



# TRIUMPH



**2023**  
**YEAR IN**  
**REVIEW**



# LETTER TO OUR COMMUNITY

**Jolene R. Seda, Chief Executive Officer**



In 2023, Triumph worked for the 63rd year to support a future that every family deserves. It's a future that helps those battling addiction, generational trauma, homelessness, and poverty. It's also a future of collaboration with other providers, working together to support resiliency in our community through recovery.

This year's partnerships spanned from healthcare organizations to educational institutions, which helped us enhance our care services for families.

Triumph's team collaborates in all we do. We don't wait for change; we inspire hope and new life every day. We come together as professionals in mental health, substance use disorder, residential operations, and dietary programming to provide wrap-around care for each client. The issues of overdose, generational trauma, and lack of access to behavioral health services are too big for any one of us to solve alone.

We intentionally collaborate with the general community to increase awareness and decrease stigma through events like Yakima's annual International Overdose Awareness Day, during which we remember those who have died by overdose the previous year.

At Triumph, we are accountable to each other. We create a respectful space for all to grow, develop, and strive for excellence. By collaborating to ensure an inclusive experience, we positively impact the lives of those we serve. Here, you will find that what we do and who you are matters. I look forward to many more years of collaboration and community impact.

With gratitude,

*Jolene R. Seda*



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## 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 assistance. We do this through evidence-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:** Triumph's heart is evident in all we do. What we do matters, who we serve matters, YOU matter.



**Excellence:** We strive for the highest standards, always seeking to improve the quality of our services and our relationships.



**Inclusivity:** Our patients and staff represent our community. Triumph recognizes the need to be equitable in building our teams and making our services accessible. There is no wrong door at Triumph.



**Integrity:** Triumph is built on a foundation of best practices for serving our patients, our staff, and our communities. We are accountable to this legacy through our daily work.



# TRIUMPH BY THE NUMBERS

## Overall in 2023



Gender distribution of clients:  
39% Female / 60% Male  
1% Trans, Nonbinary, or did not disclose



Over 1/3 of Triumph clients participated in one or more services



28% of Triumph clients were experiencing homelessness



96% of Triumph clients lived at or below the federal poverty level

### Age distribution of clients:

- 5% .....Under 5
- 0.5% .....Ages 5-12
- 0.5% .....Ages 13-17
- 23% .....Ages 18-29
- 70% .....Ages 30-64
- 1% .....Ages 65+

## Triumph Programs

### Residential and Outpatient Programs

- Intensive Inpatient (28-30 days): **1,322 individuals**
- Pregnant and Parenting Women’s Program (4-6 months): **297 women and 99 children**
- Outpatient services: **921 individuals**

### Parent-Child Assistance Program (PCAP)

- **159 clients** completed the PCAP program from 2017-2023. Outcomes in 2023 included:
  - » 93% were in or completed substance use treatment
  - » 77% abstained from substances for over a year
  - » 63% had stable housing at exit, compared to only 17% at intake

### Housing

- Served **124 tenants** including 19 men, 105 women, and 150 children
- 49% successfully graduated in community housing
- 32% are still in our housing program

### Peer Support

- Engaged **287 individuals** in outreach efforts through regular walks near Yakima downtown businesses, at Camp Hope, or in other areas. Peer Support spoke with a gentleman at Camp Hope who said, “I had an assessment; I just don’t know what to do next.” Peer Support was able to connect him directly with the client access team at Triumph to take the next step for residential admissions.

## Transport



Triumph’s transportation team drove **75,884 miles** and made 430 transports for individuals attending residential treatment. Additionally, clients were supported with transportation 582 times through paid shuttle or bus tickets, ensuring their safe return home after completing treatment. Without this service, many clients would not be able to afford the cost to get to treatment. This program is possible through a partnership with People for People.

