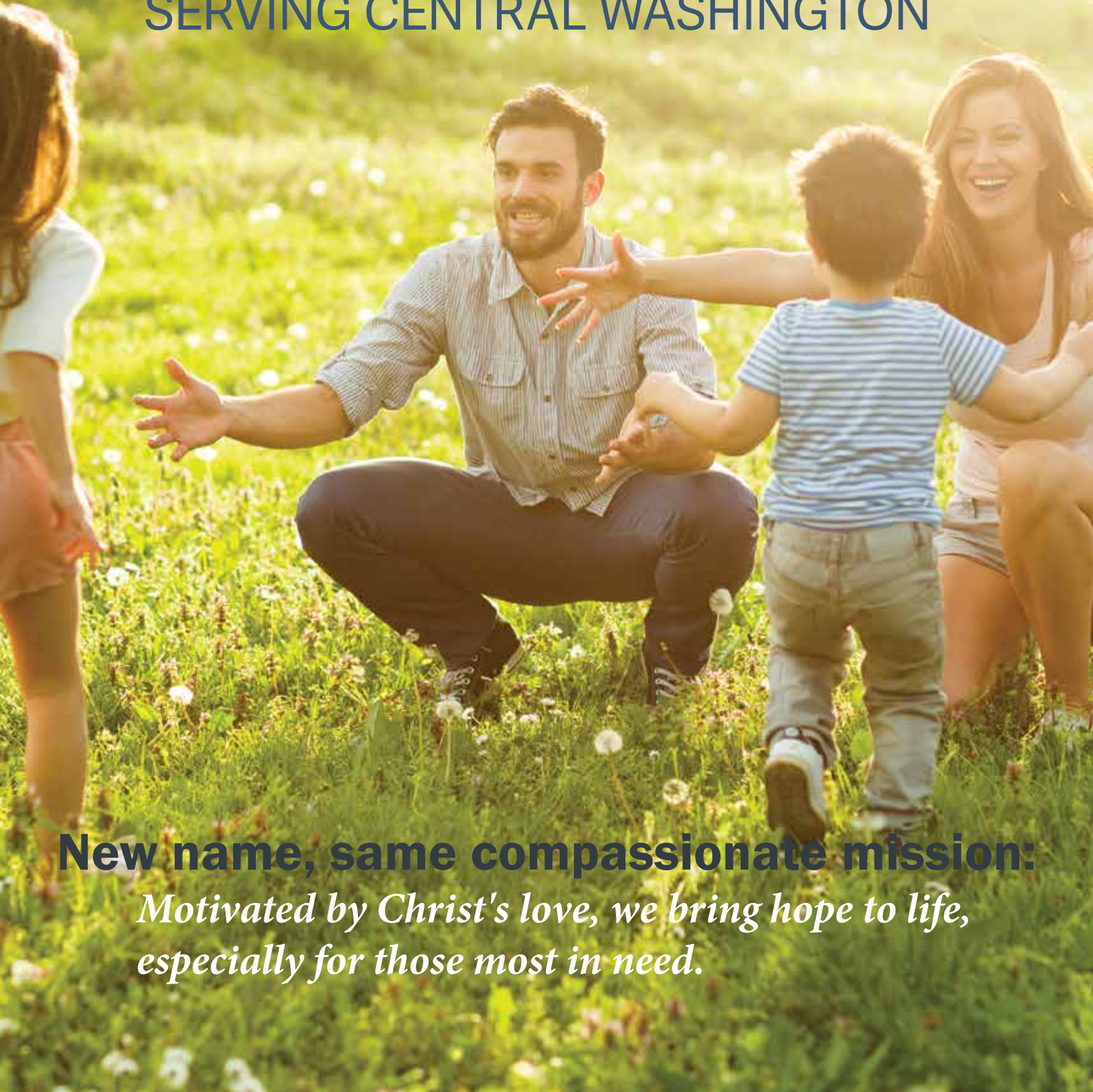




# Catholic Charities

SERVING CENTRAL WASHINGTON



**New name, same compassionate mission:**

*Motivated by Christ's love, we bring hope to life,  
especially for those most in need.*



# Behavioral Health

**G**emma used to wake up every morning and wonder if there was any point in getting out of bed and starting her day. On the surface, the 16-year-old seemed to have a great life. She had a supportive family, good grades, and many friends. But she began to feel “off” about a year ago.

