



# VASHON YOUTH & FAMILY SERVICES

Community Report 2023





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## Dear Vashon Community,

Since the start of the pandemic, we have seen significant shifts in our community's needs and in the ways we, as a community, go about meeting those needs. In 2020 and 2021 VYFS and other social service organizations on the island were largely focused on quickly adapting services and service delivery to address the many impacts of covid, particularly those disproportionately affecting our most vulnerable residents. In 2022 we directed our focus to improving our organizational health and sustainability. As an organization, we are dedicated to providing high-quality services to our community, and we recognize that to do so, we must ensure that our own operations are healthy and sustainable.

To that end, we have been actively working to assess and improve our organizational health in a number of ways. We have undertaken a thorough review of our Behavioral Health Program's financial operations to ensure that we are providing the most impactful and valuable services possible. While improving our behavioral health reporting and tracking to King County may not be "exciting" work – it has improved our ability to secure funds, provide services, and retain quality counseling staff.

In addition, we have taken steps to increase our capacity and sustainability as an organization. We have an established and dedicated fund development program to help us identify and secure additional funding sources. We have worked to build partnerships with and between other community organizations to expand our reach and impact, as well as the collective capacity of Vashon's social safety net - more on that later in this report!

We are also committed to improving our internal processes and infrastructure to ensure that we are providing the highest quality services possible. This includes planning ongoing investments in staff training and development, a new and robust pay equity program, as well as implementing new systems and processes to streamline our operations and increase efficiency.



Our goal in these efforts is to create an organization that is not only effective in its mission but also sustainable for the long term. We believe that by building a strong and healthy organization, we can better serve the needs of folks in our community and ensure that our services continue to be available for years to come.

We want to thank our community for their continued commitment to the work that we do. Your support of VYFS is an investment in the health and well-being of our beloved community. We are grateful for the opportunity to serve Vashon and remain committed to improving our organizational health and sustainability in order to provide the best possible services to those who need them.

Sincerely,  
*Jeni Johnson*

# BOARD OF DIRECTORS

## Officers



Ned-Daniel Kamimura, President



Maria Corstédt, Vice President



Baruch Roter, M.D., Treasurer



George Butler, Secretary

## Board Members



Carol Geortzel



Slade McSheehy



Lindsey Anderson



Karina Deutsch



Ann Palmer



Coco Carson Rohe



Ellen Carruth

# OUR MISSION

Vashon Youth & Family Services fosters a thriving community of emotionally healthy and resilient children, youth, adults, and families.

VYFS empowers all islanders to realize their full potential through a variety of Island-based services and comprehensive programming for children, youth, families, and individuals.



# EQUITY MATTERS

Our vision is that all Islanders, regardless of age, income, gender, sexual orientation, race, and/or ethnicity, possess the social-emotional resilience needed to navigate life's challenges, have access to concrete resources and reliable services in times of need, and are supported by warm community connections to help them thrive. We prioritize serving Vashon's most vulnerable populations and communities, particularly those who face systemic barriers to accessing services and/or belong to groups that have been historically excluded from resources and power.



# Resource List:

## Food Assistance:

### Vashon Maury Community Foodbank

On-site Pick Up & Home Delivery – [vashonfoodbank.org](http://vashonfoodbank.org) or (206) 463-6332

## Vashon Senior Center:

Community Lunch & Meal Delivery – [vashoncenter.org](http://vashoncenter.org) or (206) 463-5173

WIC Clinic at United Methodist Church

3rd Wednesday of the month from 9am – 12pm and 1pm – 2:30pm, (206) 291-7336

## Substance Use Disorder:

Vashon Youth & Family Services Substance Use Disorder Treatment

Counseling, group support, drug testing – [info@vyfs.org](mailto:info@vyfs.org) or (206) 463-5511

## VARSA :

Working to reduce youth substance use – [info@varsanetwork.org](mailto:info@varsanetwork.org) or (206) 567-2647

## Resource Navigation Assistance:

### VYFS Community Resource Navigators

Bilingual connections to local, county, state, federal resources, ferry, medical and prescription vouchers – at Vashon Food Bank Wednesdays, 10am – 2pm and United Methodist Church Fridays, from 12pm to 3pm. [info@vyfs.org](mailto:info@vyfs.org) or (206) 463-5511 ext. 225

## Domestic Violence Support:

### The DOVE Project

Domestic violence support, prevention education, mental health

– [info@vashondoveproject.org](mailto:info@vashondoveproject.org) or (206) 462-0911

## Mental Health & Wellness:

### Vashon Youth & Family Services

Comprehensive mental healthcare for individuals, families, youth, and children

– [info@vyfs.org](mailto:info@vyfs.org) or (206) 463-5511

### The DOVE Project

Trauma-informed mental healthcare for domestic abuse survivors

– [info@vashondoveproject.org](mailto:info@vashondoveproject.org) or (206) 462-0911

