A Message From Our President/CEO

I have worked at LifeWorks NW for over half my life. I am proud to celebrate our 50th year of service to the community. It is an honor to see first hand the success achieved by our clients every day. Each story reinforces the importance of our work and inspires us to work even harder to ensure all those who need our services get the help they need.

I never knew the girl named Mary Ann who we served back in 1964, but I have known many stories like hers. From humble beginnings in Washington County to over 20 sites in Washington, Multnomah, and Clackamas counties, LifeWorks NW has stayed strong and steady for those we serve.

We have worked with many partners over the years, placing our staff in a variety of community settings to better reach those in need. We are proud to be the recipient of the 2011 Cameron Award for Outstanding Community Collaboration in recognition of an innovative partnership for serving mothers and children overcoming addiction. Working together so much more is possible than any one of us can achieve alone.

In this 50th year, we look back, to honor those who allowed us to walk with them toward success. More importantly, we look to the future and the promise it holds for bringing mental health and addiction issues further out of the darkness and into the light — where recovery is not only possible, but expected. Thank you to our staff, clients, committed partners, funders — and our supporters for helping us to build a healthy community now and into the future.

A Message From Our Board Chair

Too many community members struggle with a mental health issue or an addiction — in some cases both. Facing these issues alone can be overwhelming. I am thankful to be part of an organization whose work meets such an acute need. The services we provide to children, individuals and families truly save lives.

LifeWorks NW has been providing mental health and addiction services for those most in need for over 50 years, excelling at innovation and utilization of evidence-based practices. Great emphasis is placed on ensuring that funds serve clients, where they are needed.

There is an uncertainty of state and local funding due to tightened budgets. Oregon’s healthcare reform is requiring that we adapt our programs to fit the new way of doing business.

LifeWorks NW commits in the coming year to continue:
- To reach out to those most in need,
- To adapt and lead the way on emerging trends, such as healthcare reform,
- To invest in our people, empowering them to most effectively serve those in need.

LifeWorks NW has lasted for over 50 years because it is well run, hires great people and has a strong mission. The organization has been proactive in adapting to changing demographics and needs throughout the years. Just as it has over the past 50 years, I believe LifeWorks NW will only grow stronger in the coming 50 years.
Dr. Ralph Crawshaw and a group of committed community volunteers, including Jack Murdock, chairman of the board of Tektronix, founded LifeWorks NW (then Tualatin Valley Child Guidance Center) in 1961. Dr. Crawshaw would later become Executive Director for the organization. This dynamic group was inspired to make a difference when they heard stories of children who were struggling with mental health issues and needed help — children like a little girl in Washington County named Mary Ann.

Mary Ann came to the clinic after her brother died in a tragic accident and her parents’ marriage fell apart. Her father became abusive. The girl’s teacher referred her because she made little contact with other children and often stood silently watching and not engaging with them. It took awhile to warm up, but for Mary Ann, everything finally changed the day she told the psychologist — in a great burst of words — that she really was not to blame for everything, although she had felt that way for years.

From that day forward, Mary Ann began to make positive change. She began to interact with others and come out of her shell.

Stories like Mary Ann’s are the bedrock of LifeWorks NW’s history. For over 50 years, our staff has helped children like Mary Ann to overcome challenges. While LifeWorks NW has grown and evolved over the years to meet the changing needs of our community, adding prevention and addiction services and expanding to serve adults and families, supporting clients to achieve success is still at our core of all we do.

Today, LifeWorks NW provides a range of prevention, mental health and addiction services to clients throughout the lifespan. Staff has grown to over 600 dedicated professionals providing services in over 20 sites throughout Washington, Multnomah, and Clackamas counties — and in homes, schools and medical clinics. Looking ahead to our next 50 years, LifeWorks NW is at the forefront of integrating our services into the larger health care system to better serve those in need and to improve the overall health of our community. We look forward to continuing our founders’ legacy of commitment and service to Mary Ann and to all those who need our help.

“Jack with his so easy, laid back manner, supposed that “maybe” a Child Guidance Clinic in Washington County would help families who needed to find ways to help themselves. There it is... that was the germinal seed that has since blossomed into LifeWorks NW. Jack Murdock planted that seed,”

~Ralph Crawshaw, M.D.
HopeSprings Eternal

Maintaining sobriety has never been an easy prospect. For mothers in Washington County in 1994, it too often became even harder when they found themselves with nowhere to live, with their kids, after completing chemical dependency treatment. Luckily, a group of advocates saw this need and decided to do something about it.

Staff at LifeWorks NW, Community Action, Domestic Violence Resource Center and Lutheran Community Services Northwest began talking about solutions and together created HopeSpring — a collaborative effort to provide housing and social services for women and children in need. Each partner organization brings its own unique expertise and resources to the project. LifeWorks NW provides the addiction services, while housing support is provided by Community Action, domestic violence support by Domestic Violence Resource Center and mental health services are provided by Lutheran Community Services Northwest.

