



TRIUMPH



2022
YEAR IN
REVIEW

A letter to our community

DEAR FRIENDS,



Jolene R. Seda

Chief Executive Officer

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. We also are deeply grateful for our staff who hold the space of hope, love, appreciation, and kindness day in and day out. The positive ripples they create in the lives of our clients, and their families, are truly inspiring.

2022 was a year of strengthening partnerships for Triumph. This is true of new and established partnerships alike. In late spring we began a formal partnership at Camp Hope through mental health and peer services (p. 3,7). We continued long-time partnerships such as the one with People for People, which helped transport 25% of Triumph's inpatient clients directly to our facilities this year. We also developed relationships for new partnerships to flourish in the future, especially those with academic programs and healthcare organizations to continue care that meets our client's needs around access to medical care, children's services, and housing.

In August 2022 the organization announced Jim Beckett's departure as Triumph Board Chair. Mr. Beckett has been a part of Triumph's history since 1977, and since then has helped steer the organization through change and growth. In September his contribution was honored and celebrated with his friends, family, and Triumph community. We welcome Debra Madsen as the new Chair of the Board of Directors.



Triumph Board of Directors, executives, and key leadership staff during the 2022 Annual Board Retreat.

We are also grateful for the generosity of the community that helped us raise 90% of the remaining funds needed for the final construction phases of the Genesis Building. Additionally, generous donors supported annual programs as well as activities that directly sponsor our clients and their families. We treasure the support of the community and are so grateful to work together to reunite families, reduce stigma, and make hope and new life possible!

Throughout 2022, and into 2023, we will continue to live our **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. Our **vision**: Through excellence, resilience, and recovery... We serve families. We unite families. We ARE family. And our **values**: Heart, Integrity, Inclusivity, and Excellence

I look forward to many more years serving Triumph and the community. [Here's to 62 years of Triumph!](#)

Jolene R. Seda

Our Continuum of Care

WE ARE TRIUMPH

At Triumph, we are driven by our mission to make healthy living possible by serving those in need of hope and new life from substance use disorders and the disease of mental illness. As we grow, some things remain 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.

The client is at the center of everything we do at Triumph. Our services link together in several ways based on the specific needs of the client in each moment of their recovery journey. This is a continuum of care and is represented at Triumph through several services including:

Residential Treatment Programs for Adults with Substance Use Disorder



James Oldham Treatment Center (JOTC)
| adult men | 60 beds



Inspirations | adult women | 16 beds



Beth's Place | adult women | 16 beds

Long-Term Residential Programs for Pregnant or Parenting Women with Substance Use Disorder



Riel House | 16 beds for women (and their children 5 or under)



Casita | 16 beds for women (and their children 5 or under)

Parent Child Assistance Program (PCAP)



PCAP, a University of Washington 3-year intensive case management program, helps mothers with substance use disorders achieve and maintain recovery, build healthy family lives, and prevent the births of subsequent alcohol/drug exposed infants.

Outpatient Programs



Substance Use Disorder Treatment | adults | individual and group



Mental Health | infant through adult | individual, group, family

Low Income, Case-Managed Housing



Permanent-supportive housing for men | 7 beds



Family permanent housing | 8 units



Family transitional housing | 9 units



Family emergency shelter | 15 units



Women and children transitional housing | 45 units

Mental Health

EXPANDING ACCESS & REDUCING STIGMA

Nearly **1 in 4** adults 18 and older had a mental illness in the past year



2021 National Survey on Drug Use and Health

Triumph has seen and heard the need in our community for mental health services. Across the Yakima Valley, waitlists for mental health appointments have been reported from several weeks up to 18 months. Dr. Leah Batty-Hibbs, Triumph's Director of Mental Health Services says:

Mental health services are important for individuals of all ages as many people struggle with mental health illness and trauma symptoms which range from feeling constantly worried, to severe anxiety, or the potential of harm to self or others. These symptoms are often due to early adverse childhood experiences such as poverty, witnessing a domestic violence event, and abuse or neglect. We need to talk about the struggles that we have in our lives as we grow up otherwise the stigma of mental illness will be perpetuated from one generation into the next.

Treating Mental Health and Substance Use Disorder Together

Triumph was licensed to provide co-occurring treatment in 2018, which means that clinicians can diagnose and treat both substance use disorder and mental illness. Dr. Batty-Hibbs explains that most substance use disorders are also affected by mental health illnesses.

