2022 ANNUAL REPORT

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Consejo's leadership is proud to report Consejo's 2022 accomplishments. In 2022, Consejo's Board of Directors, senior management team, managers, and supervisors from all our regions participated in the 2023-2030 strategic planning retreat and process. The agency reviewed Consejo's mission, vision, goals, and strategic objectives collaboratively. Consejo's mission is to bring healing, health, and hope to communities through holistic, culturally, and linguistically competent behavioral health care and advocacy. Under the new strategic plan, Consejo envisions a Washington State where everyone can access the highest quality behavioral health services and social supports to improve health and wellness while achieving a thriving community. Consejo's strategic plan core values for the agency are equity, accessibility, excellence, and effective services.

Consejo has targeted four strategic priorities, including 1-) increasing access to high-quality comprehensive and whole-person behavioral health care. 2-) Strengthen the organizational foundation to maintain the current successes and position us for future growth. 3-) Become a learning culture organization leading in behavioral health workforce development, and 4) Define outcomes and develop an outcomes scorecard that includes quantitative and qualitative data about behavioral health metrics, service delivery, client satisfaction, and continuous quality improvement.

In 2022, Consejo achieved a significant milestone by executing a major capital investment and establishing a new facility in Mount Vernon. Additionally, Consejo continued to make a difference in the life of children and youth by providing services in Geographically isolated and rural communities like Sultan, East Pierce County, and the North Mason and Belfair region. Consejo now serves therapeutic court programs in Mason, Thurston, King, and Skagit County. We celebrate these achievements and commit significant organizational investments to improve the quality of care of behavioral health clients in these regions.

Consejo proudly reports that we serve 35 school districts across our operating regions. In addition, as part of Consejo's workforce development strategy, we partnered with 28 colleges and universities to provide internship opportunities for AA, BA, and Master Level students in 2022. This year Consejo received three community awards and recognitions from Pierce County: The Housing Hero award, Tacoma Public Schools: A whole child Champion award, and the Skokomish Award Program for the accessible counseling services Consejo provides to the Mason County community.

In 2022, Consejo's economic investments includes capital investments, building upgrades, and financial investment plans for the organization's long-term sustainability. Consejo continues to be a solid and fiscally stable organization. Between 2015 and 2022, under new leadership, Consejo's and Villa Esperanza, LLC assets increased from $4,000,000 to $28,201,446.
On October 22, 2022, Consejo, with the support from community partners, hosted its Annual Youth Empowerment Conference at Renton High School. Over 300 youth & young adults from all backgrounds & ethnicities gathered together for a day of edification and discovery.

Student attendees (ages 13-19) from King, Pierce, Mason and Skagit counties participated. This was made possible through the hard-work and efforts of community agencies & volunteers, who provided transportation and assistance for the day’s events. The event was also live-streamed for the 40 youth housed in the King County Juvenile Justice Center. In an effort to create a more inclusive environment, Consejo staff co-facilitated the workshops while they were being presented live.

Months prior to the day of the event, a youth council was formed and composed of 6 youth representing the four counties. Through weekly meetings, they collectively chose a theme and topics that would be presented at the conference. The theme selected was “Youth Empowerment” and topics of the workshops were: Restorative Justice, Art & Music Therapy, Poetry and Creative Writing, Healthy Relationships, and Sexual Assault Awareness & Prevention.

The event began with Consejo’s resource fair, which consisted of 17 community partner resource tables. After the fair, Desiree Wilkins-Finch kicked-off the conference with her keynote presentation on “Transformational Leadership." She was followed by Burien City Council member Jimmy Matta.

Once the first wave of workshops were completed, lunch was served while the Seattle Youth Symphony Orchestra performed. After final workshops were complete, the raffle began. Students had an opportunity to win amazing prizes.

