



# 2015 Annual Report



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Dear Reader,

Excellence. Diversity. Outstanding Outcomes. These are the values that inspire VOA Oregon to change lives for the better; they are the values that drive us to achieve success. These values have also demanded that we respond to emerging and unmet needs, and undergo strategic, significant change—change that has contributed to growth in the breadth and depth of the services we’ve provided this past year.

Our organization’s ability to respond to emerging and intractable community needs is grounded in services that recognize underlying and correlated issues involved in the unhealthy or dangerous behaviors that bring people to our doors. As we continually seek to understand how diverse and wide ranging circumstances affect how we live, we also learn more about how these circumstances affect resiliency or our ability to overcome challenges and become healthy, productive people.

Integrative Medical Care is an effective approach for those who are in the most need. Integrative medicine and wrap around services better support clients and optimize the probability of achieving effective outcomes. This comprehensive model identifies and addresses diverse needs among men, women, and people of color, addressing the whole person with integrative medical care, counseling, supportive housing, mentors, parenting support, and referrals to community resources. As an expert in understanding the role of trauma in substance abuse and violence, VOA Oregon knows that the

best treatments are the most comprehensive and holistic.

You’ll find highlights in this report about three other programs that exemplify our values:

- The Sundance Program—research based program for the frail elderly that positively impacts program participants and their caregivers (page 3).
- The Al Forthan Scholarship program is an effective investment in our future—children breaking out of the addiction lifestyle and going to college (page 7).
- Nuevos Horizontes—a new program to keep young adults in the Latino community away from gangs, violence and drugs (page 9).

Excellence. Diversity. Outstanding Outcomes. Because of your partnership and support, VOA Oregon expresses these values every day in the work we do.

Sincerely,



Kay D. Toran, President and CEO



# Sundance: Effectively Serving Seniors with Late Stage Dementia



**D**id you know that an estimated 76,000 Oregonians live with Alzheimer’s disease? As the population of almost one million baby boomers in Oregon ages, the need for dementia treatment is guaranteed to increase. VOA Oregon’s senior services programs provide focused care and support to seniors with dementia and their families through two Adult Day Care Centers and a pilot program, funded by an Innovative Service Grant from the State of Oregon, called “Sundance.”

VOA Oregon’s Sundance program at Lambert House Adult Day Center was developed to address “Sundowner Syndrome”—the increased agitation, aggressive outbursts, and wandering that occurs in some dementia patients at sunset. These behaviors make patients ineligible for Adult Day Care and often leave them and their families or caregivers with no support.

The Sundance pilot program’s overall objective is to offer an array of therapies to understand how patients respond to diverse therapies in different ways. The goals are to explore and compile

practice-based strategies that can be implemented to manage this population in a community-based setting without increased caregiver certification, decrease the physical and verbal aggression and reduce caregiver stress. Sundance uses music therapy, horticultural therapy, and a multi-sensory environment, all of which have been shown to reduce agitated behaviors in dementia patients and improve mood and well-being.

The program extends adult day services until 8pm two days per week and provides a critical 3-to-1 participant to staff ratio. This low ratio has proven to be a critical factor in improving the lives of individuals with dementia. The staff at Sundance is trained in behavioral symptom management, using a person-centered approach and evidence-based non-pharmacologic strategies for behavioral management, and ongoing, situation-based trainings are a part of the program model.

Caregivers of people with dementia also benefit from this program. They are offered caregiver education, including monthly support groups and guest speakers to address health, social, and

legal issues, as well as respite. Caregivers report that program participants are calmer and more easygoing, and take pleasure in more activities. The benefits of this emotional boost linger after program hours.

The successful completion of this innovative pilot program lays the groundwork for what VOA Oregon can do in years to come.



In Oregon in 2011, there were an estimated 165,000 unpaid caregivers who provided 2.28 billion dollars of unpaid care; by the year 2030 it is estimated that there will be 253,300 unpaid caregivers in Oregon. (SPADO, 2013)



The Sundance pilot served 20 seniors and 25 caregivers.