## Clients by County



<b>Yakima</b> .....	<b>38.81%</b>	Klickitat .....	2.24%
<b>Snohomish</b> .....	<b>9.93%</b>	Skagit.....	1.92%
<b>King</b> .....	<b>7.74%</b>	Spokane .....	1.87%
<b>Whatcom</b> .....	<b>7.31%</b>	Kittitas.....	1.76%
Benton .....	4.54%	Clark .....	1.66%
Pierce.....	3.90%	Okanogan.....	1.66%
Kitsap.....	2.51%	Other.....	14.15%

## Financial Highlights



### INCOME

Grants	\$1,231,669
Donations	\$1,607,344
Rent	\$434,674
Program/Misc. Revenue	\$12,950,135

**TOTAL** **\$16,223,822**



### EXPENSES

Salary/Benefits	\$9,518,618
Operations/Maintenance	\$3,467,255
Rent/Utilities	\$461,368
Advertising/Promotions	\$6,132
Other	\$732,407

**TOTAL** **\$14,185,780**



**In 2023, Triumph served 1,992 individuals with treatment for substance use disorders, care for mental illness, and transitional services related to poverty and homelessness.**

**Among them is Lucius Moran**, a single dad who is determined to stay sober and build a life for his four “little survivors” — 3-month-old twins, a 2-year-old, and a 6-year-old. The twins were born 10 weeks premature in the parking lot of Yakima’s St. Paul Cathedral. Shortly after their birth, Lucius moved into Triumph’s Family Emergency Shelter while the twins stayed in the neonatal intensive care unit at Yakima’s local hospital. Lucius’ support team of family, community providers, and his Triumph case manager worked to help him find permanent housing, and he aims to find employment soon. But he recognizes that he’s the only lifeline for his children right now.

**What people don’t realize is that it’s a full-time job to finish treatment and raise babies. For now, I’m a dad; that’s my job.**

We are grateful to welcome Gesa Credit Union as a corporate partner at Triumph. Their partnership helps to sponsor our mission and further support healthcare heroes and their commitment to making a positive impact in the communities we serve. Gesa’s partnership is a great demonstration of “people helping people.” Their participation helps us maintain programs to reunite families and reduce stigma for substance use disorder in the community. Gesa was featured as the title sponsor at International Overdose Awareness Day and provided Christmas gifts to 30 Triumph families in our housing services and through our Parent-Child Assistance Program. Thank you, Gesa Credit Union!



**Gesa  
Credit  
Union**



## IN THE COMMUNITY

**For the past seven years, Triumph has hosted International Overdose Awareness Day, a safe space for mourning, discussing ways to support recovery, and sharing stories of hope and new life.**

Gus, a member of Yakima Recovery Events, volunteered to speak at the 2023 event at Sarg Hubbard Park. He spoke softly as he gathered his emotions.

“I didn’t want to be clean, I didn’t want to be sober,” Gus told an audience of Triumph clients, families, community, partners, and others. “By age 26, I was lost, completely lost. My choice was to do time or get sober. These past two years have been the best of my life. I want to live. I want to stay clean.”

Since August 2023, Triumph has formalized a new volunteer program with 42 remarkable individuals who contributed 52.75 hours of their time and talents to myriad activities, ranging from hosting delightful pumpkin painting events to spreading holiday cheer through festive Christmas gatherings. They’ve also played a crucial role in department activities like organizing special events, sorting basic needs for Triumph’s Backpacks for the Homeless program, providing invaluable assistance with clerical work, and so much more.

“We believe in the power of community,” said Kim Wakeman, Triumph Recruiting and Development Manager. “With your help, we can continue to make a positive impact on the lives of those we touch.”

# EXPANDING SERVICES



With  
your help,  
we did it!





# The Genesis Building is now open...

and serving women and children on Triumph's Campus in the Pregnant and Parenting Women's Program, women through residential Intensive Inpatient Programs, and the entire community through the mental health clinic.

We are so grateful for the support of donors in the community to help make this project possible and provide an essential healing space to address generational trauma and addiction.

- **April 2023:** The dining room opened for Easter brunch.
- **September 2023:** The Early Learning Center opened and served 39 children through December.
- **November 2023:** The Outpatient Mental Health Clinic was completed.

The completion of the Genesis Building represents the expansion of mental health services at Triumph. In 2023, the mental health team doubled in size and was supported by seven mental health interns from several educational institutions in both outpatient and residential settings. Outpatient services offered through the Genesis Building will be open to everyone in the community, regardless of a substance use disorder diagnosis, in 2024.

