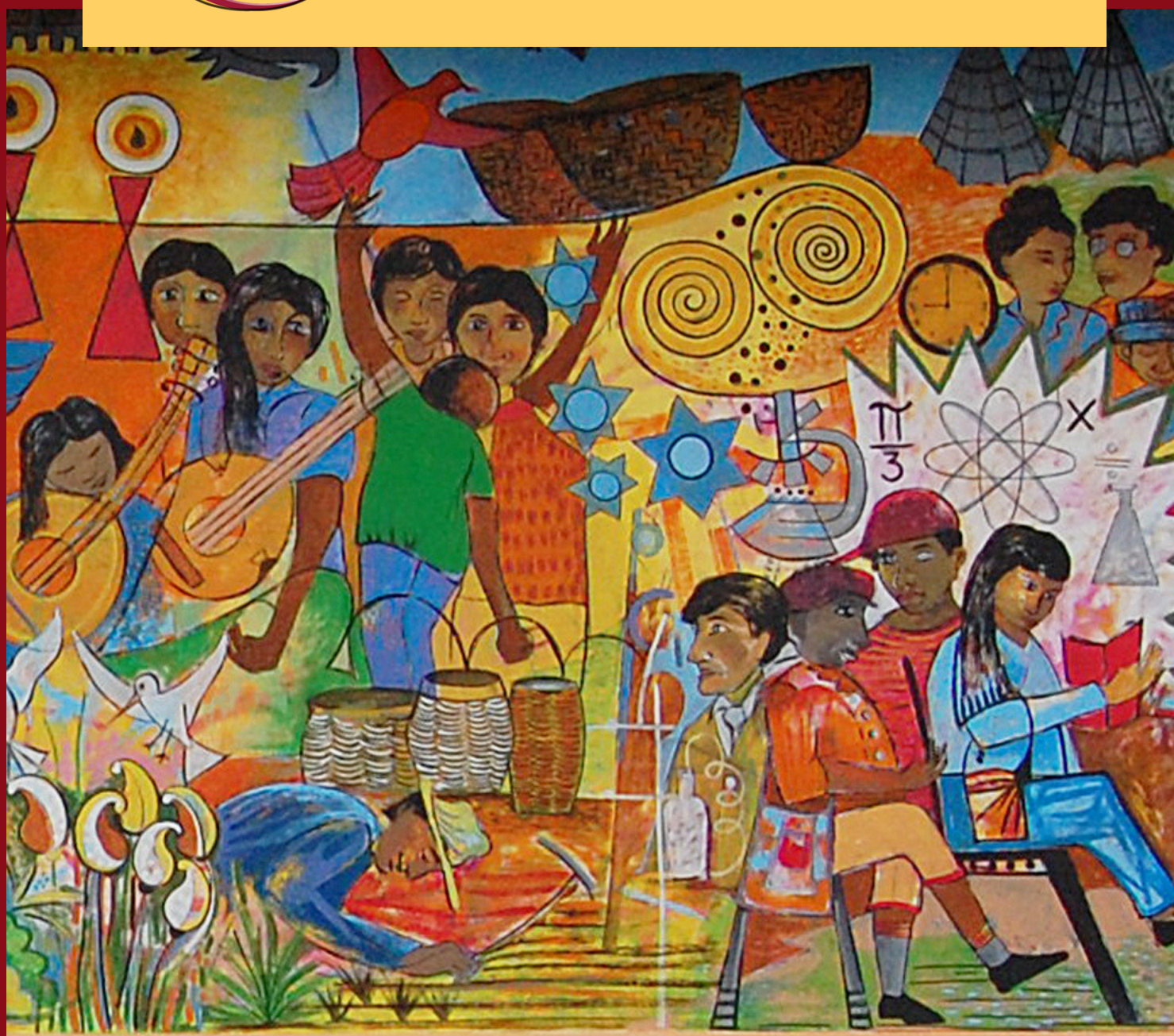




CONSEJO
Counseling and Referral Service



2017 ANNUAL REPORT

Message from Leadership

It is with great pride and enthusiasm that we present to you Consejo Counseling and Referral Service's highlights and accomplishments in 2017. Consejo continued to make a difference in the life of children, youth, adults, older adults and families living with behavioral health conditions, substance abuse disorders, trauma, co-occurring disorder and comorbid conditions. We are proud to celebrate these achievements and continued progress in the pursuit of improved programs, research, integrated care and evidence based services.

