Message from the CEO

I would like to take this opportunity to thank our Valley Cities staff for their continued support, resilience, and compassion. I am proud of what we have been able to achieve so far this year. I am thankful for each and every person who is dedicating their career with us at Valley Cities and stepping up to meet the mental health and substance use crisis.

The talent, commitment, and hard work of our staff are unmatched, and the sum of their accomplishments is astounding.

Because of their hard work, we are helping our community make positive changes. We are helping people, and it's working!

- Shekh Ali
Chief Executive Officer
We're Hiring!

During the month of April, we hired nearly 20 new employees!

We have two new Peer Support Specialists (one at our Rainier Beach Clinic and another at our Enumclaw Clinic). We are expanding our Mental Health First Aid (MHFA) program, and we now have two new MHFA Specialists. Feel free to email us at development@valleycities.org if you want to learn more about MHFA. We are excited about this expansion!

During April, we also hired a significant number of Case Managers, Clinicians, and Nurses all of which are essential to our success in providing high quality behavioral health care.

What can Valley Cities offer you?

- Health, Dental, and Vision (Premium 100% employer paid for full-time employee only coverage & a Health Savings Account)
- 21 Days of paid time off to start
- Extended Sick Leave
- 11 Paid Holidays
- Retirement benefits program and employer contributions
- Training on Evidence Based Practices (EMDR, DBT, CBT, MI and more!)
- Clinical Supervision for Licensure
- Professional Development Training Funds
- Sign on bonus of $500-$5000 depending on position
- Employee Referral bonuses
- Longevity Bonuses
- Employee Appreciation Events
- An opportunity to be a part of an innovative community of talented clinicians and

Valley Cities is an awesome place to work, we have great staff, an excellent work environment and great training opportunities. There are opportunities for professional development and excellent benefits. The team at Auburn always goes above and beyond to provide quality care to each person that comes through the door, and that is what makes Auburn special.

TRACY JOHNSON
LMHC, CMHS
CLINIC MANAGER-AUBURN
Started 17 years ago as Access Manager
April is National Alcohol Awareness Month

Since 1987, the National Council on Alcohol and Drug Dependence, Inc. (NCADD) has hosted National Alcohol Awareness month in order to increase public awareness and encourage candid conversations surrounding alcohol related issues. The theme for 2022 is “Changing Attitudes: It’s not a ‘rite of passage.’” with the intention of education youth and parents of the dangers of underage drinking.
Community Partners Highlight

Chick-fil-A of Federal Way

A big "Thank you" to Chick-fil-A of Federal Way who donated enough gift cards for all of our staff at our Federal Way Clinic.

This year Valley Cities is implementing a "Year of Giving" campaign throughout the communities that Valley Cities serves in order to give back to clinicians and other public facing staff at our clinics.

We are asking local businesses to partner with us and donate what they are able to help support our staff at any of our 13 clinics.

If your business would like to partner with Valley Cities, or you have a lead on a business that you suspect would like to partner with Valley Cities, please contact our Development Department at:
Development@valleycities.org

During March, we received over $2,000 in individual donations!

Last year we raised approximately $40,000 through individual gifts. With last months donations we have now raised over $15,000; That's 37% of the amount raised last year in only 3 months!

All donations go towards enhancing Valley Cities' programs and services with the goal of helping families and individuals reach their full potential.

Any donation amount is greatly appreciated; it takes all of us to build a better community!

Grants received in March - Thank you community partners!

Daniel V. and Ida J. McEachern Charitable Trust
Towards providing funding for our Summer Youth Program!

Renton Community Development Block Grant
Towards providing funding for more daytime crisis support.
GiveBIG Early Giving is Open
Spread the word!

GiveBIG is a statewide fundraising campaign where individuals and organizations come together across Washington to invest in our communities. When we give, we take a proactive step towards creating the society we want to live in.

GiveBIG culminates in a 48 hour giving event on May 3-4 but early giving is open now! We appreciate any support, especially spreading the word about this awesome event through social media and word of mouth!

Valley Cities GiveBIG

Clinic Spotlight
Auburn Clinic
The Auburn Team is amazing, resilient, strong, and compassionate. The Auburn Team has done an outstanding job serving our clients whether in the clinic, telehealth and at times through outreach. The staff have persevered during the pandemic working with clients that are dealing with a variety of circumstances and do an excellent job using the team approach to help the client through their recovery process. The Intake Specialists have done an awesome job with continuing to complete MH Assessments during the Pandemic. Collaboration and supporting one another have attributed to the success at the Auburn Site.

