



DAYBREAK  
youth services

*annual report : 2017*

# letter FROM THE CEO



Dear friends of Daybreak,

What a huge difference you make! Thanks to your support, kids from across our region receive high-quality treatment for substance use disorder and mental illness where and when they need it.

Over the past year, supporters like you helped open the doors to the 58-bed RWC Center for Adolescent Recovery in Brush Prairie. You came together to raise nearly \$2 million during our Help the Children campaign. Thanks to you, teen girls now have a place to go for residential addiction treatment in Southwest Washington and 12 beds are now

available to children struggling with acute mental health issues.

In Spokane, your support laid the foundation for our new, 13-bed evaluation and treatment wing, and has taken our Paths to Prosperity program to new heights. The program, which helps our kids develop a love for clean and sober activities, has led to higher treatment completion rates and improved client satisfaction.

Your support has made a tremendous difference in so many lives. On behalf of all of us at Daybreak, thank you for everything you've done to help us along in this journey. We certainly wouldn't be where we are without you.

Thank you,

**Annette Klinefelter**  
Daybreak Chief Executive Officer

# about DAYBREAK

## Mission

Daybreak Youth Services promotes involved, healthy communities by offering hope and recovery solutions to youth and their families struggling with addiction and mental health issues.

### Treatment philosophy

Treatment at Daybreak is based on the belief that substance use disorder and mental illness should be looked at holistically. Using the best mental health and SUD treatment available, we help kids recover while supporting healthy lifestyle choices. We believe that all individuals have within themselves the capacity to heal. Daybreak uses comprehensive, multidisciplinary, age appropriate and evidence-based practices that address the needs of the whole teen, family and community. Our goal is to help individuals and families stabilize, reconnect and heal.

### Continuum of care

Daybreak offers the full continuum of integrated care for teens. From psychiatric evaluation and treatment to inpatient residential, outpatient and family therapy, an individual can move through each level of care to gain stability with Daybreak supporting each step. With comprehensive treatment services, we ensure that client care is not disrupted by changing providers, counselors or teachers. This continuity of care allows Daybreak clients to build lasting relationships with staff for successful treatment outcomes.

### Quality

Daybreak has been a leading provider of adolescent addiction treatment for the past 40 years. Since Daybreak opened its doors in a church basement in 1979, we have consistently grown and improved the treatment we provide to meet the needs of teens in a changing world. We believe that all kids deserve the best possible care regardless of who they are or where they come from.



# what DAYBREAK DOES

**Inpatient treatment** is a 24/7 supervised program in one of Daybreak's two facilities in Washington. Treatment is individualized and based on the needs of each client. The program follows a structured schedule that includes individual and group counseling, skill building and family participation in therapy.

**Outpatient treatment** consists of individual counseling, group therapy and building sober living skills for teens that require support in a less restrictive setting. These group and individual counseling sessions support kids' recovery while continuing school and family life.

**Psychiatric evaluation and treatment** provides services for teens suffering from acute mental health conditions including suicide ideation, major depression, psychosis, anxiety disorders, schizophrenia and bipolar disorder. Clients in psychiatric evaluation and treatment are stabilized and referred to services in the community or at Daybreak.

I believe in recovery, and as a role model I have the responsibility to let young people know that you can make a mistake and come back from it. - *Ann Richards*



# Daybreak ACCOMPLISHED

With your help, Daybreak opened the RWC Center for Adolescent Recovery. It is the first facility of its kind to provide detox, psychiatric evaluation and treatment, inpatient residential and outpatient services under one roof. It is a state-of-the-art facility featuring a gym, fitness center, chapel, school rooms and outdoor space – all on nine acres in Brush Prairie, Washington.



Over half of Daybreak clients retrieve at least half a grade level while at Daybreak inpatient.



Daybreak became the first adolescent addiction treatment provider in the state to open psychiatric evaluation & treatment beds (13 beds in Spokane and 12 beds in Southwest Washington) to teens struggling with acute mental health issues.



Across the state, our counselors are increasing outreach efforts to provide education and counseling to students, teachers and parents. These efforts help kids get the treatment they need before the disease of addiction can advance.

