



strengthening families

Dear Friends,

HopeSparks is living its mission every day to strengthen families and inspire courage and confidence to make a lasting change. We believe in a world where all children and their families are safe, secure, and stable. We also believe that when caregiver capacity is awakened and nurtured to promote resilience and protective factors, we can achieve positive outcomes for children.

As both a mental health and family service organization, HopeSparks continues to be uniquely positioned to meet the changing needs of families and communities by providing services not only in our clinics, but also in the home and community. Working to address trauma and early life adversities for children and their families, while promoting resilience, is a critical and evidence-based way of putting a child's development on a lifelong trajectory toward success.

We are proud that over the last year we have launched one of the state's first integrated pediatric healthcare models that will combine mental health and physical health into one setting. HopeSparks has embedded behavioral health care managers into the pediatric physical health setting to work alongside pediatricians to meet both the physical health needs and mental health needs of children and their families in real time. These innovative partnerships will build a collaborative and coordinated network of care for children and families, keeping children out of crisis, emergency rooms, and providing immediate access to behavioral health services.

HopeSparks continues to be a recognized leader in the Puget Sound Region in behavioral health, early intervention, kinship care, home visiting, eating recovery, and parent education. Each year, thousands of children and families turn to HopeSparks for critical, life-changing support. Our work would not be possible without you. Together, we are the village!

Please enjoy reading our 2018 Annual Report, and thank you for being a part of creating lasting change with us.



Joe Le Roy, LICSW
President & CEO



Nicole Gates, VP, Digital Channels Bank of America Merrill Lynch
Board Chair

Our Impact

Hope. Care. Support.

Our clients see an increase in family stability, a reduction in symptoms of stress and trauma, and improved relationships.

In 2018, HopeSparks served a total of **3,550** children and families living throughout South Puget Sound, providing over **26,000** clinic, community, and home visits.

HopesClosset



Our basic needs boutique served an additional **3,000** individuals and distributed over **21,000** items.



Our vision

A world where children and families are safe, secure and stable

Our mission

We strengthen families by inspiring courage and confidence to make a lasting change

Maeve



Without HopeSparks, I wouldn't be confident in being Maeve's mother.

Angela and her husband were excitedly preparing for the birth of their daughter, Maeve. Following a typical pregnancy, Maeve came into the world with a surprise diagnosis of epidermolysis bullosa (EB). From that moment, Angela was told that she would be Maeve's expert when it came to caring for her condition. This meant a rigorous skincare regimen involving daily wound care while tending to the blisters on Maeve's hands and feet caused by EB.

Fear about the future set in quickly. There was a possibility that Maeve would have delayed motor skills due to the blistering on her hands and feet. Angela was afraid to be close to Maeve; her skin was so delicate that even the slightest irritation from the tag on a shirt could cause painful blisters. Daily wound care was the hardest part of their routine. "It's all about trial and error to find out what works for her skin. EB affects everyone differently. The best example I could give her is to just keep trying." Maeve's brother Jerry, was still too young to understand what was happening and was becoming increasingly distressed as she would frequently cry out in pain. Stress was building for the whole family and Angela knew she needed support. That's when she found HopeSparks.

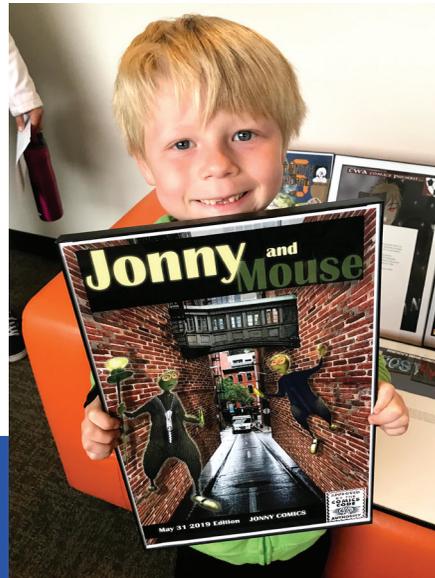
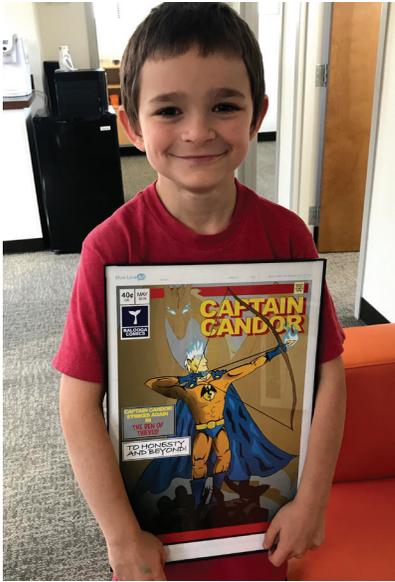
Angela was relieved to find out that the Early Intervention program with HopeSparks was home-based. That meant she wouldn't have to worry about putting Maeve in her car seat for weekly physical therapy appointments, causing more blistering on her neck from the car seat harness. As Maeve started making progress toward age-typical motor skills with the Physical Therapist, they also started working with an Infant Mental Health Therapist to address the emotional toll that EB was taking on the family.

