



Annual Report 2021-22







## Mission Statement

To inspire healthy child development through the provision of quality family support services.



Welcome to the **Family Education & Support Services** Annual Report. We are honored to share this information highlighting our 2021-2022 services delivery focused on strengthening families throughout Washington's South Puget Sound communities.

## Connect with us...

### Thurston

Regional Resilience Center  
6840 Capitol Blvd. SE, Bld 3  
Tumwater, WA 98501  
360.754.7629

### Mason

790 E. Johns Prairie Rd.  
Shelton, WA 98584  
360.545.2060

### Lewis (Satellite office)

800 S. Pearl St.  
Centralia, WA 98531



[/Familyess.org](https://www.familyess.org)



[/familyess](https://www.instagram.com/familyess)



[/familyess](https://twitter.com/familyess)



[parentalcompass.org](https://parentalcompass.org)

# Hello from our Executive Director and Board Chairs

Dear Friends,

We are pleased to present to you our Annual Report for our fiscal year beginning July 1, 2021, and ending June 30, 2022. This has been one of the most remarkable years in our history as a non-profit organization. We recognized the health and well-being of our staff and those we served was paramount. We were dedicated to ensuring our facilities were safe, and services were both accessible and robust. We achieved some incredible efforts that you may learn about while reading this report. I am proud of our team, our board, and the volunteers who stood with us to implement innovative strategies to meet the needs of the families we serve.

As an essential service provider our work continued in spite of the pandemic. We took steps to reduce risk by securing personal protective equipment (PPE) for our staff and for the families we serve. We shifted the majority of our training and support services to virtual delivery and worked with families to increase access to that technology. We increased our remote outreach, porch drop-offs, and postal delivery of resources and support materials. We partnered to provide vaccination clinics and health and resource fairs across our five-county service area. We also developed a basic needs navigator to better assist families in accessing resources across our significantly-changed social service landscape.

We saw a 90% increase in service numbers this past year, and across the board our services continue to grow by leaps and bounds. It is our expectation that the work we are doing in the community will only continue to grow. We are proud to serve as a safe haven for families and professionals seeking support, training, or resources to benefit the wellbeing of children. We recognize the more we can do in prevention, the better for children, families, and our community as a whole. I hope you enjoy reading our Annual Report. As always, we couldn't do the work that we do without the support of caring community friends like you. Thank you for helping us to sustain the important facilities, services, and resources available at Family Education and Support Services.



Shelly Willis  
Executive Director



## Board of Directors 2021 - 2022

Tanya Murray  
*Membership Co-Chair*

Caprice Paduano  
*Membership Co-Chair*

Katya Miltimore  
*Fundraising Committee Chair*

Dr. Carlos A Mejia Rodriguez  
*JEDI (Justice, Equality, Diversity, Inclusion) Chair*

Alan Miller  
*Past President*

Quontica Conley  
*Member*

Leatta Dahlhoff  
*Member*

Lelah Fields  
*Member*

Seth Stauffer  
*Member*

Madelin White  
*Member*

Bob Partlow  
*Board Volunteer*



Bonnie Jacques  
*Board President*



Christopher Desmond  
*Vice President*



Jerrod Lee  
*Secretary*



Dave Echtle  
*Treasurer*



# Safe Children



## Family Education & Support Services

maintains trauma-informed environments welcoming to diverse cultures, family types, and languages. We provide a wide array of evidence-based strategies to help families heal from trauma and learn new coping skills for building resilience.

“Thank you for giving us the opportunity to learn how to have better relationships with our children.”

- PROGRAM PARTICIPANT



## Strengthening our community, one family at a time

\$55,800

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GRANTED TO FAMILIES IMPACTED  
BY POVERTY TO ADDRESS HOUSING  
INSECURITY - IN PARTNERSHIP WITH  
HUMI (HELP US MOVE IN)

130

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FAMILIES RECEIVED HEALTHY FOOD  
VIA OUR COMMUNITY OUTREACH  
AND PCAP PROGRAMS

7385

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DIAPERS DISTRIBUTED TO PARENTS  
SEEKING ASSISTANCE

750

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CHILDREN AND ADULTS WERE  
VACCINATED AT FESS VACCINATION  
POP-UPS



1200

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PARENTS AND COMMUNITY MEMBERS  
PARTICIPATED WITH VROOM SERVICES  
ON A MONTHLY BASIS WITH FESS'  
PARTNERSHIP AND DISTRIBUTION



“My client struggled with self-doubt and self-care as the primary caretaker for his 1-year-old. We worked on establishing healthy routines, ways to bond during playtime, and the importance of providing a safe environment for his daughter. With this care and guidance he slowly became more confident and open to receiving ongoing support to address his own past.”