Portland State University's evaluation findings report family caregivers noted improvement in participants' social and communication skills at home and attributed those improvements to the program.

A senior man "had enormous anxiety" when his wife was not "right there" but now "he is more able to relax when she's not of sight."

Others reported that participants are "more engaged in the world," able to leave home, and able go out to dinner without outbursts. One stated, "His social ability has loosened up."

# Integrative Medicine at VOA Oregon



*Dr. Greg Garcia*

**P**eople who develop addictions are often grappling with physical and mental health issues and have experienced trauma. Moreover, these issues can prevent successful completion of addictions treatment programs. The best means of working with someone who has experienced trauma and its ravages is an integrative medicine approach.

Integrative medicine at VOA Oregon combines naturopathic medicine, acupuncture, and psychiatry to comprehensively assess and treat the entire person. According to Dr. Greg Garcia, VOA Oregon's Naturopathic physician, the integrated approach has been far more successful in identifying underlying issues faced by patients with substance use disorder, as well as providing a means for addressing them.

Two elements are central to this treatment: listening to the patient to learn how to help them let go of trauma and make better choices; and recognizing that a chaotic life leads to a chaotic mind and impulsive choices. Integrative medicine seeks to

quiet the mind so patients can heal and take time to consider better options and alternatives.

The great success of this work builds on the emerging understanding of the effects of trauma and poverty on brain development, as well as the impact of mind/body approaches to achieving sustained recovery. The combination of mindfulness meditation, acupuncture, and quality healthy supplements such as vitamins and minerals can improve outcomes 80% among patients suffering mental health and substance use disorder.

For over 20 years, VOA Oregon's InAct Addictions Prevention and Treatment Services have had an on-site naturopathic clinic. Doctors from the National College of Naturopathic Medicine (NCCNM) provide assessments, consultations, treatment, and referrals for the men and women who are receiving addiction and counseling services.

VOA Oregon has recently opened integrative medicine clinics at the Men's Residential Center as well as a joint Women's Residential Center/Family

Relief Nursery Clinic. Staffed by NCNM doctors and interns, these clinics comprehensively care for very high risk adults and families, offering pain management options, such as botanicals or acupuncture for people who cannot tolerate opioids.

\*STOP –  
Sanctions,  
Treatment,  
Opportunities,  
Progress Program

\*START –  
Success  
Through  
Accountability,  
Restitution, and  
Treatment



## VOA Oregon has three Naturopathic clinics

### The Women’s Residential Center Clinic

- 196 clients served
- 75 clients received psychiatric mental health services
- 136 clients received naturopathic medical services

### The Men’s Residential Center Clinic

- 251 clients served
- 65 clients received psychiatric mental health services
- 141 clients received naturopathic medical services

### The InAct Addictions Prevention and Treatment Clinic

- 649 STOP\* and START\* Drug Court clients served
- 349 clients received psychiatric mental health services
- 300 clients received naturopathic medical services

# Al Forthan Scholarship: Education to End the Cycle of Addiction



**T**he story of Al Forthan is one of the most endearing, inspiring stories of VOA Oregon. After years of battling addictions to drugs and alcohol, Al entered VOA Oregon's Men's Residential Center (MRC) program and succeeded at last with recovery. Al joined the staff of MRC and went on to counsel and mentor hundreds of men with addictions and save many lives. His sincerity, powerful personality and commitment to MRC's work live on today through the Al Forthan Scholarship.



Greg Stone, Program Director at VOA Oregon's Men's Residential Center, began the Al Forthan Scholarship in 2006 as a way to honor Al and keep his memory and legacy alive and to support young men and women who have grown up in or are growing up in homes with alcohol or drug abuse. The scholarship program accepts essays from over 70 Oregon high school students each year who

write about their challenges, difficulties and resiliency in addictive environments. Last year, the Al Forthan Scholarship awarded \$65,000 dollars to 27 Oregon high school students. The power of Al's work is evident in the stories of two recent recipients.