Adverse Childhood Experiences (ACEs) are potential traumatic events that occur in childhood. Preventing ACE's can help children and adults thrive, reduce risky behavior like substance use, improve employment potential, and stop generational trauma and addiction.



4 Key Strategies

In 2022 Triumph worked to meet the need for more mental health services in Washington.

1. Workforce

Invested in workforce development through robust training for clinical staff. Built a mental health internship program allowing Triumph to 'grow our own' mental health team.

2. Access to Care

The addition of stand-alone mental health treatment for individuals of all ages and families began in April of 2022. This means that clients do not need to have a substance use disorder in order to receive mental health services.

3. Partnerships

Development of a new partnership with Camp Hope, a local homeless shelter, to provide full time mental health case management onsite.

4. New Clinic

Near completion of the Genesis Building which includes an outpatient mental health clinic scheduled to open in summer 2023.

Creating Hope and New Life

THE GENESIS BUILDING



"I just want to thank Triumph, it has a special place in my heart. It saved my life and my family's lives," Jessica says, pictured left with her family. She was a client in several programs and credits Triumph for getting her daughter back after many years of addiction. She used the onsite therapeutic childcare at Triumph's campus and took advantage of every resource possible.

Increasing Mental Health and Childcare Services

Thanks to generosity of community donors, Triumph resumed construction on the Genesis Building in 2022 after months of delays. This project includes: a 4,331 square feet commercial kitchen and dining/common area serving all Triumph's women's and children's programs (up to 80 clients per day); a 5,139 square feet early learning center with capacity for up to 46 children as well as one clinical room for Theraplay services; and a 3,000 square feet mental health outpatient clinic that includes space for one Psychiatric Advanced Registered Nurse Practitioner and up to eight counseling offices. In May this project was awarded a grant through the highly competitive M.J. Murdock Charitable Trust. The building will open in phases with the first phase (the kitchen and dining room) to be open in Spring 2023 and the clinic in the summer. Of the \$5.5 million dollar project just under 10% is still needed. Those interested in learning more about the project can contact our development office at donate@triumphtx.org or 509-853-4109.



Building Goals



Stop the Cycle

Stop the cycle of generational trauma and addiction through mental health services



Address the Issue

Address the results of trauma to children through safe childcare and mental health



Provide an Essential Space

Provide an essential space to deliver a trauma responsive healing environment through nutritious meals, a secure playground, and a community garden

Providing Services for Children and Adolescence

In 2022, Triumph was awarded a grant to provide Theraplay-informed training to all clinicians working with children so they can incorporate the method into their daily treatment plans. Theraplay helps children and caregivers form secure attachments and restore parent/child quality of life. Once the Genesis Building is open, Theraplay will be offered as a stand-alone service by a fully certified counselor.



MEN'S SERVICES

"Recovery takes the courage of a warrior..."



After a career in the Navy SEAL teams and more than a decade as a licensed trauma therapist, I can say unequivocally that perceived weakness is a debilitating fear amongst the

strongest of men, impacting both physical and mental health and acting as a barrier to seeking services. Everyday Triumph Treatment Services helps struggling men recognize that substance use is not a weakness and recovery takes the courage of a warrior. The access Triumph provides for men with addiction challenges reaches every corner of Washington State and is available 24/7/365.

Three years of isolating and fearing for our health during the pandemic also opened fractures in mental health, too often with addiction as the end result. Triumph's programs and amazing staff of substance use and mental health professionals offer the opportunity for connection, camaraderie, and understanding that each person in treatment is not alone on their journey to recovery.

- Jeff Hakala, Vice-Chair Triumph Board of Directors

James Oldham Treatment Center (JOTC) is an all-men's inpatient treatment program located in the heart of the Lower Yakima Valley orchards in Buena. Since its inception in 1984, it has helped over 15,000 men over-come addiction to drugs and alcohol. In 2022, JOTC had nearly 1000 clients.



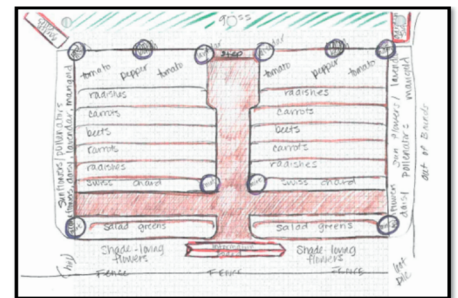
JOTC staff were recognized in Triumph's Staff Newsletter for their hard work, dedication, and quality care in 2022.

