

A HEALTHY COMMUNITY STARTS EARLY



ANNUAL REPORT 2007-2008



BEN BERRY
CHAIR, LIFEWORKS NW
BOARD OF DIRECTORS

A Message From Our Board Chair

Our times are defined by the economic crisis in which we are living. It is clearly evident that the need for prevention, mental health and addiction services continues to grow daily and that barriers such as funding cuts loom large. Despite this, knowing the organization as I do, I am optimistic that LifeWorks NW has the right organizational stamina and Board strength to take on the work ahead in 2009 and beyond.

Under Mary Monnat's strong leadership, we will continue to meet the increased community needs while holding to sound fiscal practices.

I believe our skilled professional staff can meet the challenge to grow our services in response to a burgeoning demand.

LifeWorks NW will continue to build a healthy community by:

- **Reaching out to all members of our community in need.** We will continue outreach to the Latino and other cultural communities, to youth in or at-risk of joining gangs,

to children in need of our day treatment services.

- **Raising organizational visibility.** We will increase our efforts to educate the community about who we are and what we do.
- **Guarding our financial strength.** Both the Board and staff will continue our hard work to ensure LifeWorks NW's fiscal stability.

Every year I serve on the Board of Directors, I gain a stronger appreciation for how essential our services are to the health of our community. We are making a huge difference in the lives of individuals, families and our community.

LifeWorks NW is grateful to our partners who stand with us in support of our mission. We are thankful for the on-going support of NW Natural, West Coast Bank, Bob's Red Mill and all of our donors and volunteers. We could not do this important work without you.



MARY MONNAT
PRESIDENT/CEO

A Message From Our President/CEO

Over ten years ago, LifeWorks NW began focusing more on the front end of our service continuum. By moving services upstream, we believed we could help prevent the downward spiral that too often accompanies a descent into mental illness or addiction.

We began to develop more prevention services for children and families. We had to be creative and persistent, as funding for such services is not often prioritized. We began partnering with schools, child welfare, juvenile justice and others to ensure our services were accessible at the first signs of distress. Fortunately, many foundations and funders have begun taking a stronger stand to support prevention efforts. Families and other community members also demanded better care alternatives for children and the Oregon Children's Change Initiative was launched.

Ten years later, we have made considerable strides in developing a continuum of prevention and early intervention services for

children and families. We now offer specialized day treatment and educational programs for children ages three to 18. The young children's day treatment program helps the youngest children exhibiting behavioral issues while our early assessment and support alliance supports young people showing the first signs of mental illness. Our specialized team works intensively with youth to assist them at the onset of psychosis. Such intensive intervention and support up front helps youth to remain in the community developing the tools to lead a full and meaningful life.

At LifeWorks NW, we value moving upstream and thank all of the youth and families we serve, our dedicated staff, committed partners, funders and donors for helping us to keep swimming ahead.



Building a Healthy Community

Through early day treatment:

These days Ian runs out the door excited about going to school. Not long ago he might have wedged himself in a corner, screamed, kicked, hit or bit his mom, Kathleen, as she tried to get him ready. Once at school, altercations with teachers and fellow students inevitably would erupt, and Kathleen would have to leave work and take him home.

Shortly after he turned six, Ian reached a milestone. He graduated from LifeWorks NW's young children's day treatment center. Previously a part of Oregon Health Sciences University, the program provides an intensive, individualized treatment and special education program for children aged three to 10 with moderate to severe behavioral and social challenges. Ian has ADHD (attention deficit hyperactivity disorder), bi-polar disorder and a speech delay, which causes sometimes aggressive behavior and low-impulse control.

We are proud to provide a safe, nurturing, predictable environment where children with emotional handicaps can learn the skills they need to function successfully in their world. The young children's day treatment program accepts children at their developmental level of functioning and encourages their emotional, social and intellectual growth.

LifeWorks NW believes that the family is the primary influence in a child's world. With that in mind, families and parents are asked to be involved on a weekly basis and offered therapy and counseling services, including child management techniques, individual, marital and family therapy.

