



**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.*

We Are People Helping People

I am often asked, “What does Catholic Charities do?”

The best way to describe Catholic Charities is “people helping people.”

At Catholic Charities, our 400 staff and thousands of volunteers raise hope by “being there” for people. We walk with women through crisis pregnancies, provide counseling for children and adults experiencing trauma or abuse, and offer affordable housing for farmworkers, low-income families, and seniors.

In our society, filled with electronic communication, the missing ingredient is sometimes real people. At Catholic Charities, we have the honor and privilege of “people helping people,” especially those children, families, and seniors most in need, 365 days a year!

For 16-year-old Sarah, Catholic Charities was there during her crisis pregnancy when she was feeling scared and alone. A special Family Companion helped Sarah through the lonely and stressful times of the pregnancy when she was finishing school. It was so hard, but Sarah had a friend and mentor to believe in her. When Olivia came home from the hospital, baby and mom were greeted with diapers, layettes, blankets, and everything Sarah needed to nurture Olivia in her first days at home. Sarah’s Family Companion, whom she had grown to trust, walked the journey of parenthood with her during those early months of limited sleep and adjusting to being a single parent mom.

For Grace, an 82-year-old who was told by her doctor she can no longer drive and needed transportation for cardiac rehabilitation three times per week, Catholic Charities was there to lend a hand and provide transportation to her medical appointments and to get groceries once a week.

We do not do the work alone. Through compassionate, trained staff, volunteers, donors, and in partnership with Catholic parishes and other community organizations, we work together to build 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.

“People helping people”— that is Catholic Charities!

*Darlene Darnell
President & CEO
Catholic Charities Serving Central Washington*





Housing for the Homeless, Disabled, and Low-Income Opens in Wenatchee

Connie and her three young children have seen more than their fair share of hardship in the past year. As victims of domestic violence, they were living in their car, struggling to survive until they found a way to reclaim a healthy life.

When she learned about the construction of a new housing development by Catholic Charities, Connie contacted the agency and learned how to be added to the growing waiting list. She had hope for the first time in over a year that she and her children could begin to heal. In November, Connie learned that their application was approved and that she and her daughters would live at Saint Jude's Landing.

"I burst into tears when they told me we were accepted," Connie said, tears flooding her eyes at the

memory. "We've been living in my car or with friends, but it has been so hard on my girls. I saw no help in sight before this. Now, we have a way to make a normal life again. I am so grateful."

Catholic Charities Housing Services (CCHS) proudly opened the doors of Saint Jude's Landing (SJL), on January 13 in Wenatchee. SJL combines affordable housing with support services through Catholic Charities to address the needs of chronically homeless, adults with disabilities, and low-income families.

These services build independence, decrease isolation, and connect residents to primary health care, behavioral health, and employment services. Catholic Charities staff provides on-site counseling and case management, groups to support recovery,

and nutrition and wellness management. They provide support for pregnant women and young parents to strengthen families and other educational opportunities that embrace residents in building resilience to deal with life challenges. No resident or family at St. Jude's Landing feels alone; together, we are there to bring help and hope.

"I hope that this housing will bring some stability to folks that haven't experienced a stable routine in a long time, if ever," Holly Anderson, housing development manager, said. "To give them a foundation to grow, and to give them a step up."

Resident services coordinators work alongside property management on-site, providing formerly homeless residents with items such as linens and microwaves.

"It's so valuable and important to have on-site eyes and ears to



Housing staff in front of Saint Jude's Landing (left to right): Sandra Aguilar (resident services program manager), Holly Anderson (housing development manager), Bryan Ketcham (director), Patricia Zavala (on-site resident services coordinator).

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Saint Jude's Landing

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provide direct services coordination. An on-site coordinator can provide access to resources that support our residents as they face challenges," said Sandra Aguilar, resident services program manager.

Each unit in the four-story building includes beds, dining tables, chairs, and a sofa. It provides one-, two- and three-bedroom units, including one for the on-site manager. Rents range from \$214 to \$948 per month.

The 71,846 square foot building is energy efficient. Each floor has laundry facilities, common area restrooms on the first floor, maintenance storage, and a workspace. The sustainable landscape includes drought-tolerant plants and trees. Low-volume flush toilets, water-saving showerheads and faucets minimize water usage. Strict specifications for cabinets and wear-resistant finishes will withstand heavy use by large families. Although some of these features increased initial development costs, they reduce ongoing maintenance costs, improve project life cycles, and ensure a sustainable community well into the future.

The Housing Authority of Chelan County and the City of Wenatchee manage the property.