**M**iriam grew up with immigrant parents who struggled to build their own business and raise three children. Her father was an alcoholic and treated her mother and brothers badly. Miriam worked hard at school but couldn't make her mother less miserable or help her father stop drinking and take care of the family.

She hesitated to reveal her family's situation for the Al Forthan application, but decided that funds for her education were worth making her father's alcoholism known publicly. Her mother was worried when Miriam told her she'd written about her father's alcoholism and emotional abuse, but was so proud of her when she attended the award ceremony.

Years of her father's disinterest in her as a person had left her with deep personal fears and doubts, but with

teachers' support she found confidence in herself and became a biochemistry major. One of the most rewarding and challenging events during college was a semester in Quito, Ecuador. As a bilingual, bi-cultural woman, Miriam hadn't really thought she'd needed more cross-cultural experiences, but being abroad taught her to understand and accept differences in a whole new way.

Throughout college, she honored the help and support she received by volunteering to mentor and tutor middle and high school students in schools near Linfield College. Now she's preparing to apply to medical school and working as a high school college prep program assistant.

Casey was taken from his drug addicted mother's home and placed with his father and stepmother, but their alcoholism made life there unbearable. The AVID program at Madison and a generous, caring family who took Casey in, kept him moving toward his future. Growing up a few blocks from the drug deals and prostitution on 82nd avenue instilled in him a resolve to not go down that road.

His adopted family helped him refine and edit his scholarship application, and he finds ongoing support in a friendship with another Al Forthan scholarship awardee. They check in with each other, and the scholarship administrator, Kristin Yates, also checks in on all awardees from time to time to offer support and let them know they are not alone. Casey's looking forward to graduating from U of O next spring and settling near his adopted family, who have moved to Tucson, and starting a real estate agency.



In 2015, \$65,000 was awarded to 27 students around Oregon

A total of \$283,000 has been awarded to 205 students since 2006

# Nuevos Horizontes: Culturally Responsive Prevention and Transition Services



**V**OA Oregon has long been a leader in addiction prevention and corrections transition programs, helping youth and adults create positive alternatives to substance abuse and crime. Examining our services, we recognized gaps in reaching some of those at greatest risk: Latino youth and young adults. To address this, VOA Oregon last year began developing a bilingual, bi-cultural prevention and transition program to reach and improve outcomes

for this population. With funding from a federal Office of Juvenile Justice and Delinquency Prevention Second Chance Act Grant, VOA Oregon began Nuevos Horizontes (New Horizons).

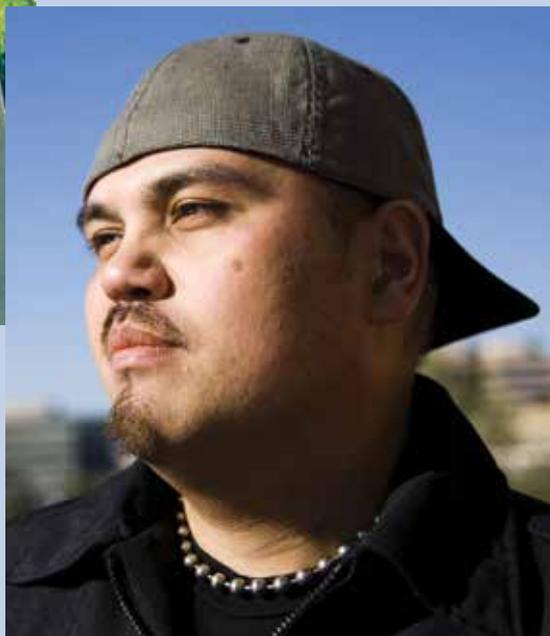
Nuevos Horizontes has two key components: Youth Services and

the Young Adult Program. Youth Services work with youth 14-18 and focus largely on prevention. Referrals come from schools, juvenile justice staff, and community partners. Helping youth break the habits, associations, and negativity that lead them toward drugs and crime, this program rebuilds their ties to family, education, and culture providing alternative activities and strategies for avoiding risky behaviors. A critical element of this program is a family therapist, who helps young people re-establish close ties to family. This helps protect them from isolation and creates a truly intergenerational approach.