During 2017, Consejo made significant organizational investments to improve the quality of care of our patients by making substantial improvements at the following facilities: Villa Esperanza, Mi Casa and Las Brisas Transitional Housing Program, as well as our Tacoma, and South Park program locations. Consejo made great strides in expanding our services by opening two new Behavioral Health service facilities in Bellevue and Shelton. It brings us great pleasure to know that our expansion of services to Shelton will be providing the Thurston-Mason community with the much needed psychiatric, medication management, SUD and out-patient mental health services. In addition, Consejo made a major capital investment by purchasing a new home in the Renton area. We are currently remodeling the location to comfortably allow enough space for our current clients, room for future growth and integration, while still providing the same culturally inviting environment to deliver care in our community; we anticipate a grand opening late-2018.

With the Washington State Health Care Authority mandated integration of physical and behavioral health, Consejo is excited to have expanded our relationships by establishing partnerships with additional healthcare providers such as: Swedish Cherry Hill family residency program; Mason General Hospital and clinics; and the five Managed Care Plans that will manage the Medicaid program in King, Pierce and Mason counties. To ensure Consejo's readiness for these changes, our Board of Directors conducted an annual retreat to evaluate and ensure updates to the organizational strategic plan to include the Healthier Washington Integrated Care strategies.

We believe our future success will be defined in part by our ability to continue to improve the lives of individuals and find solutions to their complex problems. 2017 was a year of continued transformation towards higher quality of care and financial stability. We are very pleased with our financial, clinical and organizational results and look forward to continuing our growth in the coming year.

Warmly,

Mario E. Paredes

Mario Paredes, MA
Executive Director

Marcelo Guerra

Marcelo Guerra
Board President

CONSEJO'S GOAL IS TO
STRENGTHEN FAMILIES AND
PROMOTE THE WELL BEING
OF CHILDREN, ADOLESCENTS
AND ADULTS

Mental Health Services

Our Children and Family services include behavioral health services to children, adolescents, high-risk youth and their families. Services are tailored to the needs of children and their families, and include individual therapy, group therapy, family support services, school based counseling, evidence based services, tutoring, mentoring, field trips, academic support, SUD outpatient treatment, mental health care and psychiatric care.

Consejo works with adults who have serious or persistent mental illness and/or adults experiencing emotional or physical disabilities. Consejo's services include home visits, individual and group therapy, dual diagnosis treatment, case management; care coordination, psychiatric evaluation, medication management, art therapy, education services, day support and housing services.

Consejo is committed to continuing to serve the needs of the community, as we work with collaborative partners to ensure the overall health of our clients and families.



Transforming - Strengthening - Empowering

Consejo King County Substance Use Disorder Program



In 2017, an important factor in providing services to Consejo's youth program was their involvement with the South King County CCYJ's LINC Intervention team. Consejo donated space for monthly meetings in Kent, provided clinical work and collaborative efforts in serving youth involved in the legal system and/or identified as actively engaged with gangs. As a result, Consejo was asked to partner with two additional teams that were launched in 2018.

Consejo also joined King County Juvenile Court and the Prosecuting Attorney's Office in the Peacemaking circle pilot project to keep youth out of jail. As the Peacemaking movement gained momentum, juvenile felony cases were taken as preliminary cases in providing culturally sensitive, appropriate and decentralized services to those youth. As part of the restorative justice system, Consejo's youth program has been collaborating and maintaining constant involvement with two out of the four cases in King County.

Consejo is a key player in the City of Seattle Youth Violence Prevention Initiative (SYVPI). This intervention is a broader individualized and collaborative type of case management

service covering oversight of academics, vocational, legal, behavioral health, pro-social, recreational, civic and positive community involvement. The mission of the program is to reduce community violence and stabilize the lives of the youth preventing them from ending up in the legal system.

