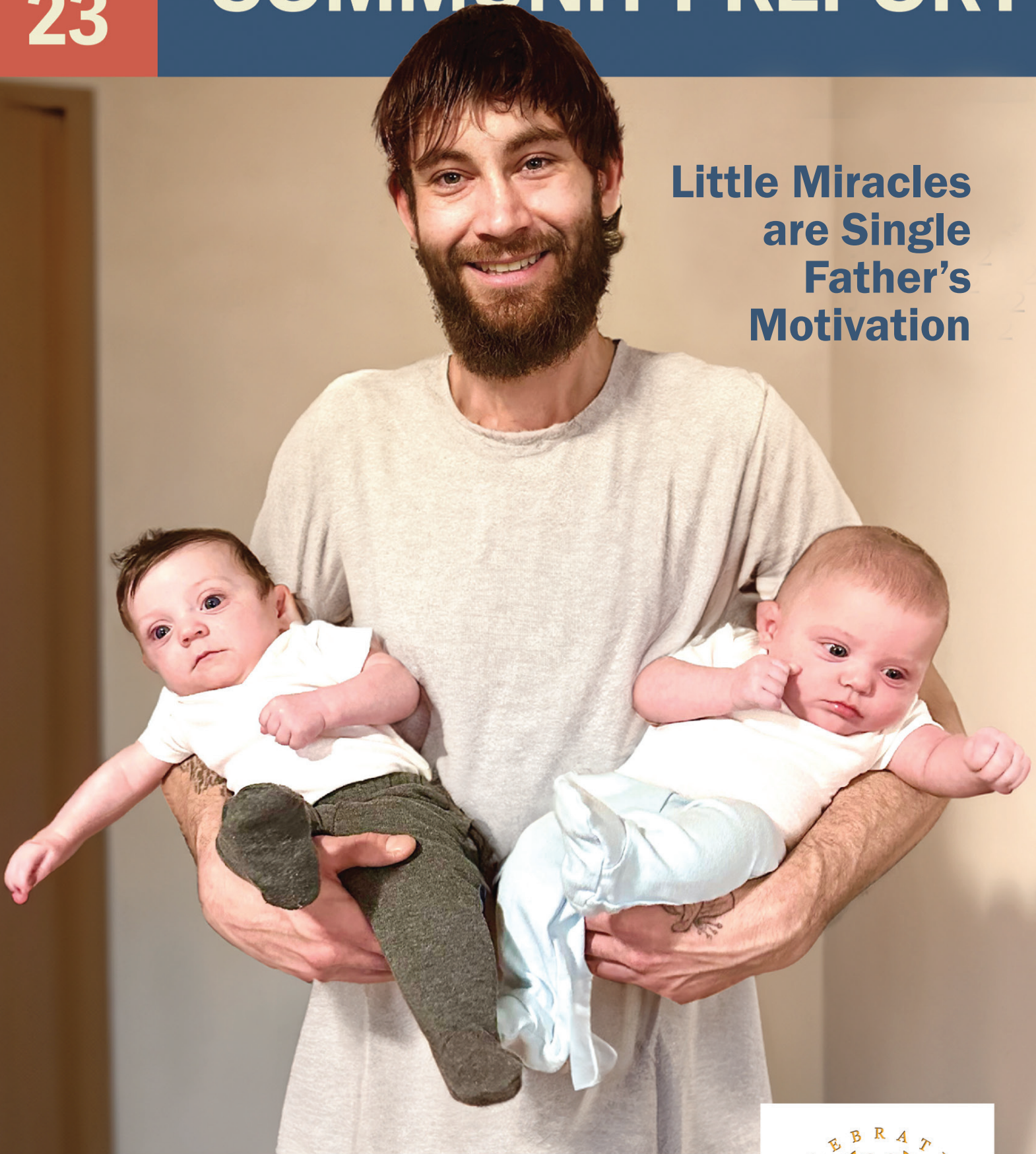


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COMMUNITY REPORT

**Little Miracles
are Single
Father's
Motivation**



Catholic Charities
SERVING CENTRAL WASHINGTON



A Message from the CEO



Agency Celebrates 75 Years Serving Central Washington

The foundation of Catholic Charities was established to help vulnerable children and families. At inception in 1949, the organization focused on providing safe, loving homes through foster care and adoption services. After 75 years, we continue to support pregnant women, young families, foster children and youth, and the most underserved members of our Central Washington communities who often have nowhere else to turn. Our mission is to serve the poor, the vulnerable, and to advocate for those who have no voice.

