



**Catholic
Charities**

SERVING CENTRAL WASHINGTON

Report to the Community

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

Catholic Charities Works to Provide Hope for those Facing Poverty

Poverty impacts individuals and families in many ways—sometimes the need is food, clothing, housing, safety, health care, transportation, or maybe just accessing the basic necessities of life.

Poverty has a face—it is Grace, a single grandparent raising her grandchildren ages 4 and 6, struggling with her own health issues and not knowing where the next meal for her grandchildren will come from. The face of poverty is Cassandra who came to Catholic Charities pregnant, homeless and without family to help her raise this precious baby that would soon enter the world.

But the story does not end there Psalm 10:17 states: *"Lord, you know the hopes of the helpless"* At Catholic Charities we bring HOPE to families who are struggling and experiencing the hardships of poverty.

Grace's desperation turns to HOPE as we walk beside her to get groceries for the children, transportation to her medical appointments, and connection to other grandparents raising grandchildren so she knows she is not alone.

The birth of Cassandra's son, Samuel, turns to HOPE and joy as we help her find a safe apartment, and give her a PREPARES bag filled with diapers, blankets, and a layette to bring Samuel home from the hospital. Sylvia, a family companion, is a lifesaver as she walks with Cassandra through the stepping stones of parenthood.

We cannot do this work alone, we do it in community with many other partnering organizations, parishes, and dedicated staff and volunteers. Together, we can impact the challenges poverty brings to children, families, adults, and seniors in our Central Washington communities. Thanks for lending a caring hand—TOGETHER we can look into the faces of poverty and bring HOPE to those most in need!



*Darlene Darnell
President & CEO*

Catholic Charities Serving Central Washington



Jail Diversion: Helping Others Thrive through a Fresh Start

Amanda has cycled in and out of the criminal justice system for 15 years

Embracing People

So, the last time 37-year-old Amanda ended up back in jail on a domestic violence/assault charge and attempted suicide, a Mental Health Professional referred her to the Catholic Charities Jail Diversion Team. During an assessment at a Wenatchee area hospital it became apparent to the team that Amanda, a former drug addict, had significant mental health issues, including depression, post-traumatic stress disorder, and trauma symptoms. She had been on the streets for some time and had lost custody of her two children.

Amanda is only one of hundreds of individuals who are referred from law enforcement and criminal justice to the Jail Diversion Team. Catholic Charities mental health

professionals are able to screen, evaluate, and determine treatment options for clients, ultimately working to keep them out of jail and out of Eastern State Hospital so they can begin the process of recovery.

Eric Skansgaard, Director of Community Integration at Catholic Charities' Wenatchee office, is excited about the impact that this service has on individuals with mental illness and their families.

"We've had some remarkable success stories with individuals who have been through the revolving door of the criminal justice system and now we have the means to intervene and break that cycle," he said. "We are trying to prevent people from spending

needless time in jail or being hospitalized. That's really the goal by getting them linked with resources in the community to meet their needs."

While Amanda was in treatment at the hospital, Catholic Charities' Designated Crisis Responders partnered with the defense attorney and prosecutor to advocate for a diversion agreement, which kept her from returning to jail and likely prevented further suicidal behavior.

Before a diversion agreement is reached, the team does the same risk assessment that is conducted by law enforcement probation officers.

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Jail Diversion

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“We don’t promise or guarantee anything to the court. It’s up to the client to keep their word,” Eric said. “We monitor them, and when on probation, their probation officer also monitors them. We have an excellent working relationship with the Department of Corrections – we work together to provide treatment options.”

Catholic Charities’ case managers assist in locating temporary, safe housing and setting-up rental agreements to get a client located in an apartment, and sometimes to even help them with moving.

“I didn’t have anything when I got out,” Amanda admitted, after she left the hospital. “No clothes, nothing. They took me shopping and got me clothes and hygiene things that I needed. They also got me into a doctor and counseling. I now have my own studio apartment and my goal is to go back to school and get my GED. They are also helping me apply for jobs.”

“Essentially the goal is to get individuals into a solid place where they can actually be safe and warm,” Eric said. “We know that when an individual is in housing they are much more likely to be stable, be able to keep their appointments, keep their commitment to the court, and recover more effectively. We have seen many individuals who have been successful.”

Amanda, who readily admits that she often runs away from such intervention, is grateful and intends to continue in the program. She is also enrolling in substance use treatment. She has not been incarcerated again, which the counselor believes is due to the therapeutic and direct support she has received.

“I think it’s amazing, really,” Amanda said. “I have been like this for a long time and I’ve never gotten help like this before. They actually care. And they show that they care.”



