

# Family Matters

2008 Report to the Community



*Ruthann Howell*  
CEO/President, Family Services

## *Dear Community Partners,*

As I watch the news headlines, I realize again how vital our community partnerships are in helping families in need. At Family Services we've always known the scope of the need, but late in 2008 we saw demand for our services double and triple as the economic crisis hit families who were already struggling.

Yet at the same time, we witnessed an incredible outpouring of support from you. By December 31, 2008, you had contributed so generously that we will not only maintain our current level of service for families, but will go beyond. As a result of all your combined donations, we have hired an additional case manager and are able to provide rental assistance to help 120 more households avoid eviction. That means 120 local families will not face the tragedy of homelessness this year and next.

Helping more families and helping families better is our vision, and in 2009 we'll make that more real when we open our family support center. In May 2008, we celebrated a festive Groundbreaking at the site of our future home—our first real home in our 116-year history. We were honored to share this milestone with many new and long-time supporters of Family Services, especially our friends from Seattle Rotary. We were also touched by a warm welcome from many of our new neighbors in the Rainier Valley.

Today, construction crews are working hard to build the center that will help us prevent and end homelessness for 5,000 families in 10 years. While the building rises, we continue also to build on our success in helping families. In 2008 our housing programs helped 395 homeless or at-risk families with 631 children. Our domestic violence intervention program continues to be highly respected in the community for helping men stop abusing their partners and understanding the impact of their violence on their children. Our counseling, parenting, and employee assistance services continue to grow: we answered more than 11,000 calls and our counseling staff provided 32,387 hours of therapy to 2,538 clients.

As we move into our new home we will bring many of our existing services together under one roof and we will also embark on a new set of programs to intervene early where cycles of poverty, violence, and mental health disorders often begin—with very young children, ages 1-5. Building on our decades of experience in counseling parents and children, our team of infant mental health therapists is now working in the classrooms of our early learning center and in the homes of recently re-housed families, helping young children cope with the traumas of homelessness and (all too often) abuse, mental health problems, or drug use in their families. We can already see positive results in the growth, development, and stability of these children and their parents and we know this work has the potential to impact our community for generations to come.

I hope you will join us in June 2009 when our amazing professional staff opens the doors to a center for families and children who desperately need our help. We appreciate your continuing partnership. Together we are embarking on a historic 2009 for Family Services.

Sincerely,

Ruthann Howell  
CEO/President, Family Services

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Please note: Audited financial  
summaries will be published in the  
June 2009 issue of Family Matters.

# How We Help Families

## Homeless Family Services

In 2008 as the economy plummeted, demand for our housing and eviction prevention services skyrocketed. With the generous support of our donors, we managed to not only maintain our current level of service, but we are expanding and deepening our level of service in the years ahead to help more families and intervene earlier.

### *With your support in 2008, we provided:*

- Emergency housing to **109** families with **228** children.
- Housing placement for **98** homeless families with **453** children.
- Housing stabilization and ongoing support services to **159** families.
- Eviction prevention services to **188** households to prevent them from losing housing, including **\$81,500** in rental assistance.
- Child care, early education, nutritious meals, and medical check-ups to **77** homeless children at Morningsong Early Learning Center.
- In-home therapy to **44** children and their parents coping with trauma related to homelessness, domestic violence, and family instability.
- **\$1 million** in donated clothing and supplies, including **44,925** diapers to **1,171** homeless families with **2,786** children at the Baby Boutique.



*"You've helped change the course of my future, and more importantly, the future of my son. I look at him so stable and secure in his world and I am literally brought to tears as I consider just how easily it could have turned out differently for us, had we not been blessed with your assistance."*

*—Melissa*

## Counseling

25% of our population experiences mental health challenges – from depression, to grief, relationship difficulties, and parenting challenges – and therapy is critical to keeping families and individuals healthy and stable. Last year, our six counseling branches around King County provided **2,538** individuals with **32,387** hours of mental health counseling.

## Parenting Services

Research proves that early childhood development is the single greatest investment our communities can make in creating a better future for everyone. Our parenting specialists provide counseling and teach parents the skills to promote early social and emotional growth of their children ages 1-5 years. In 2008, **107** parents participated in group parenting classes and workshops. **126** new parents received counseling for pregnancy anxiety, postpartum depression, and other issues related to parenting.

