



TRIUMPH



2021
YEAR IN
REVIEW

A letter to our community

DEAR FRIENDS,



Jolene R. Seda

Chief Executive Officer

I am honored to have joined Triumph as the new CEO in 2021. I am proud to present our Year in Review which demonstrates the life saving work carried out by Triumph staff. Our impact is made possible by the collective effort of our partners and generous support from the community.

2021 marked a year of continued change for Triumph. With this change came challenges but also new and exciting possibilities. Adaptability is embedded in who we are, not simply adapting to survive but adapting to thrive. Triumph was the first treatment organization to offer services to parenting or pregnant women in 1990. We were the first to offer transitional housing to patients to aid in their recovery. We pushed boundaries, challenged traditional practices, and offered care and treatment to those previously underserved. We continued this legacy of resilience and innovation into 2021 throughout our programs. This year was not without challenges, especially for our community.

Individuals with substance use disorder increased by 30% due to COVID-19 as social distancing measures created fear, anxiety, stress, isolation, and barriers to treatment resulting in individuals restarting drugs and alcohol. Keeping staff and patients safe and evolving our services along the way to provide the best care were our top priorities. We expanded our telehealth services and increased access to our Outpatient, Mental Health, and Peer Support programs. Going into 2022, and every year going forward, we will continue to do what we always have: provide the best care we can to serve people in all 39 counties of Washington.

During these volatile times, we have stayed true to the legacy that came before us. We never lost sight of what Triumph strives to be; a place where hope and new life become possible. Thank you for continuing to support us and making this critical work possible. I look forward to many more years serving Triumph and the community. [Here's to 61 years of Triumph!](#)

Jolene R. Seda

Our Mission, Vision, and Values

WE ARE TRIUMPH

At Triumph, we've always been driven by our mission to make healthy living possible by serving those in need of hope. Some things have always remained the same—our heart for people and our belief that, with a little help, our clients have the power to change their lives for the better.

Mission

To support all who desire to make changes in their health and quality of life, regardless of where they are or when they need it. We do this through evidenced-based services, innovative programs, and a legacy of family-oriented treatment options.

Vision

Through excellence, resilience, and recovery... We serve families. We unite families. We ARE family.

