



2025 ANNUAL **REPORT**

CONSEJO COUNSELING & REFERRAL SERVICE

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MESSAGE FROM OUR EXECUTIVE DIRECTOR

2025

www.consejocounseling.org



I extend my sincere appreciation to our staff, interns, partners, and supporters. Your dedication and professionalism keep our mission alive and strengthen our community.

Mario E. Paredes

Mario E. Paredes

For more than four decades, Consejo has served communities with care, dignity, and purpose. In 2025, we strengthened the systems and partnerships that sustain our work and ensure consistent, responsive care.

As our organization continues to evolve, behavioral health remains at the center of how we deliver care, with programs integrated to support the whole person.

This approach guided the April 2025 launch of our Health and Wellness services and reflects a year of significant organizational progress that positions Consejo for continued impact in the years ahead.

2025 Key Milestones & Impact

CCBHC Pre-Certification Cohort
Washington State

1000+

Behavioral Health Patients enrolled in
Health & Wellness Medical Services Since
April 2025

OUR VISION

We envision a Washington State where **everyone has access to the highest quality behavioral health services and social supports**, so they can participate in creating a community that is whole, healthy, and thriving.

OUR MISSION

Consejo brings healing, health, and hope to communities through ***holistic, culturally, and linguistically competent behavioral health services and advocacy.***

CCRS BOARD OF DIRECTORS 2025 - 2026

Antonio Pedroza MD
Board President

Ingrid Sarapuu
Board Treasurer

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Board Vice President

David Coffey
Board Secretary

Raymond Aguilar MD

Ximena Opitz-Araya

Polly Fabian MD

Kathryn Flores, MBA

Rebecca Sanchez

Eamonn Swords MD

Rebecca H. Benavides

CONSEJO'S SERVICE AREA

King, Pierce, Thurston-Mason and Skagit Counties.

Outpatient Behavioral Health

Renton - Headquarters

- 1** 723 SW 10th Street,
Renton, WA, 98057

South Park

- 2** 8615 14th Ave. South
Seattle, WA 98108

Lake City

- 3** 12360 Lake City Way NE
Seattle, WA 98125

Bellevue

- 4** 13343 Bel-Red Rd, Suite 110
Bellevue, WA 98005

Shelton

- 5** 627 West Franklin St
Shelton, WA 98584

Belfair

- 6** 23291 WA-3,
Belfair, WA 98528

Tacoma

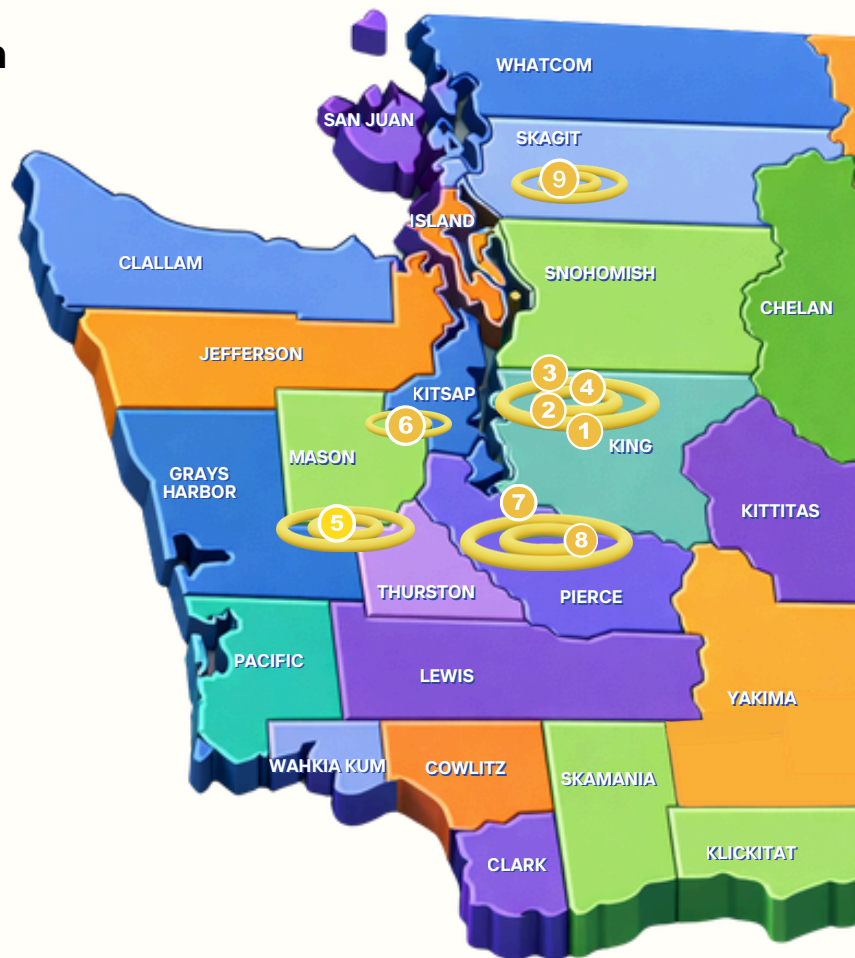
- 7** 5915 Orchard St W,
Tacoma, WA 98467

