



*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.*

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# AEA eNews

*Our new monthly member newsletter – May 2013*

## AEA News!

- **AEA's Awards Luncheon on June 12, 2013:**  
*Honoring outstanding contributions to Human Services in East King County*

**Date:** Wednesday, June 12, noon-1:30 p.m.

**Place:** Bear Creek Country Club

***Don't delay! [Register Now!](#)***

### **Keynote Speakers: David Bley and Marie Sauter**

#### **David Bley, Director, Pacific Northwest**

*David Bley, director of the Pacific Northwest initiative in the United States Program, oversees local grantmaking and the development and implementation of strategies to help vulnerable children and families in Washington State and the Portland metropolitan area.*

*Bley most recently served as vice president of strategic initiatives at Enterprise Community*



*Partners, a national nonprofit that focuses on affordable housing and poverty. He has an extensive background in housing and economic development and was formerly chief operating officer of the Federal Home Loan Bank of Seattle. Bley served as director of the Seattle Fannie Mae Partnership Office and as a senior advisor to former Seattle Mayor Norm Rice, focusing on housing, human services, and economic opportunity. Prior to that, he worked in Washington, D.C. for the U.S. Congress and the U.S. Department of Housing and Urban Development.*

*Bley holds a bachelor's degree in urban planning from the University of Washington and a master's degree in public administration from Seattle University. He currently serves on the boards*

of United Way of King County, Philanthropy Northwest, the Technology Alliance, the King County Committee to End Homelessness and the sponsors group of the King County regional Road Map education project coordinated by the Community Center for Education Results.



**Marie Sauter, Program Officer, Pacific Northwest**

*Marie Sauter is a program officer with the Bill & Melinda Gates Foundation Pacific Northwest initiative, managing investments in Washington State and Portland, Oregon targeting increased stability for vulnerable families, improved educational outcomes for disadvantaged students and deeper community engagement.*

*Marie's projects include support to domestic violence agencies working to improve housing stability for survivors and facilitation of a learning community focused on increasing the capacity of community philanthropy to reduce intergenerational poverty.*

*Prior to joining the foundation in 2006, she worked in philanthropy with Social Venture Partners, Medina Foundation and Washington Women's Foundation, and in nonprofit program management. She's a graduate of Pomona College, and of Seattle University's Master of Nonprofit Leadership Program.*

➤ **Award Winners to be honored at our Spring Awards Luncheon: [Register Now!](#)**

AEA is pleased to honor members of the community who have played a significant role in supporting human services in East King County. Our spring award luncheon highlights the work of those in the community who make the Eastside a better place for all of us to live and work. The following is the list of the 2013 award winners:

● **Volunteer of the Year: Art Mabbott (Friends of Youth)**

Art, a recently retired math teacher, has dedicated his retirement to helping youth in need. He started volunteering for Friends of Youth by involving his church, All Saints Episcopal in Bellevue, as a dinner donor for FOY's emergency shelter for young adults, The Landing. More recently, he became trained as an on-call volunteer with the Safe Place program, learning how to accompany FOY staff on calls to respond to youth in crisis. He recruited his wife, MaryAnn, as another volunteer. Both are dedicated assistants and excellent ambassadors at all of Friends of Youth's events, including acting as a greeter at the recent Open House as well as the recent Celebration of Youth luncheon. His unceasing advocacy for youth is inspirational.

● **Business of the Year: Tom Varga, Managing Partner, CFO Selections (Kindering)**

CFO Selections developed a novel business model at its inception. They systematically allocate a portion of their revenues each and every month to their foundation, CFOS Foundation. They are particularly interested in children's issues and currently are exploring issues around foster care. In addition, to the grants that the Foundation makes, partners in CFO Selections (chief financial officers) and on the board of the foundation give high level, strategic, talented pro-bono consultation to the organizations that they fund.

This is a marvelous business model and an example of how other small corporations could structure to help the community. Tom Varga conceived of this idea, has nurtured it, brought it to fruition, and is working to replicate it.

- **Youth Volunteer: Elia Studivant (YES)**

Eila became a PEACE (Peers.Educating.And.Coaching.Empathy) ambassador at Bennett Elementary. She gave up her lunch and recess two days a week for four weeks to come in and learn how to be a peer leader to help stop bullying at her school. At the end of the four weeks Eila went into the classrooms at her school and helped educate her peers on ways to stop bullying and help build a stronger community. Eila's compassion and strength to reach out to her classmates was really highlighted in her commitment to the PEACE program, the other students working with her, and to her school community as a whole. As Eila has transitioned out of elementary school and into middle school she continues to bring her awareness, education and support to her peers about the harm bullying can cause to an individual and a community.