Values



Heart



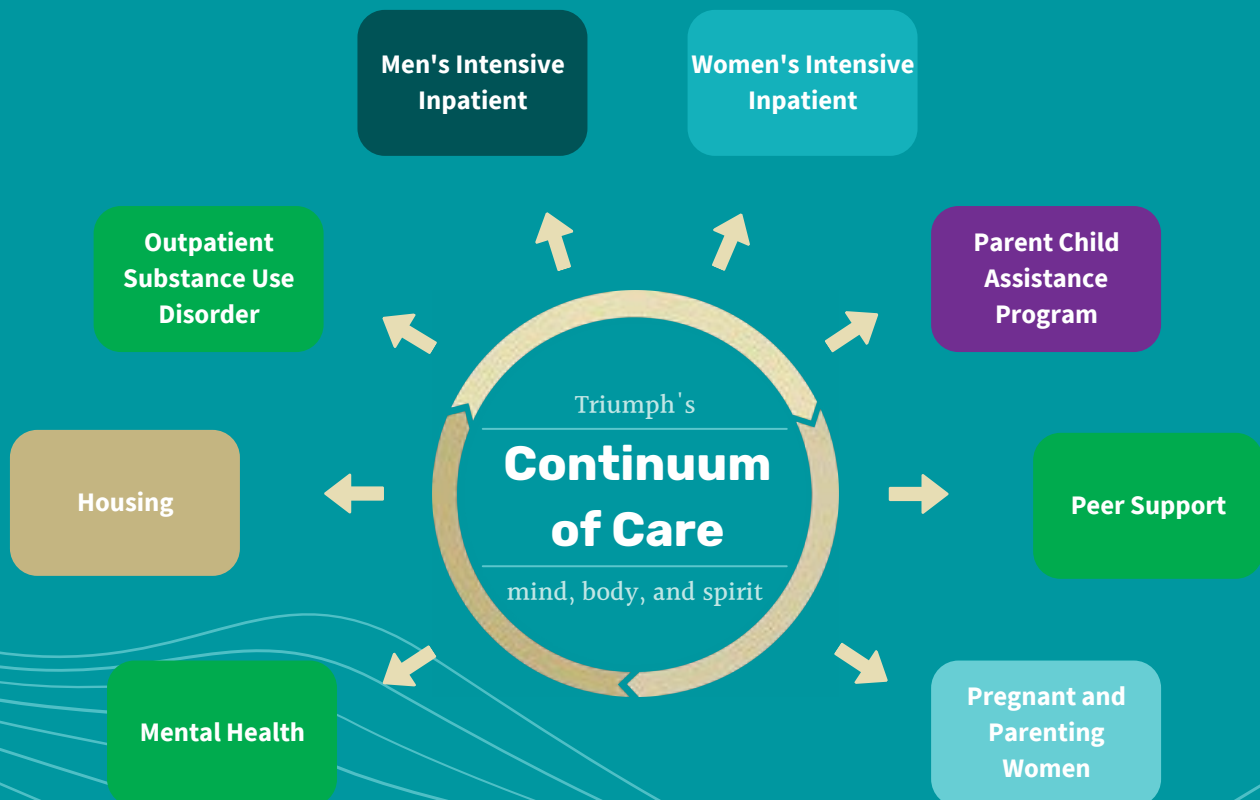
Integrity



Inclusivity



Excellence



New perspectives, new approaches . . .

NEW LEADERSHIP



Jim Simmons

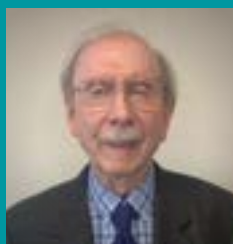
Chief Financial Officer

Jim holds a B.S. in Accounting and will soon complete a Master in Business Administration. Not-for-profit hospital finance has been the niche in which he has spent most of his career, working as the Executive Director of Finance for Memorial Hospital, but he also spent time in IT implementing EHR systems and as the CFO for a Management Services Organization. Jim met his wife of 28 years, Jamie Simmons, MD., in college, and they moved back to Yakima to raise their children and pursue their passion: to support health care in Yakima.

Leah Batty-Hibbs

Vice President of Mental Health Treatment

Leah Batty-Hibbs, MA, LMHC, CMHS, Ph.D. Candidate (ABD) is a licensed mental health counselor, drama therapist, and child mental health and trauma specialist. Leah has provided community, counseling, addiction, and rehabilitation services to clients and their families dealing with substance abuse and mental health issues. Leah comes from the north-east of England and has settled on the Yakima Valley as hers and her children's home.



Jim Beckett

Board of Directors Chair

Jim has become part of our very legacy with his 45 years of service to guiding Triumph, building opportunities, and connecting us with new leaders. We are blessed to have a Board who represent the very core of our mission. Pamela Root and Michael Burke exited our Board in 2021, and they had far-reaching and long-

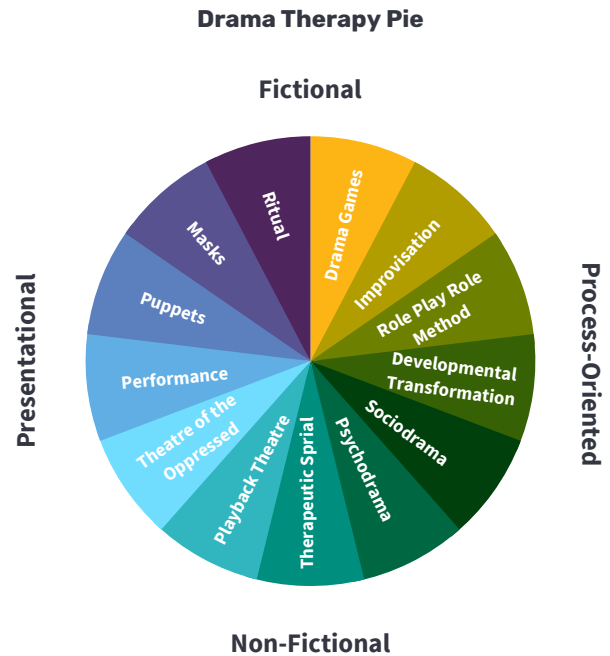
standing effects on Triumph. Their dedication to life-long education and learning was inspiring. We also honor Caroline Sundquist, Carolyn Mason, Gayle Dunbar, Bob Massong, and Robert Chavez. They guided and influenced not only us at Triumph, but also our clients. Thank you for the time spent with us here. **If you also wish to serve on the Triumph Board of Directors, please reach out to ftorrico@triumph.tx.org.**