Graham

- 8** 21120 Meridian Ave E
Graham, WA 98338

Mount Vernon

- 9** 1601 East College Way
Mount Vernon, WA 98273



Western Washington State County Map

Transitional Housing

Mi Casa

 Confidential

Las Brisas

 Confidential

Villa Esperanza

 Confidential

CCRS MODEL OF CARE

Consejo's Model of Care brings together behavioral health, survivor advocacy, housing, wellness, and prevention services into one integrated, culturally and linguistically competent system. Guided by a trauma-informed, patient-centered, and decentralized approach, the model ensures accessible, whole-person care across all the communities we serve.



Consejo's Integrated Care Services Wheel | 2025

1 Culturally and linguistically competent

Services are delivered in ways that honor cultural identity and preferred language.

2 Trauma-informed

Care is grounded in safety, trust, and recognition of trauma's impact.

3 Patient-centered approach

Clients guide their care plans, ensuring dignity, choice, and individual goals.

4 Decentralized care

Access is expanded by meeting clients across settings, including schools, community sites, and telehealth.

ADVANCING INTEGRATED CARE ACROSS WESTERN WASHINGTON

In 2025, regional impact took shape through partnership, expansion, and responsiveness to local needs. Highlights across each county include strengthened collaborations and expanded service reach, such as weekly provider visits to San Juan Island through our Skagit County team, increasing access to care for island residents.

King



Pierce



Skagit



Thurston



Mason

SURVIVOR SERVICES

In 2025, Consejo strengthened agency-wide capacity to respond to the needs of trauma survivors across all services. Through coordinated training, trauma-informed practice development, and cross-team collaboration, staff across programs enhanced their ability to provide integrated behavioral health and advocacy support within routine care delivery.

Consejo's Survivor Service Pathway



Survivor trauma psychotherapy groups created space for therapeutic art, supporting emotional expression and healing.



Survivors found space for connection, emotional regulation, and continued healing.

2025 SERVICE IMPACT

554

Survivors
Connected to
Care

7,460

Service Hours
Delivered

HEALTH & WELLNESS

This year, Consejo launched the Health & Wellness Program to strengthen access to preventive care and coordinated health services within the community. Designed to reduce barriers and streamline care navigation, the program established a new entry point for individuals seeking accessible, community-based healthcare including preventive care, chronic disease management, behavioral health, and specialty referrals in one integrated system.

SERVICE IMPACT

(APRIL–DECEMBER 2025)



1,099

Patients Registered



1,305

Total Visits

PREVENTIVE OUTREACH & CARE COORDINATION IMPACT

Through strategic partnerships and coordinated care, the Health & Wellness Program expanded access to essential preventive and specialty services in 2025.



MOBILE DENTAL SERVICES

In partnership with



VACCINATION EVENTS

In partnership with



SPECIALTY REFERRALS

Dental, Optometry, Physical Therapy,
Women's Health and Psychiatry.

YOUTH VIOLENCE PREVENTION

This year marked measurable growth in youth engagement, system partnerships, and structured support. The Youth Violence Prevention Program increased school-based services, expanded its presence inside juvenile detention, and delivered sustained, relationship-centered engagement during critical transition periods.