# Resource List:

## Housing:

Vashon Household

Access to affordable housing – (206) 463-6454

Interfaith Council to Prevent Homelessness

Rental assistance, meals, laundry – (206) 643-5169

## Child & Youth Support:

Family Place

### Vashon Kids

Childcare for ages 5 – 11 – vashonkids@vyfs.org or (206) 930-2592

### Journeyman

Mentorship for boys – info@journeymen.us or (206) 429-5203

### Vashon Sisterhood

Supporting girls in 4th – 12th grade on island

– emmy@vashondoveproject.org or laura@vashondoveproject.org

### Vashon Teen Council

Sexuality education and healthy decision making for teens

– maya@vashondoveproject.org or (206)639-0608

### O Space ORBIT

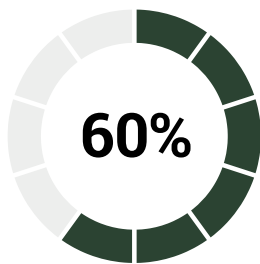
Empowering young voices, building community, all-ages art and music

– info@openspacevashon.com or (206) 408-7241

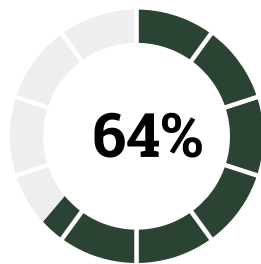
# VYFS BY THE NUMBERS (2022):

## Family Place:

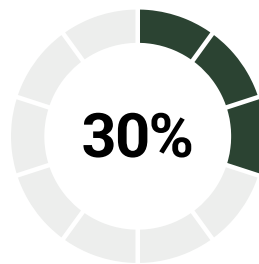
29 families, 37 children



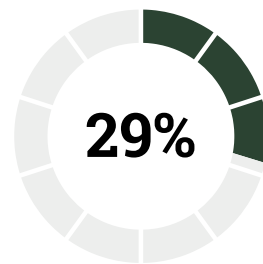
Low Income



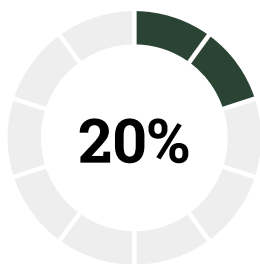
First-Time Parents



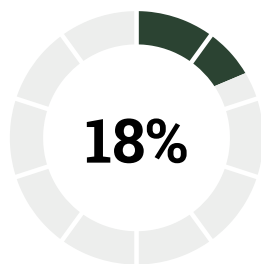
English as a Second Language



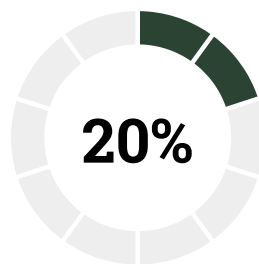
BIPOC



Recent Immigrant



Single Parent



Multiple Children Under 5

## Behavioral Health:

**282**

Clients

**14,438**

Counseling Hours

**66.3%**

Living in Poverty

**36%**

Are Youth

**9%**

Are Seniors

**27%**

Experience Disability

**\$175,556**

Uninsured/Underinsured  
Counseling Costs Covered  
by VYFS



# VYFS BY THE NUMBERS:

## Vashon Kids:

**139** Kids  
**\$73,988** In VYFS Childcare Subsidies

**71%** Receive Assistance  
**55%** Attendees Have Complex Needs

## Community Resource Navigation

**204** Families  
**133** Medical Vouchers

**50** Pharmacy Vouchers  
**1,415** Ferry Vouchers

**524** Metro Bus Tickets



# VYFS BY THE NUMBERS:

	2021	2022
Donations	471,688	150,259
Private Grants	196,770	138,043
Government Income (Grants)	684,887	690,058 (PPP Loan)
Earned Income (Programs)	1,095,026	1,336,969
<b>TOTAL INCOME</b>	<b>2,448,927</b>	<b>2,326,727</b>

	2021	2022
Program Staff	1,212,151	1,136,499
Administrative Staff	260,288	234,224
Facilities & Equipment	132,541	160,948
Insurance	16,806	19,624
General Operating Expenses	55,851	54,573
Professional Services	64,881	97,780
Communications	25,916	28,562
Training	17,119	15,239
Client Support	97,578	86,798
Program Operations	144,802	209,995
<b>TOTAL EXPENSES</b>	<b>1,822,397</b>	<b>2,045,255</b>
<b>TOTAL PROFIT</b>	<b>626,530</b>	<b>281,473</b>

# COLLABORATION:

COVID changed the way we live and work on Vashon in countless ways. Social service organizations across the island have increased services, innovated new programs, and redesigned operations to adapt to our new reality. Collaboration between organizations has also grown significantly.