This event would not have been successful if not for the Youth Council, planning committee, community partners, sponsors and volunteers. Consejo would like to thank Renton High School’s principal Giovanna San Martin, her staff, and Consejo staff who all played a critical role in preparation for the event.
DOMESTIC VIOLENCE SERVICES

The Domestic Violence program team is proud of their work and commitment to improving survivors’ lives for the better. Staff have successfully achieved their various contracts milestones set for the program. The Wellness, recovery, and healing program collaborates with Consejo’s sexual assault program to increase access to Zumba, Yoga, and Nutrition classes. The program also receives DV referrals from the Mental health program and connects DV survivors needing therapy to Mental Health services. Consejo Domestic violence program runs four survivors support groups that focus on domestic violence education, wellness, and recovery services. Participants also become introduced to Art Therapy as a healing tool. This year, Consejo presented at the Domestic Violence symposium held at Seattle University. The symposium was attended by 80 program participants.

Our Villa Esperanza Transitional Housing program is now receiving food bank deliveries weekly. Villa also has a well-organized donation room; assistance is available for clients when needed. Mi Casa Transitional housing recently underwent extensive remodeling and received many furniture donations. After two years of pandemic challenges preventing the full occupancy of Mi Casa group community living facility, the program is now at full capacity. Residents report satisfaction with the support they receive from the housing coordinator and advocate on their legal processes.

Consejo’s Mi Casa and Villa Esperanza transitional housing programs are the only two culturally and linguistically specific housing programs serving Spanish Speaking Latino survivors in Washington State.

Client Success Story

Our client, a 38-year-old Caucasian woman, shares her personal experience with domestic violence. She shares her story about running away from her husband, who is the father of her youngest son.

"After moving to a new state, I found myself in a very abusive relationship. My two children were 17 years old and 9 months old; I felt I had nowhere to turn. I finally found the courage to leave one day after an attack. My children and I left behind most of our possessions when we were accepted into a DV shelter. In a few weeks, there was an opening at Consejo’s The Villa. I can’t explain how happy we were to get our very own safe apartment. It relieved so much stress off of us and though we were still in hiding, it allowed us to finally feel free. I attended counseling and groups to deal with my abuse and PTSD. The Villa gave me time to heal and the opportunity to care for my kids in a safe environment. Soon afterward, I finalized my divorce after five long years.

Within 8 months of my stay, I completed training to become a Certified Peer Counselor. I’ve now been working for three years at a local Behavioral Health organization. I need a few more trainings before becoming a Certified DV Advocate. My daughter, now 22, owns a makeup business. My son, who is 5 years old, is doing amazing in pre-kindergarten.

Without the Villa Esperanza advocates support and services, I don’t know where I would be right now. There will never be enough gratitude I can give to the staff and organization for helping me and my family. I do my best daily to provide active listening, support, validation, and resources to women and families like me.

THANK YOU CONSEJO, Norma & Isela”
Consejo’s King County Adolescent Program was resurrected this year following the isolating pandemic. The program resumed in-school services, counseling, and successfully maintained year-round substance-use disorder treatment groups at various schools in the region. Counselors met individually with clients, facilitated groups, and joined them on their recovery journeys.

During the summer months of the adolescent treatment program, counselors implemented an engaging approach to recovery. Staff planned hiking trips to Snoqualmie Falls, hosted outdoor support group sessions, and coordinated day trips that would align with Consejo’s mission of empowering, strengthening, and transforming lives.

One of the trips included visits to an old-growth forest for hiking that supported healing from losses (strengthening), a visit to the Legislative Building and Temple of Justice in Olympia (empowering), and an afternoon on an ocean beach with group therapy focusing on letting go (transforming). Clients were picked up early in the morning by their counselors and were off for a day of healing, fun, and adventures.

Their first stop was Priest Point Park. A recent addition to the old-growth forest was an old rotary telephone mounted on a cedar tree. The telephone, not connected to anything, is known as “the telephone of the wind.” It serves as a connection between grieving people and loved ones they’ve lost. Group members quietly took turns having conversations through the telephone of the wind.