SCHOOL-BASED SERVICES

Licensed therapists and case managers delivered comprehensive services directly inside school environments to strengthen stability and long-term opportunity:

- * Mentorship and leadership development
- * Behavioral health and substance use support
- * Family support services
- * Education and employment pathways

JUVENILE DETENTION SERVICES

Increased on-site presence at the Seattle Juvenile Detention Center, delivering structured workshops and direct youth engagement:

- * Leadership and life skills curriculum
- * Individualized case management
- * Re-entry planning and transition support
- * Mentorship and continuity of care

SERVICE IMPACT



232
Youth Served



1,436
Direct Service Hours

YOUTH CONFERENCE 2025

This year's Youth Conference reflected significant growth in scale, coordination, and community engagement. The event provided youth with direct access to leadership voices, interactive learning experiences, and a diverse network of community resources in a structured, high-energy environment.



COMMUNITY LEADERS INSPIRING YOUTH

Keynote speakers

Washington State Representative
Sharlett Mena

Reinforced belonging and civic leadership, reminding youth:

"You are not a guest in this country, you are the future of this country."



THE IMPACT

163

YOUTH PARTICIPANTS

8

INTERACTIVE WORKSHOPS

33

RESOURCE TABLES

3

KEYNOTE SPEAKERS

Community Leader & Advocate
Jose "Neaners" Garcia

Shared his journey of transformation and spoke directly to youth:

"You are not broken, you just need to be seen."



Former Professional Soccer Player
Jhon Kennedy Hurtado

He encouraged youth to understand that success isn't just about skill, it's about **discipline, perseverance, and how you handle adversity.**



BEHAVIORAL HEALTH SERVICES

Behavioral Health Services are central to Consejo's integrated care system, supporting stabilization, recovery, and long-term wellbeing across all programs and locations.



In 2025, clinical capacity expanded, trauma-informed treatment deepened, and cross-program coordination strengthened, reinforcing a system designed to deliver linguistically and culturally responsive, accessible care across the five-county region.

CLIENT OUTCOMES ACHIEVED IN THERAPY

- ✓ Symptom reduction
- ✓ Improved emotional expression and self-efficacy
- ✓ Educational advancement and workforce engagement
- ✓ Sustained stabilization through whole-person care

- ✓ Increased expressive arts & somatic therapy groups
- ✓ Strengthened co-occurring MH/SUD integration
- ✓ Expanded EMDR trauma certification

2025 CLINICAL ADVANCEMENTS

SYSTEMWIDE IMPACT

→ **57,121**
Service Hours

→ **5,981**
Clients Served



SUBSTANCE USE DISORDER SERVICES

SUD services remained a vital component of Consejo's integrated care system this year. Through expanded outpatient capacity, integrated mental health treatment, and strengthened cross-system partnerships, services addressed co-occurring conditions and increased access to coordinated recovery support in communities most affected by the overdose crisis.

In 2025, treatment capacity grew, therapeutic modalities diversified, and partnerships deepened, reinforcing a system designed to promote sustained recovery and continuity of care.

DIRECT TREATMENT SERVICES DELIVERED

- Individual substance use counseling
- Group substance use counseling
- Relapse prevention planning
- School-based SUD Prevention
- Overdose-risk education
- Medication support for opioid use disorder
- Integrated care for co-occurring conditions
- Youth early-intervention programming

RECOVERY SUPPORT & SERVICE EXPANSION

- Expanded outpatient group availability
- Spanish-language SUD services
- Trauma-informed modalities (yoga, somatic therapy)
- Peer recovery coaching
- Aftercare navigation services
- Housing stabilization support

SYSTEMWIDE IMPACT

→ **67,150**
Service Hours

→ **2,066**
Clients Served



INTERNSHIP PROGRAM

Our internship program plays a critical role in preparing future professionals while reinforcing workforce capacity across our service regions. In 2025, this investment translated into the following measurable outcomes:

