



*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, Jeff Bradt, Brooke Buckingham, David Downing-Co-Chair, Kim Gerdes, Debra Grant-Co-Chair, Lori Guilfoyle, Stan Kehl, Pam Mauk-Treasurer, Karina O'Malley, Steve Roberts, Helen Banks Routon, Andrea Simmonds, Sarah Steininger, Rochelle Clayton Strunk-Secretary, Barbara Thompson, Gina Yarwood-Vice-Chair.

# AEA eNews

*Our new monthly member newsletter – March 2013*

## AEA News!

### ➤ **AEA Training Opportunity: Adverse Childhood Experiences Overview for Human Services Providers**

A recent study by the Centers for Disease Control found that childhood abuse, neglect, and exposure to other traumatic stressors—collectively called adverse childhood experiences—are common, can profoundly impact quality of life and are major risk factors for the leading causes of illness and death.

The Alliance of Eastside Agencies is offering a training series on adverse childhood experiences (ACE). The first session features Paula Matthyse, Outreach Director of the Eastside Community Network and a certified ACE presenter—working with the Family Policy Council, WA State Community Network System, WA Dept of Social and Health Services, and ACE study researchers Drs. Robert Anda, Vincent Felitti and Martin Teicher.

Participants in the first session will gain:

- An understanding of ACE.
- An understanding of the impacts of ACE on individuals, families and communities.
- An understanding of how organizational policies and practices impact clients with ACE.
- A framework for community capacity-building to reduce the on-going impacts of ACE, including transmission to the next generation.

Whether ACE is a new concept or a familiar one, this session will lead into an important discussion of how community organizations' understanding of ACE can generate trauma-informed care and services that promote resiliency and adaptability for people across generations in our community.

Date for webinar: Thursday, April 11, 2013, 10:00 AM – 11:30 AM

To attend our webinar please register at this GoToWebinar registration page:

<https://attendee.gotowebinar.com/register/8159735623433817856>

## Our Trainer



*Paula Matthyse, Outreach Director of the Eastside Community Network, received training in Adverse Childhood Experiences (ACE), Systems Organization and Thinking, and Government to Government Relationships applicable to solving complex problems through shared learning, assisting with resource development and board governance through the Washington State Family Policy Council. Paula is a WA State ACEs presenter.*

*Presentations are presented in partnership with the Washington State Department of Social and Health Services. The content has been developed over the last*

*decade with the research and wisdom of many extraordinary partners from diverse disciplines including biopsychiatry, clinical and community psychology, cultural anthropology, education, public health, social work, and sociology.*

### ➤ **Save the Date: AEA's Spring Luncheon on June 12, 2013** ***Honoring outstanding contributions to Human Services in East King County***

**Date:** Wednesday, June 12

**Place:** Bear Creek Country Club

AEA is pleased to honor members of the community who have played a significant role in supporting human services in East King County. This event highlights the work of those in the community who make the Eastside a better place for all of us to live and work.

### ➤ **Thank You Helen Leuzzi**

We at AEA want to recognize and give a heartfelt and sincere thanks to outgoing AEA Board member, Helen Leuzzi, who birthed The Sophia Way and has now retired due to unfortunate medical challenges. Helen was a passionate, driven and dedicated eastside human service leader/advocate who built an exceptional agency to address the critical need of homelessness for eastside women. Beginning in fall of 2008 when The Sophia Way was founded, her hard work, along with her team's, established a permanent addition to our human services community. Her efforts represent a monumental undertaking; her success is notable in the achievements of The Sophia Way.

## History of Sophia Way

- In 2006 Sophia Way established an evening shelter that traveled weekly to different Eastside faith organizations.
- In the spring of 2009, at Bellevue First Congregational Church, the case management program, life skills programming and other services that provided clients with important resources to help them in their journey out of homelessness were added.
- Summer 2009, Sophia Way started a program called Sophia's Home, a 24 hour a day housing effort with the very first community home, Rosco House.
- Near the end of 2009, The Sophia Way was able to operate Sophia's Place 365 days a year at Bellevue First Congregational, enabling the women to stay in one place vs. travel from host to host.
- During the spring of 2010 they opened 12 apartments for clients which has grown to nearly 40 apartments scattered throughout the Eastside at present.
- In the spring of 2011 they opened a second community home called Holly House, thanks to the Eastshore Unitarian Church's and Jubilee Services' renovation of a 100-year-old parsonage.
- In 2012, The Sophia Way started an expansion at St. Luke's and broke ground on the construction of a 21-bed shelter that provided individual bedroom cubicles for each client. This new facility also allowed them to expand their partnership with YWCA Angeline's Eastside Day Center which will operate in their facilities during the day.
- In the summer of 2012 they began a new community building effort with the establishment of a Community Business Council.
- In the fall of 2012, The Sophia Way became its own 501(c)(3) organization after spending a year developing its own Board of Directors.
- Also in the fall of 2012, The Sophia Way opened the Eastside Winter Shelter for Women and Children, providing emergency shelter for up to 50 women and children for 6 months of the year.
- The Sophia Way's newest venture is Sophia's Thrift Shoppe (see article below).

Always keeping important things on her radar, Helen insured that the new Sophia Way Interim Executive Director, Karina O'Malley, was immediately engaged to take her seat on the AEA Board. Thank you, Helen, for all of your talents and contributions to our community and to those in need, and welcome Karina!  
- David Downing, AEA Board Co-Chair

## ➤ 2013 AEA Members

**We appreciate the following Agencies which have renewed since last newsletter's list:**

ARCH-A Regional Coalition for Housing, Asian Counseling and Referral Service, Chinese Information and Service Center, Leadership Eastside and Lifewire.

- **Don't let your AEA Membership lapse!**  
**Has your agency renewed yet? We'd like to keep you on the member list. Check out the member benefits and renew your commitment to our shared work in Human Services by going to our website:**

[www.allianceofeastsideagencies.org/joinaea.html](http://www.allianceofeastsideagencies.org/joinaea.html),

Simply 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

- **Introduce Yourself**  
Most months this e-newsletter features one of our member agencies. This gives the agency the opportunity to inform readers about its mission statement, the work they do, the population they serve and new achievements. If you would like your agency to be featured in upcoming newsletters contact us at [office.eastside@gmail.com](mailto:office.eastside@gmail.com) . Thank you.

## Agency News

- **Sophia's Thrift Shoppe Grand Opening - March 22**  
**Save The Date—Friday, March 22nd from noon to 3:00 p.m.**  
Join the celebrations and help create economic sustainability for the clients at Sophia Way. Location: 13219 NE 20th St., Suite 200, Bellevue WA.  
  
Sophia's Thrift Shoppe is to be a unique thrift store with unique opportunities for clients. It is not only a store to find great bargains on clothing, books, shoes etc., it is also the training ground in soft and technical business skills including customer service, inventory management and principles of sales and marketing. Upon completion of the Employment Certification Program by their clients, Sophia Way will seek employment contracts with local businesses, providing the client's first month's salary. Through this program they will be able to achieve their goal of helping clients become financially independent so they can return to an independent stable life. Business hours will be Tuesday through Saturday, 10:00 a.m. to 5:00 p.m.
- **Thanks for reading our newsletter. Watch for us next month.**  
- **AEA Board of Directors**