

Dear Friends,

2013 marked our 111th year of serving those in need. We proudly continue this rich history of service, looking to a bright future of enhancing the health of the communities which we serve.

This past year our organization continued to expand our services in the communities to which we belong. In 2013, Compass Health served 18,696 community members with behavioral health needs for which they have nowhere else to turn in Snohomish, Skagit, Island and San Juan Counties. This year we were also able to continue to stabilize our financial health as the recession began to ease. Budgetary pressures continue to challenge us, but with your support, we were able to meet our goals of organizational growth and stability.

We look forward to the opportunities to further open our doors to the community as a result of the implementation of the Affordable Care Act. While this will certainly challenge our organizational capacity, we are working hard every day to prepare ourselves to meet those challenges successfully.

In addition, in 2013 we began to utilize our expertise in behavioral health to assist community members with chronic and recurrent medical conditions to realize better health outcomes through care management services.

Many of those we have served not surprisingly also have behavioral health needs which have gone unmet, and for whom we have opened up access to care.

Most importantly, we continue our historic mission of serving those with nowhere else to turn. We thank you all for your support of our mission and those we serve.

Sincerely,



Tom Sebastian
Tom Sebastian
President and CEO



Harvey Smith
Harvey Smith
Board Chair

Working Together, Each Step of the Way

A young man's journey with Island County's Compass Health

"My mom made me come to Compass because we weren't getting along but I didn't want to go. I got out of it the first time by not showing up, but the second time was different" says Alex. When Alex arrived at Compass Health in mid 2012, he was not interested in anything we had to offer him. As 2012 neared an end and engagement struggles continued, Alex's family met with Compass Health clinicians to discuss possible group participation. Our team decided to discuss the more intensive WRAPAROUND services in the hope that additional supports would better meet the family's needs.

Alex's mom was open and receptive to the program. Alex was less excited, but was willing to give the program a try. Alex's family entered the program needing to address ongoing issues with Alex skipping school, for which he spent time in detention. These

issues were made worse by continual suspensions, and the school struggled to meet his needs. Frequent time away from school naturally resulted in academic struggles and failing grades. Legal issues loomed from misguided choices of the past and a lack of coping skills and medication issues led to self-medication with various substances. All of this weighed heavily on Alex's mom, who frequently said, "I can't do this and I can't take this anymore. Get him out of my house".

As Compass Health assisted Alex's family in building their team of professionals and friends, we found many family strengths upon which to draw and build for making the changes that they wanted. Alex's mom was able to work with her Parent Partner to develop new parenting skills, learn to navigate the school system so that it could better meet her child's needs, and develop self-care strategies to handle her own stress.

The family no longer needs to address any issues with the court as both school absence and legal cases have been closed. With the use of new skills and appropriate medication, Alex has been substance free. Alex entered high school with a renewed sense of self and greater pride. He was able to begin the year with a fresh start and his mom advocated for the school to meet his needs in the best way possible. His grades are good and he is beginning to catch up on the learning he missed.

“All teenagers have fights with their parents sometimes and we still have some stuff to work on, but it's way better and I have hope because I think we're doing it together,” says Alex.





• SERVING OUR COMMUNITY •

108,115 & **19,308** to **14,754**
hours of Outpatient services hours of Intensive Outpatient services clients

81,109 & **5,593** to **3,485**
hours of Emergency services hours of Chemical Dependency clients

14,300 to **73**
days of Residential services clients

2,581 to **200**
hours of Chemical Dependency services clients

Served **18,696** clients in Snohomish, Skagit, Island, and San Juan Counties.

“There is hope, even for those whom believe there is not.”

– Michael Lasko, *Compass Health Client*



Empowering Change

A Skagit County success story

Tina, a 17 year old young woman living in a low-income family in Skagit County, was referred to Compass Health by her primary care provider for moderate depression, academic failure at school over the academic year, isolating and avoiding friends, and high levels of social anxiety and stress related to family difficulties. A Compass Health clinician diagnosed Tina with high levels of depression, suicidal thoughts, no drive to participate in activities or attend school regularly, and noted high levels of anxiety that led to health problems and chronic illness. She was prescribed antidepressants by her doctor prior to counseling interventions with Compass Health.

After participating regularly in weekly counseling for almost six months, Tina was able to identify stressors, anxiety triggers, and practice ways to safely face up to fears at school and in social settings. In addition, she was able to learn and use assertive communication skills with her parents and teachers. Tina was also able to identify negative thinking patterns, challenge these negative thoughts, and begin to participate more actively in fun activities any young person should be engaged in. She identified goals to achieve in the academic setting and began to have more energy, sleep better, was less stressed, and reported more concentration to focus on school goals. Tina obtained a part-time job, learned how to drive and purchased her own car, began to volunteer at and outside of school, relied on a small group of close social supports such as friends and family, and was able to discontinue medications. After 6 months with Compass Health, she reported significant improvement in symptoms including depression, and improved her ability to manage natural social anxieties. Tina started meeting with Compass Health clinicians less frequently and eventually decided to take a break from counseling to focus on completing her senior year of high school, graduation goals, and applying to colleges. She intends to apply to become a veterinarian, and is volunteering at a local vet office to gain experience prior to ending counseling with Compass Health.