- **Not-for-Profit Staff: Daniel Hanson (YES)**

In the context of Newtown, Connecticut and the marked increase of youth suicides in the community, Danny stands out as an exemplary addition to what is working to address the issue of violence in our community. He was key in the development of, and has been the ongoing steward, in bringing the PEACE program to the Bellevue School District. PEACE grew out of the need to have maximum impact. This model is unique; it focuses on training young people in the elementary schools to be the "ambassadors" to teach the younger students to identify, resist and actively work to eliminate bullying. Peer to peer intervention is shown in research to have a greater impact with young people. In 2012 this model reached 13 elementary schools, with over 430 young people being positively impacted by the program; surveys show a success rate of 96%. His commitment and leadership through this program are making this happen.

- **Faith Organization: Snoqualmie Valley Alliance Church (Encompass)**

The Snoqualmie Valley Alliance Church (SVA) is a dynamic, responsive and incredibly engaged church in the Snoqualmie Valley. SVA responds to needs in the community by running an extremely popular clothing bank (that is set up like a fancy boutique); operating a teen center in downtown Snoqualmie; assisting monthly in the local food bank; asking members to contribute to shoe, socks, sleeping bag, food, and hygiene items drives regularly; having members volunteer all over the community; and most recently, opening a free health clinic! SVA is an active and founding member of One VOICE (Valley Organizations in Collective Effort, a collaboration of helping organizations, both faith-based and secular) in the community. Organizations like Encompass depend on churches like SVA to help bridge the gap for the most vulnerable in the community. They have made and continue to make an incredible difference for the better in the Valley.

- **Elected Official: Amy Walen, Kirkland City Council (Hopelink)**

Ms. Walen was elected to the Kirkland City Council in 2009. Throughout her time in Kirkland, she has been active as a fundraiser for the Evergreen Hospital Cancer Center, and has helped organizations such as Meow, Old Dog Haven, Pediatric Brain Tumor Foundation, Kirkland Downtown Association and KITH (Kirkland Interfaith Transitions in

Housing) and organized blood drives and highway clean ups in Kirkland through “Adopt a Highway”.

Most recently, Councilperson Walen demonstrated her support for vulnerable populations in Kirkland by advocating for the Income Source Non-discrimination Ordinance which requires that landlords allow Section 8 voucher holders to compete for housing units equally. On March 19<sup>th</sup>, the City Council passed this ordinance by a vote of 4 to 3. Councilperson Walen not only supported the ordinance, but provided a passionate, well-reasoned argument as to why the other council members should as well. Her argument, grounded in her experience as a publicly-elected official, business person and landlord, focused on the type of city she wants Kirkland to be. Many advocates present that night were deeply moved by Ms. Walen’s statement and her support for the vulnerable in Kirkland.

- **Legacy Award: Mimi Siegel, Kindering**

Since 1978, Mimi Siegel has dedicated her career to Kindering, the Bellevue-based neurodevelopmental center helping infants and children with special needs. The largest and most comprehensive program in the Northwest, Kindering offers comprehensive early intervention (EI) and family-centered services. As Executive Director, Mimi led Kindering, founded by five Bellevue-area mothers, into a nationally-renowned program for EI. Today, Kindering supports 3,500+ infants, toddlers and their families annually.

Dr. Glenn Lux, President of Pediatric Associates, confirms, “Mimi Siegel has been the Executive Director of, and the moving force behind, Kindering since 1978. Kindering under her leadership has become, and continues to be, the benchmark for how non-profit service organizations should serve a community. Her immense skill and passionate leadership are very important reasons why Kindering is so successful.”

- **New 2013 AEA Members**

Thanks to **Hero House** and **Sound Mental Health** who renewed their AEA membership this month.

- **AEA’s First Webinar Training a Great Success!**

Recent research has shown that adverse childhood experiences (ACEs)—abuse, neglect and other traumas—have lifelong consequences. One of the listeners of our ACEs webinar had this response:

*Due to some interruptions related to scheduling job interviews, I did not hear all of the presentation. But here’s what I did hear: the Adverse Childhood Experience (such as the severe beating from a clearly unfit 3<sup>rd</sup> grade teacher) that I experienced as a 9 year old kid and my transition from being a happy outgoing kid to one who just wanted to hide in the corner and not be noticed was no accident. I spent nearly 40 years as an outwardly functional person – very good at what I do – yet, highly emotionally impacted and easily triggered by any number of things. My mother passed away in 2010 and I took care of her during her last year – that event was what caused me to go seek counseling and I was finally able to say “I’m over it – and I’m ok” by the time I was 50 last November. Just before Thanksgiving last year, my father passed away and one of the final conversations we had was his reminding me that when I was a kid, he had protected me from that teacher by standing up to it and making sure she didn’t hurt another kid. What he could not*