## The Genesis Building opening also represents three new partnerships for Triumph:

- **Yakima Valley Farm Workers Clinic** supported the Genesis Building project and now provides health needs assessments to Triumph's women and children entering residential treatment.
- **Children's Village** opened a satellite location for services inside the Genesis Building.
- **Pacific Northwest University** (PNWU) is bringing students from various programs, including Occupational Mental Health, into Triumph's programs to lead educational lectures for Triumph clients and provide students with hands-on experience with men and women (and their children) affected by substance use disorder.



We are so grateful to Wellpoint for their sponsorship, which helped to support the purchase and installation of IT equipment in Triumph's new Genesis Mental Health Outpatient Clinic! With their help, we are working to stop the cycle of generational trauma and addiction through mental health services. They have also partnered with Triumph to help provide essential items such as diapers, formula, and daily meals for nearly 80 clients a day through women's programs like the Parenting and Pregnant Women's program.

# IMPROVEMENTS, EXPANSIONS, AND EXCELLENCE

## COMMUNITY PROJECT FUNDING

Early in 2023, the James Oldham Treatment Center (JOTC) received a federal Community Project Funding award of \$1,400,728 through Congressman Dan Newhouse's office.

Triumph **also received \$500,000** from Yakima County's America Rescue Plan Act (ARPA) recovery funds, managed by the Board of Yakima County Commissioners. JOTC is an intensive inpatient facility for men with an average daily census of 55. The aging building requires updates to the roof, bathrooms, and other safety and health areas of the facility.



## INSPIRATIONS FACILITY FUNDING

Inspirations was awarded \$11.75 million in grant funding to double the number of people we can serve in this program. Triumph received word at the end of the 2023 legislative session about the allocation of these funds, which will be used to double the number of patients served for co-occurring substance use disorder and mental health treatment at Inspirations.

Inspirations is an intensive inpatient facility for women with an average stay lasting 28 to 30 days. With only 16 beds, the wait list is often up to three weeks long while Inspirations serves clients from around the state. This first phase of the project is part of a larger expansion that, once fully funded, will grow the facility to include 48 total treatment beds for co-occurring substance use disorder. Triumph is incredibly grateful for the partnership of our 14th District legislators, including Senator Curtis King, Representative Gina Mosbrucker, and Representative Chris Corry, who supported this project.



## PARENT-CHILD ASSISTANCE PROGRAM

The Parent-Child Assistance Program (PCAP), led by the University of Washington, is an award-winning, evidence-informed home visitation case management model for pregnant and parenting women with substance use disorders. Triumph was among the first state agencies to embrace the program, becoming a host site for Yakima's PCAP in 1999. All PCAP case managers undergo extensive training to help their clients identify and meet personal goals, and several case managers are certified in additional programs such as Promoting First Relationships and providing Theraplay-informed group sessions. Yakima's PCAP also works closely with other community partners to ensure consistent care coordination for housing, healthcare, legal advocacy, and more.

**Attorney Rebecca Dombcik runs the Central Washington Preventative Legal Advocacy Project (CWPLAP). She says: "I was told before I started working with PCAP on my project that I was so fortunate to be working with such an awesome team, and it was already known that they were the best PCAP program in the State of Washington!"**



# THE OTHER SIDE IS SO MUCH BETTER



On a Saturday morning in early summer 2023, Daniel, 7, and Azula, 6, are giving McDonald's PlayPlace all they've got. Their squeals and shouts of delight fill the room. Edna Pina-Garcia, their mother, sits nearby.

"I've been to five treatment centers — that I can think of," she said, one eye always on the kids. "I come from a very good, hard-working family. I'm the first addict of that proportion in my family. They didn't know what was going on."

Neither did Edna, at first.

"On May 21, 2021, I entered Triumph for six months. I remember sitting outside, waiting for my intake, just taking it all in. When you're in addiction, it's like everything is all in gray. But when you're clean, you see all the colors. The leaves were vivid green to me. I remember watching the morning doves."

"I learned so much about myself at Triumph," Edna continued. "My counselor was amazing. She sat me down and explained what I was doing and told me it had to stop. She told me I was still in the survival mode of an addict."