Compass Health **Fiscal Year 2013**



REVENUE

- 89.91%** Net Patient Services Revenue - \$30,063,139
 - 1.91%** Rental Revenue - \$640,159
 - 1.45%** Consultation Revenue - \$484,498
 - 6.72%** Contributions and Grants - \$2,247,671
- Total Revenue \$33,435,467**



EXPENSE

Program Services

- 39.89%** Mental Health Outpatient - \$13,354,749
 - 6.40%** Residential Treatment - \$2,143,640
 - 4.68%** Childrens Intensive Services - \$1,567,777
 - 4.03%** Other Program Services - \$1,351,025
 - 10.31%** Crisis Response - \$3,450,500
 - 7.99%** Inpatient - \$2,674,084
 - 4.83%** Housing - \$1,615,779
 - 6.42%** Psychiatry - \$2,148,885
- Total Program Services \$28,306,439**

Supporting Services

- 12.41%** Management and General - \$4,154,793
 - 2.63%** Information Services - \$879,699
 - 0.42%** Fundraising - \$141,940
- Total Supporting Services \$5,176,432**
- Total Expenses \$33,482,871**



Jane had been a long-time meth user before being accepted in to Compass Health Coupeville's Transitional Housing Program.

She had bounced between various housing programs and treatment facilities in the region, usually being evicted for drug use or non-compliance. The Compass Health Transitional Housing Program screened her for program eligibility, and she would be accepted into the program only after returning from a 30-day substance abuse treatment program at another organization. With only five days to go before graduating, she was kicked out due to breaking a rule at the facility.

After speaking to her, Compass Health cautiously accepted her in to the transitional housing program. After one month of case management,

Jane was admitted to mental health treatment, found a full time job with benefits, and was put in phase two of drug court. A month later, Jane is on the third phase of drug court, only needing to attend once per month, in addition to requiring fewer random drug screens. She has also finished training at her new job and is starting to save money to move into a place of her own with her companion cat. Best of all, this client's confidence is beaming on her face. You can see a drastic change in her personality compared to when she first came to Compass Health's Transitional Housing program. She has, by far, exceeded all of the expectations of the staff in Coupeville.

Clients served by county

Services we provide

- Chemical Dependency
- Foster Parenting (*Snohomish County only*)
- Groups
- Housing
- Outpatient Counseling Services
- Residential Services
- Crisis Services
- Genoa Pharmacy
- Healthcare Integration
- Inpatient Services
- Psychiatric Services
- Specialty Services

San Juan



Skagit



Island



Snohomish



2013 Services	Adult Clients				Child / Youth Clients			
	Island	San Juan	Skagit	Snohomish	Island	San Juan	Skagit	Snohomish
Type of Service								
Outpatient Mental Health	732	128	1662	7253	339	67	414	3555
Emergency Services	225	59	736	1870	51	10	81	242
Chemical Dependency	0	142	49	0	0	20	0	0
Intensive Outpatient MH	19	0	86	355	16	0	0	128
Residential	0	0	0	73	0	0	0	0
Inpatient	0	0	0	384	0	0	0	0
Totals by County	976	329	2533	9935	406	97	495	3925

A Wraparound Approach

Beth was one of those individuals whose condition made it impossible for any one service to bring her destructive condition under control. There had been countless attempts to hospitalize her with some short term success, but law enforcement, court, mental health and chemical dependency teams could not develop a plan to effectively meet her needs. Her unlawful behavior, continued use of alcohol and other drugs, and poor medication compliance, was spinning Beth out of control. There was a moment where Beth was prescribed long term medications, but this required her to show up for her appointments. This approach proved to be challenging.

Beth was finally hospitalized for a significant period of time. Some changes were implemented upon her return: court, probation, law enforcement, and mental health and chemical dependency teams, made an all-out effort to collaborate with her to identify and implement a holistic approach to Beth's care. They were committed to find a way to treat her behavior and improve her quality of life.



Beth has been stable and living in her apartment for over one year now. She volunteers and has a part time job, and has been able to live independently. There have been no hospitalizations, no run-ins with the police, no alcohol use, and no problems with her medications. She intends on going to college soon, and all of this success comes from her efforts and willingness to change.

Beth says it is because of the support she received from a wraparound approach to her needs and a desire to be productive in her community. Compass Health understands there is not a single solution that is going to make someone function at their optimum, but fortunately for Beth, a committed team and community helped her be successful in her recovery.



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COMPASS HEALTH champions the quest for well-being throughout our communities by advancing mental health in Snohomish, Skagit, Island and San Juan Counties.

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Learning and Leading

Brooke came to Compass Health as a teenage girl and was admitted into our Intensive Wraparound service. She had a history of high risk behaviors that would often lead to hospitalization. Brooke was frequently having violent outbursts towards her family, and was threatening to commit suicide. Her situation was severe, and was progressively getting worse as time went on.

During the year that she was in services with Compass Health, her clinicians noted that she opened up to them and discussed the issues that she was having. She was able to improve and stabilize her behaviors both in the community, at school, and at home. When the time came to select junior staff for the Wraparound Camp, Brooke was selected to become a junior staff member. She excelled at interacting with other camp attendees, helped encourage participation, and worked towards providing an atmosphere of positive behavior. Brooke also became very active in her school and started a club on her own where she organizes events and outings for the group.

Both Brooke and her family had a high level of engagement and participation in the Wraparound Services at Compass Health, and they report that with the help of their therapists and support partners, Brooke has made remarkable progress in her behaviors and stability.