Integrated Care

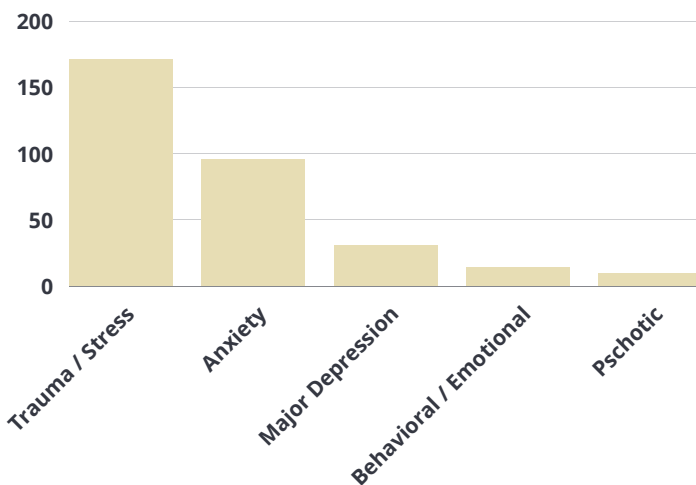
MENTAL HEALTH

Mental Health Therapy

The pandemic has exacerbated risks for mental health issues and accelerated rates of substance use disorder and drug/alcohol overdose. The National Institute for Health Care Management reported tripled rates of anxiety symptoms and quadrupled rates of depression symptoms. It takes time, consistency, and a dual effort of clinicians to disentangle the web of addiction and mental health issues. Some of the main diagnoses we strive to help our patients with can be as seen in the table below.



Number of Patients by Diagnoses



Our new Mental Health programming is re-energizing and growing in ways

that are not only new to Triumph but a first in the Yakima Valley as well. With **drama therapy** at the backbone of Leah's services, Triumph is able to use drama and/or theater processes to achieve psychotherapeutic goals. Depending on the needs of the client, the drama therapist chooses methods (from the Drama Therapy Pie) that will achieve the desired combination of understanding, emotional release, and learning of new behavior. Caring for the mind, body, and spirit allows for individualized care vital in the process of our continuum of care.

Continuum of Care

HOUSING PROGRAMS



Housing Programs

Triumph has provided housing for individuals and families recovering from addiction since 1992. Through the stories and lives of those we serve, we have a deep understanding of the suffering and pain homelessness and addiction can cause. We offer permanent, transitional, and emergency housing to meet the various and specific needs of our clients.

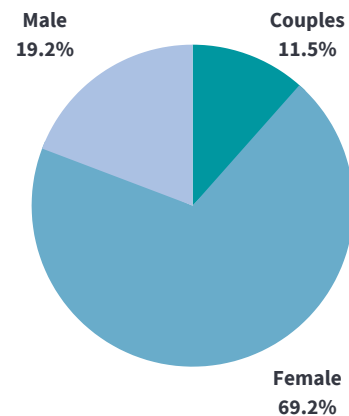
There are no words about what Triumph Housing has meant to my family and me. I would not have had my children returned to me without this program. -AP

This is an integral part of our continuum of care to provide for those during the gaps that would have left them most vulnerable.

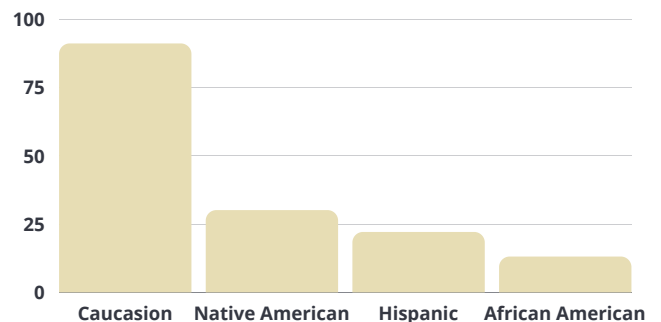
We bridge those gaps to provide not only safe housing, but also support, encouragement, and guidance during their journey to hope and new life.

In 2021, Triumph provided housing for single adults, families, and pregnant women and mothers for a total of 222 individuals. The majority of those being women.

Client Gender & Identity



Client Race



Peer Support and Outpatient SUD

OUTPATIENT SERVICES

Peer Support

We also increased our Peer Support program in 2021 and **were able to provide services for 27 individuals** on their journey to hope and new life.

