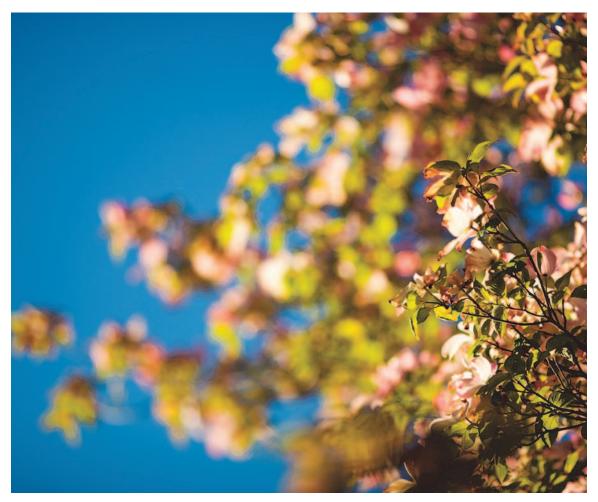




2011-2012 ANNUAL REPORT



"The sun shines different ways in summer and winter. We shine different ways in the seasons of our lives. "

~Terri Guillemets

A Message From Our Board Chair

Not a day goes by when we aren't reminded of the tremendous mental health and addiction needs in our community. LifeWorks NW helps build lives of recovery and hope.



As a board member for the past 7 years, I am inspired by the dedicated work of our staff and the stories of courage and success shared by our clients. LifeWorks NW

has been providing mental health and addiction services for more than fifty-two years in the greater Portland area and continues to evolve to meet the growing needs of our community. As a leader in healthcare integration, we have and continue to seek partnerships to provide the greatest service and evidence based practices for our clients.

With economic uncertainty, an anticipated increase in demand for services, and healthcare reform changing the way we do business, LifeWorks NW must remain flexible, responsive and outcome-based.

To our funders, employees, community and those we serve, LifeWorks NW commits to:

- Serve those most in need;
- Lead the way in healthcare reform;
- Invest in our people, empowering them to provide the best possible care.

A Message From Our President/CEO

LifeWorks NW is unique in our ability to provide mental health and addiction services across the lifespan. We help newborns thrive as we support their mothers in the work of rebuilding a life



beyond addiction. We provide vital services to our oldest clients, as they cope with the depression and dementia that can come with aging. It is an honor to see our clients grow

and succeed every day. Each story reinforces the importance of our efforts and inspires us to ensure that those who need our services get the help they need.

I was gratified to deepen our work with Children's Relief Nursery by providing transitional support for their child abuse prevention programs as we moved toward merging our two organizations. Building on a strong foundation of mutual respect, we are expanding our commitment to the families of both organizations by establishing a best-in-class approach to meeting the needs of the greater community. By merging, we build capacity, create efficiencies, drive innovation and are able to deliver wraparound services.

Lifework NW supports seniors in our community by offering critical support and education to caregivers and providing innovative care models that allow seniors to stay in their homes.

As we continue healthcare reform in Oregon, we will forge new partnerships to improve the health of our community — whether infants or centenarians. We look forward to the promise the future holds for bringing mental health and addiction issues out of the darkness and into the light — where recovery is not only possible, but also expected. Thank you to all of our staff, clients, committed partners and funders.



"Keep true to the dreams of your youth"

~Friedrich Schiller

Ending the Cycle of Child Abuse & Neglect

Haley was overwhelmed with thoughts that she would harm her own child. Pregnant for the first time at the age of 30, she was convinced that she would repeat the way her parents treated her. Haley had no idea how to break the cycle of abuse and neglect that she knew all too well. Growing up feeling alone in foster care and group residential homes, she never felt truly loved. Could she provide love and a nurturing home for her child?

At the hospital, Haley's maternity social worker assured her there were resources in the community that could help her. She referred Haley to Children's Relief Nursery, (CRN) citing fears that the new mother might not be able to bond well with her child and lacked family or peer support.

And while it took some time for Haley to begin to trust her CRN case worker, as the weekly home visits continued, they worked together to create