"Ian is not fixed," says his mom. "He still needs medication and may for the rest of his life. But, a year ago, our five-year-old daughter couldn't have friends over; and now she can. Our goal, of course, is for Ian to one day be in a typical classroom among his peers. We have a lot of work ahead of us, but we are well on our way."

Through early screening:

Craig recently started a new job. This is terrific news for a young man whose life was not long ago crashing in around him. In one year, he lost three jobs due to mental health issues, was not allowed to see his children and barely spoke with his wife. Living at home with his parents was not where he wanted to be but it is where he was when he experienced his first psychotic break.

Luckily, the hospital recommended Craig for the new LifeWorks NW early assessment and support alliance. The program provided Craig with supports he needed to move forward. He began meeting weekly with a psychiatrist, got stabilized on medication, and went to multi-family groups with his parents – all the while meeting with staff members for support and encouragement one to two times a week.

LifeWorks NW was thrilled to replicate a successful treatment model being used in both Australia and Salem, Oregon. We are grateful for the opportunity to support these young people early on in their psychoses with the tools they need to live healthy lives.

And just as family is important in the world of a child, so too we believe it is paramount in young adults coping with mental illness. Therefore, key components of this program are family groups and a collaborative team approach.

Craig still has work ahead of him and will no doubt experience rough times. However he has made great strides and in addition to his new job, is making new friends, seeing his children regularly, working on his relationship with his wife and on clearing up their finances. With the supports he needs, Craig is able to start getting his life back on track.



KABOOM!

There was a playground!

It was exciting news for the children and staff at our young children's day treatment in Beaverton. Where there used to be nothing more than a parking lot, there is now so much more.

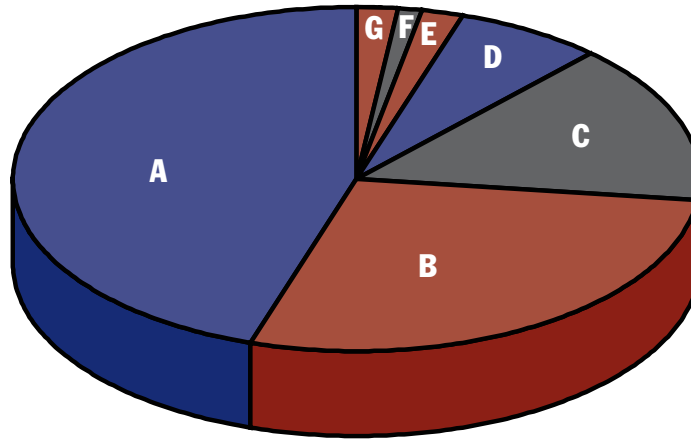
Thanks to the generous work of KABOOM!, a national non-profit organization created to bring together volunteers, community organizations and business resources to facilitate the creation of safe, healthy and much-needed play spaces across North America. Their efforts, along with tons of volunteers from The Home Depot and our community, the children ranging in age from six up to 12 years year old, now have a real place to play and gain gross motor skills — their brand new playground was built **in just one day** on October 18th!

Thanks to everyone who helped make this dream a reality!