- PROGRAM CASE MANAGER

## Adverse childhood experiences have lifelong health effects

### At what cost?

\$5K vs. \$400K\*

Cost per year  
to provide early  
intervention to a  
family

Lifetime costs if  
childhood adversity  
is left unaddressed

\* costs include health  
care, criminal justice,  
and special education





# Resilient Families

Your trauma history does not define you. **FESS**'s healing supports help families overcome their trauma histories. Through individual and family classes, clients strengthen parent-child relationships, overcome serious emotional and behavioral problems, and buffer the impacts of trauma.

90%

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OF PARENTING CLASS PARTICIPANTS  
REPORTED IMPROVEMENTS IN  
FAMILY RELATIONS





## Positive supports for families and individuals

88%

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OF FATHERS WHO RECEIVED PARENT TRAINING THROUGH OUR DYNAMIC DADS PROGRAM REPORTED LEARNING NEW PARENTING LIFE SKILLS

139

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PARENTS RECEIVED COMPREHENSIVE SUPPORT FROM OUR HOME VISITATION PROGRAM CASE MANAGERS

\$17,481

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DISTRIBUTED TO ASSIST PARENTS IN OVERCOMING OBSTACLES THROUGH THE NEXT RIGHT STEP AND MEMORIAL FUNDS

## Our Philosophy

**Protective Factors** serve as buffers that help families cope, achieve, and thrive, even during times of stress. They are the cornerstones upon which to build healthy environments for children and families.

### Parental Resilience

Developing the ability to cope and bounce back from life's challenges

### Knowledge of Parenting

Receiving accurate information about raising young children and learning appropriate and effective strategies to gauge expectations and set limits on child behaviors

### Social Connections

Engaging friends, family members, neighbors, and others in the community who may provide emotional support and assistance

### Concrete Support

Accessing life essentials such as food, clothing, and housing when there is an immediate need

### Social and Emotional Development

Fostering a child's ability to interact positively with others and communicate his or her emotions appropriately





# Healthy Communities



**FESS** fosters social change and reduces the strain of childhood trauma on our society by **partnering with other systems** that serve children and families. We work with schools, medical providers, courts, law enforcement, and other agencies to increase access to parent education, overcome stigma, and establish trauma-informed communities





“ We partner with FESS frequently. one recent collaboration was a teacher training with our district on trauma-informed care. We included the parents so that the support system, knowledge and tools were consistent both at our schools and in their homes.”

- PROGRAM PARTNER



## Creating trauma-informed communities

1200

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COURSE PARTICIPANTS LEARNED  
NEW SKILLS TO ASSIST INDIVIDUALS  
WITH SUICIDAL THOUGHTS IN OUR  
QPR SUICIDE PREVENTION COURSE

“ This type of community support for our most vulnerable youth is crucial - now so more than ever! With FESS, anything is possible.”

- PROGRAM PARTNER

855

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PARTICIPANTS REACHED THROUGH  
PARENTING CLASSES

“ I love the staff and how friendly and helpful everyone is and that they are able to provide me great service and help me succeed.”

- PROGRAM PARTICIPANT

84

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COMMUNITY TRAININGS AND  
PRESENTATIONS PROVIDED BY  
FESS TO BUILD ADULT CAPACITY TO  
UNDERSTAND TRAUMA

# Thanks to you

## 2021-22 Sponsors

### CARNIVALESQUE

#### Premier

Desmond Law Group

OBEE Credit Union  
South Sound Behavioral  
Health Hospital

#### Resilience

Harborstone Credit Union  
RHD Enterprises  
Susan Raymond

#### Supporting

1st Security Bank  
State Farm - Rocco Turpin  
McDonald's Tumwater  
Jack Hanemann, P.S.

#### Hope

Olympia Federal Savings  
Community Health Plan  
of Washington  
Centennial Rotary

#### Activity

Panowicz Jewelers

### STRENGTHENING FAMILIES

#### Resilience

Port Madison Enterprises  
Desmond Law Group  
Squaxin Island Tribe  
Amerigroup

#### Supporting

Nicholson & Associates  
Courtney Drenson  
Strophy Foundation

#### Hope

Lucky Eagle Casino  
Heritage Bank  
Seattle Children's  
South Puget Sound  
Community College

#### Partners

Child Care Action Council  
SPSCC Parent Education  
Capital Region ESD 113

### PINWHEELS OF HOPE

#### Presenting

Shocking Difference LLC.

#### Resilience

Centennial Rotary  
Home Street Bank

#### Strengthening

South Sound YMCA  
Olympia Federal Savings  
1st Security Bank

#### Courage

Jack Hanemann, P.S.  
State Farm - Rocco Turpin  
Coordinated Care  
Olympia Pediatrics

### CELEBRATING FATHERHOOD

#### Strengthening

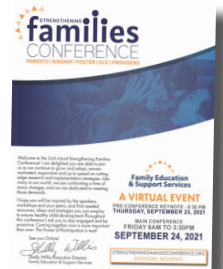
Centennial Rotary

#### Resilience

Heritage Bank  
Lucky Eagle Casino  
State Farm - Rocco Turpin  
OBEE Credit Union



On October 29, 2021 over 200 supporters and friends enjoyed an evening celebrating being together, community and the work of FESS at **Carnivalesque**.