In 2022, Triumph was adopted by the *Snap Ed- Building Healthy Relationships with Food* program based out of Washington State University. Clients attend a nutrition class twice a week for candid conversation, reflection about their relationships with food, cooking skills, and holistic skills to care for themselves.



Oswaldo struggled through trauma and serious addiction for more than 20 years resulting in lost family relationships, jobs, and sense of self. He says, "JOTC saved my life." The recovery and mental health programs at Triumph helped Oswaldo find a path towards healing and hope.

Today he is thriving and reunited with his family. In 2022 he helped others on their recovery journey at Triumph as a Certified Peer Counselor. Because of his lived experience, he offers unique insights and valuable perspectives. He serves as a mentor and a source of hope and inspiration to people who are beginning their journey to recovery.



Clients helped design the expanded garden area to help grow and nurture the food they eat. Fresh produce included radishes, carrots, beets, salad greens, and swiss chard.

WOMEN'S SERVICES

Intensive Inpatient for Women

Triumph offers two residential treatment programs for women: intensive inpatient at **Inspirations** and **Beth's Place**, and long term residential for pregnant or parenting women at **Riel House** and **Casita House**. Together, these programs had 521 beds used in 2022.

Beth's Place closed at the beginning of the COVID-19 pandemic and on October 17, 2022 reopened. During the remainder of the year, 44 women were served in the intensive inpatient program.



Volunteers have begun to return to Triumph programs following a pause on community engagement due to COVID-19 pandemic restrictions. Lisa Reinmuth is a current community supporter at Triumph providing clients at Inspirations and the Pregnant and Parenting Women's Program with support in the form of yoga classes. Lisa says, "it is a privilege to remind [the clients] of their true identities".

Programming at the Pregnant and Parenting campus has evolved to leverage both internal and external partners, such as the YWCA, to help facilitate classes. These classes cover a range of topics and include a class taught by Triumph's **Parent-Child Assistance Program (PCAP)** team called Promoting First Relationships, a 10-week home visitation model that is the Department of Children, Youth, and Families gold standard for parenting classes.

Parent-Child Assistance Program (PCAP)

Triumph was the third host agency for PCAP in the state beginning in 1999. Case managers help their clients identify goals for living a substance-problem free life and the steps for reaching them over the course of the three-year program. The team works to prevent any future children from being exposed to substances prenatally. PCAP has several well-developed partnerships across the state to help them connect their clients with resources to resolve issues around food insecurity, housing, education, and family well-being. From 2016-2022, 153 clients completed the PCAP program with an exit interview. Outcomes in 2022 included:



93% were in, or completed, substance use treatment



81% were abstinent from substances for over a year



63% had stable housing at exit, compared to only **18%** at intake

Kristin says, "I believe I was an addict from day one, I always had a sense of 'otherness'." Years of addiction lead Kristin through a series of haunting experiences including sleeping on the street and leaving her infant son with family. In September of 2016 she began treatment at Inspirations, and later continued at Casita House where she reunited with her son.

Skilled staff welcomed her and showed her a path towards healing where she could build confidence in herself and her ability to be a good mother. "There are no words to describe what this program did for me." Kristin is now thriving with her family and is committed to helping others on their recovery journey.



THE CONTINUUM OF CARE

At Triumph, the continuum of care represents the acknowledgement that each client has a unique situation which may involve mental illness, substance use disorder, or both. This means that some clients receive inpatient services and follow a linear path using several Triumph programs. Other clients may use just one service to meet their immediate need. The majority (nearly 97%) of Triumph clients have other factors that must be addressed during or after their treatment such as poverty, food insecurity, unemployment, or homelessness.

In 2022, Triumph served **894 clients** in variety of outpatient programs:

- 577** through standalone outpatient mental health
- 265** through outpatient substance use disorder counseling
- 72** through emergency, transitional, or permanent housing programs



Housing for Men

In 2022, we remodeled and reopened Beckett House to focus on serving men in recovery who are staying abstinent from the use of drugs and alcohol. This program gives men a safe place to live early in their recovery journey. The group of seven men who moved into Beckett house in the summer of 2022 are dedicated to their outpatient programs; finding, and maintaining employment; and supporting each other.

Triumph Housing Receives Level 2 Accreditation on a State Registry

Three Triumph housing facilities (Passage, Sage, and Beckett House) became fully accredited as Level 2 residences, which means they provide case-management. Recovery residences are listed on the Washington Alliance of Quality Recovery Residencies (WAQRR) state registry and are verified by several best practices.

