Antonio Pedroza
- ◆ Brian Huseman
- ◆ Christine Erica Marbet
- ◆ David Coffey
- ◆ Dennis Decoteau
- ◆ Humberto Hernández
- ◆ Ingrid Sarapuu
- ◆ Isaac Rhew
- ◆ Jane Distad
- ◆ Jorge Arturo Rivera
- ◆ Kamuron Gurol
- ◆ Kathryn Flores
- ◆ Mario Zavaleta
- ◆ Ximena Oritz-Araya

Public & Private Funders:

- ◆ Beacon Health Options
- ◆ Cascade Pacific Accountable Community of Health
- ◆ Center for Multicultural Health
- ◆ City of Auburn
- ◆ City of Bellevue
- ◆ City of Bothell
- ◆ City of Federal Way
- ◆ City of Kent
- ◆ City of Kirkland
- ◆ City of Redmond
- ◆ City of Renton
- ◆ City of SeaTac
- ◆ City of Seattle DV - SA Program
- ◆ City of Seattle Immigrant Relief Fund
- ◆ City of Seattle Office of Housing
- ◆ City of Seattle Youth & Family Empowerment Division
- ◆ City of Shelton Therapeutic Courts
- ◆ City of Tacoma
- ◆ DOJ-OVW
- ◆ DSHS DV Culturally Specific Program
- ◆ Elevated Health Accountable Community of Health

- ◆ King County Drug Diversion Program
- ◆ King County DV Program
- ◆ King County Integrated Care Network
- ◆ King County MIDD
- ◆ King County Office of Housing
- ◆ King County Public Health
- ◆ North Sound BH-ASO
- ◆ Pierce County Community Resiliency Fund
- ◆ Pierce County Human Services Division
- ◆ San Juan County Juvenile Court Administration
- ◆ Tacoma-Pierce County Health Department
- ◆ Thurston Mason BH-ASO
- ◆ United Way of King County
- ◆ United Way of Mason County
- ◆ Washington State Health Care Authority
- ◆ Washington State Covid Relief Fund
- ◆ Washington State Department of Commerce Community Capital Facilities
- ◆ Washington State Department of Commerce OCVA
- ◆ Washington State DVLA Program
- ◆ Washington State Immigrant Relief Fund
- ◆ Washington State STOP DV WA
- ◆ Washington State STOP Grant YWCA

Managed Care Organizations:

- ◆ Amerigroup
- ◆ Community Health Plan of Washington (CHPW)
- ◆ Coordinated Care
- ◆ Molina Health Care
- ◆ United Behavioral Health

Commercial Insurance Companies:

- ◆ Aetna El Paso
- ◆ Aetna Lexington
- ◆ Ambetter
- ◆ Anthem BCBS
- ◆ Cigna
- ◆ Health Management Admin
- ◆ Kaiser Permanente
- ◆ Premiera Blue Cross
- ◆ Regence Blue Shield
- ◆ Regence Boeing
- ◆ Uniform Medical Plan

Conference Sponsors:

- ◆ Graham School District
- ◆ Molina Health Care
- ◆ Pacific Office Automotion
- ◆ USI