The next stops were the State Capitol building and the Temple of Justice. Youth were informed of the significance behind these government monuments; They symbolize democracy and represent people of all backgrounds. Many clients acknowledged the principles of justice and experienced a heightened sense of belonging.

The last destination was the shore of the Pacific Ocean. Counselors explained the meaning of the word Pacific; it is peace. In the final therapeutic activity participants discussed what they might want to let go of to grow in their recovery. Individuals quietly found a place near the waves and wrote about what they wanted to let go of in the sand. They then watched sea water wash over their words, which slowly washed them away. The symbolic exercise of letting go and establishing new clarity would strengthen their recovery journey.

“I feel supported now...I didn't have support in Guatemala. I have people who care about me at school, SUD group, and counselors.”
- Youth Participant
Consejo’s behavioral health program has integrated peer services as part of recovery support services. In 2021, Consejo hired Mercede Webb as a peer Support Specialist. Mercede reports, “Before this role, I spent almost 20 years employed in the Chemical Industry; my work led me to Washington State. After years of feeling a lack of deeper purpose and fulfillment, combined with unfortunate and uncontrollable life events, I found myself desolate of hope and struggling to survive. In fear and desperation, I contacted a local behavioral health facility counselor for help. My recovery journey began.

I've acquired skills that built upon my passion for mental health on this journey. I truly believe that I've found my purpose by following this passion. I want to give back, be the holder of hope for others, and empower individuals on their unique journeys as an ambassador of recovery. My personal experiences with mental illness, substance abuse, and poverty, combined with my willingness to show vulnerability in sharing my story, have positioned me to thrive in my role.

In 2022, Mercedes began a support group called Grupo De Bienestar. It is a peer-run activity supporting the educational and mental wellness of the members. After the pandemic, it was evident that the need for this type of group was great. Social connection and community play key roles in recovery by easing feelings of isolation. The group provides individuals with activities, education, and a sense of pride and belonging. It allows members to re-engage with the world, refine skills, develop insights, and discover they are not alone. The program implements various physical and social activities such as bingo, rock painting, and karaoke, incorporating them with the benefits of mild-moderate psychoeducation. The curriculum also includes peer facilitated open discussions in a safe and non-judgmental environment infused with strong undertones of hope, empowerment, and worthiness. This support enhances self-esteem, empowerment, motivation and supports the four dimensions of recovery: health, home, purpose, and community.

The group launched on July 21st, 2022, with two participants; the following week, attendance had doubled. By its 5th week, participant attendance had grown to more than four times its original size! Ten weeks into the program, the group had its first ever field trip to the Renton Farmers Market! The trip inspired participants to one day run their own donation stand at the farmers market to present their vegetables, flowers, and artwork to their community. We are currently in our 15th week with over 200 billable service hours and supporting an average of 10-12 individuals per week.

Mercede is a dedicated health professional. She looks forward to expanding Grupo De Bienestar and working with the Consejo family to support the empowerment of recovering individuals and foster the healing of our communities!
In August, Consejo opened its newest facility in Mount Vernon. Consejo is grateful for the warm welcome we have received from the Skagit Valley community. The Mount Vernon Grand Opening party was a great success. Guests listened to mariachi music, had wonderful food, and explored the newly painted murals. The opening set an important opportunity for building collaborations and raising awareness about culturally relevant behavioral health. The Mount Vernon clinic serves as the hub for our North Sound, five counties region.

Over 300 clients have reached out for services in the first three months since our clinic opening. In order to best serve these clients, the North Sound clinic is building partnerships with Skagit County therapeutic courts, San Juan courts, Skagit Pediatrics, The Farmworker’s Center, Triumph teen center, local faith communities, school districts, Community Action, and more.

Consejo’s agreement with the Mount Vernon therapeutic court allows clients in-court introductions for a North Sound clinic screener. This involvement is critical in preventing people from “falling through the cracks” as they move between the court system to mental health or substance recovery treatment. In addition to serving the Skagit region, we provide services to children and families in the Sultan community in Snohomish county. Our partnership with the Sultan School district allows students to receive in-person therapy during school hours.

