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CONSEJO

Counseling & Referral Service

Transform | Strengthen | Empower



A Look Back at 2010

Dear Friends,

On behalf of the Board of Directors, I would like to thank the staff, volunteers, funders and donors for their hard work, dedication and support of Consejo Counseling and Referral Service's mission to provide culturally competent services to our state's Latino community. Over 4,100 clients were transformed, strengthened and empowered last year.

Consejo saw many new accomplishments in 2010:

- Consejo's new website, www.consejocounseling.org was launched in March.
- The Domestic Violence Department was honored with the Northwest Immigrant Rights Project (NWIRP) *Outstanding Community Partner Award* for working in partnership with NWIRP while providing advocacy and guidance to Latina/o survivors of domestic violence.
- We expanded our domestic violence advocacy program to provide behavioral health services to children living at our transitional housing facilities.
- In the fall of 2010, Consejo hired a consultant to develop a fundraising department in order to diversify its funding sources. Consequently, a strategic marketing and stewardship plan was developed by the Board's Resource Development Committee. A Development Manager was hired in March 2011 to implement an annual giving program and increase private foundation and individual giving.
- Consejo's Bellevue site moved to a larger space to better serve our Eastside clients' behavioral health needs.
- Consejo recently expanded their Sexual Assault services in Seattle. We are now providing outreach, assessment, advocacy, therapy and support groups to survivors of sexual abuse/assault. These comprehensive and collaborative services have increased awareness and services for Latina survivors of sexual abuse/assault.
- Consejo received a continuation grant for Domestic Violence and Mental Health Collaboration Project. This grant is a collaborative partnership between King County Coalition Against Domestic Violence, Sound Mental Health, New Beginnings, Seattle Counseling Services and Consejo. It aims to facilitate sustainable systems change within and among our participating organizations to better meet the mental health, safety and self-determination needs of survivors of domestic violence.

In 2011, the Consejo board and staff will collaborate on a new five year strategic plan. I look forward to working with Consejo board and staff closely to establish clear goals and priorities that will guide us in the coming years.

Thanks again to the Consejo community for sharing our vision to serve the Latino community with quality services that meet clients' linguistic and cultural needs. Finally, I would like to thank our clients whose personal journeys continue to inspire advocates, board members and the wider community.

Sincerely,

Carolyn Bain, President
Board of Directors
Consejo Counseling & Referral Service



Mario's Story

Mario* is a 40 year old man that was referred to mental health services by Consejo's Substance Abuse Department. He had a long history of sexual abuse and cocaine abuse. At one point he was making his living through prostitution and drug dealing.

He started mental health services with diagnoses of Post-Traumatic Stress Syndrome and Major Depression Disorder. Through intense psychotherapy and psychiatric services, he made significant progress in addressing his depression and anxiety. Additionally, he worked diligently in the Substance Abuse Department and graduated from that program.

As a result of his ongoing care at Consejo and his own hard work, Mario is gainfully employed, confident and has high self-esteem. He went back to school and received his GED. He started a support group working with other Latinos that are struggling with substance abuse.

He reports, "I am so happy that I can be a leader and help others in need. I used to struggle in all areas of my life and am happy to now be able to share my experiences to help others. Now that I have completed my GED, I want to go to community college and study to be a drug and alcohol counselor."

Catalina's Story

Eastern Washington high school student Catalina* had been assaulted by her boyfriend who also had assaulted his sister. During the assault on his sister, he left a big laceration on her head which required stitches. The boyfriend was arrested and a No Contact Order was issued for the sister. However he was allowed to continue attending the same school as his sister and Catalina.

Catalina broke up with this young man because he was extremely violent and she was in fear of him. He was stalking her at school and would not take no for an answer when she told him to leave her alone. She finally spoke to the school counselor, who then called Consejo for assistance.

A Consejo sexual assault advocate met Catalina and her mother at the high school and helped her fill out a protection order and create a safety plan. This case went very smoothly. Consejo provided legal advocacy and support for Catalina and her mother during both hearings. At the first hearing, the temporary protection order was granted and the ex-boyfriend was served.

During the second hearing, the judge granted her a protection order and the ex-boyfriend was ordered to attend a different school. Both Catalina and the sister were relieved that they would not have to see him every day at school. With Consejo's help, Catalina is able to study and live in a safer environment.

*Name has been changed to protect client's privacy.



