



## Tulalip Charitable Contributions Funds Distribution Report

**NAME OF AGENCY:** Asian Counseling and Referral Service

**DATE OF AWARD:** 2017 Q3

**ADDRESS:** 3639 Martin Luther King Jr Way South, Seattle WA 98144

**CONTACT:** (206) 695-7600, <https://www.acrs.org>

**GENERAL GOALS:** ACRS promotes social justice, and the well-being and empowerment of Asian Americans and Pacific Islanders, and other underserved communities - including immigrants, refugees and American-born - by developing, providing and advocating for innovative community-based multilingual and multicultural services.

### **SPECIFIC USE FOR THIS AWARD:**

This award went towards support of their administration and programs.

For more information please read the attached report from Asian Counseling and Referral Service.



## ASIAN COUNSELING and REFERRAL SERVICE

### 2017 Grant Report

**Overview:** Asian Counseling and Referral Service (ACRS) helps thousands of people in their journeys of recovery, healing and transformation. From youth to elders, we provide an integrated approach to wellness in over 40 languages and dialects. ACRS' mental health programs help clients heal from trauma, manage anxiety, depression, post-traumatic stress disorder, and other common health issues. Clients are supported by 15 different wellness groups such as gardening, healthy cooking, or ethnic specific peer groups (e.g. Mien, Lao, Samoan, Cambodian, and Vietnamese). They can access dental service through a mobile dental van, manage medication with ACRS' onsite pharmacy, and become healthier through diabetes prevention and smoking cessation programs.

To further promote whole health and wellness, ACRS offers: recovery programs to address domestic violence, substance use, or problem gambling; eastern treatments such as acupuncture; a senior center with hot meals and activities such as Tai Chi, Yoga, Zumba and Mahjong; a food bank providing culturally familiar foods to people of all ages; meal programs and mobile food pantries; citizenship assistance; employment services to find living wage jobs; and youth job readiness training, leadership development and violence prevention programs to help our youth transition to adulthood.

**Community Served:** In 2017 ACRS reached 35,516 people in King, Pierce and Snohomish Counties through programs, outreach and information and referrals. This includes 19,664 clients served through mental health, recovery and/or intensive case management. Among our clients in 2017:

- 88% were foreign born
- 97% were living at or below the federal poverty level
- 61% spoke limited English
- 64% were female; 36% male and less than 1% identified as transgender or other
- 87% identified as Asian/Asian American, 5% Pacific Islander/Native Hawaiian, 2% Black/African, 2% White/Caucasian, 1% Hispanic, 1% multi-racial

**Impact of Funding:** Funding from Tulalip Cares Charitable Fund helped support client essential such as bus fare, transportation vouchers, childcare assistance, groceries, and clothing for work or job interviews. These small, but vital resources are at times, insurmountable barriers to our clients' daily life. Thanks to your support, our clients were able to meet their most basic needs while improving their health and wellness.