Last year, Catholic Charities was awarded \$1,079,000 from the State of Washington for jail diversion mental health services in Wenatchee. The Diversion Team provides active outreach services to Chelan-Douglas law enforcement agencies and area jails in contact with individuals in need of support or services. The goal is to prevent or reduce incarceration, by providing access to mental health care to individuals. This funding allows for additional clinical staff, housing and other support to encourage wellness, recovery, and community stabilization. Referrals are not accepted from clients or the general public, but are made through the jail, courts, attorneys, and law enforcement.

The aim of this program is to improve the timeliness of evaluation and to reduce the number of individuals with mental illness who are currently incarcerated, or pending evaluation.

Catholic Charities is working to reduce the number of individuals referred for evaluations by rapidly delivering mental health and social services after the individual is incarcerated and prior to his or her release. Services are provided to persons with mental illness in cases of non-serious, non-violent offenses. A court team consisting of jail and mental health staff, prosecutor, defense attorney, and a judge are involved in weighing risks and benefits of the plan. Diversion staff also provide support to individuals whose lack of access to human services places them at risk of being re-incarcerated at the time of release from jail.

Hope for Children with Autism Spectrum Disorder



Kelly Hede and her husband noticed their 3-year-old son Elijah was not developing like other children his age. He wasn't speaking and was overly active.

"Elijah couldn't sit down for more than one or two minutes at a time," Kelly said. "He was squirming, getting up, moving. He could never sit and watch a movie. He was a 'runner' – we had to put special locks on the doors because he would go outside and start wandering."

After seeking help from his primary care physician, the Hedes were referred to a pediatrician who is certified to diagnose Autism Spectrum Disorder.

From there, the family was referred to Catholic Charities Applied Behavior Analysis Program, a structured, intensive, therapeutic 12-week program designed to teach a variety of skills to pre-kindergarten children diagnosed with Autism Spectrum Disorder. Catholic Charities offers Applied Behavior Analysis services to children ages 2 to 5 and their families in Wenatchee and Yakima.

The Hedes had already heard about this program through friends, most of whom are teachers who also recommended the program.

The classroom serves 4-5 children at a time, with each child working one-on-one with a certified behavioral technician. Treatment also includes speech therapy, depending on the child's needs. The goal of the program is to increase speech, teach school readiness skills, and reduce challenging behaviors.

"We enrolled Elijah in the program," Kelly recalled. "On the first day, they kept him safe so he wouldn't run out of the classroom. They explained all of the behavioral interventions to me because they could see that I was nervous. As Elijah continued in the program his progress was amazing. My son could actually sit and focus for 10 minutes after going through the program, which was huge."

Elijah is now 8 years old and Kelly reports that he is doing well in school.

"We regularly talk with his teachers and they tell us he's doing well. He's not on any medications. I don't think we could have gotten to that point without the Applied Behavior Analysis program. That's how much we love it. I wish we could do it continually."

Strengthening Families

The staff were amazing! Their interactions were so wonderful for a parent who has a child who's not speaking and who's overly hyper or has behaviors that are autism-specific. It's very eye-opening and frightening, but the staff made it comforting. I was very happy with the services and I hope they never go away."

Jennifer Card, a Board Certified Behavior Analyst, who oversees the

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Autism Spectrum Disorder

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Wenatchee clinical program, recognizes the importance of education for the parents.

“Our aim is to strengthen families. I enjoy doing parent trainings, because often the families feel lost. They learn to manage the challenging behavior with other parents, and realize ‘I’m not alone.’ They often don’t realize how many other parents are dealing with challenging behaviors. Parents who have kids with autism often feel like they are doing something wrong. Parent training is one of the strengths of the program at Catholic Charities by teaching parents the same skills we use in the classroom.”