She began to avoid social situations and had self-image issues. These feelings seemed to come out of the blue, and her parents took notice. Their otherwise vibrant, friendly daughter was now sullen, apathetic, and sad.

“At first we were afraid she may have become involved with drugs, because her behavior changed so quickly. But we had no evidence of that,” her mother said. “She began to cut herself and threatened to take her own life numerous times. It was at that point that we knew she needed more help.”

Gemma was suffering from depression. Teen depression often makes problems seem overwhelming and the associated pain unbearable. Suicide

is an act of desperation and teen depression is often the root cause. It can strike anyone. Suicide is the second leading cause of death for youth ages 10-24. It was after a suicide attempt that Gemma decided that she did need help and sought it out herself.

“I was a typical teenager at high school,” Gemma said. “I was happy, just had to deal with the typical stuff that comes along, you know? But when that depression hit me, I felt like I was losing myself, and it got worse and worse as the time went on. After I attempted suicide, I also told my mom that I was cutting and she made an appointment with a doctor who diagnosed me with depression. It changed my view on my own situation.”

Gemma had a few appointments with the doctor and then was referred to Catholic Charities for counseling, where she participated in Cognitive Behavioral Therapy (CBT) for depressed adolescents, to help her make sense of her feelings. CBT for depressed adolescents is an evidenced-based practice, a highly effective type of therapy that focuses on how our thoughts, beliefs and attitudes effect our feelings and behavior. CBT can help make sense of overwhelming problems by breaking them down into smaller parts. It is one of the most effective treatments for conditions where anxiety or depression is the main problem. It can be as effective as antidepressants for many types of depression. And, it helped Gemma.

“This time, I was eager to go to my appointments because I didn’t feel like such a freak, and it finally all made sense to me. I wasn’t alone,” Gemma said. “Asking for help saved my life, and I feel like a different person for it.”

## Timeline/History .....

**1965-1966**

**Portia House** for teen-age girls and **Teen House Group Home** for Boys opened in Yakima.

**1970**

**St. Vincent de Paul** stores incorporated under Catholic Charities.



**1976**

CFCS enhanced service to families through adoption, foster care,



counseling for pregnant women, custody evaluations, and marriage counseling.

**1978**

CFCS contracted with Yakima County to provide mental health services to children, youth, and families.

## Did you know?

In 2014, Catholic Charities in Wenatchee began expanding its community mental health services to include crisis intervention, housing services, crisis stabilization and a 24-hour crisis line.

**1982**

**Volunteer Chore Services** (now Volunteer Services) began serving frail, low-income elders and adults with disabilities.

**1984**

The **Child Care Nutrition Program** began serving family home child care providers in Yakima and Kittitas counties.

# Did you know?

Nearly **40,000** people of all faiths in Central Washington are touched by our services each year.