With the support of HopeSparks, Maeve is making more progress than ever. As her motor skills increase, so does her confidence in interacting with other children her age. On therapy days, Maeve watches excitedly out the window for her friends from HopeSparks to pull up in the driveway, ready to play. Infant Mental Health Therapy has built on the family's strengths and helped them live with EB.





The Superhero Project



The Superhero Project

In partnership with Charles Wright Academy, The Superhero Project helps children tell their stories, face their fears, and see endless possibilities for the future. Art students from Charles Wright Academy are partnered with children in therapy to work together to create a comic book cover of the child as a superhero.

Since 2009, over 75 children who have endured traumatic experiences have had the opportunity to be transformed into their very own superhero through this experience. Each child is given a copy of their cover as a reminder that they are much more than the trauma they have endured.

*There is a superhero inside all of us,
we just need the courage to put
on the cape.*

- Superman

*A true hero isn't measured by the size
of his strength, but by the strength
of his heart.*

- Hercules

A portrait of a young boy with dark, curly hair, smiling warmly. He is wearing a blue and yellow plaid button-down shirt. The background is a bright, sunny outdoor setting with green trees and a grassy area, slightly out of focus. The entire image is framed by a green border on the left and top.

Cassius

We didn't know what we were doing. We just knew we wanted him to be okay.

Life was just getting started for newlyweds Bryan and Brianna. They were settling comfortably into their new routines as a married couple, and Brianna was busy getting acquainted with her new job. When they were asked to take their one year old nephew, Cassius, into their home, the decision to say yes came easily to them. Bryan and Brianna wanted stability for Cassius and they had been aware for some time that his parents were struggling and unable to care for him. "We kind of knew he'd be coming, but what we didn't know was all the stuff that was coming with him."

When Cassius started going to daycare it quickly became clear that he needed support for his social-emotional skills. He didn't know how to sit down and play, he spent most of his time alone, and wouldn't use words during his school day. "He wouldn't go near anybody." At home he would become hysterical when the family would laugh or hug, because he had so often seen physical interactions turn to violence. Bryan and Brianna shared their concerns with his social worker who referred them to the HopeSparks Children's Developmental Services program. "We didn't know what we were doing. We just knew we wanted him to be okay."

Through support from HopeSparks, Cassius slowly started to let his guard down and open up to other children at school. He received Early Childhood Intervention services to build his play skills and to strengthen his relationship with Bryan and Brianna. Over time, he built trust with them and was able to accept and offer affection freely. "We really all started to bond once he was able to relax." Today, Bryan and Brianna have officially adopted Cassius and his younger sister, and they've used the skills they learned while Cassius was in the early intervention program to help his sister with the transition as well. No day is complete for them without plenty of hugs, which is a huge relief for both Brianna and Bryan. "I was afraid that I'd never get to hug him the way a father hugs a son. Now we're all about 'family hug'."



Program Reach and Outcomes

Healing Hearts Counseling

In 2018

Healing Hearts provided preventive and accessible mental health care to

1,488

children, teens, adults, couples and families using evidence-based practices in a safe and dignified environment

91% report an improvement in behavior and a reduction in symptoms and stress



Children's Developmental Services

In 2018

Children's Developmental Services provided crucial early intervention including education and specialized therapy to

1,036

children from birth to three years old with developmental delays

93% report improved child-caregiver relationships



Relatives Raising Children

In 2018

Relatives Raising Children kept families intact by providing resources and advocacy to

509

kinship and relative caregivers who are raising children not theirs by birth

90% demonstrate improved stability keeping children with family instead of foster care



Family Support Services

In 2018

Family Support Services offered home-visiting programs that maintain the stability of at-risk families to

259

families through parent training and education

70% of families participating in Readiness to Learn were connected with critical behavioral health services



Eating Recovery

In 2018

Eating Recovery offered hope, counseling and dietitian support to

58

individuals who struggled with life-threatening eating disorders as well as those who were challenged with other food-related issues

91% of teens and adults report an improved relationship with food and positive sense of self



Financials

Year ended December 31, 2018





thank
you!