The young adult program serves men and women 18-25. Many of these young men and women have already begun to be involved in the criminal justice system, and parole and probation officers refer them to Nuevos Horizontes to halt the cycle before it spins out of control. Mentors—those who escaped a life of drug abuse and criminality—are key to this work, accompanying participants to Narcotics and Alcoholics Anonymous meetings, introducing them to pro-social activities, and helping them create their sober new lives.



Nuevos Horizontes staff are bilingual and bi-cultural and are focused on building relationships with participants. These relationships are vital to gaining trust and sustained involvement for Latino youth and young adults. Family therapists are able to ground prevention and intervention work in the family ties that are also so vital to Latino and immigrant cultures.



## The Second Chance Act

In April 2008, Congress passed the Second Chance Act, a first-of-its-kind legislation enacted with bipartisan support and backed by a broad spectrum of leaders in law enforcement, corrections, courts, behavioral health, and other areas. The Second Chance Act represents a federal investment in strategies to reduce recidivism and increase public safety, as well as to reduce corrections costs for state and local governments.

## Program Goals

- Latinos are disproportionately represented in residential placement at a rate of 1.6 times that of whites.
- As of May 1, 2015, 1065 juveniles have been convicted of Measure 11 crimes, 182 of whom are Latino.
- In 2014, Latinos represented 22% of juveniles referred by the Multnomah County Juvenile Detention Headquarters (JDH) to Community Monitoring
- Over 50% of 18-25 year olds released from Multnomah County will return to prison. Over 50% of those released will be either African-American or Latino, and many will be gang-involved or gang-affiliated.
- Goal: Reduce recidivism among at-risk, high-risk Latino/a youth and underserved Latino/a youth aged 14 to 25.
- Goal: Promote family well-being for youth involved in the program.
- Goal: Promote individual well-being.
- Goal: Promote civic and community engagement.
- Goal: Provide workforce development opportunity and skills
- Goal: Provide treatment and support to develop cognitive competencies.

# Program Outcomes

VOA Oregon served over 19,000 people in 32 programs last fiscal year.

## Children & Family

### Family Relief Nursery

- 60 children and parents served
- 59% of children were 2 or under
- 95% of families have incomes below poverty level
- 43% African American
- 11% Hispanic
- 4% Native American

### Home Free

- 3,590 adults, youth, and children affected by domestic violence were served
- 393 people in 179 households (193 adults and 200 children) were vouchered into safety at local motels.
- 1,780 petitioners were assisted in our courthouse-based restraining order advocacy program.
- 51 households (51 adults and 96 children) were provided with permanent housing assistance

## Public Safety

### Men's Residential Center

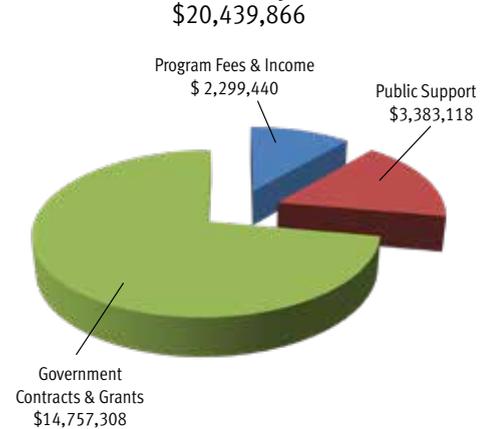
- 12% African American
- 3% Hispanic
- 73% homeless
- 49% addicted to Methamphetamines/Amphetamines
- 30% addicted to Opiates
- 78% had parents with addictions
- 31% had parents with criminal involvement