The population of unhoused people in the region has historically received services in a fragmented way. In an effort to increase collaboration and communication, Consejo’s Mount Vernon clinic serves on a policy and advisory group that is building a more coherent transfer of care between agencies. We are proud to report that Community coalition building is the core of Consejo’s North Sound Behavioral Health clinic.

Our substance recovery program has been off to a great start. The clinic began two Intensive Outpatient groups and one Outpatient group. These groups are attended regularly and keep the clinic active into the early evening. Through telehealth services, our great work started prior to our grand opening. Telehealth continues to be an essential component of our work.
Consejo Pierce County facilities participate in a full spectrum of community outreach and education activities. The program engages clients and community services to access needed behavioral health services. The program works in partnership with schools, community centers, community coalitions, community health centers, detention facilities, and home care facilities to increase behavioral health access and provide equity care. The Pierce County facilities have been instrumental during the North Sound Implementation by providing Telehealth Substance Use Disorder and Mental Health Care to clients that could not access services in the north sound region due to the region's limited behavioral health culturally specific providers capacity.

Consejo offers a unique violence prevention program for BIPOC communities in the Pierce County area. The program supports youth and young adults adversely impacted by the criminal justice system and those needing re-entry support. The Pierce County clinical team uses the following therapeutic intervention: Trauma-informed therapy, Cognitive Behavioral Therapy, Motivational Interviewing skills, Art and Play Therapy, Narrative Therapy, Cognitive Processing Therapy, Person Center Therapy, Exposure Therapy, Mindfulness-Based Cognitive Therapy, and Dialectical Behavioral Therapy Skills, among others.

In 2022, the Consejo Pierce County team served clients through Pierce County and received referrals from the following school districts: Lakewood, Sumner-Bonney Lake, Clover Park, Puyallup, Eatonville, Orting, Bethel, Tacoma, White River, Carbonado, and Dieringer. Several referrals were also received from outside Pierce County.

In 2022, Consejo successfully implemented and delivered the Pierce County Navigation grant for low income Non-Medicaid youth.

Consejo behavioral health staff supported clients struggling with homelessness, mental health, substance use disorders, unemployment and clients with basic human needs. Through Consejo’s Youth Program, we empower youth to share their experiences of bullying, sexual assault, and behavioral health disorders during the annual Inspire Coalition Public Awareness event held by the Bethel School District. Our participation at this community event allowed us to reach over 500 community members and bring attention to behavioral health.
MASON COUNTY

Our direct work with the Guatemalan indigenous community of North Belfair has included partnerships that allow us to provide a vibrant presence to the community. During Hispanic Heritage Month, Consejo worked side-by-side with the North Mason School District to present a variety of presentations highlighting Guatemala’s rich history. Consejo Belfair’s site continues to grow its partnerships. Our presentations focus on the Mayan Empire and highlight the Mayan Civilization’s history of being Mesoamerica’s most dominant Indigenous society. We focus on the Mayan history centered in Guatemala. Also included in presentations is the significance of the Mayan Empire excelling at agriculture, pottery, writing, calendars, and mathematics. Consejo developed these presentations to enrich students’ knowledge and enhance everyone’s cultural pride. Our presentations continue to develop and have included Rigoberta Mechu’s achievements as the first Indigenous female recipient of the Nobel Peace Prize. Mechu is an Indigenous human rights advocate, feminist, and Guatemala’s presidential candidate. The Indigenous community of North Mason County has graciously expressed gratitude for these cultural presentations.

Along with highlighting the history of indigenous communities, our presentations also focus on prominent Latino advocates and their achievements in U.S history. Belfair summer students’ self-esteem enhancement groups have allowed students to gain self-confidence through these cultural presentations and learn of the life accomplishments of Cesar Chavez. Chavez was an American labor leader and civil rights activist. Alongside Dolores Huerta, he co-founded the National Farm Workers Association (NFWA), which would later become the United Farmworkers Labor Union.

