Counseling & Referral Service

Annual Report 2006
The Consejo Board of Directors is very proud of the agency’s progress during 2006. We consider the financial status of the agency as sound and its leadership as increasingly professional and capable. We extend our congratulations to the management and staff for their dedication, hard work in overcoming challenges during the year, and their vision to successfully pursue new essential health resources for the Latino community while continuing to deliver an array of quality mental health services to a growing population segment with urgent needs.

The board, representing the broader community, is very gratified by Consejo’s successful undertaking of the Villa Esperanza transitional housing facility for 23 families of women and children leaving situations of domestic violence. We add our sincere thanks to those contributors and funding organizations listed in this report. Without this level of community commitment, a non-profit such as Consejo could never have taken on the development and management of such a facility, no matter how desperate the need.

Villa Esperanza and Consejo’s new South Park office, both to open in 2007, are the results of extensive collaboration with the community as well as Consejo’s own diligent financial and strategic planning. They represent the agency’s desire to better serve its clients, while the annual Consejo Latino Behavioral Health Conference at the University of Washington reflects its hope of raising the level of professional knowledge among practitioners who serve this community. The board shares both these important commitments.

Our thanks and best wishes to Consejo’s clients, supporters and staff.

Consejo Board of Directors

O UR MISSION

Consejo’s mission is to provide a continuum of behavioral health, substance abuse and domestic violence services, including prevention services, treatment and housing to low-income individuals and families across Washington utilizing an interdependent treatment model so clients experience acceptance, emotional security, and developmental growth while learning new skills to improve the quality of their lives.
Founded in 1978 to serve the mental health needs of Seattle/King County’s growing Spanish-speaking community, Consejo has a long history of providing culturally-and linguistically-specific programs and services.

Consejo’s service delivery empowers clients to participate in their communities at their highest level of functioning. Today, Consejo provides advocacy, leadership, and services in many eastern and western Washington locations.

Consejo also operates from five King County sites, including three transitional housing facilities, the new South Park Youth and Family Center, and the main office in Seattle’s Columbia City.

- We are a community mental health program with innovative treatments serving over 1000 clients; results are measured by client clinical participation and all aspects of recovery and resiliency, including client involvement in community and family, and improvements in overall level of functioning as well as reductions in psychiatric hospitalizations and jail detentions.

- We are a domestic violence and sexual assault program, promoting client empowerment, serving over 1500 women and children; measuring outcomes of safety planning, changing attitudes, and permanent non-violent housing options.

- We are a newly established, Spanish-speaking resource addressing the cycle of gambling addiction; measuring modification of addictive gambling behaviors.

- We are an HIV/AIDS prevention, education and care program serving nearly 200 clients; promoting safe sex practices, harm reduction techniques, and reduction of HIV/AIDS.

- We are a specialized substance abuse program for youth and adults with over 800 clients; measuring substance abuse reduction, abstinence, and employment and vocational rehabilitation.

- We are a children and family program serving over 700 individuals; measuring school retention, decreased gang involvement, and improved level of functioning, including better life skills.
In 2001, Consejo’s Women’s Program expanded east of the mountains, where many Latino families live and work. Our 2006 Annual Report proudly focuses on Consejo’s eastern Washington programs, where over 500 people received services. Consejo’s linguistically and culturally appropriate programs were offered in five counties, namely, Yakima, Benton, Franklin, Columbia, and Walla Walla.

These programs met essential needs of Latina survivors of domestic violence and sexual assault by providing advocacy, counseling and education. In partnership with teens in the Yakima County school district and with migrant immigrant families, we informed and organized communities, important program components to change attitudes and prevent violence against women. This year, Consejo conducted outreach and created dialogue on the emerging issue of human trafficking and opened new satellite offices to meet the needs of crime victims on a range of general crimes affecting Latino communities.

Our primary goals are to support victim-survivors and provide education to the community. In our organization, we respect and honor the dignity of our clients and their right to self-determination.

Crime Victims
Many serious crimes affect eastern Washington Latino communities. Consejo’s Crime Victims’ services were provided at our Granger office in Yakima County and two new satellite offices in Tri-Cities (Kennewick) and Walla Walla. Staff assisted victims of robberies, property damage, assaults, burglaries, and other general crimes.

Violence Against Women and Girls
No other agency in Washinton State specializes in meeting the needs of Spanish speaking and bilingual Latina survivors of domestic violence and sexual assault. We provided quality interventions, advocacy, community education and outreach.

Our advocacy-based, client-centered model focuses on safety planning and empowerment. Our approach to services reinforces individual autonomy.
Prevention and Community Mobilization

Prevent violence before it starts
Research confirms that most survivors of gender based violence turn first to friends, family and other community contacts rather than to professional service providers. In recognizing this fact, Consejo supports outreach, community mobilization, and education strategies in our eastern Washington programming.

Teen Peer Advocacy Program: Dating violence and sexual assault
Consejo trained teens to be Peer Advocates at Granger High School. Peer Advocates recognize danger signs, understand victim’s rights, and plan for safety. They also educated the school and community, and spoke with girls and boys one-on-one about the problem. The program builds on the natural strengths of teen social networks to engage youth in dialogue, spread awareness messages, and support survivors.