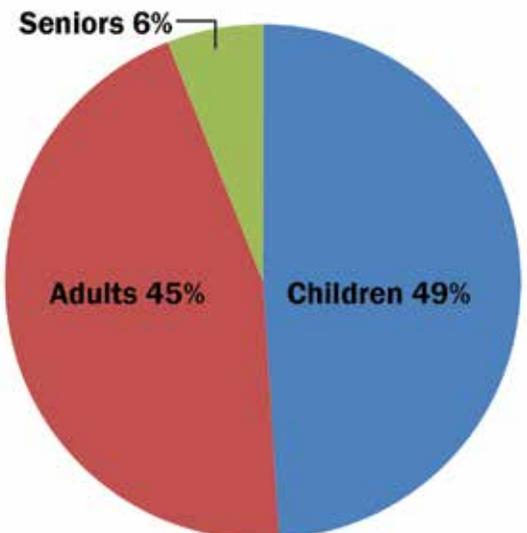
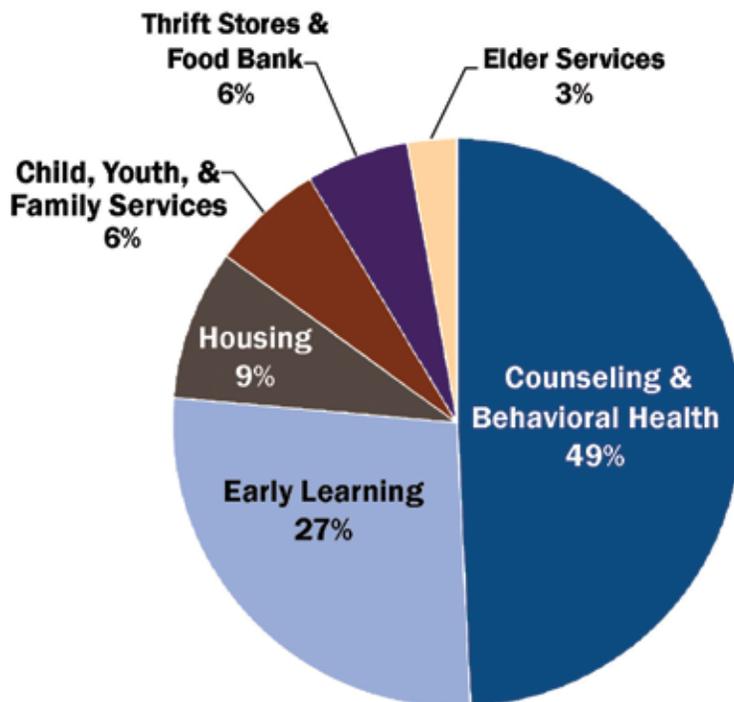
Jennifer, a Licensed Clinical Social Worker, understands better than most, because her own son, who will be 21 this year, has autism.

“Because of my son’s diagnosis, I started learning about Applied Behavioral Analysis and looked into how to get credentialed, which propelled me here to do this work,” she said. “There’s such a great need. The kids and families struggle so much. I’m amazed at the progress that’s made in our 12-week program. I can really see the progress for each child, and it’s extraordinary.”

Did you know?

Catholic Charities brings hope to 50,000 individuals in Central Washington by Embracing People, Strengthening Families, and Empowering to Thrive.

Funds Used to Bring Hope to Those Most In Need



Learn about all of our services at www.catholiccharitiescw.org



Pathways to Hope **Aims to Help Foster Youth** **Heal Through Transition to** **Independence**

Empowering to Thrive

Chloe is trying. The 20-year-old recently “aged out” after being in foster care for five years and is now moving out on her own. She so badly wants everything to be okay, but she has severe social anxiety and depression that keeps her from fully reaching out to others.

With the help of Catholic Charities’ Youth & Young Adult Housing Program, she attends counseling twice a month and she is developing skills to live independently. With the support of a therapist and a case manager, she is learning how to better understand her challenges and gain control of her emotions.

“I really am glad that I’m in this program because I do need to know how to take care of myself,” Chloe said. “But, there are so many days when even being around people is difficult. I’m afraid of what might happen to me on my own and I just feel down most of the time.”

Chloe is one of many foster teens who face mental health issues stemming from past trauma. Catholic Charities is there to help youth moving from foster care to independence. Services are offered in Yakima, Benton-Franklin, Kittitas, Klickitat, and Walla Walla Counties.

**For teens like Chloe, it can
make a difference between
thriving or just surviving.**

Catholic Charities was recently awarded a \$400,000 Social Impact Grant. Beginning March 1, the funding will support identified youth, ages 18-24, in securing safe and stable housing, case management support (how to budget, create a resume, do a job search, connect with community resources, or obtain a diploma or GED, etc.), connecting to behavioral health services, and

building long-lasting support systems. The combination of housing, trauma-focused case management, behavioral health interventions, and family engagement will help youth achieve and maintain long-lasting supportive relationships and break the cycle of chronic homelessness.

“Depression, anxiety, and trauma are areas we should be screening for all of the time,” said Jeanne Olney, Catholic Charities Youth Services Program Director. “But because

of the histories of our young people, what they’ve gone through, their unwillingness to trust adults in their life, or because they’re in survival mode and need a safe place to

live, behavioral health issues are sometimes pushed aside. This opportunity will allow for a stronger connection between issues that face youth experiencing homelessness. We can focus on their emotional and physical well-being through behavioral health interventions. It is our goal to deliver comprehensive services that set young people on a path to healthy adulthood.”



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Tri-Cities

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Wenatchee

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509.853.2800

St. Vincent Centers and Food Bank- Union Gap

2629 Main Street
509.457.5111

St. Vincent Centers – Kennewick

731 N. Columbia Center Blvd, Ste. 114
509.783.7020

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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.