As you read the stories on our platform, you will see how our PREPARES Pregnancy and Parenting Services have made a difference in the lives of young families. We offer parenting and counseling services that provide support and equip parents and caregivers with the necessary skills to deal with challenging behaviors, and professional intervention in times of crisis. Our ultimate goal is to provide hope for the future and prevent and address trauma at an early age, to develop healthy children, youth, and adults.

Our work would not be possible without the support of our 450 committed staff, community partners, parishes, and volunteers, as well as donors and others who help us address the extensive social and behavioral health needs of our rural communities. We appreciate your partnership as we strive to fulfill our mission: "Motivated by Christ's love, we bring hope to life, especially for those most in need."

Gratefully,

A handwritten signature in blue ink that reads "Darlene Darnell". The signature is fluid and cursive, matching the printed name below it.

Darlene Darnell
President & CEO
Catholic Charities Serving Central Washington

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

Birth of Twins a Blessing, Catalyst for Single Father's Sobriety

When you look inside this family, it's hard to tell who is helping whom.

You might say that a single dad who steps up to care for his infant twins appears to be taking on a remarkable task, but not so, says father Lucius Moran. "The twins have helped me more than I've helped them."

Catholic Charities is walking alongside this extraordinary father, supporting him as a full-time single father by mentoring him in his new role, providing parenting information and expertise, and connecting him with essentials such as furniture, household supplies, diapers, and clothing.

"I am so grateful for the many ways Catholic Charities, the church, and the community are rallying around us, helping me to do what I am called to do as their father," Lucius said.

Lucius was completing an inpatient alcohol treatment program when he learned that his girlfriend had given birth to twin boys. The mother's plight

and the circumstances of the twins' birth caught the community's attention. They were born last September, 10 weeks premature, delivered by a priest, the Rev. Jesús Mariscal, at the Shrine to Our Lady at St. Paul Cathedral in Yakima. Shortly after their birth, their mother left, returning to the streets.

The twins' birth attracted the attention of Most Rev. Joseph J. Tyson, Bishop of the Diocese of Yakima. He reached out to offer blessings for the babies and to support Lucius in his new role by connecting him to the specialized services of Catholic Charities.

While Lucius worried about the safety of his newborn sons, Timothy and Theodore, as well as his 2-year-old daughter and his girlfriend's 8-year-old son, they were also a huge incentive for him to complete his treatment program. "I worked very hard to get better, to maintain my sobriety, and to get into housing," he said.



Rev. Jesús Mariscal, Lucius Moran and Most Rev. Joseph J. Tyson, Bishop of the Diocese of Yakima, with the twins.

(continued next page)

75 Years of Bringing Hope to Life

1946

The **Yakima Salvage Bureau** was formed. The thrift store later became known as **St. Vincent de Paul** stores.



1949

The mission of Catholic Charities was born in Central Washington when Father Thomas Gill organized the **Yakima Children's Bureau**, a subsidiary of Catholic Charities of the Diocese of Seattle.

1950

Yakima Children's Bureau is licensed by the State of Washington as a child placing agency.

1956

To better reflect the mission, the agency's name was changed to **Catholic Family & Child Service (CFCS)**. The agency served families by providing foster care, case management, adoption, and care for birth mothers.

Late 1950s-Early 1960s

The agency expanded services across the Diocese of Yakima, opening branch offices in Wenatchee, Richland, Moses Lake, Ephrata, Ellensburg, and Grandview.

Twins

continued from previous page

After completing treatment, Lucius moved in with a family friend while working with his case manager to get his driver's license, attend daily Alcoholics Anonymous meetings, apply for financial assistance, and fulfill the requirements of the Family Treatment Court. He moved into the Family Emergency Center, operated by Triumph Treatment Services. While there, the twins were released from the NICU and moved in with him at the Emergency Center.