Just when the caterpillar thought the world was ending, he turned into a butterfly. - Proverbs







# Taylor's STORY

Taylor is 18, an intern at Daybreak, a full-time student at a local community college, active in her church and is heading to Eastern Washington University this winter. Oh, and she's in recovery. Taylor's past amphetamine use is quickly becoming the least interesting thing about her, but last year around this time, it was all she could think about.

Taylor has always been a dedicated student. So much so that when she thought she needed a little extra help to get straight A's, she started using Adderall, a prescription medication used to help people with ADD focus – except Taylor didn't have a prescription. Soon after she began using Adderall, Taylor started using meth. "I was either high or around people just trying to get high," Taylor said.

After using meth and trying to hide it for a long time, she finally went to her mom to ask for help. Taylor's mom took her to Daybreak and was invested in helping Taylor heal. But that didn't make treatment any less frightening. "Starting Daybreak was really scary. But, everything else that I was going through was way worse than starting over. That's what treatment feels like – starting over," Taylor said.

After successful counseling and group therapy, Taylor is now happily sober. As an intern at Daybreak, Taylor supports the Development team. If you've made a donation recently, you may have received a card from Taylor. "When I'm writing my cards, I get emotional thinking about all that Daybreak donors have done for me," Taylor said, "It feels good to be able to say thank you."

When Taylor was using, she didn't think she would graduate high school, let alone go to college. But now, she's preparing to begin classes at Eastern Washington University as a junior.

Starting Daybreak was really scary. But, everything else that I was going through was way worse than starting over. That's what treatment feels like – starting over. *-Taylor*



# community IMPACT

With your support, Daybreak is able to provide evidence-based treatment programs promoting long-term recovery and success in all aspects of our kids' lives. Because of you, our communities are healthier, stronger and a more vibrant place to call home.

2

number of  
inpatient facilities

3

number of conveniently  
located outpatient offices

87

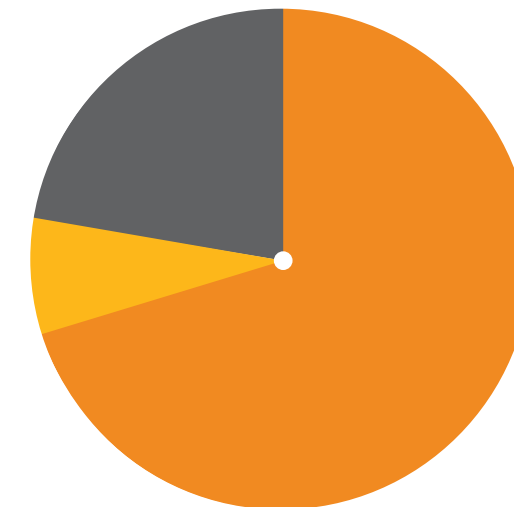
percentage of Daybreak  
clients who rely on Medicaid  
for healthcare treatment

10  
76

number of clients served  
fiscal year 2017

# daybreak FINANCIALS

Most Daybreak clients are covered by some form of public insurance which generally covers 80% of the cost of treatment. To meet this challenge, Daybreak adheres to the highest standards of financial management and accountability. It also means community fund raising remains vitally important to the ongoing viability of Daybreak.

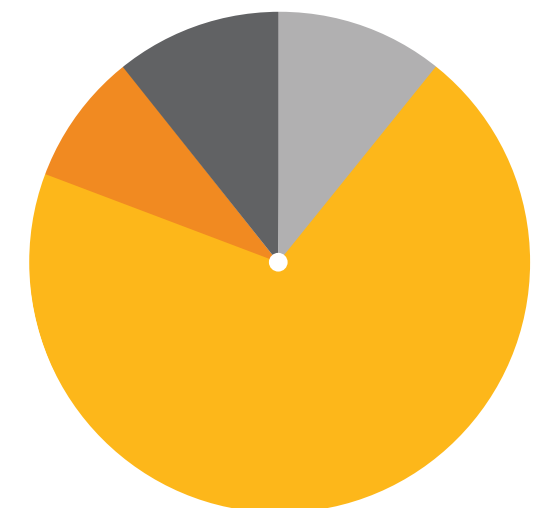


## REVENUE

|                    |              |
|--------------------|--------------|
| Gov't and Medicaid | \$ 4,861,010 |
| Private Insurance  | \$ 491,372   |
| Fundraising        | \$ 1,549,632 |

## EXPENSES

|                     |              |
|---------------------|--------------|
| Outpatient Programs | \$ 650,129   |
| Inpatient Programs  | \$ 4,288,428 |
| Administrative      | \$ 502,718   |
| Fundraising         | \$ 661,335   |





# We're MORE

Daybreak is more than just counseling.