*have known is the emotional damage inside me, and because this was Texas in the 1970s, child counseling was not an option...people didn't think in those terms and no one knew to even ask for it. So I spent nearly 40 years struggling with it all. But I didn't know what to call it – I didn't know what it was. I called it trauma and I had been told it was childhood PTSD. **I learned so much about that period of time during the 90 minute presentation.** It was huge and answered a lot of questions. **There's no doubt this is a massive issue and I find comfort that people at least are trying to understand it and study it in order to better deal with it.** I was lucky – my experience didn't completely unhinge me and I finally did prevail over it and get back to liking the real me. So many others are not that fortunate. **I came out of the presentation very moved, and very grateful.***

If you were unable to participate in our webinar you can access the link now on our website: <http://www.allianceofeastsideagencies.org/news.php>.

AEA's Training Committee is planning another webinar and then more training at the Fall Assembly. The topic for the second webinar will be "Trauma-informed Care"—how to provide care for those who have suffered ACEs trauma. The topic for the fall training will be secondary trauma—for those who provide the care and services for those suffering ACEs trauma.

➤ **Check out our updated Website**

We have finally had the resources to update our website. Take a look and check back frequently for advocacy news and upcoming activities. [www.allianceofeastsideagencies.org](http://www.allianceofeastsideagencies.org).

## Featured Member Agency of the Month

➤ **Consejo**

Consejo Counseling and Referral Service recently celebrated 35 years of continuous operation, providing a continuum of behavioral health care including mental health, chemical dependency, domestic violence, sexual abuse and community advocacy services. Its mission is to serve individuals and families across Western Washington with a focus on improving the quality of their lives and empowering clients to participate in their communities at their highest level of functioning. Consejo maintains and staffs 10 service sites throughout King and Pierce Counties including a site in Bellevue and at the Eastgate Public Health Clinic. In addition to these sites, Consejo actively fosters ongoing collaborative relationships with community agencies such as local schools, family service centers, youth development agencies, primary care and senior supported living facilities where services are provided onsite.

Consejo is a Spanish word that translates into the English word "advice". Consejo works to assure that clients exercise more control over and become more successful in the different spheres of their lives through promoting recovery and building wellness. Consejo's philosophy is to help clients transform, strengthen and empower themselves on their own terms and in those ways that are most meaningful to them. In a very real way, the effort is about clients finding their own voice and following their own counsel—it's about building and following one's own healthy "consejos" or advice.

Consejo specializes in providing culturally and linguistically competent services to residents of King and Pierce Counties. Here are a few examples of Consejo's annual impacts:

- Consejo provides services to over 2700 low-income, mostly Latino children, adults and families;
- Consejo provides confidential transitional housing services to 32 survivors of domestic violence and their children;
- Consejo provides domestic violence advocacy to over 500 Latina women in King County;
- Consejo provides services to over 700 high risk youth in King and Pierce Counties;
- Consejo provides chemical dependency services to 500 youth and adults in King and Pierce Counties and,
- At any given time, Consejo provides mental health services to 1100 children, adults and families.

Please visit [www.consejocounseling.org](http://www.consejocounseling.org) or call 206-461-2880 to learn more about Consejo, its services and service locations.

## Community News

### ➤ **Sound Transit's East Link Extension Project wants your Input**

Sound Transit is entering the final design phase of [East Link Extension](#), a project expanding light rail from Seattle to the Eastside. During this phase of the project, Sound Transit will be asking for input from people who live and work near the alignment and stations.

ST would like to make sure that everyone in the community has a meaningful opportunity to give their input. If your organization is interested, they would like to schedule a brief discussion with one of your representatives within the next couple of weeks. The main goal of this discussion is to give you a brief overview of the project and ask for your input on how to best engage the people you represent. The discussion takes about 20-30 minutes and can be conducted in person or over the phone. Please let [Haley Reutimann](#) know if you are interested in this opportunity, or if you would like more information.

Sound Transit also has several upcoming East Link final design open houses. The meetings will take place on the following dates:

- **Thursday May 16 - Downtown Bellevue**
- **Thursday, May 30 - South Bellevue**
- **Thursday, June 6 - Mercer Island**

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