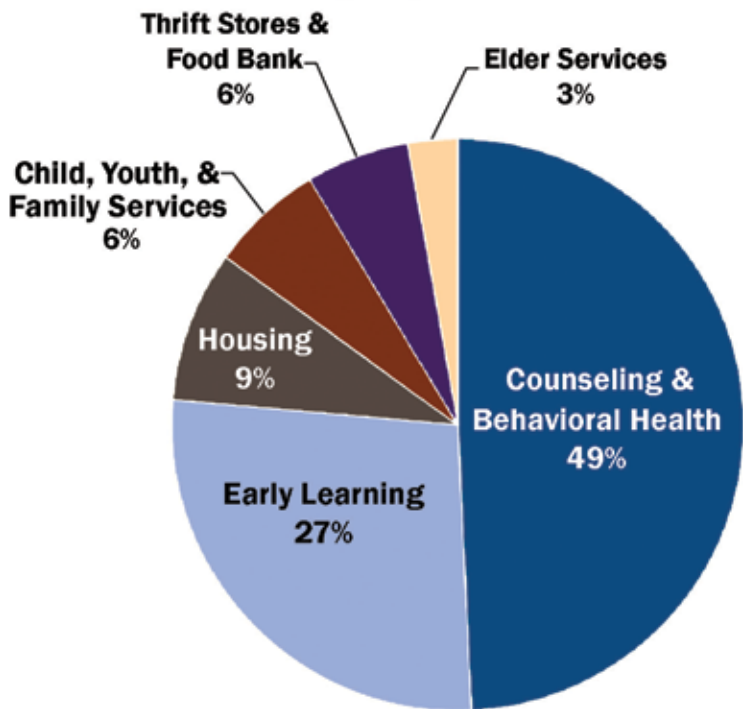
**49%** CHILDREN

**45%** ADULTS

**6%** SENIORS



## Funds Used to Bring Hope to Those Most In Need



# Thrift Stores/ Food Banks

**S**t. Vincent Centers in Union Gap and Kennewick have been serving those in need since 1946. Formerly known as St. Vincent de Paul, the name has changed, but the philosophy and mission have remained the same.

St. Vincent Centers provides assistance to thousands of families each year through its thrift stores and emergency services programs at both Union Gap and Kennewick, and its food bank in Union Gap.

The assistance provided offers crisis relief to those facing hardship by providing clothing, household items, food, and shelter.



Recognizing that crisis relief does not provide long-term solutions, St. Vincent Centers partners with, and offers referrals to, related agencies with programs that address the underlying causes of the crisis situations. This holistic approach helps those who are suffering hardship recognize necessary next steps which will aid them on their journey toward achieving sustainability.

## Timeline/History

**1987**

The Catholic Charities main office moved from the Larson Building in downtown Yakima to the new Diocesan Pastoral Center in the former Carroll High School.

**1989**

Responding to the growing need for child care, **Carroll Children's Center** was opened. A variety of other early learning services were added to enhance service to parents and young children.

**1990**

The **Child Care Resource & Referral Program** began helping parents find licensed child care and supporting child care providers.



**1991**

Early intervention services expanded for behaviorally challenged preschoolers and their families.

**1996**

Cardinal Francis George formed the Catholic Charities **Board of Trustees**.

**1998**

**Diocese of Yakima Housing Services** was established as a non-profit agency offering affordable housing solutions to communities throughout the Diocese.

**1999**

**Foster Teen Services** was developed to support youth aging out of foster care.

**2006**

Housing Services was renamed **Catholic Charities Housing Services (CCHS)** with a focus on creating affordable housing solutions for low-income families, farmworkers, seniors, and the homeless. CCHS has developed more than 700 units of affordable housing

# Housing Services

**W**orking with local Catholic parishes, community groups, and others sponsors, Catholic Charities Housing Services (CCHS) develops, owns, and manages a variety of affordable housing developments that serve low-income, vulnerable, and underserved populations. These affordable housing options include workforce, senior, and special needs housing, and single-family homeownership.

## New Life Homes

This “self-help” homeownership program offers interested first-time buyers the chance to achieve their dream of homeownership. The program helps very low to moderate income families learn skills to become successful homeowners. These services include establishing/repairing credit, budgeting, mortgage education and home maintenance. Qualified families

invest “sweat equity” during the construction process which allows them to purchase a home with no down payment.

## Multi-family Housing

CCHS develops and owns affordable, quality multi-family rental housing for very low- and low-income individuals and families throughout Central Washington. This affordable housing supports the region’s valuable agricultural industry by serving farmworkers.

CCHS also provides housing for senior/elderly, homeless, disabled, and special needs populations.