Consejo is also played a major role in the services provided through the State Youth Treatment Improvement (SYT-I) Washington State Grant. Consejo engaged, admitted and served 52 unduplicated youth through this project. Consejo provided care coordination and recovery support services to youth enrolled in the program. Youth also benefited by receiving some amazing incentives that included: educational support, which included computers, and recreational incentives, such as field trips. In addition, Consejo was able to provide financial support to youth for books and clothes. The programs main objective is to help youth embrace recovery from substance abuse, and achieve their educational goals by staying in school and accessing higher education, to fully become productive members in their communities.

Complementary Medicine

In partnership with Bastyr University, Consejo provides complementary medicine services to low income individuals at not cost to them.

Bastyr's international faculty teaches the naturopathic medical program with an emphasis on integrating mind, body, spirit, and nature. The following services are available at our Columbia City clinic for individuals enrolled in Consejo's Behavioral Health Services: Naturopathic Medicine, Acupuncture and East Asian Medicine, Nutrition, and Counseling and Ayurvedic Medicine.



Consejo's Columbia City Clinic

Primary Care Access

As part of integrated care and care coordination, Swedish Cherry Hill Family Medicine Residency Program provides Primary Care access for Consejo clients.

Swedish Family Medicine offers physical examinations and helps coordinate care for Consejo's low income and non-Medicaid clients. Services are provided at Consejo's Columbia City Clinic.

Consejo Pierce County experienced tremendous growth in 2017



Consejo Pierce County experienced tremendous growth in 2017. Our programs doubled in size as we went from having 6 FTE to having 12 FTE and we are continuing expansion of our offices to make room for our constantly growing program. By utilizing a decentralized model of care, Consejo was able to provide services across the county to include, Orting, Bonney Lake, Spanaway, Eatonville all the way to Gig Harbor, Lakewood, Fife and Tacoma. This model will allow us to minimize the barriers to care for those clients that are unable to travel to our Tacoma office. This approach to care also allows us to provide culturally and linguistically appropriate care, outreach and assessments to consumers who are in detention centers, hospitals, nursing homes, emergency and treatment crisis centers.

We provide services to children in schools across Pierce County and thanks to the donation from the county in 2016, we are able to use our vans to pick kids up from school and transport them to our office for treatment, support groups and individual services. In our continued efforts to provide the highest level of care, Consejo integrated the Youth and Adult Mental Health and Substance Abuse programs.

In 2017, Consejo also provided Violence prevention Management services to students and families in the unincorporated Pierce County areas. We were able to serve over 60 youth and their families. The services included, but were not limited to - connection and access to mental health and or substance use assessments and treatment, medical and dental services, access to education and academic resources.

To show our youth participant's healthy alternatives to spending their free time, Consejo took them on many different outings throughout the summer; such as Mount Rainier, swimming at American and Bonney Lake, and trips to the Point Defiance and Woodland Park Zoo.

Consejo strives to ensure that our participants are not just receiving traditional treatment and services, but also that they are participating in healthy social activities in the community, learning how to access resources for healthy, independent living and being actively involved in emotional and sober support groups and activities.

In 2017 Consejo Opened a New Clinic in Shelton

On July 6th, Consejo Counseling and Referral Service opened a new behavioral health clinic in Mason County. The program is located at 627 West Franklin Street, where Consejo will be providing the community of Mason County with access to Behavioral Health, psychiatric care and Substance Use outpatient treatment. These services are designed to respond to the diverse needs of individuals and low-income families who require behavioral health care.

During the opening ceremony, attendees were welcomed by Mario Paredes, Consejo's Executive Director. In his speech, Mario reiterated the commitment that the organization has to helping clients in their recovery process; As our mission is to empower them so that they can achieve personal growth, emotional security and improve the quality of their lives. The event was attended by Terri Jeffreys, Mason County Commissioner, members of Thurston and Mason County Chamber of Commerce, as well as Darrin Moody, City of Shelton Chief of Police, and many other organizations and community members.

As of April 20, 2018, 196 intakes were conducted. Of those, 129 were Mental Health and 69 were Substance use disorder assessments. During our first nine (9) months, the average enrollment rate has been 22 new clients per month. Of the 196 clients enrolled in services, 80% are Medicaid and 20% are non-Medicaid. Consejo is very proud to be serving Mason County, and we are excited about aiding in building a stronger, happier and healthier community.