Daybreak knows the importance of mind, body and spirit in recovery. That is why Daybreak strives to provide the best of all three.

Once a week, kids who qualify have the opportunity to attend equine therapy in Spokane and Vancouver. This popular program provides physical activity as well as an opportunity to practice patience and kindness when tending to animals.

In Vancouver, Daybreak clients spend time woodworking with Friends of the Carpenter, and CrossFit Fort Vancouver, the second-place winner of the CrossFit World Championship, donates time to teach CrossFit to our kids.

In Spokane, the Paths to Prosperity program (P2P) is in year two of its programming. P2P provides enrichment activities including meditation, dance therapy, art therapy, career planning, college tours, and affiliations with local churches and youth groups. The program has helped our clients learn about healthy replacements for chemical dependency.

Tomorrow is the most important thing in life.  
Comes into us at midnight very clean. It's  
perfect when it arrives and it puts itself in  
our hands. It hopes we've learned something  
from yesterday - *John Wayne*





# HONOR ROLL

## INDIVIDUALS

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### Visionaries

Joan & Tom Skoro  
Ken & Dean Kirm

### Believers

Steve & Jo Marie Hansen  
Renaë Buck  
Carl Griffin & Dr. Christine Johnson  
Lee & Connie Kearney  
Joe Pauletto  
Paul & Deborah Speer  
Bill & Karen Yakely

### Path Lighters

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Timothy & Janet Baker  
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Scott & Alicia Campbell  
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Steve & Mimi Preedy  
Parker & Barbara Selby  
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Monty Zarlingo

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Anonymous  
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Andrew & Elizabeth Barrett  
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Anne Barsotti  
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Vicki Jones  
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Cheryl Kubu  
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Curtis & Nancy Wickre  
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Timothy Williams  
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The Columbian

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Providence Health Care  
Community Foundation for Southwest Washington  
DeWitt Construction  
Eric Fuller & Associates  
Group Health Community Foundation  
Inland Northwest Community Foundation  
Manley Architects  
Spokane County United Way  
Terry Murphy Interiors  
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Women Helping Women Foundation

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Embrace Equine Therapy

Embrace Washington  
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Hidden Charitable Trust  
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iQ Credit Union  
Joseph E Weston Public Foundation  
Kalispel Tribal Economic Authority  
Legacy Salmon Creek Hospital  
Liberty Mutual Insurance Employees  
Linear Technology Corporation  
LR Mitchner Philanthropic Fund  
Moss Adams Employees  
Nutter Family Foundation  
Our Kids of Southwest Washington  
Peak 7 Adventures  
Project Beauty Share  
Regeneron Matching Gift Program  
Spokane Community College  
Spokane Transit Authority  
Stacey & Anne Cowles Family Fund  
The Fontenette Family Charitable Fund  
The Vancouver Clinic  
Umpqua Bank Employees  
UPS Employees  
Vancouver Energy Community Fund  
Westby Associates, Inc.  
Willows Boutique  
YWCA

### Luminaries

Access Trading Int'l FX  
Barre Belle Fitness  
Chatsworth Products Inc.  
Glam Beauty Bar  
Philanthropic Educators Organization

### Inspirers

Bump Family Trust (A.C. Bump)  
California Tour Lines  
Church of Christ, Shalom United Foode  
INB Theatre  
Inland Construction & Development  
Itron, Inc.  
It's a Lice Thing To Do Kroger  
KXLY Broadcast Group  
Magic Castle Hotel  
Riverview Community Bank  
Salmon Creek Kiwanis  
Starks Industries, LLC  
The Bing  
Thornton's Treeland  
United Way of Green Bay  
US Bank Foundation Matching Gift Program  
Vancouver Heights United Methodist Church  
Wells Fargo Bank  
White Living Trust





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**DAYBREAK**  
youth services

[daybreakyouthservices.org](http://daybreakyouthservices.org)