## Housing Counseling and Resident Services

These services are designed to address the challenges faced by those living in poverty. The Resident Services program has five main areas of focus: Health/Nutrition, Education, Crime Prevention, Community Engagement, and Economic Opportunities.

## Timeline/History

throughout Central Washington. CCHS has helped first-time homebuyers purchase more than 150 homes through the sweat equity homeownership program.

St. Vincent de Paul stores were renamed **St. Vincent Centers**. St. Vincent Centers currently serve two communities, with a store in Kennewick and a store and food bank in Yakima.

### 2014

CFCS expands mental health services in Chelan and Douglas Counties and incorporates crisis services.

### Early Childhood Education &

**Assistance Program (ECEAP)** added

early learning classrooms for low-income preschool children and their families.

Catholic Bishops of Washington State launched **PREPARES** in partnership with parishes to support women and families during their pregnancy and parenting journey.

### 2015

#### The **Father**

**Tom Champoux Fund** was established to sustain our ministry to children and families.

### 2016

The **Homeless Youth Program** was



created to support homeless youth with housing and other essential needs.

### 2017

The agency is renamed **Catholic Charities Serving Central Washington**, encompassing the services of Catholic Family & Child Service, Catholic Charities Housing Services, and St. Vincent Centers.

### **Growing Hope, Child & Family**

**Development Center**, our early childhood education center opens, bringing together the Catholic Charities Early Learning Programs and expanding services to low-income, high-risk children, infants through age 5, and their families.



# Child and Youth Services

**I**sabel hasn't had an easy life, but in spite of that, the articulate 23-year-old knew that it was up to her to make a better life for herself and her two toddlers. When she learned about Catholic Charities' Young Adult Housing Services (YAHS), she recognized it was a way up and out of her difficult situation.

A single mother with no supportive family in the area, she had been dependent on the father of her children, but when he was sent to prison, she and her children became homeless. Most of the people she knew were also homeless. With nowhere to go, she and her

children were couch-hopping, sleeping in her car, or staying at her dad's house.

"Unfortunately, my dad and I don't have a very good relationship," she said. "So, staying at my dad's house was difficult. But I did it for my two beautiful boys. I didn't want them on the streets or sleeping on a different couch every night."

It was also her impetus to apply for YAHS. The new program for homeless youth (ages 18-24) helps them find housing, employment, and provides assistance with budgeting, career planning, education, and setting personal goals. Isabel applied and was put on a waiting list. During her wait, Isabel picked up extra shifts at her job and saved her tips and checks so she was able to afford her own apartment.

"Callie [Webster] from Catholic Charities contacted me, and because of their help and direction, I was able to go back to school. I'm so happy that I have this program because I don't think I'd be able to manage working, going to school, and taking care of the boys all at the same time without having the help that I have now."

Now in her eighth month of the two-year program, Isabel will have her GED in three months, and will begin massage therapy school four months after that. Callie, a supervisor for YAHS, is impressed with Isabel.

"What strikes me about Isabel is her general willingness to put herself out there and take full ownership and responsibility for her life," Callie said.

Before entering the program, Isabel was working noon to midnight just to make ends meet. Each day she left for work while her boys were in school, and came home when they were sleeping. She hated it.

"It broke my heart. One day my son sat there and asked me 'do you not love me and my brother anymore? You don't see me, you're not at home.' That right there was my breaking point and I came to realize that yes, work is important but my kids are more important."

The program opened up a lot of time for her by focusing on money management, help with rent and goal-setting. So, now she works six hours-a-day and is able to play with her children when she gets home.

"If it wasn't for this program, I don't feel like me and my kids would be where we're at today," Isabel said. "This isn't a program that just pays your rent and you call it a day. This literally helped me set goals and helped me see the bigger picture and what I need to look at five years from now, two years from now. You need to set goals. I needed to better myself and there were times when I was in a dark place and I didn't know what to do anymore. This program helped me not only with rent and bills, but also emotionally. This program is a blessing."