Belfair Students have expressed cultural pride and joined Consejo staff in presenting to fellow students. Teachers have informed us that these students have been motivated to participate more during class discussions focused on Latino advocates. Students resonate with these stories of overcoming struggles and barriers. These Latino icons touching stories of overcoming difficult paths to prosperity, equality, and justice inspire students and instill a passion for advocacy. Consejo accentuates and represents the heritage and history of our employees’ and communities’ cultures.

Consejo Belfair enjoys receiving frequent requests from the North Mason School District for our services. This includes invitations to various parent events hosted by the schools exclusively for the Spanish-speaking community of Belfair, which is largely of Indigenous Guatemalan origins. We also conduct presentations on Consejo’s available social skills therapy, parenting skills on study time, student resources, Washington State higher education and scholarship opportunities for undocumented students, and parent orientations on Federal Student Aid. These presentations at North Mason School District schools are for students, families, teachers, and administrations.
The Sexual Assault program brings healing, health, and hope to communities through holistic, culturally competent behavioral health services and advocacy for Latino sexual assault survivors of all genders and ages, including LGBTQ survivors. All services we provide integrate survivors’ cultural values and beliefs into our practices to help them find the support and strength they need to recover. We are there to support and empower them to cope, learn, process, heal, and recover from sexual assault and abuse that may result in severe physical and emotional effects. We provide culturally appropriate trauma informed care for individuals and groups, developing treatment plans centered on survivor’s specific needs. We consider the person as a whole, and in addition to therapy, we offer yoga, Zumba, and physical exercise classes. These activities motivate and raise awareness of the importance of incorporating healthy practices into participants overall well-being. Aside from individual therapy, we also facilitate groups for male and female survivors where they feel supported, validated, respected, and free to express themselves through art and writing. Consejo connects survivors with resources, provides information about victim’s rights, the legal system, and distributes provider referrals for primary care, naturopathic medicine, and individual and general advocacy. Sexual Assault program staff also conduct workshops, presentations, and participate in radio shows. Through their participation in radio talk shows and social media platforms, they provide informative information to the Latino community and raise awareness of sexual assault. They discuss crucial topics such as breaking the silence, how to respond to victims, safety planning, healthy relationships, how sexual assault impacts male, female and LGBTQ survivors, how to report to law enforcement, and more. Staff also participate in webinars and forums with the National Organization of Sisters of Color Ending Sexual Assault, the Washington Coalition of Sexual Assault Programs, and the organization Arte Sana.
2022 Financial Statements & Service Hours

Revenue
Total Public Support & Revenue: 18,837,202.00
Projected 2022, Unaudited as of 12/31/2022

Expenses
Total Expenses: 12,861,608.56
Projected 2022, Unaudited, as of 12/31/2022

Service Hours
Total Service Hours: 101,911.66
As of 12/31/2022

Client Count
Total Clients Served: 8,606
As of 12/31/2022
2022 Consejo & Villa Esperanza Balance Sheet

Consejo

Assets

- Total Current Assets
- Prepaid Expenses
- Cash - Unrestricted
- Cash - Restricted
- Accounts Receivable
- Due From Other Funds
- Land, Buildings & Improvements (net)
- Furniture, Equipment & Other (net)
- Total Depreciable Assets

Liabilities

- Accounts Payable
- Obligations Payable
- Accrued Payroll Liabilities
- Payments in Advance
- Loans Payable
- Due To Other Funds
- Deferred Income
- Total Current Liabilities

Total Assets: 26,516,103.00
Unaudited, As of 12/31/2022

Total Liabilities & Net Assets: 26,516,103.00
Unaudited, As of 12/31/2022

Villa Esperanza

Transitional Housing

Assets

- Total Current Assets
- Prepaid Expenses
- Cash - Unrestricted
- Cash - Restricted
- Accounts Receivable
- Due From Other Funds
- Land, Buildings & Improvements (net)
- Furniture, Equipment & Other (net)
- Loan Fees and others
- Tenant Security Deposits