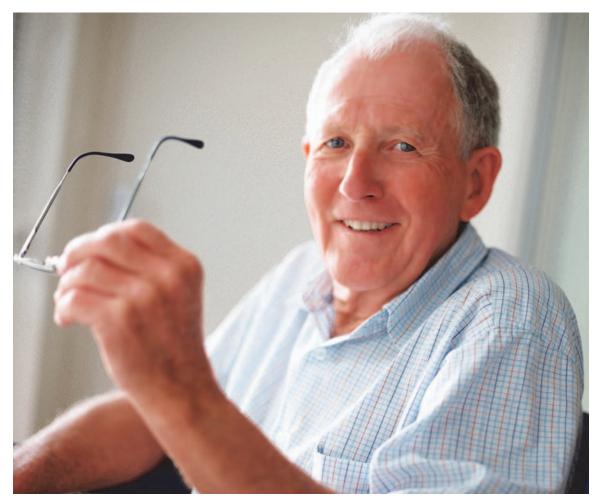
daily routines for Haley and her son (named Max) and Haley gained important resources and information about Max's development. As he grew older, Haley begin to utilize respite time to care for herself and her own needs, she grew more confident as a mother and moved into a secure-based attachment with her son. Haley then joined a parenting class offered at CRN and quickly became a leader and role model for other mothers. She is now a graduate of Children's Relief Nursery, lives independently with Max and is an inspiration to all who know her story. Parents like Haley have been able to access key services to help keep their families safe and strong, since Children's Relief Nursery was founded in 1999. Now a program of LifeWorks NW, we are thrilled to add CRN's child abuse and neglect prevention services to our continuum of care from early childhood through older adulthood.

Maintaining Quality of Life as We Age

Jonathan had worked for as long as he could remember and taken great pride in his work ethic. In many ways, it had defined him. Now in his sixties, he was suddenly forced into disability by a major medical issue. He was no longer able to care for himself and struggled a long time with the decision to move into a group home where he would have staff to support him. For Jonathan this move felt like admitting defeat. He became fearful of others in the facility, thinking they were working against him and those to whom he felt close. No longer a productive working member of society, Jonathan felt more like a burden. Depression took hold. Living with a greatly reduced ability to do basic life tasks, he withdrew from all of his previous life activities he had once enjoyed and became isolated.

Staff at his new living facility, referred him to LifeWorks NW and our program for older adults called Stepping Stones. It took time, but he eventually became comfortable with his new situation, and developed a strong relationship with his care providers. With new found confidence, Jonathan began to venture outside his living facility. He started exploring his new area and found several shops near his home where he is now considered a "regular." He has returned to his once-beloved hobby of collecting stamps and takes great pride in showing off his collection to anyone who would like to see it. In assessing his new phase in life, he said, "I think I've got this depression thing licked."

Physical limitations and disabilities are just one part of aging that can diminish one's quality of life. Older adults such as Jonathan often need a little help to adjust to a new set of circumstances in order to regain a new sense of purpose and quality to their daily lives. Our older adult services continue to change and grow to meet the needs of an aging population, and we are proud to be able to support our clients across the lifespan.



"The great thing about getting older is that you don't lose all the other ages you've been."

~Madeline L'Engle

610 youth received addiction services.

4,181 adults received addiction services.

3,507 children and families received mental health services.

9,048 adults received mental health services.

1,287 children and families received prevention services.

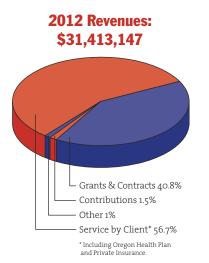
* Many clients are seen in more than one service area.

Financial Summary

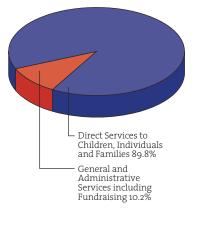
Revenues	FY 2011-12
Public Grants & Contracts	12,806,854
Service by Client	17,811,183
Contributions	472,945
Other Revenue	322,165
Total Revenue	31,413,147

Expenses

Total Expenses	31,056,223
Occupancy Costs	3,460,789
Operating Costs	1,712,456
Professional Fees	1,449,660
Personnel Costs	24,433,318



2012 Expenses: \$31,056,223

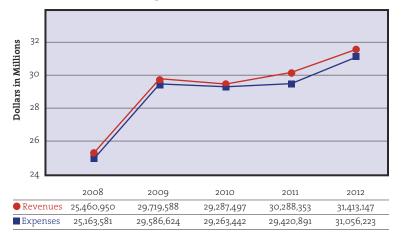


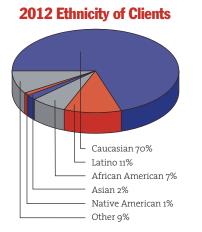


"Everyone is the age of their heart."

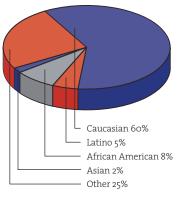
~Guatemalan Proverb

Five-Year Perspective





2012 Ethnicity of Staff





"There are years that ask questions and years that answer."

~Zora Neale Hurtson

Our Donors July 1, 2011 – June 30, 2012

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 2012. Donations received after June 30, 2012, will be listed in the 2013 annual report. We have made every effort to ensure that our lists are accurate. We recognize our donors once a year 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.

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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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