Our Peer Supports offer unique insights and valuable perspectives. With lived substance use disorder experience, they serve as sources of hope and inspiration and are uniquely qualified to provide support, encouragement, and understanding.

They support peers with a self-directed recovery by assisting peers in developing their own recovery goals, identifying the appropriate strategies and resources, and providing assistance to follow them.

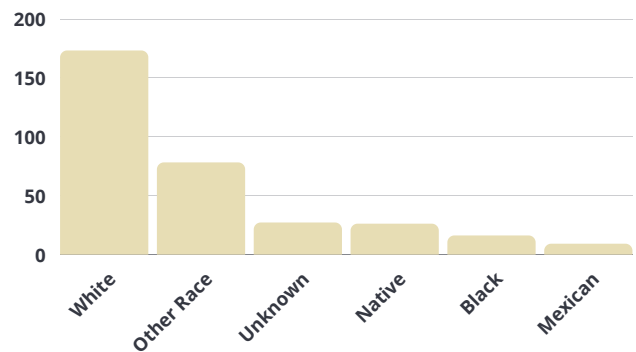
When I first met this individual, he was new to sobriety, he was homeless, and he hadn't been employed in 9 years. This individual's life has improved dramatically and has shown much resiliency in... accomplishing what he needs.

- Peer Support

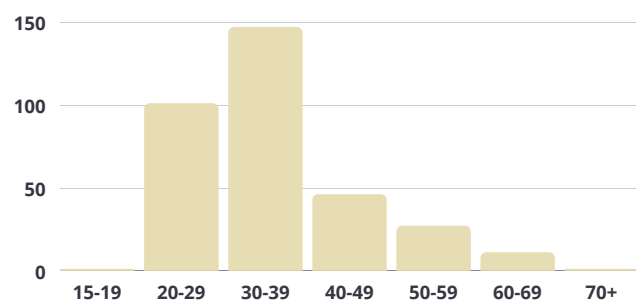
Outpatient Substance Use Disorder

Our Outpatient Substance Use Disorder (SUD) program continues to be vital for patients still on the road to recovery from one of our inpatient programs, but also for those seeking help for the first time. Patients are provided treatment in a group setting with other patients experiencing the same chronic disease and challenges. **In 2021, we provided services for 321 clients.**

Client Race



Client Age Distribution



JOTC and Inspirations

INTENSIVE INPATIENT



1132

Clients Served



63.59k

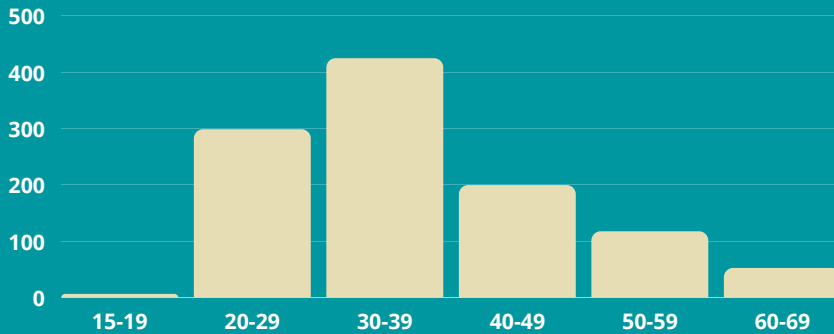
Services Provided



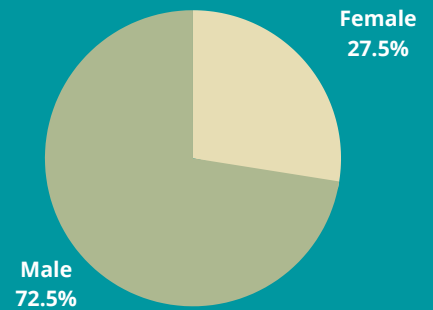
8623

Hours of Service

Client Age Distribution



Client Gender & Identity



James Oldham Treatment Center

James Oldham Treatment Center (JOTC) has been helping adult men find hope and new life since 1984. We bring to life the values of the program’s namesake, James Oldham, and Triumph as a whole: that every person deserves a chance to get treatment and find hope. We strive to improve the behavioral, emotional, and overall health of men who are looking for a clean and sober life.