On September 24, 2021 over 100 social workers, educators, parents and caregivers gathered virtually for our second annual **Strengthening Families Conference**. Keynotes: Erin Jones, Barbara Coloroso and Mary Sheedy Kurcinka.



On June 9, 2022 dozens of guests came together to recognize fatherhood across Washington State during our **Celebrating Fatherhood Brunch**. Keynote speaker Tony Ventrella lead in the celebration dedication, commitment, and importance of dads in their children's lives.

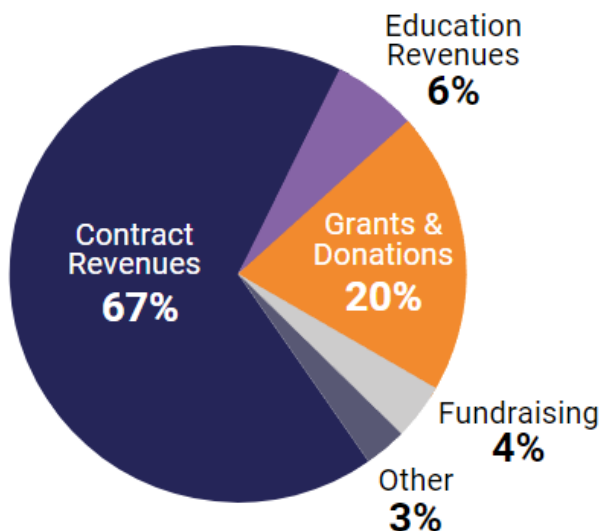
**April 2022** we recognized Child Abuse Prevention Month with **Pinwheels of Hope**. Partners displayed their support by planting Pinwheel Gardens. New in 2022 was the Pinwheels of Hope Scavenger Hunt, an opportunity for students, families and colleagues to team up and participate in a virtual scavenger hunt for prizes.





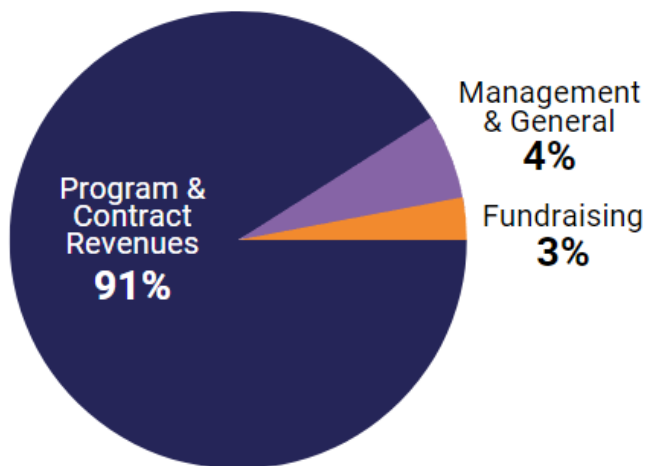
## Sources of Support

\$2,378,179



## Operating Expenses

\$2,250,791



Family Education & Support Services. (2021-22) Financial Statements with independent Auditor's Report. DNM & Associates

2021 - 2022

## at a glance

32

STAFF MEMBERS SERVING 5 COUNTIES

91%

OF REVENUE GOES TOWARDS DIRECT PROGRAM SERVICES

7,870

90% ↑

INCREASE FROM 2019-2020

CHILDREN AND ADULTS SERVED

6.1K

PARENTALCOMPASS.ORG  
PODCAST DOWNLOADS

## We are grateful for all you do!

### Government Funding Partners

Area Agency on Aging  
City of Tumwater  
Department of Health & Human Services  
Department of Health  
Department of Children, Youth, & Families  
Lewis County Health Department  
Mason County Health Department  
Mason County Recovery Court  
North Thurston Public Schools  
Thurston County Aging & Disability Services  
Thurston County Health Department  
Thurston Mason Behavioral Health Org.

### Foundation & Grant Partners

Capital Centennial Rotary  
Choice Regional Health Network  
Coordinated Care  
Dawkins Charitable Trust  
Help Us Move In (HUMI)  
Medina Foundation  
Nisqually Indian Tribe  
Northwest Children's Fund  
Olympia Rotary  
Ramapo Trust  
STYX  
The Community Foundation of S. Puget Sound

Thomas Family Foundation  
United Way of Thurston County  
West Olympia Rotary  
Zonta Service Foundation of Olympia



PO Box 14907, Tumwater, WA 98511

## Our community relies on you.

**Your donation makes an impact. Here are some ways you can support us.**

- ▶ Become a member of the **FESS** Hearts Club with a monthly donation.
- ▶ Add your name to our Donor Wall
- ▶ Give what you can now and in the future by including **FESS** in your estate plan.

## Make a donation today!

Your support matters. To learn more, please contact the Development team (360)754-7629.

**Familyess.org**

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