Peer Support

For many of our clients, Peers are a lifeline that has never been available before. Certified Peer Counselors are individuals with lived experience of substance use disorder who walk beside clients during their recovery journey. Peers help clients with activities like riding the bus for the first time, going to the library together to write a resume, or attending an important court date.



Client Access Services

In mid-2022 Triumph's operation team centralized activities related to admitting clients into outpatient and inpatient services. Our client access team has improved the quality and accessibility of our care.

Transportation

64,660 miles and 402 clients were driven by Triumph's transportation team who regularly travel across the mountains to pick up clients coming to inpatient treatment at Triumph. Without this service, many of those clients would not be able to afford the cost to get to treatment. This program is possible through a partnership with People for People which reimbursed \$72,000 of travel expenses in 2022.

2022

TRIUMPH IN NUMBERS



Triumph served **1949** unique clients including single men and women, pregnant or parenting women, families, adolescents, and children. . .

97%

of which are **low-income** and live at or below **138%** of the **Federal Poverty Level**



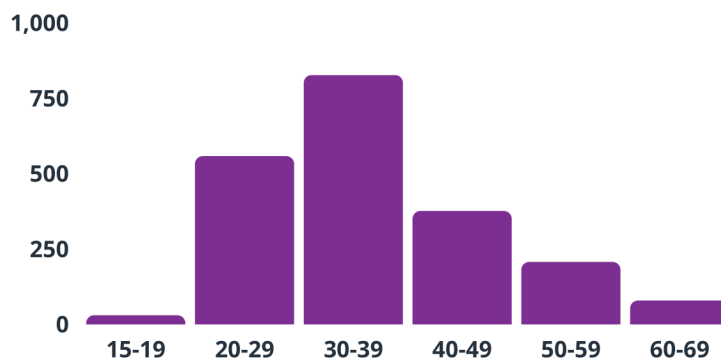
*Triumph serves all
39 counties in
Washington State*

The majority of our clients came from Yakima County (**40%**), Snohomish County (**13%**), King County (**8%**), and Whatcom County (**7%**).

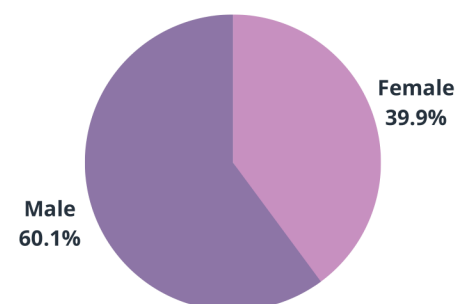


25%
OF OUR CLIENTS WERE
EXPERIENCING HOMELESSNESS

Client Age Distribution



Client
Gender & Identity



Calendar Year-2022

FINANCIAL HIGHLIGHTS

INCOME

Grants	\$4,153,000
Donations*	\$1,139,000
Rents	\$376,000
Program/Misc Revenue	\$11,415,000

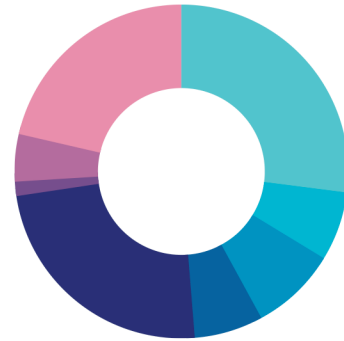
TOTAL INCOME **\$16,083,000**

EXPENSES

Salary/Benefits	\$8,852,000
Operations/Maintenance	\$2,414,000
Rent/Utilities	\$462,000
Advertising/Promotion	\$1,800
Other	\$2,119,000

TOTAL EXPENSES **\$13,848,800**

Over 90% of all donations received in 2022 were for the Genesis Building, allowing it to nearly reach its 5.5 million dollar goal.



Of the remaining 10% of donations, program designations included:

- 27% Area of Greatest Need
- 24% Outreach + Basic Needs
- 21% Women's & Children's Programs
- 8% Men's Programs
- 7% Housing
- 7% Mental Health
- 4% Season of Sharing
- 2% Peer Support

*Not all donations recognized in revenue at this time.

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, **97% of clients 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.**

COMMUNITY SUPPORT

In 2022, private, individual, foundation, and business donors and volunteers embraced Triumph's goals to make hope and life possible for those struggling with substance use disorder, mental health issues, poverty, or homelessness.