Inspirations

Our Intensive Inpatient Program (IIP) for women is focused on delivering some of the finest individualized residential treatment and recovery services available to those looking for an evidence-based intensive drug and alcohol residential recovery program. This program features on-site Substance Use Disorder (SUD) counselors, Recovery Support staff, and other healthcare staff.

PPW and PCAP

SERVICES FOR WOMEN AND CHILDREN

Parent Child Assistance Program

Parent Child Assistance Program (PCAP) is an award winning, evidence-informed home visitation case-management model for pregnant and parenting women with substance use disorders. PCAP helps mothers build healthy families and prevents future births of children exposed prenatally to alcohol and drugs.



Through PCAP, Triumph applied for the Washington State Diaper Grant program in October and successfully secured a two-year, \$715,000.00 grant. This grant will ensure that low-income families with children under 4 have access to diapers, wipes, formula, baby wash and diaper ointment. This is an incredible opportunity for Triumph, PCAP, and Yakima County to partner to serve families most in need.

Pregnant and Parenting Women

Triumph's Pregnant and Parenting Women's Programs (PPW) are uniquely designed for mothers with young children. Mothers who are participating in PPW can undergo their treatment with her child. Keeping mothers and children together gives the mother an increased chance of success on her road to recovery. We teach parenting classes to help mothers identify and enhance their personal parenting skills.

I learned everything all over again and a lot more. I'm a better parent today and I'm still learning more and more every day. -PG

Triumph currently offers two different programs within PPW - Casita and Riel House. In 2021, these houses served 264 clients and provided a total of 13.9k services.

Looking to the future, we will continue improving our services for women and children and have exciting plans to specifically increase access to robust childcare services.

Fiscal year 2021

FINANCIAL HIGHLIGHTS

INCOME

Grants	\$1,265,639
Donations	\$19,894
Rents	\$547,314
Misc Revenue	\$2,839,605
Gov/Program Rev	\$8,517,644

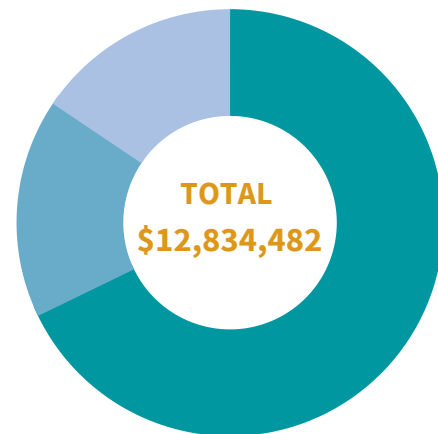
TOTAL INCOME \$13,190,096

ASSETS

Cash	\$2,347,072
Patient AR	\$1,159,595
Other AR	\$1,326,684
Equipment, deposits and prepaid expenses	\$8,892,463

TOTAL ASSETS \$13,725,814

EXPENSES



Program Services	\$8,701,918
General & Admission	\$2,132,034
Investments in property, plant, and equipment	\$2,000,530
Fundraising & Communications	\$0

Dollars well spent . . .

Triumph's programs connect low-income individuals with substance use disorder and behavioral health issues to needed care, treatment, and support. Overall, **98% of patients are low-income and live at or below 138% of the Federal Poverty Level.** Research shows that dollars spent on treatment save costs in health care, law enforcement, and criminal justice. According to the Office of National Drug Control Policy, on average **substance use treatment costs \$1,583 per patient and is associated with a cost offset of \$11,487: A benefit to cost ratio of greater than 7:1.**

THANK

YOU!

We are so grateful for the generous contributions gained from grants and donations, but also to our staff who work with heart, excellence, inclusivity, and integrity every day.

\$1.2 MILLION RAISED IN 2021

WA State Dept of Commerce

Housing Grant - **\$200,893**

Legends Casino

PPW Program Grant - **\$15,000**

Yakima County Human Services

Shelter Grant - **\$10,000**

WA State Dept of Commerce

Genesis Grant - **\$583,333**

United Way of Central WA

PPW Program Grant - **\$5000**

Yakima Valley Community Foundation

Tech / COVID Relief - **\$200,000**

GCACH

Program Initiatives - **\$241,413**

Yakima County Dev Association

COVID Relief - **\$10,000**





Where hope and new life become possible

509.248.1800 

www.triumphtx.org 

120 S 3rd St. Yakima, WA, 98901 

Donate Today!