7th Annual Latino Behavioral Health Conference

In partnership with the University of Washington School of Social Work, Consejo produced the 7th Annual Latino Behavioral Health Conference in August 2010. This conference strives to meet the needs and interests of the participants and promotes community partnerships that will benefit consumers and partnerships. In all, 120 participants attended the following presentations:

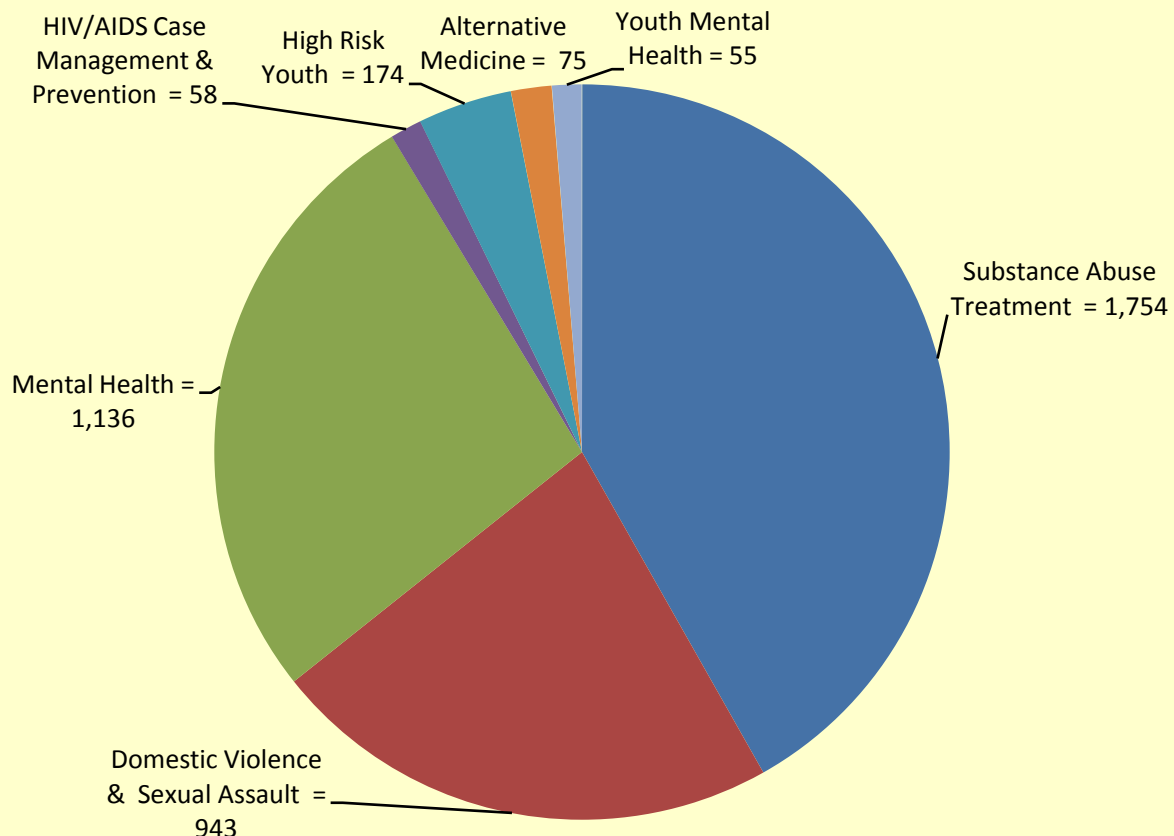
- Robert Gonzales, Ph.D. / Learning to be Illegal, Undocumented Immigrant Youth and Their Confusing and Contradictory Routes to Adulthood
- Romelia Perez, M.D. / The History and Evolution of Psychiatric Services: The Latino Perspective
- Myrna Pineda, LMFT, Ph.D. / Under Two Cultures: A look at Parenting Evaluations for Latinos
- Pamela Hays, Ph.D. / Culturally Responsive Evidence-Based Practice with Latinos/Latinas Part I and Part II
- Miriam Georgina Valdovinos, M.A. / Breaking Down Fences, Building Bridges: Exploring Collaborative Options to Assist Latina Domestic Violence Survivors

2nd Annual Latino Youth Leadership Conference



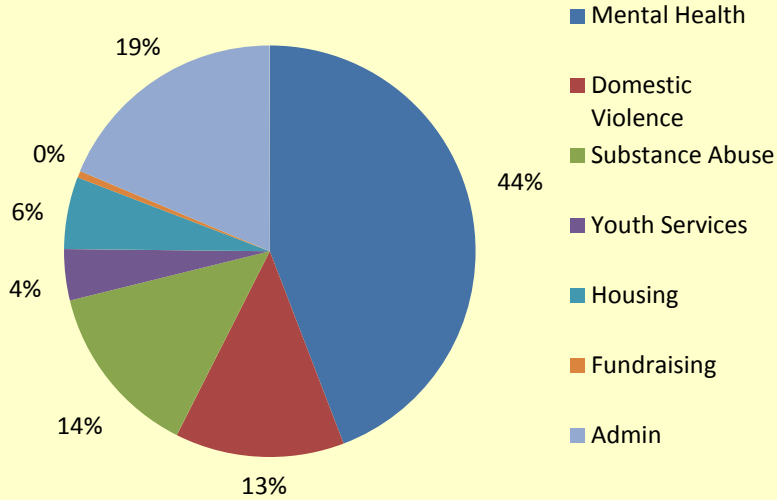
Consejo hosted the Latino Youth Leadership Conference on Saturday, May 22, 2010. Jaime Mendez from Univision gave the keynote speech and spoke about staying in school, getting along with parents and staying out of trouble. Approximately 80 youth attended workshops addressing immigration, drug and alcohol use, teen pregnancy, job searching, college funding, healthy relationships, gang awareness, knowing your rights when talking to the police, etc. Many students said that they liked the workshop on how to interact with the police the best; while others enjoyed listening to the attorney speak about their rights when applying for citizenship.