Consejo Domestic Violence Program

provides culturally specific services

During 2017, Consejo's Domestic Violence program provided culturally specific services for 523 DV Survivors and their children. We continue to offer one to one domestic violence advocacy based services to educate and inform survivors about the dynamics of abusive relationships. Our staff assists survivors to develop safety plans that might include filing CPS and police reports. Under our After-Hours Crisis Line Program, we strive to assist survivors in crisis to access hotel voucher, and stable housing. We also assist them with emergency food vouchers and transportation for relocation purposes.

The programs main objective is to identify and meet the immediate needs of the survivor, which may include: safety and medical attention, exploring different options to fleeing their unsafe environment, and placement in a confidential setting that can include a shelter or transitional housing. Our legal advocates assist survivors in meeting their legal needs such as Protection Orders, establishing parenting plans, dissolution processes, crime victim, and VAWA immigration applications. Not only does the Consejo Domestic Violence Program provide advocacy based services, but domestic violence survivors receive mental health services, counseling services for their children, home bases services, education on parenting, support groups, and other social service programs.

**CONSEJO OFFERS DOMESTIC VIOLENCE
ADVOCACY BASED SERVICES,
LEGAL ADVOCACY, MEDICAL ADVOCACY,
SUPPORT GROUPS, SAFETY PLANNING,
TRANSITIONAL HOUSING, MENTAL HEALTH
COUNSELING AND PARENTING EDUCATION
TO DOMESTIC VIOLENCE SURVIVORS**



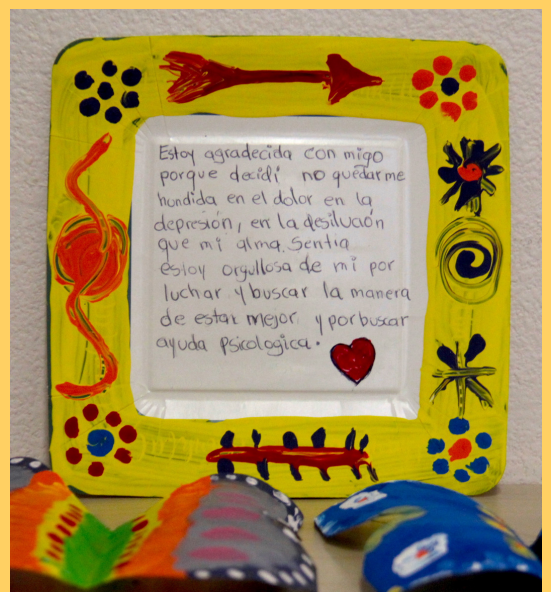
Consejo Sexual Assault Program

Being our first year providing services under the Department of Justice, Violence Against Women Program, 2017 was a very exciting year for Consejo's Sexual Assault program. Our dedicated staff worked tirelessly to conduct outreach and was able to provide services to 81 new clients, resulting in 659 services hours for this program.

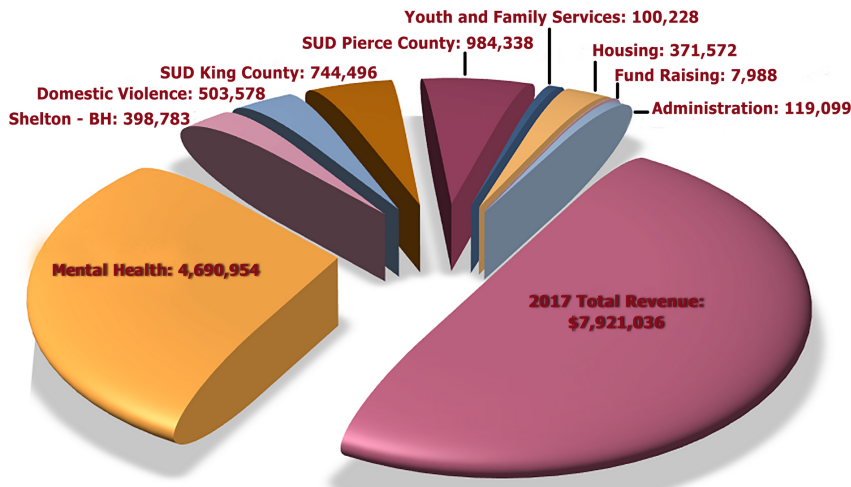
As part of the program, Consejo conducted sexual assault educational and empowerment therapy groups to aid in our mission of supporting our clients on their road to recovery. In our efforts to remove barriers in receiving services that clients might face, Consejo offered childcare services for attendees of the sexual assault support groups. We are grateful that we were able to provide a culturally and linguistically welcoming environment and conduct 14 sexual assault parent workshops that included prevention and intervention information. Knowing that the trauma can often spread to those close to a victim, we also provided serves to secondary victims and their families. Minimizing language barriers to promote their recovery process, allows families to process the trauma and learn coping skills in their native language.

