



The Alliance of Eastside Agencies' (AEA) mission is to build healthy communities in East King County through a strong human services network by providing a strong voice for Eastside health and human services and by promoting organizational excellence among providers.

BOARD: Joseph Adriano, Sharon Anderson, David Johns Bowling, Jeff Bradt, Brooke Buckingham, David Downing-Co-Chair, Debra Grant-Co-Chair, Lori Guilfoyle, Stan Kehl, Paula Matthyse, Pam Mauk-Treasurer, Helen Banks Routon, Andrea Simmonds, Sarah Steininger, Rochelle Clayton Strunk-Secretary, Barbara Thompson, Gina Yarwood-Vice-Chair.

2013 HUMAN SERVICES AWARD WINNERS:

*Business of the Year: CFO Selection; Elected Official: Amy Walen, Kirkland City Council
Faith Organization: Snoqualmie Valley Alliance Church; Not-for-Profit Staff: Daniel Hanson;
Legacy Award: Mimi Siegel; Volunteer of the Year: Art Mabbott; Youth Volunteer: Eila Sturdivant*

AEA eNews

Our monthly member newsletter – November 2013

AEA News!

➤ **AEA's Fall Assembly and Training**

The subject for this fall's training was ***Building Resilient Organizations, Working with Trauma Informed Care***. The professional panelists and moderator were excellent, with several attendees remarking on the quality and relevance of the training, determined to go back to their organizations with plans to implement what they had learned.

Moderator Barbara Bennett outlined the precepts of trauma informed care: recovery is possible; healing happens in relationships; understand trauma and its impact; insure cultural competence; promote safety; be able to control choice and autonomy in our lives; share power and governance; integrate care for staff, clients, teens when it impacts policies and procedures. Then each panel member was asked to respond to these questions:

- 1) What practices and policies that address trauma informed care, are currently in place at each of their organizations?
- 2) Describe formal programs that are currently in place at each agency.
- 3) What are some resources for other agencies?
- 4) What changes are happening within their own agencies; where are they going?

Each of the organizations had practices in place to support personnel with secondary trauma, though they differed widely from agency to agency. Some examples: Staff that need extra help (critical incident stress debriefs) are identified through team

accountability; policies and procedures manuals should include ways to shift positions, giving staff reasonable workloads—making small changes can result in a more sustainable, more healthy staff, less calls for sick leave; staff are encouraged to take vacations, have good benefits, spend 4 hours per month in self-care, good support from the organization.

AEA's trainings are a member benefit. Make sure your organization doesn't miss the next one.

➤ **AEA's Election of Officers**

AEA's slate for the election of its board of directors was approved at the Fall Assembly. The executive board was re-elected for 2014: David Downing (YES) and Debra Grant (Hopelink), co-chairs; Gina Yarwood (YWCA) vice-chair; Rochelle Clayton-Strunk (Encompass) secretary and Pam Mauk (treasurer). New board members elected were David Johns Bowling (Congregations for the Homeless) and Paula Matthyse (CISC). Continuing their service to the board are: Jeff Brandt (Elder and Adult Day Services), Stan Kehl (Eastside Legal Assistance Program), Helen Banks Routon (Eastside Baby Corner), Andrea Simmonds (AtWork!), Sarah Steininger (Lifewire), and Barbara Thompson (NAMI Eastside). Also serving as ex-officio Board Members are: Joseph Adriano (City of Bellevue), Sharon Anderson (City of Kirkland), Brooke Buckingham (City of Redmond) and Lori Guilfoyle (United Way).

➤ **Renew your AEA Membership now!**

Together we make a difference by impacting important human services issues and growing leadership in our sector in East King County! Once a year we ask for membership dues to support our critical work and empower us to give you all the benefits of membership (see below). Support our collective work by renewing your membership today!

Benefits of Membership

- Free Trainings for member agencies
- Annual Luncheon Ticket at a reduced price
- Making Nominations for AEA Luncheon Awards
- Networking Events to meet and interact with other providers
- Timely updates on government/private funding and legislation via email and AEA's monthly e-newsletter
- Inclusion in organized advocacy efforts to impact funding and educate elected officials.
- Representation on other key community groups including *Eastside Human Services Forum and King County Alliance for Human Services*.
- Opportunity to serve as an AEA board or committee member.
- Agency recognition on AEA website and brochure

Renewal is easy! Simply go the AEA website:

www.allianceofeastsideagencies.org/joinaea.html, complete the registration

information and submit your fee through PayPal. Organizations which prefer to pay by check can submit the e-mail confirmation as an "invoice" to mail with a check to the AEA address (provided in email).

Featured Member Agency of the Month

➤ **Kinderling**

Kinderling is completing their 51st year of service by launching an exciting expansion project and will open new doors January 2014 with a second campus location in Bothell!

After a lengthy, 12-month review of community need, Bothell has been identified as the ideal location for a second Kinderling campus, ensuring that they can continue to support families in East King County and meet the growing demand for support. The space, located on North Creek Parkway, will be shared with Bright Horizons (on the first floor) and Pediatric Associates (sharing the second floor with Kinderling).

The space is currently being remodeled and staff is being hired to build a fantastic Kinderling Bothell team. When doors open in January 2014, Kinderling Bothell will house new classroom spaces for the toddler pre-school program, private therapy rooms, developmental evaluation rooms, a unique sensory room, and a robust Kids*Clinic* serving children age 3-10 with private speech therapy, occupational/physical therapy and special education.

Please stay tuned for more updates throughout the winter, as Kinderling begins an amazing growth project to support Eastside families for the next 50 years!

From our AEA Members

➤ **Eastside Human Services Forum's Annual Meeting**

Thursday, December 5, 2-4 pm

North Bellevue Community Center

4063 148th Ave. NE, Bellevue, WA 98009

This year's presentation is: *Comprehensive Plans and Human Services*. The agenda includes a brief "Comprehensive Planning 101" presentation followed by an Eastside panel as well as key highlights from EHSF's 2013 activities and an opportunity to help shape their 2104 work plan. [Register Now!](#)

➤ **United Way to Assist Volunteer Programs**

United Way of King County, in partnership with 501 Commons, is offering two initiatives to help you make the most of your volunteer program.

1. [United Way Volunteer Impact Partnership 360](#) helps your organization engage more effectively with your volunteers, by helping you develop an actionable plan for improving your volunteer services.

Key benefits:

- 360 degree assessment of your volunteer program
- Two skilled consultants to facilitate the planning process
- Tactical plan tailored to meet your program needs

- Opportunity to apply for consulting assistance to implement plan
 - Support valued at more than \$15,000
2. [United Way Volunteer Impact Partnership Manager Corps](#) provides your organization with a temporary Volunteer Manager who will help you strategically grow your volunteer programs.

Key benefits:

- Pro-bono Volunteer Manager for 10 hours per week, for 6-8 months
- Additional capacity to create basic tools and processes to engage volunteers
- Access to volunteer management training and resources

To find out if either program is right for your organization, contact [Carolyn](#) at United Way by **January 6, 2014** to schedule a brief screening. Space is limited. Program applications must be received by **January 13, 2014**.

- ***Thanks for reading our newsletter. Watch for us next month.***
- **AEA Board of Directors**