Number of Clients Served by Program in 2010

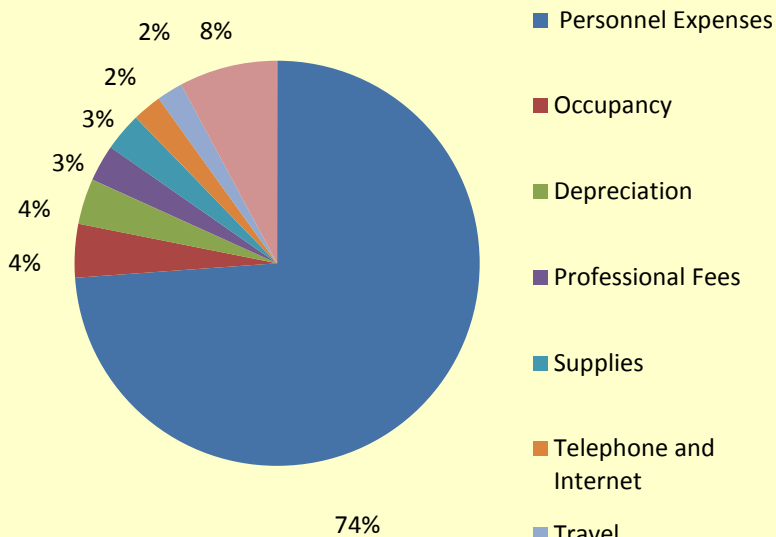


Total Unduplicated Clients Served = 4,195

2010 Total Expenses = \$6,477,039



% of Expenses by Program



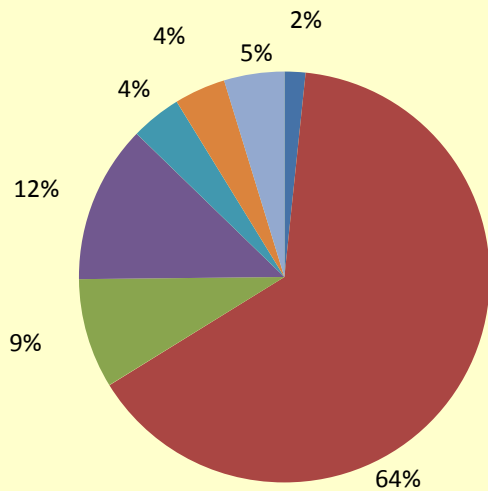
% of Expenses by Category

Mission: To provide a continuum of behavioral health, substance abuse, and domestic violence services to individuals and families across Washington State to improve the quality of their lives and empower clients to participate in their communities at their highest level of functioning.

A special thank you goes to our 2010 funders and donors! We are so grateful for your support of Consejo.

A Window Between Worlds
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 Alfredo Campos
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 City of Kirkland
 City of Seattle
 Martha Cohen
 Edward Crow
 Hillary Faulkner
 Federal
 Kimberly Fisher, PHR
 Virginia Beas Garcia
 Carlos and Linda Guangorena
 Cynthia Guzman Berry
 Alison Iser
 King County
 Megan McNally
 Gonzalo Middleton & Luz Maria Pasini
 Detra Montoya, PhD
 Sonia Morales Osegueda, PhD
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 State of Washington
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 Alejandra Suarez, PhD
 United Way of King County

We strive to recognize all of our supporters accurately. Please contact comunidad@consejo-wa.org to submit any revisions. Thank you.



- United Way
- King County
- City of Seattle
- Washington State
- Pierce County
- Federal
- Other revenue

Revenue by Sources

2010 Total Revenue = \$6,897,225

2010 Board of Directors

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2011 Update

Three new hires for the following positions will join Consejo in July: Domestic Violence Program Manager, Domestic Violence Supervisor (Eastern WA) and Human Resources Director. Welcome!

Terri Vispo-Cuba, Consejo's Clinical Director, is serving as Acting Executive Director.

In June, Consejo's Behavioral Health Department was accredited by CARF International for another three years. <http://www.carf.org/home/>

Stay In Touch!  

Sign up for Consejo's email list at:
www.consejocounseling.org

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Consejo CRS, 3808 S Angeline St, Seattle, WA 98118

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