# Financials

## Statement of Financial Position

	2015	2014
<b>Assets</b>		
Current Assets	\$9,164,124	\$7,864,174
Long-term Investments & Pledges	1,328,465	1,398,853
Property & Equipment (net)	4,512,724	3,830,283
<b>Total Assets</b>	<b>\$15,005,313</b>	<b>\$13,093,310</b>
<b>Liabilities and Net Assets</b>		
Current Liabilities	\$1,528,797	\$1,428,436
Long-term Liabilities	84,723	105,645
<b>Total Liabilities</b>	<b>1,613,520</b>	<b>1,534,081</b>
<b>Net Assets</b>	<b>13,391,793</b>	<b>11,559,229</b>
<b>Total Liabilities &amp; Net Assets</b>	<b>\$15,005,313</b>	<b>\$13,093,310</b>

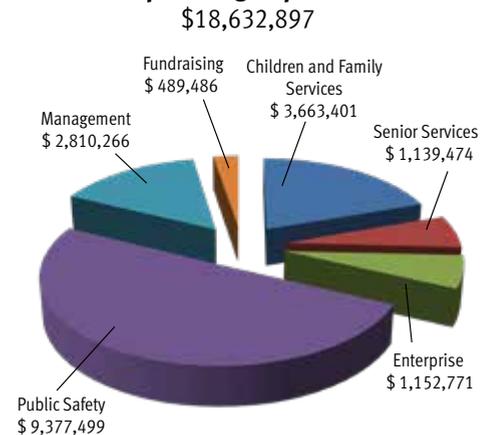
## Revenue from Operations



## Statement of Activities

Revenue from Operations	\$20,439,866	\$17,835,090
Operating Expenses	18,632,897	17,741,203
Operating Revenue in Excess of Expenses	1,806,969	93,887
Investment gains (losses)	25,595	187,680
Increase in Net Assets	1,832,564	281,567
Net Assets, Beginning of Year	11,559,229	11,277,662
Net Assets, End of Year	<b>\$13,391,793</b>	<b>\$11,559,229</b>

## Operating Expenses



## We thank those who partner with us to provide vital services. These include:

Administration of Children, Youth, and Families, Children's Bureau  
Americorps  
Gateway Center for Domestic Violence Services  
Home Forward (formerly the Housing Authority of Portland)  
Human Solutions  
The Miracles Club  
Multnomah County Aging & Disability Services  
Multnomah County Commission on Children, Families, and Community  
Multnomah County Courthouse  
Multnomah County Department of Community Justice  
Multnomah County Health Department  
Multnomah Education Service District  
Myan Management  
My Little Waiting Room® at Providence Portland and St. Vincent  
Medical Centers  
Oregon Community Foundation  
Oregon Department of Corrections  
Oregon Department of Education - USDA  
Oregon Department of Human Services  
Oregon Department of Justice Crime Victims' Assistance Section  
Oregon State Police  
Planned Parenthood Columbia Willamette  
Portland Children's Levy  
Portland Police Bureau  
Project Access Now  
Providence ElderPlace  
Substance Abuse & Mental Health Services Administration  
United States District Court-District of Oregon Parole and Probation  
United Way of the Columbia-Willamette  
US Bureau of Justice Assistance/Second Chance Act  
Veteran's Administration  
Wallace Medical Concern



**United Way of the  
Columbia-Willamette**



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This report acknowledges all donors who made a gift during our fiscal year July 1, 2014 through June 30, 2015. If any name has been omitted or listed incorrectly, please accept our apologies and contact us, so that we can correct our records. For a full listing of donors, please go to [www.voaor.org/2015annualreport](http://www.voaor.org/2015annualreport).



*Thank you to all of you who donated to VOA Oregon this past year. We greatly appreciate your support of our services to those most vulnerable. For a complete list of donors, please go to our website, [www.voaor.org](http://www.voaor.org)*

*Thank you*

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