



## Tulalip Charitable Contributions Funds Distribution Report

**NAME OF AGENCY:** Navos

**ADDRESS:** 2600 SW Holden Street, Seattle, WA 98126

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**GENERAL GOALS:** Our mission is to transform the quality of life for people vulnerable to mental illness and substance use disorders by providing a broad continuum of care. We believe that diversity, inclusion and equity are vital to living our values and achieving our mission.

**SPECIFIC USE FOR THIS AWARD:**

This award was used as support for operational expenses and programs.

For more information please read the attached report from Navos.

## **Independence Bridge 2016 Report to Tulalip Tribes Charitable Fund**

Navos' Independence Bridge serves young adults, ages 18-24, who are homeless or at imminent risk of homelessness, particularly young adults aging out of the foster care system. All the residents of Independence Bridge are struggling with mental health challenges; most also have a chemical dependency. A recent study undertaken at the University of California, Irvine confirmed that foster children "have a higher incidence of a variety of conditions including learning disabilities, developmental delays, and depression as well as behavioral issues". At Independence Bridge, we help these young adults to transition to independence with affordable, stable housing and access to mental health treatment, chemical dependency treatment, and support services.

During 2016, Independence Bridge served a total of 28 young adults:

- 12 were White/Caucasian, 12 Black/African American, one Pacific Islander, and three Other/Unknown; one was Hispanic/Latino
- 16 were male, 12 were female
- All the residents were living on extremely low incomes
- Of 20 current Independence Bridge residents, six are sexual minorities, and two of these residents are trans individuals

We continued to expand the life skills education and individualized support offered to Independence Bridge residents. Residents received support from their individual Case Manager/Therapist and a Peer Support Specialist, as well as designated time of an Employment Specialist from Navos' Supported Employment Program. These staff helped clients with life skills, chemical dependency issues, and connection to education and employment resources. Currently, five Independence Bridge residents are working, and an additional five residents are in school (two working toward their AA degree and three working to obtain their GED).

Case managers and the peer specialist had weekly "walk-in" hours at Independence Bridge so that residents could voice concerns, obtain assistance with entitlements and benefits, and problem-solve resident concerns. Independence Bridge residents also attended monthly community meetings with all treatment team staff which focused on topics such as evictions, dental resources, an overview of mental health and SUD (Substance Use Disorders) services, resume building, interview soft/hard skills, building rules and protocols, tenant issues, and other topics related to life skills and activities of daily living.

Grant support from the Tulalip Tribes Charitable Fund helped us to provide each new resident with a housewarming basket with basic household items needed for a first apartment, including bedding, towels, kitchen items, bathroom necessities, and cleaning supplies. Residents are able to take these items with them when they leave.