Carmen Bowser, Family Education Coordinator at Catholic Charities, began working with Lucius while he stayed at the Family Emergency Center. Carmen supports Lucius in creating a safe home environment for the twins and focuses on parenting skills and establishing routines for their care.

Carmen, a veteran in supporting parents with nearly two decades of working with families at Catholic Charities, has nothing but admiration for the job Lucius is doing caring for his children. "Lucius is a brave young father who has everything – and more



Carmen Bowser, Family Education Coordinator at Catholic Charities, visits the family.

“Lucius is a brave young father who has everything – and more – that he needs to care for and nurture his family.”

— Carmen Bowser, Family Education Coordinator

Lucius recently left the center, moving into a duplex in Sunnyside. St. Vincent Center, a program of Catholic Charities, helped him furnish and equip his apartment. Lucius has full-time custody of the twins and his daughter, Lillie, and is seeking custody of his girlfriend's son.

– that he needs to care for and nurture his family,” said Carmen. “I am in awe of his strength and his commitment to care for his children.”

Lucius appreciates the wisdom and practical knowledge that Carmen brings in her weekly home visits. “It’s the little things that she brings. I call

them parenting hacks,” Lucius said, laughing. “They actually work!”

Some of the visits center around infant care, while others focus on dealing with a toddler. Lucius values the information Carmen shared on how to deal with tantrums. “Simply

75 Years of Bringing Hope to Life

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.



1974

Father Thomas C. Champoux was appointed Director.



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.

1981

The **Seasonal Child Care Program** was developed to help keep children out of the field and in safe, licensed family home-care environments.

1982

Volunteer Chore Services (now Volunteer Services) began serving frail,

acknowledging that Lillie is upset and showing her that I am listening often gets her to stop crying.”

PREPARES’s life-affirming work also supports Lucius’ role as a single father. PREPARES was created as a program of Catholic Charities by the Bishops of Washington in 2014 to assist expectant parents and families with young children by supporting them with wrap-around care.

PREPARES works in conjunction with local parishes to provide essential needs such as diapers and clothing and to develop supportive, nurturing relationships to walk the parenting journey with families for the first five years of a child’s life.

The PREPARES staff provided Lucius with diapers, wipes, and other essential baby care supplies, but the most helpful gift has been one that is less tangible. “The importance of companionship is often overlooked, but in fact, it is one of the biggest needs of parents of infants and young children,” said Syndee Saucedo Cavazos, PREPARES Program Manager.

With a 75-year history of serving the needs of children and families,

Catholic Charities is uniquely positioned to support Lucius and his children with a combination of specialized services and resources. “Our programs have evolved over the years to serve changing needs in our community, but the work of Catholic Charities has always been dedicated to caring for children and families,” said Darlene Darnell, President and CEO.

The companionship and support that Lucius is receiving help him to focus on his family’s future. “I am very determined to make a home for my children and to care for them in the best way possible,” he said. “I can’t worry about the future. I have to stay focused on my goal of providing my kids with the best possible start in life.”

Creating a home for his children while doing what it takes to strengthen his recovery may seem like a daunting task, but Lucius sees it as part of his journey and an incentive to remain well. He hopes his children will grow up learning that they can overcome the obstacles they face in life through determination. “My children are the incentive I need to work hard, to be the best person I can be, and to give them all the love they deserve. My children are miracles, miracles that I need in my life.”



Lucius with daughter Lillie.

75 Years of Bringing Hope to Life

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.

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** (later known as **Child Care Aware**) began helping parents find licensed child care and supporting child care providers.

1994
The **Valley Intervention Program** began serving behaviorally challenged preschoolers and their families.

1996
Cardinal Francis George formed the Catholic Charities **Board of Trustees** and **John Young** was appointed Executive Director

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 (now **Youth and**

Wenatchee's Youth Mobile Crisis Response Team Expands Help and Hope

Young people have a lot to deal with, and all the stresses of daily living can lead to mental health problems. Children and teens can feel like they have nowhere to turn and have no hope for a better future. This can lead to kids shutting down, lashing out, or engaging in harmful behaviors.