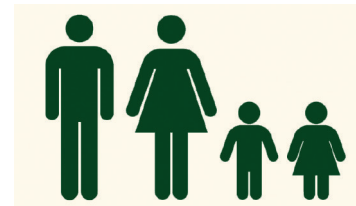
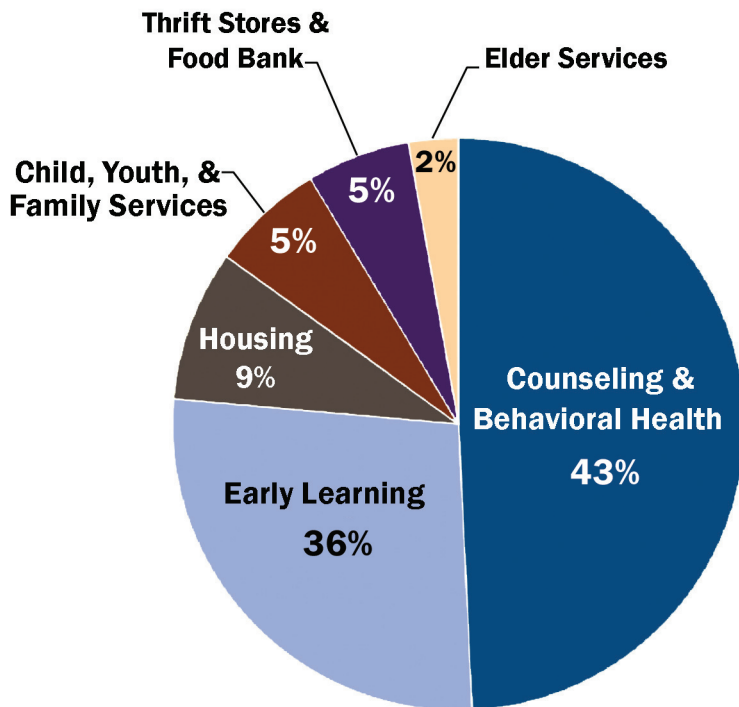


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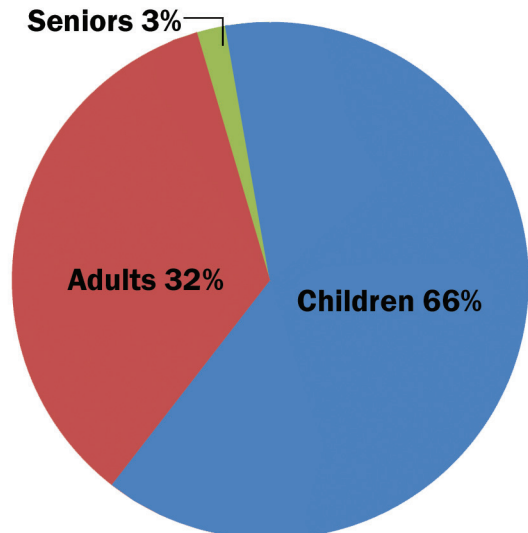
Did you know?

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



Clients Served



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

New Psychosis Treatment Program Available in Wenatchee



Twenty-year-old James was by all accounts doing everything right. By the time he graduated high school at the age of 18, he had a 3.50 GPA, was captain of his high school baseball team, and had been awarded a baseball scholarship to attend Central Washington University. Like many college students, James became increasingly overwhelmed and stressed by the demands of his college courses and the intensity of his baseball schedule. Despite these stressors, he was meeting new friends and began dating a girl who lived in his residence hall.

During spring term finals and with baseball season in full swing, James' girlfriend broke off the relationship and quickly began dating someone else. With the stress of the breakup, on top of finals and baseball season, James started to have trouble sleeping and was eating less than usual. Friends noticed him isolating himself in his room and declining invitations to hang out. When James moved back home for the summer, his parents quickly became concerned about the changes in his behavior.

"We didn't know what to think," his mother said. "It was completely unlike him. James wouldn't leave his room, and we could hear him at all hours of the night pacing around in there. During the day, he was peering out windows, mumbling under his breath that people were videotaping us. His father and I noticed that he seemed confused and had trouble following conversations. Frankly, we were worried he had started using drugs."

By mid-August, James was "practically not talking," according to his mother. On one particularly hot day, his father observed him lying on the back patio in the sun, wearing heavy-duty winter clothing. James was not answering calls or texts from friends, and was refusing to return to college in the fall because "they're all spies." It was at this point that his parents took him to the family doctor. Believing that James was suffering from an episode of psychosis, his doctor referred them to Catholic Charities' New Journeys program in Wenatchee for a screening.

Recently, Catholic Charities launched the New Journeys

program in Chelan and Douglas Counties. The program began in Washington State in 2014 as a treatment model for youth and young adults experiencing first-episode psychosis. New Journeys focuses on early intervention and treatment. A team of coordinated mental health specialists works together with clients, their families, doctors, teachers, employers, and other significant people in each client's life. They help clients identify their personal goals and needs for recovery. The goal is for individuals experiencing their first episode of psychosis to return to meaningful activity in their job, school, home, and other areas.

Criteria for Clients

- Ages 15-40
- Lives in Chelan or Douglas County
- Experiencing symptoms no longer than two years
- Symptoms not known to be caused by a medical condition or drug/alcohol use



The Clinical Team Works to Achieve the Following:

- Identify people who are experiencing psychosis as early as possible

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New Journeys

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- Establish a trusting relationship based on respect and genuine belief in the person's ability
- Provide a comprehensive and accurate assessment of the individual's medical condition, strengths, goals, and needs
- Stabilize the individual's symptoms and living situation
- Provide information on the individual's psychosis and on ways to reduce barriers to successfully engaging in treatment and recovery
- Preserve the family and informal support system
- Help the individual and family develop the skills, knowledge, and social support needed to be successful in managing the condition in the long-run
- Successfully transition young people to ongoing supports and services in the community.