## Employee Assistance Program

Our Employee Assistance Program provided services to over **195** companies totaling **139,656** employees nationwide. Our call center opened **11,374** cases from employees and their families. We referred **5,909** cases for in-person assistance and counseling services, **3,325** cases received information and resource referral, and **2,140** for work-life services such as consultation for child care providers, eldercare services, and legal and financial help.

## Domestic Violence Intervention

Domestic violence is the leading cause of homelessness for families and is a learned behavior that is passed down through generations without proper intervention.

In 2008, we provided intervention to **188** adults who are learning how to stop physical and emotional abuse, acquire better parenting skills, and understand the impact of abuse of their partners and children.

## Volunteers Make a Difference

Volunteers make a tremendous difference in our ability to help more families and children in the community. Thank you to everyone who dedicated their time and incredible talents in 2008!

- **503** hours reading stories, leading special activities, and assisting in classrooms at Morningsong.
- **2,510** hours sorting donations, stocking clothing racks, and helping families at the Baby Boutique.
- **1,070** hours helping with events and administrative projects and in leadership positions on the board and in committees.

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Family Matters is also available at [www.family-services.org](http://www.family-services.org).

# Thank You for Your Support in 2008!

The lists below reflect donations made in the 2008 calendar year to our general fund. Capital Campaign donors will be listed in a complete Capital Campaign Report at the end of 2009. We are extremely grateful for every gift – your support makes our work possible.

We make every effort to acknowledge donors accurately. If corrections are needed, please contact Kelly Pearson at kpearson@family-services.org or 206-902-4231.

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*Three-year-old Kenyón and his mom Keondra created handprint art together during a Parent-Child Event at Morningsong Early Learning Center.*

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To Barbara Bigley  
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from Steve & Pamela  
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To Ira Alexander  
from Steve & Pamela  
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To Jim Berry  
from Lois W. Berry  
For Jim Berry's Birthday  
from Arthur &  
Dorothy Scharz  
For Jim Berry's Christmas  
from Bill & Carol Fairey,  
Arthur & Dorothy Scharz



*Rena Mateja, a young girl whose family received help at Family Services, dances on stage after our Spring Benefit Luncheon.*

Lulu Peelle  
Albert & Judy Peraino  
Margie Pernell  
Kristine Perry  
Michael & Susan Peskura  
Christina Petrie  
Julianne Petterson  
& Jack Miller  
Lisa Phillips  
Dave Pon  
Jessyca Poole  
Ben Pulmano  
Megan & Jon Rehkopf  
Gregg Ridgeway  
Michele Palileo Riley  
& David Riley  
Tom Rogers  
Salvatore Romeo  
Aimee & Ed Roos  
Chris Rose  
Julie Rosenberg  
Steve Rozanski  
Kerry Rupp  
Sabine Saway  
Jennifer Schneider

Patricia Snow & Dayna Cohen  
Jay Soroka & Jane Reisman  
Linda & John Sowle  
Holland Stephens  
Patricia Stephens  
Tanea Stephens  
John Stewart  
Lee & Sue Stiles  
Jason Stirrat  
Janie Stockdaile  
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Harry Thomas  
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Julie Zommers  
Archie Zottman  
John & Mary Ellen Zoulas  
Tania de Sa Campos

## Honor Gifts

To Nathan Alexander  
from Temple De  
Hirsch Sinai  
To Alison & Andrea Alhadeff  
from Ken & Marleen  
Alhadeff  
To Gabriel Axon  
from Kari Tai  
To Baby Hageman  
from Danielle Brown,  
Gretchen Griffiee,  
& Kerry Rupp  
To Ruth & Doug Bennett  
from Lois W. Berry

To James Johnson  
from Dan Johnson  
& Jill Chelimer  
For Emma Lower's Birthday  
from Mary Carlson,  
Carolyn Cullen, Sonya  
Elliott, Andrea Herrick,  
Ruth & Christopher  
Mason, Salvatore Romeo,  
& Holland Stephens  
To Ivan Mills  
from Lindsey &  
Patrick Toler  
To Sandy Lowe  
from FSG Social  
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To Sofia Schwartz  
from Debra Schwartz  
To Deborah Townsend  
from Richard &  
Mary Crawford  
To David Victor  
from Laura Domoto  
To Vic & Alice Walter  
from Mary Ellen Walte

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*Family Services responds with exceptional excellence and compassion to the poignant and pressing needs of families in distress. Todd and I are inspired by the changes effected in the lives of those the agency serves. We consider it a great privilege to participate in our modest way, and are committed to the furtherance of this extraordinary organization's mission.*

—Mimi Lee Menenberg,  
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