Along with our many other accomplishments within the Sexual Assault program, Consejo staff worked in partnerships with Dignity, Opportunity, Voice, and Empowerment (DOVE). Together, we were able to reach out to the community, local churches, and food banks to spread awareness about our program and knowledge about abuse and healthy relationships. To expand our efforts of educating the Latino community, Consejo hosted a radio program through Radio Luz that helped inform and reach out to the faith-based, Latino/Hispanic community in King County. One of the most rewarding accomplishments of this program, was a client having reported that the services she received through Consejo empowered her to have a voice, break the stigma and overcome personal, family and social hardships.

Artwork by SA Survivors

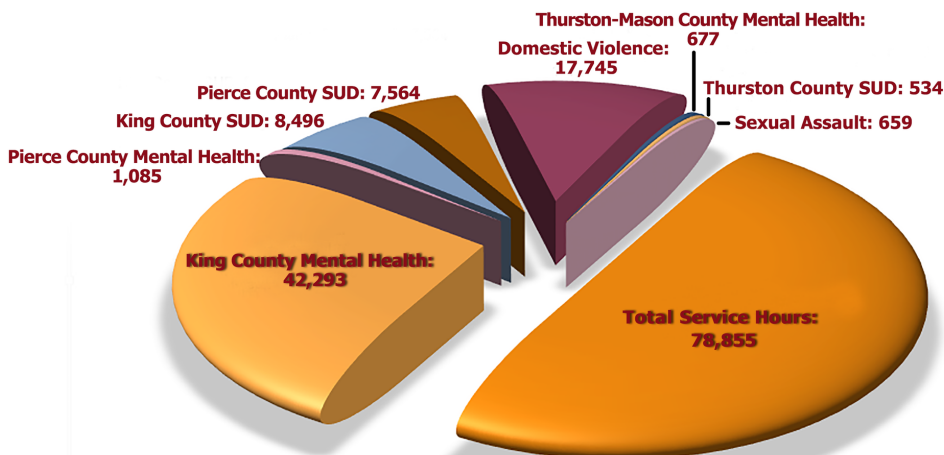
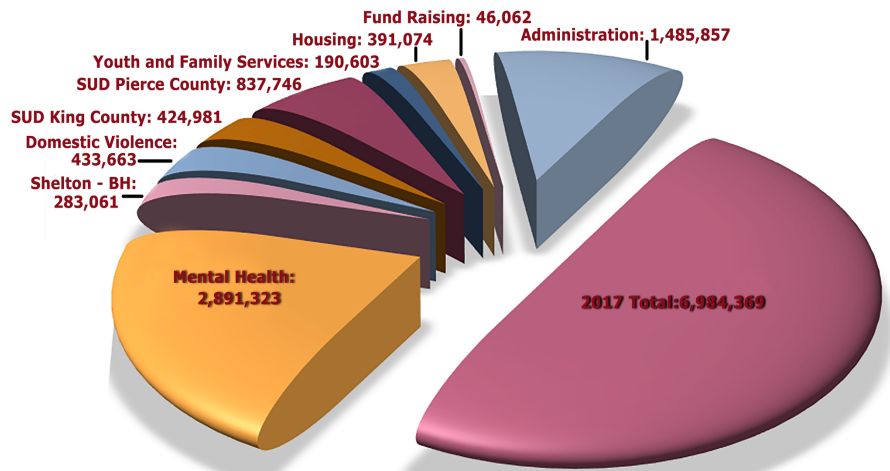


2017 YEAR END FINANCIALS



Total Revenue:
7,921,036

Total Expenses:
6,984,369



Total Service Hours:
78,855

A BIG THANKS TO OUR PARTNERS AND SPONSORS