Liabilities

- Accounts Payable
- Accounts Payable
- Total Short Term Liabilities
- Total Long Term Liabilities
- Tenant Security Deposits
- Deferred Income
- Total Longterm Liabilities

Total Assets: 3,855,442.00
Unaudited, As of 9/30/2022

Total Liabilities: 2,535,546.00
Unaudited, As of 9/30/2022
### CONSEJO'S FUNDERS

**Foundations**
- Amazon Smile Foundation
- Community Foundation Of South Puget Sound
- Fidelity Foundations
- Office Of Secretary Of State
- Seattle Foundation
- Latino Center For Health
- Lidia Norman Memorial Fund
- Medina Foundation
- MMS Giving Foundation
- Muckleshoot Indian Casino
- Nesheilm Family Foundation
- Northcliffe Foundation
- NW Children Foundation
- Saks Fifth Avenue Foundation
- Schwab Charitable
- Seattle Foundation - Diane And Nico's Fund
- Seattle Foundation-The Quincy Ells Funds
- Sheng-Yen Lu Foundation
- Snoqualmie Tribe
- Swinomish Indian Tribal Community
- Tibest Philanthropy
- Tullalip Foundation - Quil Ced Village
- Group Health Community Foundation
- Washington Give Big
- King County Employee Giving

**Public Funders**
- Beacon Health Options
- Mason County Public Health
- Thurston-Mason Behavioral Health ASO
- North Sound Behavioral Health ASO
- Cascade Pacific - Accountable Community of Health
- Healthierhere - Accountable Community of Health
- Center For Multicultural Health
- City of Renton
- City of Auburn
- City of Bellevue
- City of Federal Way
- City of Kirkland
- City of Olympia - Municipal Courts
- City of Redmond
- City of Seattle - Human Services Department
- City of Seattle - Emergency COVID-19 Response
- City of Shelton Municipal Court
- Mason County District Court
- City of Bothell Human Services Department
- City of Kent Human Services Department
- San Juan County - Juvenile Administration Division
- City of SeaTac Human Services Department
- City of Tacoma - Human Services Department
- King County Community & Human Services
- King County Regional Homelessness Authority
- King County Public Health
- King County - Drug Diversion Court Adjunct Services
- Pierce County Human Services Program

**Individual Donors**
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- Michelle Schouteren
- Stephen Chui
- Baker Family
- Jorge Arturo Rivera
- Sonia Nicholson
- Ingrid Sarapuu
- David Haley
- Christopher Hilgenfeld
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**Managed Care Organizations**
- Amerigroup
- Community Health Plan of Washington
- United Behavioral Health
- Molina Health Care

**Commercial Insurance Companies**
- Aetna El Paso
- Aetna Lexington
- Ambetter
- Anthem BCBS
- Cigna
- First Choice Health Administrator
- Health Management Admin
- Kaiser Permanente
- Molina Marketplace
- Priva Blue Cross
- Regence Blue Shield
- UMR
- Uniform Medical Plan
- United Healthcare Atlanta
- United Healthcare Salt Lake City

**Youth Conference Sponsors**
- Pacific Office Automation
- USI
- Amerigroup
- Community Health Plan of Washington
- United Behavioral Health
- Molina Health Care

**Public Funders**
- Pierce County Juvenile Court
- Seattle-King County Public Health Department
- Skagit County - Therapeutic Court
- Skagit County Public Health Department
- Tacoma-Pierce County Health Department
- Tacoma Public Schools
- The Washington State Health Care Authority
- Washington State Department of Commerce - Community Services Division
- Washington State - Department of Children, Youth & Families
- US Department of Justice DOJ - Office of Violence against Women (OVW)
We couldn't have done it without your generous support.

We can meet our mission, goals, and serve our community thanks to our dedicated staff, volunteers, interns, funders, donors, foundations, sponsors, and government agencies that support our daily work.

Thank you to all our donors and volunteers.

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