WORKFORCE OUTCOMES & IMPACT

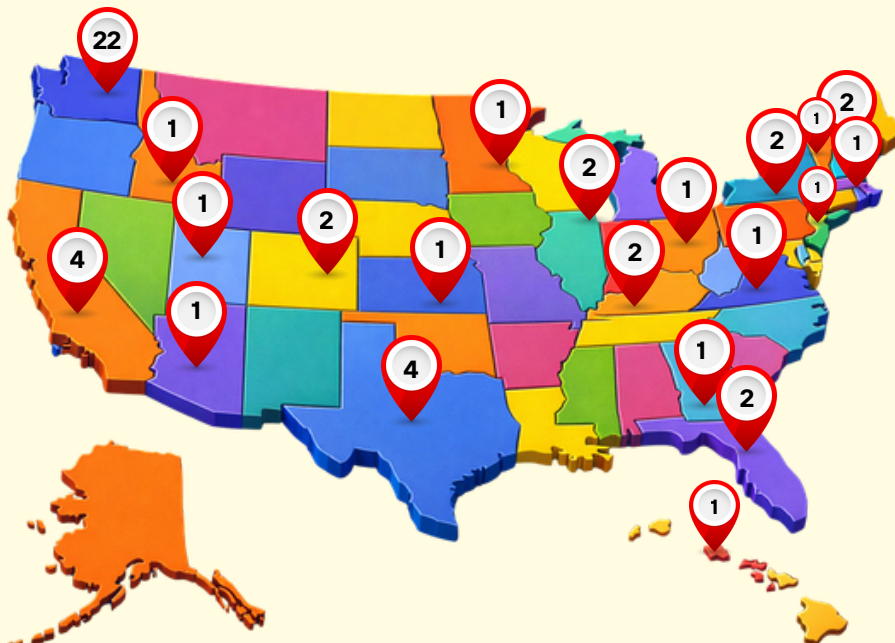
 **42**
COMPLETED
INTERNSHIPS IN
2025

9 UNDERGRADUATE
LEVEL
33 GRADUATE
LEVEL

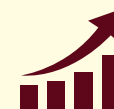
 **33%**
INTERNSHIP TO
EMPLOYMENT
CONVERSION RATE

GEOGRAPHIC REACH

Consejo's academic partnership network spans 21 states. The number shown in each marker reflects the total institutions located within that state.



 **54**
ACADEMIC PARTNER
INSTITUTIONS

 **20%**
PARTNERSHIPS
GROWTH IN ONE YEAR

 **21**
STATES REACHED
NATIONWIDE

2025 CLIENT COUNT



Photos courtesy of  HealthierHere

WHOLE-PERSON CARE

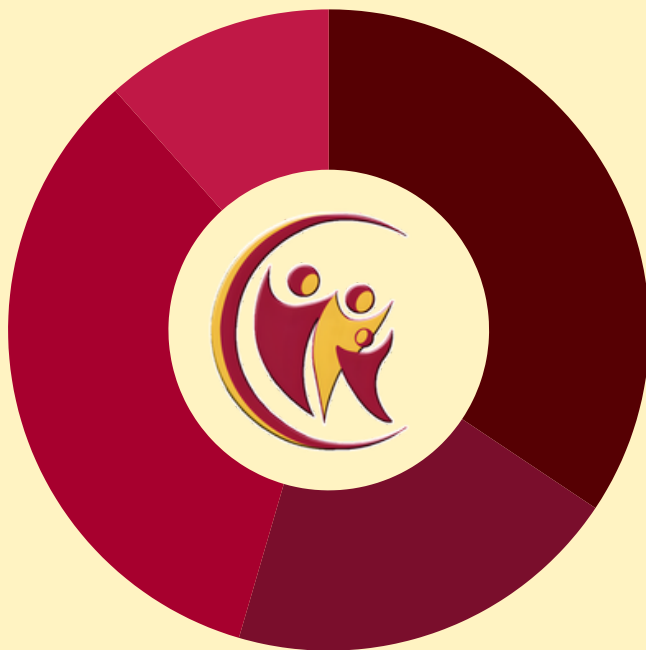
Behind every number is a person navigating complex challenges and a story of resilience.

In 2025, Consejo strengthened and expanded access to care through a whole-person approach, helping thousands of individuals and families overcome barriers to culturally responsive integrated health and supportive services.



9,038

CLIENTS SERVED



*Data reflects unduplicated clients served
January 1 – December 31, 2025.*

DISTRIBUTION BY COUNTY

Regional distribution reflects both scale and access, with concentrated service delivery in King and Pierce counties and sustained reach across North Sound and Thurston–Mason.