Thank you!



In August, we hosted our 6th annual International Overdose Awareness Day. With attendance nearing 150, community partners and individuals from around central Washington came together to share resources, tell their stories, and to remember those whose lives have been lost to overdose.



As the weather got colder, we shifted our efforts to supporting the basic needs of our clients through the Backpacks Campaign. Community donations and volunteers helped create nearly 150 backpacks with essential items.



Across all Triumph programs,
volunteers contributed

357

hours of service.



During the holiday season we had our Season of Sharing Campaign, where gifts were collected for our families in the Parent-Child Assistance Program and Housing programs. Through generous donations, we were able to provide over 25 families with gifts.

Special thanks to key organizations that supported Triumph in 2022.



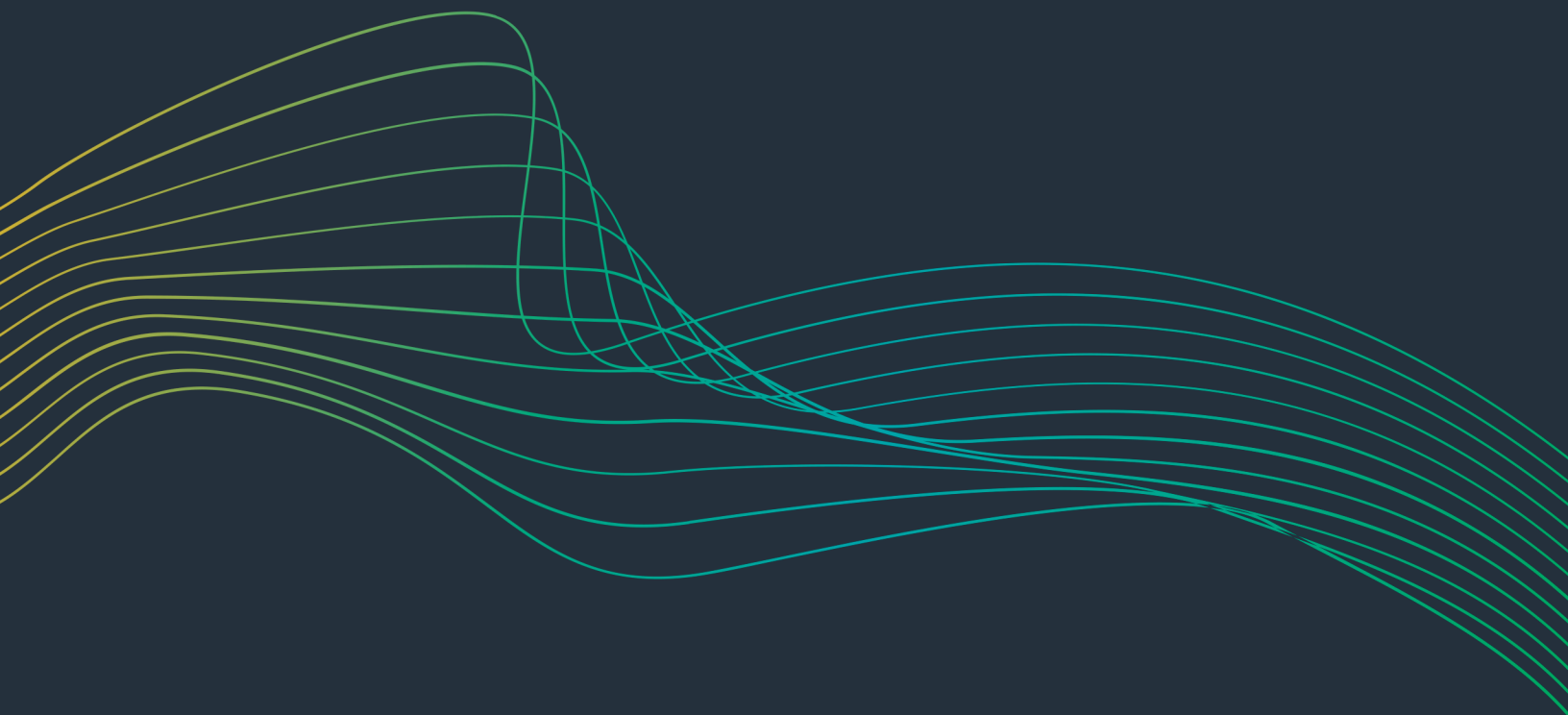
M.J. Murdock
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United Way of
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