

Growing

HOPE Luncheon



THANK YOU! TOGETHER, WE CAN HELP CHILDREN HEAL.

On April 29th, supporters of partners Navos, Ruth Dykeman Children's Center and Seattle Children's Home gathered for the second annual Growing Hope luncheon in support of treatment for children and youth with serious mental and emotional concerns.

Over \$230,000 was raised by more than 385 guests and 49 corporate sponsors to help sustain Navos' programs for children, youth and families.



Judy Pigott,
2015 Expanding
Horizons Award
recipient

"If people want to see changes to mental health, Navos is the organization to support." —JUDY PIGOTT

THANK YOU TO ALL OUR SPONSORS FOR THEIR GENEROUS SUPPORT!



PLATINUM

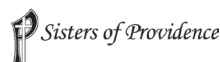
The Kerry Oliver Guild



GOLD



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MISSION Transforming the quality of life of people vulnerable to mental illness and addictions by providing a broad continuum of care



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PROVIDING

HOPE

NAVOS MENTAL HEALTH SOLUTIONS SUMMER 2015 NEWSLETTER

Amarrea, center, attempted suicide three times before finding help at Navos.



Amarrea, with Ellen her case manager, and emcee Molly Shen, KOMO 4 TV, shared her story at Navos' Growing Hope Luncheon.

Amarrea is 18 years old and was discharged from Navos' CLIP residential program for youth ages 13-18 in December of 2014. Prior to coming to CLIP for treatment, Amarrea experienced severe abuse when she was very young. The abuse was very traumatic for her and the realization of what had happened caused her severe suffering and pain. Amarrea was losing hope and attempted to take her own life several times. From her first attempt at 14 years of age to her last in March of 2014 before coming to CLIP, Amarrea spent time at both Fairfax and Seattle Children's. Today, Amarrea is attending Shoreline Community College and plans to continue her education at the University of Washington.

"Coming to the McGraw CLIP program, I didn't believe they could do anything for me. And as months passed my doubts only grew stronger. When I say I went to hell and back being there, it's not an exaggeration. I had some really hopeless moments at McGraw. There were many of times where I felt stuck, alone, and unsupported.

"I WENT TO HELL AND BACK"

A RECOVERY STORY

Unfortunately it took me reaching the lowest moment of my life to see that none of these things were true.

"Staff believed in me."

When I realized the staff around me were genuine and worked for the clients I think I was able to take my walls down and be fully invested in my own treatment. There are staff there that I personally hurt out of pain and anger, and yet those same people remained by my side. There are staff who saw the worst in me and still cared for me. There are staff who saw me give up on myself countless of times and still believed in me. I can honestly say nobody turned their back on me even in my darkest moments.

I have Navos to thank for who and where I am today."

PATHWAYS TO **Hope** AND TREATMENT FOR CHILDREN AND YOUTH.

Early intervention yields huge cost savings— with estimated returns of **\$7 to \$9 for every \$1 invested**—but those returns diminish the later the intervention is administered.

Even with that significant return on investment, state funded community mental health programs like ours at Navos have suffered deep cuts in some years, mixed with other years of stagnant rates despite rising demand for mental health services and the true expense of providing effective services. There is a significant funding gap between what we receive from the state and what it costs to serve the children and youth who come to us for treatment. Community support is helping to sustain these programs, because without it children and youth in our community would have nowhere to turn for help.

Navos' new Behavioral Healthcare Center for Children, Youth and Families on bucolic Lake Burien, just south of the Seattle urban core, is providing a continuum of care for young children, school-aged youth, teens, young adults and families, almost all living at or near poverty — a sanctuary where children and youth, many of whom have suffered abuse and neglect and other significant traumas, receive the treatment and support they need to heal.

“The importance of early intervention and treatment could not be clearer to us now. Thank you Navos, for helping to bring our bright-eyed girl back to us,” wrote one mother of a young Navos client. “The peril of not treating mental illness is

an outright tragedy, as we have seen too often in cases where either self-medication through illicit drugs is tried in desperation by the victim, leading to addiction, or violence—towards the self or others—becomes part of the mix, leading to preventable deaths.”



“Thank you Navos, for helping to bring our bright-eyed girl back to us.”

COMMUNITY SUPPORT IS VITAL...

to continuing to operate our critical programs for children and youth which not only treat immediate mental and emotional health issues to enhance their quality of life, but also prevent their problems from worsening so they do not grow up to be troubled adults.

Cost of Residential and Infant Mental Health Programs: **\$6,717,303**

Gap in funding: **\$612,619**

THESE PROGRAMS CANNOT BE SUSTAINED WITHOUT SUPPORT FROM OUR COMMUNITY.

The funding we receive from the State of Washington does not cover the full cost of providing treatment.



PATHWAYS TO HOPE AND TREATMENT FOR CHILDREN AND YOUTH INCLUDE:

Infant and Early Childhood Mental Health (IECMH) Contrary to common belief, mental health problems can occur in children under the age of 5 years. Mental health problems for infants and toddlers might be reflected in physical symptoms (poor weight gain or slow growth), delayed development, inconsolable crying, sleep problems, aggressive or impulsive behavior, and paralyzing fears. Navos is a leader in providing specialized intensive wraparound services including in-home Child-Parent Psychotherapy, parent education and support, and case management.

| INFANT AND EARLY CHILDHOOD MENTAL HEALTH PROGRAM FOR AGES 0-5 | |
|---|------------------|
| Cost per day per child | \$19.31 |
| Reimbursement per day per child | – \$16.45 |
| GAP per day per child | \$ 2.86 |
| Total program GAP per year | \$153,453 |

Residential Program for children ages 6-12 that have been removed by Child Protective Services from their home or foster placements where they have been traumatized—possibly by abuse, neglect, or exposure to violence etc.

| RESIDENTIAL PROGRAM FOR CHILDREN AGES 6-12 | |
|--|------------------|
| Cost per day per child | \$235 |
| State reimbursement per day per child | – \$206 |
| GAP per day per child | \$ 29 |
| Total program GAP per year | \$236,151 |

Residential Program for youth ages 13-18 Individualized treatment utilizing evidence based practices designed to increase the youths' skills and functioning with a focus on reintegration back into a community setting as quickly as possible.

| RESIDENTIAL PROGRAM FOR YOUTH AGES 13-18 | |
|--|------------------|
| Cost per day per youth | \$1,155 |
| State reimbursement per day per youth | – \$ 544 |
| GAP per day per youth | \$ 611 |
| Total program GAP per year | \$223,015 |

GRAND OPENING

Thursday, September 24

10 AM TO NOON (PROGRAM AT 10:45 AM)
1033 SW 152ND STREET, BURIEN 98166

Please join Navos to celebrate the Grand Opening of the new Behavioral Healthcare Center for Children, Youth, & Families on Lake Burien.

- » Tour the campus
- » Enjoy light bites from Navos Catering

To RSVP contact events@navos.org or call 206-933-7196

SPECIAL GUEST SPEAKER
Trudi Inslee, First Lady of Washington



To make a safe and tax deductible contribution to sustaining these programs, go to navos.org or contact us at development@navos.org or call Alice Braverman 206-933-7032.