Lexy is a young mother who exemplifies the importance of what HopeSpring has to offer. In her early 20’s, she struggled with addiction to methamphetamines, lost custody of her daughter, her family’s respect, and eventually any contact with them. Her addiction forced her to quit school and she needed to work.

Lexy had successfully completed inpatient treatment through LifeWorks NW for her methamphetamine addiction, but found she needed additional supports to stay clean and sober while getting her life on track. With no job and no connection with her family, she was homeless. For Lexy, HopeSpring provided just what she needed. She was able to get off the street, continue her addiction treatment, and learn skills to live clean and sober. Lexy learned budgeting and job skills training. She received support, landed several internships and finally a full-time job while in the program.

Today, Lexy lives with her daughter, works full-time, is debt-free, and is enjoying time reconnecting with her family. She is looking forward to going back to school and to her future.

In 2011, LifeWorks NW, along with our wonderful community partners in HopeSpring, received the Cameron Award — recognizing outstanding community collaborations that improve the lives of people throughout Washington County. The award is quite an honor.

HopeSpring has been a wonderful opportunity for everyone involved over the past 16 years. LifeWorks NW is thrilled to partner with such great organizations and to be able to provide a truly life-changing program for the women and children we serve.

“Hope springs eternal in the human breast; Man never Is, but always To be blest.”

~Alexander Pope, Essay on Man and Other Poems
## Financial Summary

### Revenues

<table>
<thead>
<tr>
<th>Description</th>
<th>FY 2010-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Grants &amp; Contracts</td>
<td>12,973,617</td>
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<tr>
<td>Service by Client</td>
<td>16,643,585</td>
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<tr>
<td>Contributions</td>
<td>421,566</td>
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<tr>
<td>Other Revenue</td>
<td>249,585</td>
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<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>30,288,353</strong></td>
</tr>
</tbody>
</table>

### Expenses

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel Costs</td>
<td>22,433,028</td>
</tr>
<tr>
<td>Professional Fees</td>
<td>1,841,340</td>
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<tr>
<td>Operating Costs</td>
<td>1,654,251</td>
</tr>
<tr>
<td>Occupancy Costs</td>
<td>3,492,272</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>29,420,891</strong></td>
</tr>
</tbody>
</table>

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### History

- **1961**: Started as Tualatin Valley Child Guidance Clinic (Ralph Crawshaw, MD, Director)
- **1971**: Cedar Mill site dedicated
- **1981**: Mary Monnat hired, Gary Dombroff, Executive Director, Adolescent Day Treatment added
2011 Revenues: $30,288,353

- Grants & Contracts: 42.8%
- Contributions: 1.4%
- Other: 8%
- Service by Client*: 55%

* Including Oregon Health Plan and Private Insurance.

2011 Expenses: $29,420,891

- Direct Services to Children, Individuals and Families: 89.7%
- General and Administrative Services including Fundraising: 10.3%

1981
Mary Monnat hired, Gary Dombroff, Executive Director, Adolescent Day Treatment added

1991
Mountaindale Recovery Center opened: An addiction rehabilitation center for pregnant and parenting women.

2002
LifeWorks NW merges with the Center for Community Mental Health

2011
Purchased A Child’s Place to offer children’s services in Hillsboro
6,588 adults received addiction services.

1,373 youth received addiction services.

5,770 children and families received mental health services.

1,759 children and families received prevention services.

10,053 adults received mental health services.

* Many clients are seen in more than one service area.
### 2011 Ethnicity of Staff
- Caucasian: 74%
- African American: 11%
- Latino: 10%
- Asian: 4%
- Other: 1%

### 2011 Ethnicity of Clients
- Caucasian: 65%
- Latino: 16%
- African American: 9%
- Multiracial: 4%
- Asian: 2%
- Native American: 2%
- Other: 2%

### Five-Year Perspective
<table>
<thead>
<tr>
<th>Year</th>
<th>Revenues (in Millions)</th>
<th>Expenses (in Millions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>22,157,985</td>
<td>21,828,657</td>
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<tr>
<td>2008</td>
<td>25,460,950</td>
<td>25,163,581</td>
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<tr>
<td>2009</td>
<td>29,719,588</td>
<td>29,586,624</td>
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<tr>
<td>2010</td>
<td>29,287,497</td>
<td>29,263,442</td>
</tr>
<tr>
<td>2011</td>
<td>30,288,353</td>
<td>29,420,891</td>
</tr>
</tbody>
</table>
Our Donors
July 1, 2010 – June 30, 2011

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 2011. Donations received after June 30, 2011, will be listed in the 2012 annual report. 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.

Circle of Wellness

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Annual Giving Campaign

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Portland Children’s Levy

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Colleen Greco
Dot Juett
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Sally Light
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**Mental Health & Addiction Services for a Healthy Community**


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

14600 NW Cornell Road
Portland, OR 97229
phone: 503.645.3581
www.lifeworksnw.org