29 volunteers
560+ employees
6 resource rooms
2 inpatient clinics
12 outpatient clinics
400 supported housing units
20,000 unique clients served yearly

WE ARE HERE FOR YOU!
May is Mental Health Awareness Month. Click here for explore our website.

OUR STAFF, OUR INSPIRATION
Our staff are our heroes,
As an essential 501c3 nonprofit our staff (behavioral health care, mental health care workers, and office staff) have worked tirelessly to pivot and expand our Telehealth footprint with additional remote access and frontline services.
We are proud to have continued our essential services throughout the pandemic, while increasing our Telehealth service as funding has allowed.

An excerpt from Shekh Ali’s April 17th memo:
"Another week has gone by and I am tremendously grateful for the courage of our workforce, those risking their own health for the safety of our clients and our communities. This isn’t business as usual. It is a time of great stress and uncertainty. It’s also a moment in time when the work we’re doing is most critical and most essential. Know that I’m not alone in being grateful for the work you are doing. Our clients, I am sure are incredibly thankful for the help and hope they are getting."
May is Mental Health Awareness Month; let’s listen carefully.
SHEKH ALI, CEO/CFO

A Reflection...

Now more than ever, the need for effective and high-quality behavioral health care is apparent. Community behavioral health organizations (CBHOs) treating patients living with mental health and substance use disorders are in danger of closing their doors because of the economic carnage caused by the COVID-19 pandemic. 92.6% of CBHOs surveyed have reduced their operations, and almost 47% have had to, or plan to, lay off or furlough employees as a result of COVID-19.

Crisis of any kind are known to increase mental health and addictive disorders. This pandemic crisis is no exception. The initial estimates are sobering. An early April poll by the Kaiser Family Foundation shows that nearly half (45%) of all U.S. adults say the pandemic has affected their mental health, while 19% say it has had a “major impact.” Prescriptions for anti-anxiety drugs spiked 34% between February 16 and March 15, antidepressants (18.6%) and anti-insomnia drugs (14.8%).

May is Mental Health Month. Please listen carefully, to your friends, family members, colleagues and ourselves. Our team is here for you.
Resource Room Update:

Our six community resource rooms have been closed since the Governor’s stay at home order on March 23rd. We are currently re-configuring the rooms in anticipation of the need for physical distancing.

As Washington State dials in their new plan for returning to work, Valley Cities Leadership team is as well. Our Advancement team is continuing to recruit, onboard and train volunteers. We anticipate the timing to be mid to late summer. We appreciate your patience and support while we are in transition.

A Client’s Success

A Valley Cities client is doing very well in her new job. She (image above is a file photo not our actual client) works as an Administrative Assistant and web content developer. Her salary is $41,000.00. Not bad for someone who was working part-time when she started working with our Supported Employment Services program.

This client has developed a much healthier self-esteem and is clean and sober for months now and states that she has learned to note her triggers and redirect.

PLEASE OPEN A SMILE.AMAZON.COM ACCOUNT AND SELECT VALLEY CITIES COUNSELING.
Valley Cities will receive 5% of all your purchases, when you purchase thru smile.amazon.com.
Below are our smile.amazon lists for in-kind purchases for your consideration.

Sock it to us!
For our Valley Cities clients!

REMOTE ACCESS is the new normal. We have desktops that need cameras with mics.

Our Auburn Clinic has a tradition of hosting a Art show. Various SUPPLIES ARE
clients really need "socks". Please consider **ADDING SOCKS** to your smile.amazon order.

and Laptops for our team members.

**NEEDED** to inspire our client artists.

**Support local nonprofits.**

**MAY 5-6**

GiveBIGWA.org

VALLEY CITIES BEHAVIORAL HEALTH CARE | [valleycities.org]