To support one another the Auburn Site has the Virtual coffee Hour, the TIC Committee, Psychiatric Consultation, and separate team meetings for Auburn Child Focused, Case Managers and the Intake Specialists meeting. The Auburn Site continues to go above and beyond to care for one another and provide care for our clients. The Auburn Site is the largest clinic at Valley Cities and serves 1500 clients. Auburn is the first site to be owned by Valley Cities through a Capital Campaign and at one time included all the administrative staff. Auburn Clinic has 61.5 employees, which includes 5 Management Staff, 3 front desk, 6 Case Managers, 2 Intake Specialists, 4 SUD Clinicians, 15 Clinicians/Therapists, 1 DD Clinician, 3 Peer Support Specialists, 6 ECS Clinicians, 2 Interns, 1 Nurse, 4.5 staff with Genoa, 4 Housing staff, 1 Vocational Specialist and 4 Medical Providers.

The Auburn Site is a multidisciplinary team that offers a range of services that includes Mental Health, DD, Employment, Peer, Psychiatric and SUD Services. Clinicians/Therapists offer Evidence Based Practices such as CBT, DBT, EMDR, CBTp for adults and Trauma Focused CBT, Family Therapy and Play Therapy. The newest is Equine Therapy that started in 2021. We also offer a variety of groups: Adult DBT, Aspire, CBTp, VoiceWorks (Post CBTp), Journey Through Art, Rainbow Haven (LGBTQ +), Self-Care, Still I Rise, Be Well Workshop and Tai Chi are also offered at the Kent Senior Center.

The Special Programs at the Auburn Site include:

**Genoa Pharmacy:** is located inside of the clinic which makes it a convenience for clients to get their medications when they come in for an appointment. Steve Austin (Pharmacist) and his staff are available for client questions and consultations.

**NDA (Next Day Appointment) Program:** Valley Cities is contracted with King County to
provide services for the NDA. Crisis Connections will approve NDA appointments for clients usually seen in the hospital emergency department.

**ECS (Extended Community Support) Program:** Eligibility criteria include a referral from DSHS for clients that are discharging from Western State. The goal is to help ECS clients be successful in the community and stay out of Western State and other psychiatric hospitals. The ECS Program has a high success rate.

The Auburn Front Desk does an amazing job with clients whether over the phone and in person. The front desk are often multi-tasking job duties for clients and staff. The front desk at times must deal with difficult clients and situations which they always handle appropriately and with respect for the client. The front desk works very hard to make sure that the processes at the front door are working correctly.

Community Partners with the Auburn Clinic are the Auburn Food Bank, Ray of Hope, Auburn CSO, Crisis Connections, Farwest Taxi, Hope link and We Care Daily.

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**Program Highlight**

**School Based Services**

Valley Cities clinical staff work in a number of local school districts to provide counseling in schools, to reduce disruption and allow youth access to service they may have barriers to, such as transportation. Our school-based counselors work to help students with social-emotional growth, improve behavior and peer relationship skills, and help children succeed in all domains of life.

We collaborate with schools whenever possible to identify patterns and concerns, as well as work toward a common solution and implementation of interventions. This helps students improve grades, attendance, peer relationships, and classroom behavior. We work with staff and families to better understand and collaborate on IEP’s and 504 plans if needed. And we also work to link in other professionals, such as primary care providers to close communication gaps when necessary.
New Valley Cities Group!-Nature Group

Nature Group is focused on providing group members an opportunity to reap the benefits of being outside. Spending time in nature can help reduce anxiety and depression, improve mood and concentration, and increase peace. Time in group will be spent participating in mindfulness activities, self-reflective journaling, and community building.

Nature Group kicked off on April 19 and will run through May 24th. The group meets 3-5pm every Tuesday and is held at Rainier Beach Urban Farm & Wetlands where we will learn about the outdoors and hopefully ourselves.

This group is for Valley City clients who wants to see how connecting with nature can help improve their mental health.

Follow us on our socials!

Support us through AmazonSmile

Valley Cities is registered with AmazonSmile.
With every purchase made, Valley Cities will receive a percentage of the proceeds at no extra cost to the buyer.

Money raised through our AmazonSmile account will go directly towards purchasing socks, t-shirts, and underwear from a surplus supplier at a highly discounted rate. Supplies purchased will be distributed to clients at our inpatient residential facilities.

CAREERS AT VALLEY CITIES
Just a click away
We love referrals.

VOLUNTEER WITH VALLEY CITIES
Volunteer Virtual Openings

Donate to Valley Cities

For those who prefer physical distancing, remote services are available!