Then, Edna said, "The light went on. Ever since then, I stopped."

"I would tell anybody else trying to get clean not to give up, even if they relapse. Keep trying. The other side is so much better. And people are waiting for them when they get better."

Edna and her children live in Triumph-supported housing, and she is back on the road to college, completing two quarters at Yakima Valley College.

"I'm going so I can become a substance abuse counselor," she says. "Going to Triumph made me want to do that. I'm so grateful. I'm so attached to Yakima now. This is where I got clean. This is where my life really started."



United Way of  
Central Washington



United Way of Central Washington is a long-time supporter of Triumph's Parenting and Pregnant Women's Program, which provides long-term residential treatment for women with substance use disorder, as well as nutritious daily meals, an early learning center, and an outpatient mental health clinic.

# A Supportive Community.

**“If I weren't in this program,** I probably wouldn't be clean, and I definitely wouldn't have my beautiful baby daughter. My favorite thing about this program is how forgiving it is. It's refreshing to see a program that doesn't give up on us and won't let us give up on ourselves. We make mistakes. Triumph shows us grace.”

**“I wanted to say thank you all so much** for all Triumph and staff have done for me. Without your help, I would be dead, but I'm living sober, happy, and free. Thank you for all the beautiful gifts you gave to me; it made me so happy. You touched my heart in a big way!”

**Triumph's Residential Mental Health Supervisor, Anthony Paul, says:** “Here at Triumph we are a team. It doesn't matter what your position is; we are here to serve the client.”



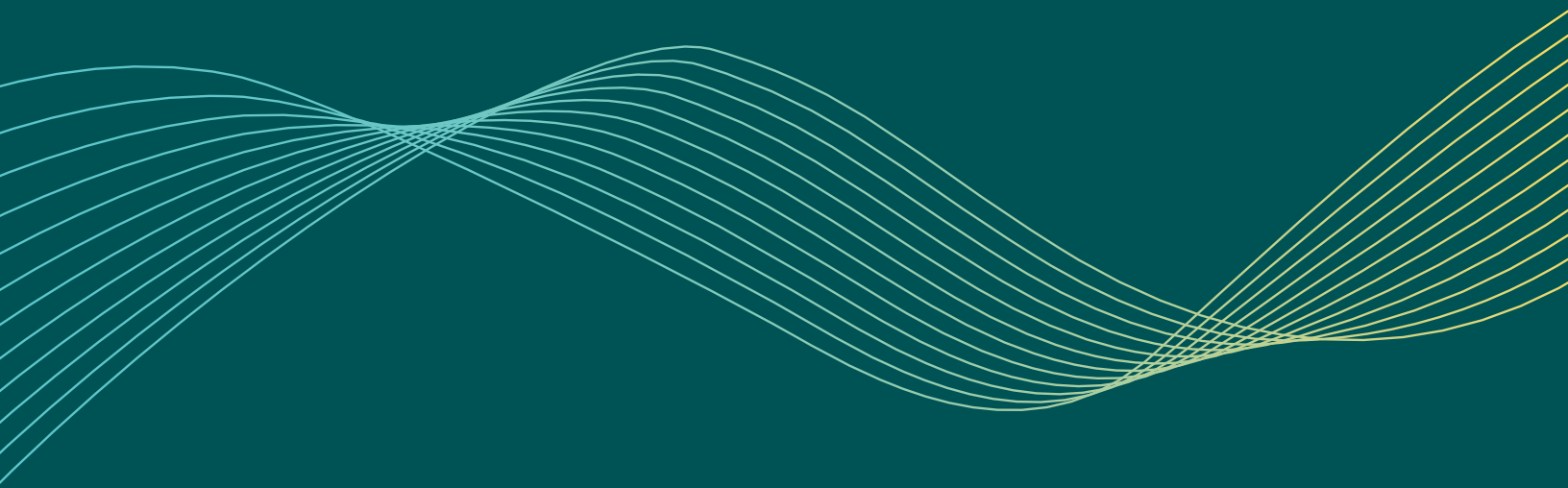


**WE ARE TRIUMPH**





Where hope and new life become possible.



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TODAY!**

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