Amigas Unidas Women Friends United
This year Consejo continued to nurture the ground-breaking work of Amigas Unidas, an organization that inspired to action our state’s largest rural farm worker community. The Amigas have a national and global reach, training on their model in Minnesota, New Mexico and Oaxaca, Mexico. We assisted the Amigas in providing advocacy services in numerous systems, accessing legal remedies and coaching on safety measures.

The Amigas understand the challenges in accessing institutions for monolingual, economically disadvantaged farmworker families.

WHO WE SERVED  ¿Quién es Ella?  Who Is She?
She emigrated, she is a migrant or lacks permanent resident status, she has a legacy of poverty (born poor), works in unskilled and unstable jobs, she speaks only Spanish, her children are bilingual, she lives in a rural farm worker community, she is isolated, she picks cherries, apples and asparagus, she treasures her cultural traditions, she suffers emotional and physical abuse at home, worries about how she will take care of herself and her children, she struggles to be violence-free, she sees injustice, she is strong and she is hopeful.

Helping women and girls succeed makes our communities stronger!

(Who Is She? Profile concept and some of description adapted from Mama Cash, Funds for Women, Netherlands)
Who Were Our Clients in 2006?

“I never imagined that I could find a group like this that could help me. In the past I thought that gangs was the only thing to do. When I came to Consejo, I realized there were better things to do to keep myself busy like playing basketball or doing other positive things.” Jose, Consejo’s Youth & Family Service Center in South Park

“Consejo has helped me with my depression and through the groups I have made a lot of good friends. I have been coming here for 4 years and my depression is so much better. My therapist helps me a lot with everything. She helps with many things that I could not take care of on my own.” Pedro, Adult/Older Adult & Disabilities/Innovative Program

“Consejo is a good organization. I have been coming to the high risk program in South Park starting in 2006. I love to sing and I had a chance to sing in public. I also enjoyed other activities such as dancing and again was able to perform in public. In the Program I learned to get along with others. I highly recommend this program. It can change lives.”
Rosario, Consejo’s Youth & Family Service Center in South Park

“Consejo has helped me stay out of trouble like staying away from gangs and drugs.” Juan (in picture)

“Consejo helped me in lots of ways like staying out of trouble and staying out of gangs. Tutoring helped me to raise my grades and pass to the 9th grade. I am happy to be in Consejo.” Jesus

“Consejo has helped me not have problems in school. When I ask for help with my homework the tutors here would help me out. It also helped me stay out of gangs and helped me from using drugs. I also respect my elders.” Filiberto

Juan, Jesus and Filiberto are teens from Consejo’s Tacoma Youth Services.
In 2006 Consejo was recognized by the following distinguished milestones and achievements for our work with Latino children, youth and families:

Arte Sana Sin Fronteras - Community Empowerment Award for groundbreaking work generating awareness and to bridging the gap among diverse, under-served immigrant and Spanish monolingual Latina survivors of sexual and domestic violence and their children in the Pacific Northwest

Ms. Corinne Wegener, the Manager of Consejo’s Geriatrics and Disabilities Program, was honored with the King County Mental Health, Substance Abuse and Dependency Services Exemplary Service Award for providing outstanding Advocacy Services to individuals with mental health and chemical dependency needs.

Mr. Mario Paredes, our Executive Director, was honored with the King County Mental Health, Substance Abuse and Dependency Services Exemplary Service Award for providing outstanding Legislative Advocacy Services to individuals with mental health and chemical dependency needs.

Memberships & Certifications

- King County & Washington State Coalitions Against Domestic Violence
- King County Mental Health Providers Association
- Accreditation of Rehabilitation Facilities (CARF)
- Minority Executive Directors Coalition
- Washington Coalition of Sexual Assault Programs
- The Healthiest State in the Nation Campaign

Future Directions

Consejo’s Programming & Administration:

- Develop Consejo’s next Five-year strategic plan
- Establish Fund Development Office in 2007
- Develop and fund programming for children exposed to domestic violence
- Develop King County domestic violence community mobilization project using resident-based model and programming aimed at engaging men as allies
- Secure financial and capacity-building support
- Expand Eastern Washington Teen Peer Advocacy program to all three Yakima County High Schools
- Develop new partnerships to strengthen community-based
- Participate in Whitman College research on the State of the State of Latinos: http://www.whitman.edu/politics/state_of_the_state/

Our Annual Latino Behavioral Health Conference

Consejo’s Annual Latino Behavioral Health Conference brings together service providers, other professionals, and students to examine issues and areas of interest within the Latino community. Held in June at the University of Washington’s School of Social Work you can find conference information posted on our Web site: www.consejo-wa.org
CONSEJO’S Contributors

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Visit Consejo’s Web site for more about our programs and our bi-lingual, multicultural staff, management and board. You can also find a copy of this and previous year’s Annual Reports there:

www.consejo-wa.org