Last year, Catholic Charities in Wenatchee was awarded funding to create a fully-staffed, credentialed team to respond to youth in crisis in Chelan and Douglas Counties.

Referrals to the Catholic Charities Youth Mobile Crisis Response Team come through the national **9-8-8** crisis response and suicide prevention line and the region's Crisis Connection Line at **509.662.7105**. Those calls are screened, and the team is contacted if crisis response is needed.

Jesus Mendoza, Program Manager, said there are various reasons a young person or their parent may call the crisis line.

"It could be because a kid is struggling with stress, emotional, angry outbursts, or a child or young adult is having some suicidal ideation," he said. Youth are considered as age 20 or under.

Jesus explained that a crisis is defined by the person experiencing it. "We don't define what a crisis is. That's one of the things we've been heavily emphasizing with the schools is that a crisis does not necessarily mean suicidal ideation. The *caller* defines a crisis. If a youth is struggling, a team can go to them, respond, and provide service," Jesus said. A crisis does not need to meet any requirement to qualify for support.

"We're mobile crisis, so whenever we get a call, we go to wherever the adolescent is – whether it's in their home, the hospital emergency room, school, or even in a neutral area like a park. We determine what the crisis is, and whether we can de-escalate it to ensure the youth is safe."



Then the client begins the stabilization phase, which takes anywhere from 2-8 weeks. This includes teaching coping skills to both the youth and the parent, connecting them with resources and services, and monitoring them.

"We are often the first responder to an adolescent who's struggling with a mental health issue," Jesus explained. "If we can make the first exposure a positive experience, then they may be more inclined to accept other services that can help them. And that doesn't only mean Catholic Charities. We want to refer them to the best resource for their needs. Every month we have outside agencies speak to our team so we can learn about what they offer and then we can refer appropriately."

75 Years of Bringing Hope to Life

Young Adult Services) was developed to support youth aging out of foster care.

2005
Kinship Services were developed to assist grandparents raising grandchildren and next-of-kin raising children across Central Washington.

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 1,100



units of affordable housing throughout Central Washington. CCHS has helped first-time homebuyers purchase more than 225 homes through the sweat equity homeownership program.

The St. Vincent de Paul store was renamed **St. Vincent Center**. St. Vincent Center currently serves the Yakima area with a thrift store and food bank in Union Gap.

2008
Parents As Teachers home visiting program was developed to serve high-risk children (prenatal through age 5) and their families.

2014
Mental health services were expanded, and crisis services with a 24-hour crisis line added in Chelan and Douglas Counties.

Services for children with **Autism**

Spectrum Disorder were developed in collaboration with Children's Village in Yakima.



Early Childhood Education & Assistance Program (ECEAP) added early learning classrooms for low-income preschool children and their families.

United Way Grant Funds Parent-Child Interaction Therapy Training

Catholic Charities in the Tri-Cities was awarded a grant through the United Way of Benton and Franklin Counties to fund the training and certification of two clinicians for Parent-Child Interaction Therapy (PCIT).

challenges. Parents learn strategies to help their children accept their limits, comply with their directions, respect house rules, and demonstrate appropriate behavior in public.

“It’s a hands-on coaching experience where the parents are educated with a set of skills they use to improve behavior through attention and positive interaction,” explained Carolyn Berg, clinical supervisor

and PCIT International certified therapist. “There is a specific ‘time-out’ procedure in which we coach parents through a two-way mirror on those skills. The kids listen, and the relationship is super enhanced. It’s very structured, and it works.”

One of the newly certified therapists worked with a family who was overwhelmed by their 6-year-old’s substantial behavioral issues. They learned new parenting skills and applied them to their home life. When the family graduated, the child’s behavior was well-managed and the parents felt confident.



Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for young children from 2-7 years with significant behavioral

“The mom told our therapist that she finally felt like a good mom. It’s exciting when we see the progress, and we also get to hear how it affects the parents. Sometimes they can be really hard on themselves when their kids act up,” Carolyn said.

75 Years of Bringing Hope to Life

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

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.

2018
Growing Hope, Child & Family Development Center opens, bringing together the Catholic Charities Early Learning Programs and expanding services to low-income families, high-risk children and infants through age 5.