	King County	34%
	Pierce County	34%
	North Sound Region	20%
	Thurston - Mason Counties	12%

2025 SERVICE HOURS

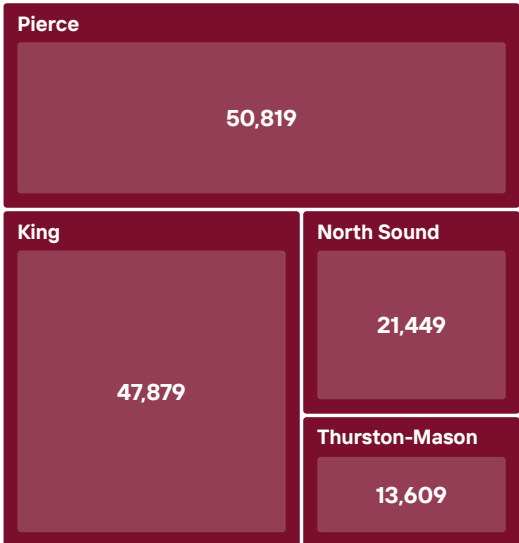


PROGRAM DISTRIBUTION

PROGRAM	HOURS
Mental Health	57,121
Substance Use	67,150
Domestic Violence	6,211
Sexual Assault	1,249
Youth Violence Prevention	1,436
Wellness (Naturopathic Services by Bastyr University)	589

In 2025, our staff delivered **133,756** direct service hours.

REGIONAL DISTRIBUTION



Photos courtesy of HealthierHere

2025

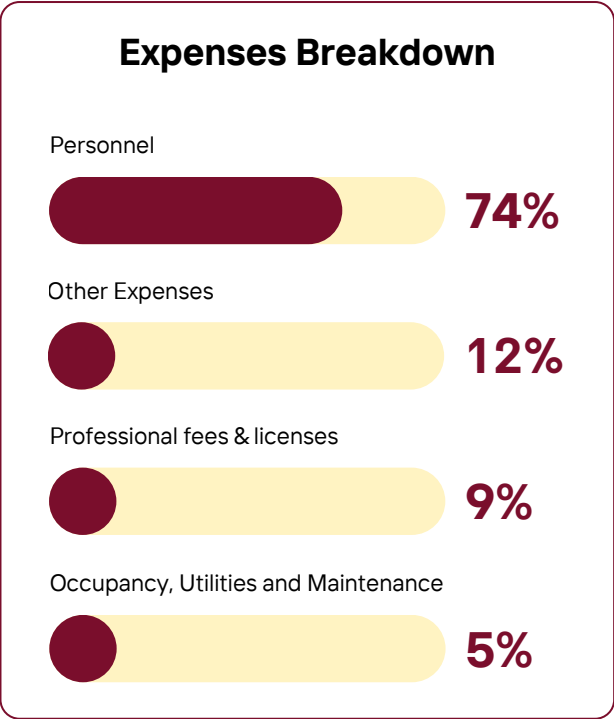
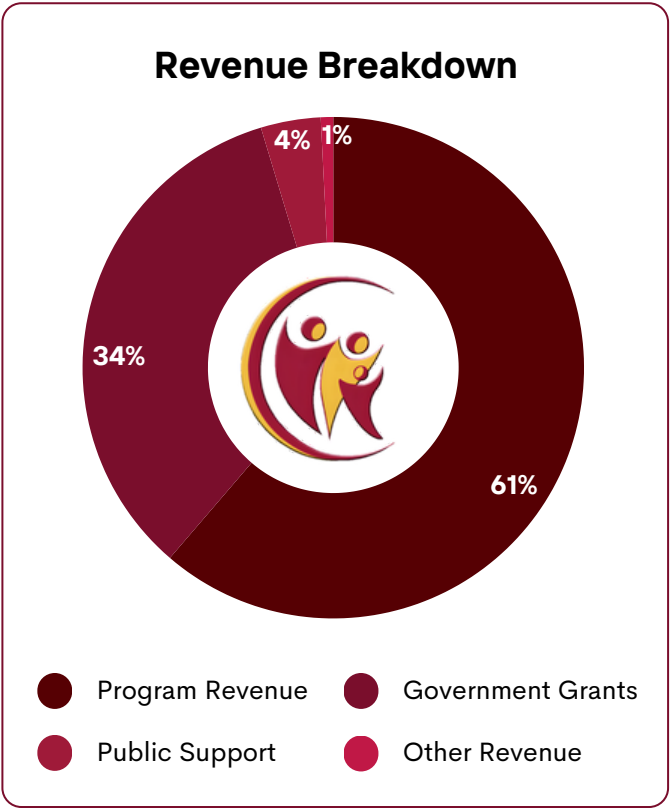
FINANCIAL STATEMENT

This financial statement reflects Consejo’s 2025 revenue and expenses, illustrating how resources were allocated to deliver programs and services that advance whole-person care.