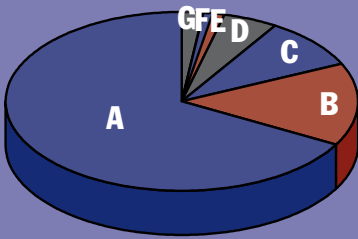


2008 Addictions Primary Substance



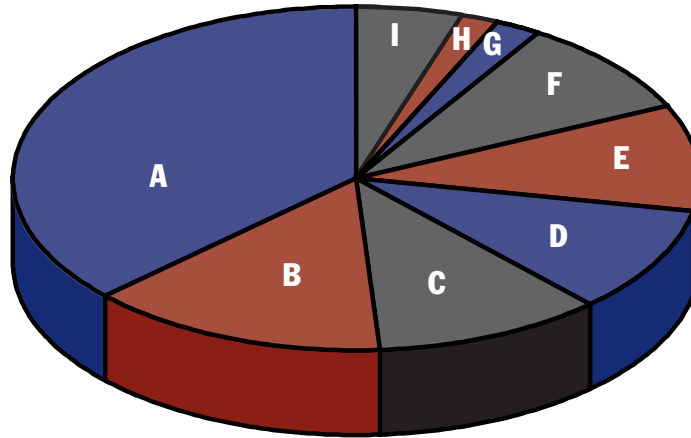
- A** Alcohol 45%
- B** Marijuana/Hashish 28%
- C** Amphetamines/Meth 15%
- D** Cocaine/Crack 7%
- E** Heroin 2%
- F** Pain killers 1%
- G** Other 2%

2008 Ethnicity of Clients



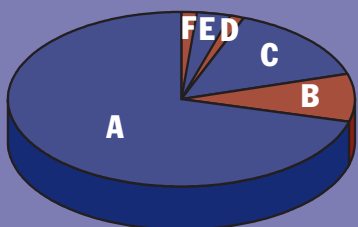
- A** Caucasian 67%
- B** Latino 15%
- C** African American 9%
- D** Multiracial 5%
- E** Native American 1%
- F** Asian 1%
- G** Other 2%

2008 Adult Mental Health Diagnoses



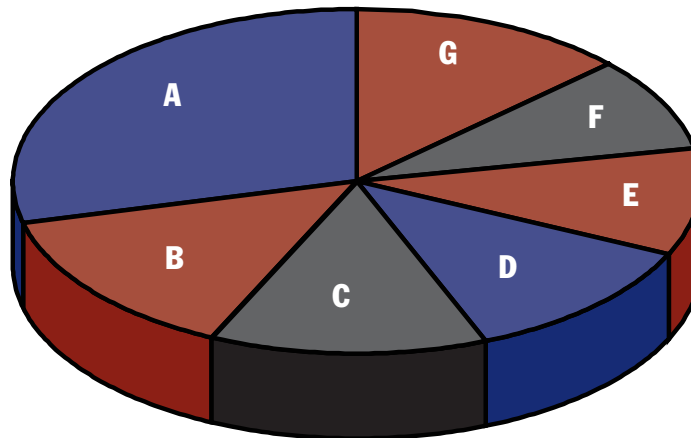
- A** Depressive Disorder 37%
- B** Bipolar Disorder 14%
- C** Schizophrenia/Psychotic 11%
- D** Post-Traumatic Stress 10%
- E** Adjustment Disorder 10%
- F** Anxiety Disorder 9%
- G** Attention Disorder 2%
- H** Due to medical condition 1%
- I** Other 6%

2008 Ethnicity of Staff



- A** Caucasian 71%
- B** Latino 9%
- C** African American 15%
- D** Native American 1%
- E** Asian 3%
- F** Other 1%

2008 Child & Adolescent Mental Health Diagnoses



- A** Adjustment Disorder 29%
- B** Depressive Disorder 14%
- C** Attention Disorder 12%
- D** Post-Traumatic Stress 10%
- E** Oppositional Defiant/Conduct Disorder 9%
- F** Anxiety Disorder 7%
- G** Other 19%

Financial Summary

Revenues	FY 2007-08
Public Grants & Contracts	12,907,936
Service by Client	11,534,168
Contributions	837,913
Other Revenue	31,955
Total Revenue	25,311,972

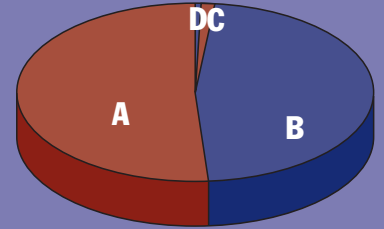
Expenses	
Adult	6,548,878
Child & Family	6,289,065
Older Adult	1,438,531
Addictions-Youth/Adult	6,156,317
Prevention	2,203,557
Total Program Services	22,636,348