The pandemic served as a catalyst for getting out of our silos and working together for the greater good of the community. The many benefits of deep collaboration have inspired our ongoing commitment to collective impact. Strong partnerships enable us to increase the resources and services we are able to bring to our community and to ensure those resources are used equitably and efficiently.

Over the past three years, it's been deeply rewarding to support this growing collective capacity to address our community's needs. One of the challenges of providing social services on Vashon is that our community organizations often fall into funding gaps. Many county-wide funding initiatives focus on demographics and numbers, leaving Vashon's social service organizations at a considerable disadvantage when competing with organizations located in highly diverse urban areas. At the same time, despite being a rural community, we are often ineligible for federal funding opportunities for similar locales, due to our location within King County.

By necessity, the Vashon Social Service Network began consulting each other before applying for funds, to ensure we weren't competing against each other, to prioritize funds to meet the most critical needs of our community, and to maximize the impact of the resources we do have.

## Collaboration between organizations is real and it is extensive:

VYFS' Community Navigators hold weekly (bilingual) in-person drop-in hours at the Food Bank, Methodist Church, and Vashon Kids. This critical community resource is funded through a VSHSL grant received by the Vashon-Maury Food Bank to provide resource assistance to community members.

Vashon DOVE Project partners with Vashon Kids to provide a weekly CARE (Caring Allies for Relationship Equity) Club for children aged 5-12. DOVE's prevention specialist works with VK program staff to help youth understand self-care, boundaries and healthy relationships.

VYFS applied for and received federal funding on behalf of five organizations, who met regularly to split funding and prioritize our community's most critical needs and equity gaps – not just the gaps within our own organizations. Vashon Island Midwifery and VYFS' Family Place regularly refer clients to one another for ongoing support during and after pregnancy.

We appreciate and thank our social service partners for the work they are doing to help lift our community, and strengthen each other's organizations.

**"We have appreciated a stronger partnership with VYFS. This partnership has helped foster safer referral systems, more holistic support for individuals and resilience in our community."**

-Heidi Jackson, Executive Director, Vashon DOVE Project

**"Lacking a local municipal government, on Vashon, the responsibility for providing comprehensive social services falls on a dozen or so social service oriented non-profits, all of whom have distinct missions, budgets and boards of directors. The potential for program overlap and redundancy is great, so collaboration among agencies is essential. We've found great success in collaborating with VYFS, which expands the reach and impact of both agencies and increases access to essential services for the islanders who need them most."**

-Emily Scott, Vashon Maury Community Food Bank

Our community is a special place and the people and organizations living here make it much more special. The strong community ties and the strong support for each other is impactful and powerful. Many thanks to all of our community partners for taking care of each other.

# PROGRAM HIGHLIGHTS:

## Vashon Kids:

For over two decades, Vashon Kids has provided quality out-of-school care for children ages 5-12. Vashon Kids provides so much more than childcare, however. Our program specializes in social-emotional learning by teaching core behavioral health skills including empathy, emotional self-regulation, problem solving and conflict resolution. The majority of families enrolled in the program experience complex needs including challenges with neurodiversity, trauma, housing instability, language/cultural barriers, involvement in the child welfare system and precarious employment. Vashon Kids serves as a consistent, caring and safe space to help children and families foster resilience and stabilize in the face of hardship. During COVID, Vashon Kids increased resource support for families and we have continued to grow our capacity to help families access the concrete goods and services needed to support a healthy and thriving family.

Vashon Kids offers rich and robust child-centered programming with lots of outdoor play, drama programs, science and art activities, field trips, a bike club and more. Parents and caregivers appreciate our flexible scheduling options, warm connections with staff, support for their children's wellbeing and healthy development, assistance with resource connections, and commitment to making quality childcare available to all who need it.

## According to Vashon Kids, the best parts of 2022 were:

"The field trips to the pool, the water slide, Pt. Ruston, and Owen Beach!"

"Our forest club we call Dwabu."

"Getting to do different projects and play on teams."

"Being a leader."

**Program Sustainability:** We are fortunate to have retained high-quality staff with years of program knowledge and continuity. Despite a national childcare worker crisis, Vashon Kids has been able to remain fully staffed and has not had to limit programming. Our largest challenges with program sustainability are financial. Approximately 70% of Vashon Kids families receive assistance in covering program tuition. Vashon Kids provides a critical lifeline for these families who would struggle to cover the cost of childcare, receive inadequate support elsewhere for their children with complex needs, and face other challenges fitting into other childcare programs. VYFS aggressively applies for grant funding to support the program and a large portion of private donations fund Vashon Kids.