**TOTAL
REVENUE**

\$28,670,993



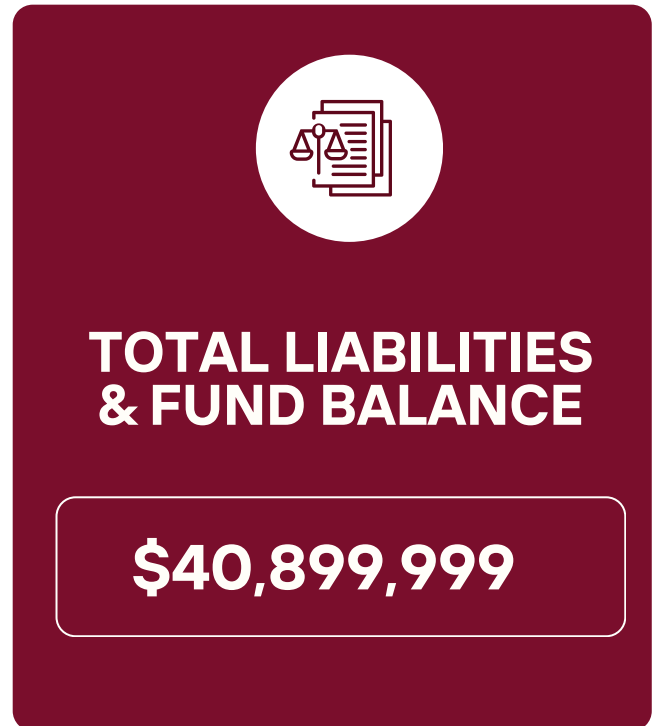
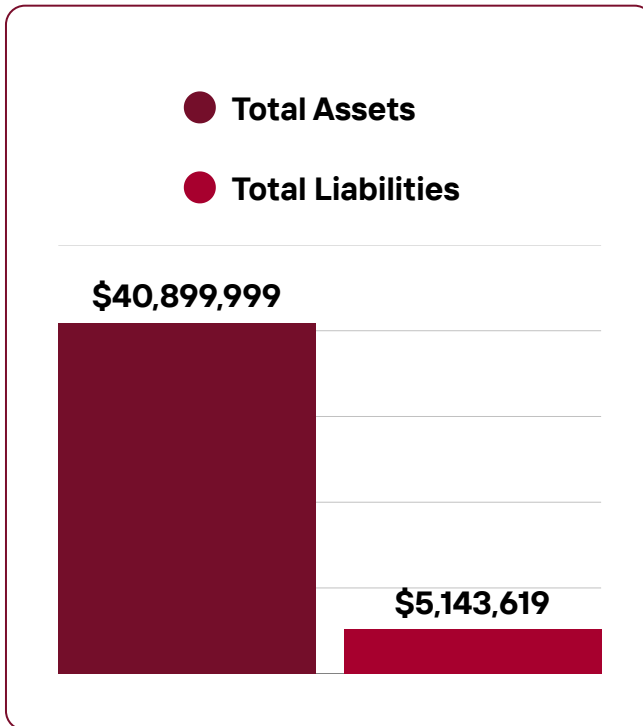


**TOTAL
EXPENSES**

\$21,711,618

2025 BALANCE SHEET

In 2025, Consejo maintained a strong financial position to ensure uninterrupted access to care for the communities we serve. With assets exceeding liabilities, the organization remains stable and prepared to continue delivering integrated behavioral health, medical, and supportive services to thousands of clients across our regions.



The financial figures presented herein reflect audited results. The audit process was completed by June 2026.



¡GRACIAS!

To our employees, funders, donors, and volunteers,
your dedication, generosity, and commitment make
our mission possible.



Photos courtesy of  HealthierHere



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