2020
Catholic Charities teamed with the Diocese of Yakima to create the **Light of Hope Fund** to help families in need during the COVID pandemic. The fund continues to support those in need.

2021
In collaboration with partner organizations and CARES funds, Catholic Charities facilitated essential **rental assistance** to individuals and families who struggled to keep up with their rent during the pandemic.

2023
The Crisis Youth Mobile Team began working with at-risk children and youth in Chelan and Douglas Counties.

The agency’s first **Resource Fair** included booths with information about Catholic Charities’ Yakima services, highlighting other community agencies, food, music, and family activities.



SERVING CENTRAL WASHINGTON

Yakima

5301 Tieton Drive, Suite C
509.965.7100

303 E D Street
509.965.7100

Tri-Cities

2139 Van Giesen, Richland
509.946.4645

Wenatchee

135, 139 and 145 South Worthen
509.662.6761

Moses Lake

524 E. 3rd Avenue
509.436.7015

Omak

115 N. Main Street

Sunnyside

1691 Washington Court
509.965.7100

**Catholic Charities
Housing Services**

5301 Tieton Drive, Suite G, Yakima
509.853.2800

St. Vincent Center

Thrift Store and Food Bank
2629 Main Street, Union Gap
509.457.5111

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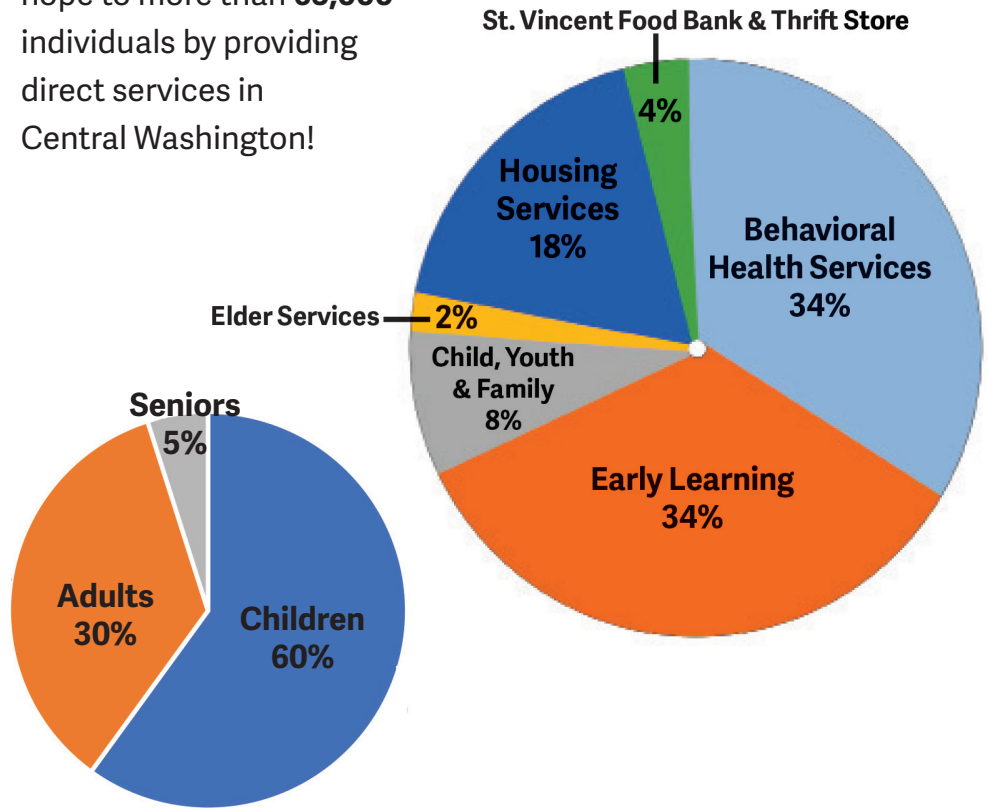
Darlene Darnell, **President & CEO**

Our Mission by the Numbers

Did you Know?

Catholic Charities brings hope to more than **65,000** individuals by providing direct services in Central Washington!

Direct Services



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