## Services offered . . . . .

- Carroll Children's Center
- Child Care Aware of Central Washington
- Child Care Nutrition
- Foster Care & Foster Youth Services
- Kinship Navigator (non-parent guardianship)

- Parents As Teachers
- PREPARES Pregnancy & Parenting Support

**Learn more about these programs  
at [www.catholiccharitiescw.org](http://www.catholiccharitiescw.org)**

# Volunteer Services



One day after work, Anna came home to bad news. Yakama Nation Housing was going to close down the housing project where she and her family lived. There were roughly 90 families who needed to find new housing within the next two months.

As Anna's community wondered where they would go and where they would get the money to move, her family was fortunate to know that they could always go back to their grandmother's house.

"My grandparents had left their house to my mother, who had quadruple bypass surgery in 2010 and still has heart and mobility issues. It is an old house and needs lots of work, so my mother never wanted to live there and she opted to rent it out. But, our plan was to move back to the old family

house," she explained. They didn't realize the extent of the rundown condition of the house.

"The family that my mother was renting the house to had decided not to pay their garbage bill, and had let the garbage pile into the size of a small mountain. The stench was awful! The house hadn't been painted in over forty years and the front steps were very steep," Anna recounted.

It was when Anna was working for the Yakama Nation Area Agency on Aging, that she first learned of Catholic Charities' Volunteer Services.

"I told my mother about the program because she felt overwhelmed by the work that needed to be done and also by the price of it all. The next day, she came into the office to fill out an application. I believe it was maybe a

month later that a group came out to help clean up the property."

So, Anna put on some old clothes and a hat and went to work right alongside the group. There were five to six trailers full of garbage that went to the dump.

"It was so beautiful to see the finished site. I know it took a lot of stress off my mother. It gave her one less thing to worry about because we still have a lot of work to do inside," she said. "The volunteers also painted the house



a beautiful baby blue color and built a ramp so my mother could get in and out of the house easier. My mother and I are grateful for the selflessness of the volunteers. They are truly a blessing to elders who are in need."

## Services offered

**Volunteer Services** is a partnership between caring volunteers and individuals in need, to help low-income elders and adults with disabilities continue living with dignity in their own homes. Volunteers reach out by completing such tasks as minor home repairs, yard work, wheelchair ramps, transportation, light housekeeping, and grocery shopping.

## Senior Companions

Senior companions serve one-on-one with frail elders and other homebound persons. They provide companionship, and may assist with grocery shopping, transportation to medical appointments, and other tasks. With help from their senior companion, many vulnerable individuals are able to live independently in their own homes.

## RSVP

This network of volunteers makes a difference in our community doing projects that assist children with needed school supplies and toy drives, food collection and delivery, services to elderly, and filling the gaps for critical social service needs in our local communities.

**Yakima**

5301 Tieton Drive, Suite C  
Yakima, WA 98908  
509.965.7100

**Tri-Cities**

2139 Van Giesen  
Richland, WA 99354  
509.946.4645

**Wenatchee**

145 South Worthen Street  
Wenatchee, WA 98801  
509.662.6761

**Catholic Charities****Housing Services**

5301 Tieton Drive, Suite G  
Yakima, WA 98908  
509.853.2800

**St. Vincent Centers and Food****Bank- Union Gap**

2629 Main Street  
509.457.5111

**St. Vincent Centers - Kennewick**

120 North Morain Street  
509.783.7020

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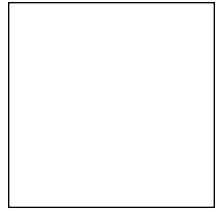
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*Visit Us at Our New Website!*  
**[www.catholiccharitiescw.org](http://www.catholiccharitiescw.org)**

**Vision**

We envision communities where people are treated with dignity and respect, their basic needs are met, and they are empowered to enhance the quality of their own lives.

**Values**

We affirm our faith in God who calls us to serve.

We celebrate the uniqueness and dignity of people.

We nurture children and strengthen families.

We provide quality services to those in need.

We serve people of all faiths.