# PROGRAM HIGHLIGHTS:

## Behavioral Health:

Our Behavioral Health program offers individual, couples and family counseling using a variety of evidence-based therapy models. We also provide outpatient substance use disorder (SUD) treatment. VYFS counseling services comprise a critical component of Vashon's mental health safety net for vulnerable community members. Our counselors help children, youth, individuals and families stabilize in times of crisis, recover from trauma and loss, and navigate life when it becomes overwhelming. Historically, approximately 30% of VYFS' Behavioral Health services have gone unfunded, making the sustainability of the program a constant challenge for our organization. **In the past year, the number of behavioral health hours provided by VYFS has increased by another 60.7%, with 55% of clients needing assistance in paying for services.**

In 2022, VYFS's Behavioral Health staff developed a service-level review process to ensure that clients with the greatest need receive the most support. This process aligns with our equity focus and further enables us to use resources as efficiently as possible.



## Our Challenges:

VYFS, like the rest of the nation, is experiencing a shortage of behavioral health workers. VYFS' Behavioral Health program consistently operates at or close to capacity, making it challenging to respond to sudden increases in need for counseling services. While we are working to hire more counselors, hiring itself is an ongoing challenge. As a nonprofit community mental health clinic, we are not able to compete with counselor pay rates available through larger clinics and private practices. To help attract and retain staff despite these challenges, we have developed pay equity goals including rate increases for counselors whenever financially feasible and sustainable. We also work hard to create a highly positive, supportive and flexible work culture. With an ever-increasing demand for counseling services, paying our dedicated counselors a more competitive and sustainable wage is a challenge we need to overcome.

# PROGRAM HIGHLIGHTS:

## Family Place:

Family Place programs equip parents of young children with tools, resources, and community supports to help them raise healthy and thriving children. Through our integrated services, which welcome families of all configurations, we endeavor to foster confident, secure and resilient families.

During 2022, Family Place emerged from COVID closures with enthusiasm for reconnecting families and strengthening our support services for families with young children. We reopened for our weekly facilitated playgroup, Kaleidoscope Play and Learn, and for Open Play on Fridays. Our Parents as Teachers (PAT) home visiting program, which had continued throughout the Covid years with virtual visits, returned to visits with families in their homes. This program utilizes a nationally recognized, evidence-based format for providing families with play-based activities that support parents' understanding of child development and provide tools for positive parenting.

Over the four years of conducting the PAT program in both Spanish and English, we recognized that families need dedicated help in navigating the complexities of social services available to them. In the fall of 2022, we hired a Resource Navigator with language and cultural alignment with Spanish-speaking families and with dedicated time to assist Latinx and low-income families in overcoming barriers and gaining confidence with accessing resources to improve their overall stability and well-being.



# PROGRAM HIGHLIGHTS:

## Our Vision:

Our vision for 2023 and beyond is for Family Place to become a Family Resource Hub for families with children 5 and under. Families will be able to access parenting classes, in-home parenting support through PAT, play groups, events and activities to overcome isolation, assistance in accessing social services, opportunities to learn about vocational training and education, and classes in English and literacy.

## Kaleidoscope Play & Learn (KPL):

KPL is an evidence-based drop-in bilingual playgroup for caregivers and children up to 5 years. Playgroups include open play, structured movement and song activities, story time and art activities. Sessions provide parent support and coaching, and time for families to connect and build relationships.

"I found the support from staff and other parents paramount to my mental, postpartum, and emotional well-being. The Parents as Teachers Program helped me through some of the most difficult months of my life. I was deeply depressed, but open to an educator coming into my home to provide company, guidance and emotional support. [My parent educator] filled all of these voids."

- PAT Parent



# PROGRAM HIGHLIGHTS:

## Community Resource Navigation:

The primary goal of Community Resource Navigation is to help individuals and families find and gain access to the services and resources - on and off-Island - that they need to stabilize and build resilience. Families and individuals gain access to a wide range of services and support provided by VYFS and VYFS partner agencies.

Our Resource Navigation program expanded in 2022, both thanks to strengthened partnerships and the ability to reopen in-person services. Our enhanced partnership with the Vashon Food Bank has allowed us to expand in-person Community Navigator time to Vashon Maury Community Food Bank, Vashon DOVE Project, Interfaith Council to Prevent Homelessness, St. Vincent de Paul, Vashon Care Network, Vashon Senior Center, Vashon Household, King County Public Health, Vashon United Methodist Church, SeaMar Clinic, Vashon Island School District, Vashon Lutheran Church, Vashon Medical Reserve Corps, Solid Ground and Granny's Attic.

## Our Community Resource Navigators along with our partners provided:

Community Resource Navigators also work with partners to facilitate an annual Vashon Health Fair. The fair provides a range of health screenings, services and resources, open to all and completely free. In 2022/23, we provided dental care appointments, health screenings, mammograms, pap smears, blood pressure monitors, vaccinations & flu shots and more.



ChildStrive staff at the 2022 Vashon Health Fair







Vashon **Youth &**  
**Family Services**

Connect. Nurture. Thrive.