Management and General	2,236,694
Fund Development	290,539
Total Supporting Services	2,527,233

Total Expenses **25,163,581**

Net Income **148,391**

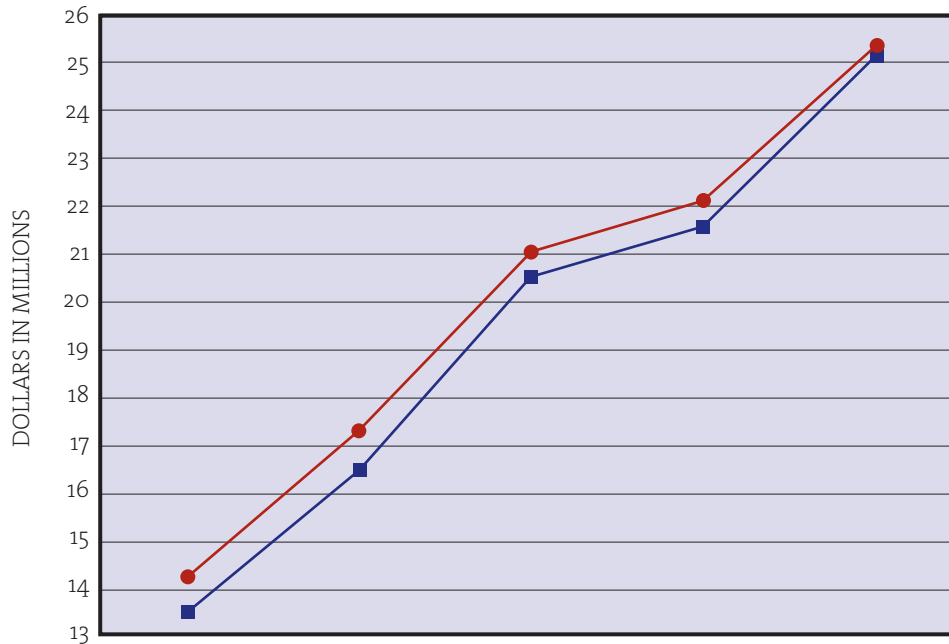
**2008 Revenues:
\$25,311,972**



- A** Grants and Contracts 51%
- B** Service by Client* 45.6%
- C** Contributions 3.3%
- D** Other .1%

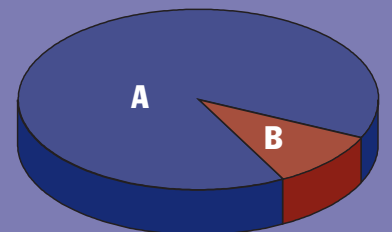
* Including Oregon Health Plan and Private Insurance.

Revenue and Expenses



	2004	2005	2006	2007	2008
● Revenues	14,178,073	17,301,078	21,031,020	22,157,985	25,311,972
■ Expenses	13,747,147	16,611,547	20,629,629	21,828,657	25,163,581

**2008 Expenses:
\$25,163,581**



- A** Direct Services to Children, Individuals and Families 90%
- B** General and Administrative Services including Fundraising 10%



Gift Makes a Difference Now and Later

Bob and Ali McGuirk, longtime LifeWorks NW supporters, decided to do more with their gift this year. At the same time, they are approaching retirement and wanted a secure income in future years.

When they learned of LifeWorks NW's planned giving program and our ability to accept charitable gift annuities, they decided a CGA was the answer.

"Every one wants to make a difference with their lives, with this type of planned gift; we were able to make a much larger gift than we would have been able to manage on an annual basis," states McGuirk, a former Board member and founding member of the Planned Giving Advisory Council.

"The tax advantages this year were, of course, important, but far more significant were the major impact our dollars will have on future services for people in need of quality mental health services."