Services Provided:

- Community Outreach and Education
- Individual Resiliency Training, Cognitive Behavioral Therapy
- Educational and Vocational Support
- Family Education and Support
- Case Management
- Individual Medication Management

Referral Forms are available on the Catholic Charities website under Services/Counseling & Behavioral Health/New Journeys:

www.catholiccharitiescw.org.

To learn more, contact **Lauren Renard**, PsyD, LP, New Journeys manager, **509.662.6761**.

Play & Learn Groups in Community Service Offices Set Stage for Social Connections and Mutual Support

Manny, a single father of young twin girls, had his hands full during his appointment at a community service office in Yakima. Manny's wife had recently left him, and he had sole custody of the 3-year-old girls.

The young father had no idea how to navigate the various agencies to make sure his daughters had access to everything they needed for proper health care, how to get ready for kindergarten or to learn about additional opportunities. Manny felt lost and uncomfortable sitting in the crowded waiting room for what seemed like hours, trying to keep the girls occupied, often the only man in a roomful of women and their children.

It wasn't long, though, before he learned about a program that Catholic Charities provides for parents like himself. Catholic Charities' **Early Connections Play & Learn** groups at the Department of Social and



Health Services (DSHS) Community Service Offices (CSO) are leading the way with a new approach to early learning and child welfare integration. This partnership sets the stage for social connections and pathways for mutual support for young children and their caregivers. With this approach, families are supported with access to high-quality early learning, health, and wellness opportunities.

"My stress just melted away as I realized that I was getting the right kind of help for my girls," Manny said. "I honestly don't know what I would do without it. Now the girls and I look forward to these appointments. We've made friends and learned so much. It's amazing."

The Early Connections Play & Learn model offers a tailored "drop-in" approach within community services offices to help reach underserved children and their families who are accessing services to meet their basic needs for food, financial assistance, or medical supports.

Benefits of Play & Learn at CSOs:

For parents, grandparents, and caregivers . . .

- Play with their child(ren) while waiting for their appointment
- Learn more about access to early learning programs and other resources
- Receive a free, self-guided, questionnaire to support their child's developmental growth
- Talk to a facilitator about child development and what is expected of children entering kindergarten
- Take home activity ideas that support learning!

. . . and children from birth through 5 years

- Receive a free book and free snack
- Play with other children and their caregivers while experiencing a wide range of fun learning activities
- Experience the different play areas:
 - Blocks
 - Infants
 - Puzzles
 - Reading
 - Dramatic play
 - and more!



Locations

Moses Lake DSHS office

Wednesdays, 9 a.m.- 3 p.m.
1651 Pilgrim Street
509.764.5600

Spokane DSHS office

Tuesdays, 9 a.m.- 3 p.m.
1313 Maple Street
877.501.2233

Sunnyside DSHS office

Tuesdays, 9 a.m.- 3 p.m.
Mid Valley Mall,
2010 Yakima Valley Highway
509.839.7200

Toppenish DSHS office

Wednesdays, 9 a.m.- 3 p.m.
4 East 3rd Avenue
800.548.8755

Wenatchee DSHS office

Tuesdays, 9 a.m.- 3 p.m.
805 S. Mission Street
509.886.6600

Yakima DSHS office

Thursdays, 9 a.m.- 3 p.m.
1002 N. 16th Avenue
877.501.2233

Are you at least 70½ years of age?

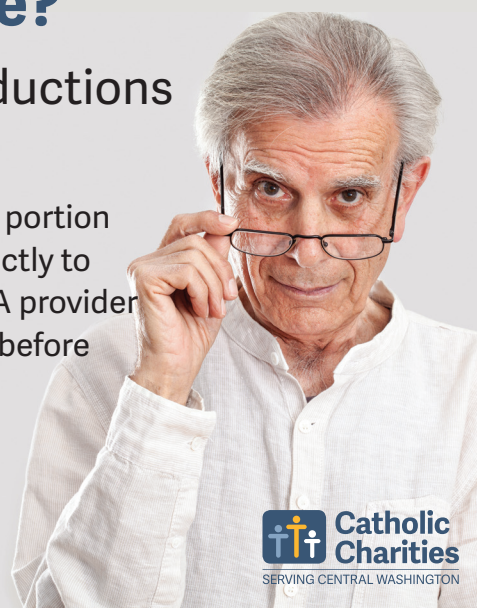
No longer able to itemize charitable gift deductions on your taxes?

Find out how to **lower your 2020 income taxes** by sending all or a portion of your annual Required Minimum Distribution from your IRA directly to **Catholic Charities Serving Central Washington**. Contact your IRA provider and ask about making a direct contribution to a qualified charity before January 31, 2020.

Bring hope to life and get a tax benefit. **It's a win-win!**

Contact Steve Wilmes **509.759.7780** or **swilmes@catholiccharitiescw.org** for more information.

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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

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.