Our Donors

July 1, 2007 – June 30, 2008

We thank all of you who invest in the emotional health of our community. The following list represents those who made a donation during fiscal year 2008. Donations received after June 30, 2008, will be listed in the Fall 2009 newsletter. We have made every effort to ensure that our lists are accurate. We recognize our donors once a year in our newsletter and in our annual report, and do not share any personal information. Please contact the Development Office at 503-617-3821 if you would like your gifts to remain anonymous, or if we have inadvertently omitted your name. We sincerely apologize for any mistakes.

Donors with an asterisk gave gifts to LifeWorks NW through United Way, Black United Fund, and other workplace giving programs.

Circle of Wellness

Our Circle of Wellness members have generously pledged to contribute a minimum of \$5,000 over a multi-year period.

Mentors (\$25,000+)

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Denis Burger & Elaine McCall
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Portland Children's Investment Fund
Providence Partners in Health
United Way of the Columbia-Willamette
Washington County Commission on Children and Families

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Providence St. Vincent Medical Center

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Robert & Kathy Holboke
The Holboke Family
Mary Monnat
Albert & Susanne Corrado

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Something to Talk About Breakfast 2008

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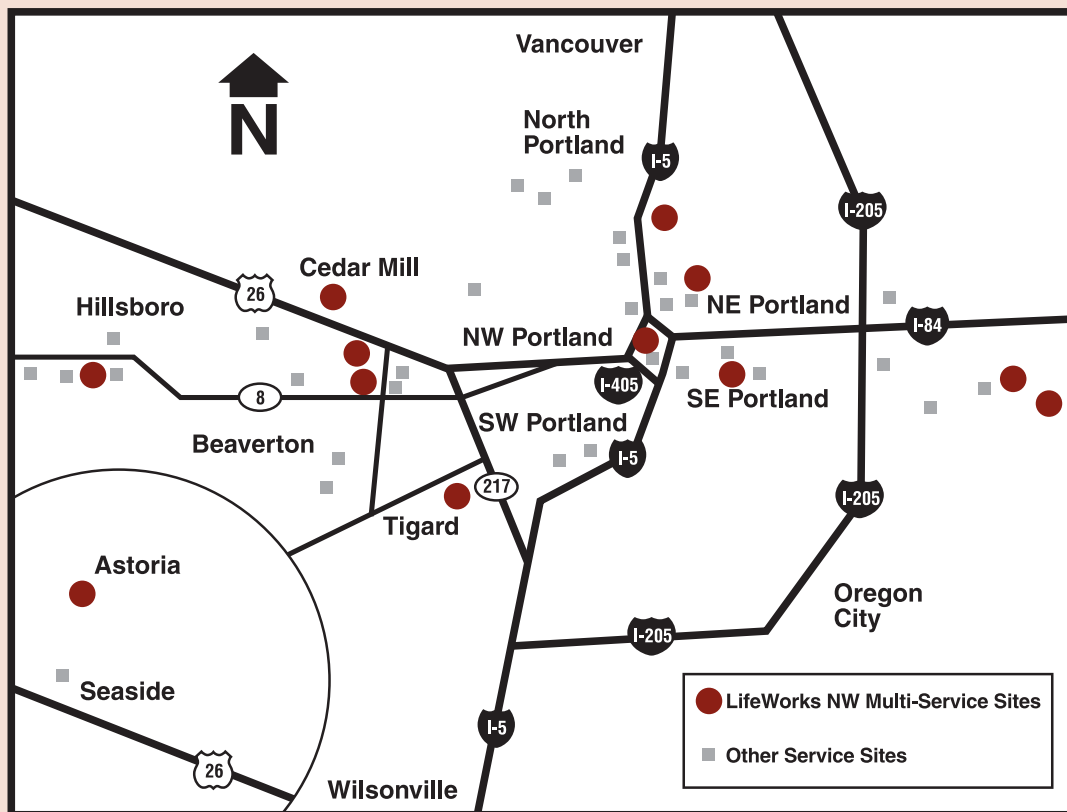
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Our Mission: LifeWorks NW promotes a healthy community by providing quality and culturally responsive mental health and addiction services across the lifespan.

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Portland, OR 97229
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www.lifeworksnw.org



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