

ICES
LOOK —
BACK ON
2023

NEWSLETTER

2024



SKOOKUM

2023 STATS

How many clients did CES help find a job? Check out the statistics about our performance this year.

WHERE ARE THEY NOW?

CES catches up with former clients to see how their lives have changed after leaving services with Skookum.



SUCCESS STORIES

Read about success stories from current CES clients on their road to employment.

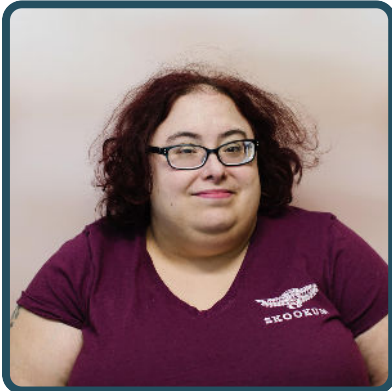
Meet the CES Team!

Amanda Bird
CES Manager



"I love helping people learn to help themselves and watching them grow and succeed. With the right knowledge, encouragement and accommodations, people with disabilities can find meaningful employment and achieve their dreams. It's a privilege to be a part of that journey."

Elizabeth Yeager
Employment Specialist



"My passion for working with clients stems from my own lived experiences as a person with multiple disabilities and being in long-term recovery."

Vic Dalfio
Employment Specialist



"Self-Actualization is the highest of human needs and helping people experience it is a fantastic experience. I believe every person has the ability to transcend beyond their current self. Seeing people go from disbelief to belief is what motivates me."

Where are they now? : Sonia



“Skookum helped me take a new path. They are the gateway to help you take the leap into society. Skookum staff is knowledgeable, doesn’t give up, and makes it easier for their clients not to give up on themselves. They’re right alongside you as a guide to get you where you want to go. Skookum has a special place in mine and my family’s heart.”

Before receiving services, Sonia had been a waiter at Shari’s for over 12 years. After exiting treatment for substance use disorder, she was nervous to go above and beyond waiting tables. Working with Employment Specialist Elizabeth Yeager, she was able to get into her dream position as a Bakery Clerk at Safeway. Sonia exited services with an understanding of where she wanted to be in the future and how to get there. Now she is equipped with the tools necessary to achieve her goals!



Since exiting services, Sonia has been able to get her driver’s license, find her own place to call home and leverage her new computer skills to receive a promotion. Sonia was promoted to Assistant Front End Manager at Safeway and received an increase in wage from **\$20/hr to \$22/hr**. Sonia feels that she can now advocate for herself with increased confidence. Sonia also shared some of her long-term career goals. She wants to work with juveniles or as a 911 dispatcher. We are so proud of you Sonia!

Where are they now? : Shawna

When Shawna came to CES, she had not worked in 16 years due to her disability.

Shawna was a long-haul trucker but when she was diagnosed with Fibromyalgia, she was no longer able to do this work. Shawna was on the verge of homelessness and needed help finding a job.



Some of Shawna's barriers to employment were not having a high school diploma or GED and only having one job in her work history. Elizabeth helped her create a resume, provided interview preparation, helped Shawna figure out transportation to and from work, found and applied for job opportunities, and attended job interviews with Shawna. Her second interview was at Best Western Plus for a front desk agent, which she was selected for!

It has now been a year since Shawna has been working at Best Western and she has been promoted to the Front Desk Supervisor/ Events Manager. Shawna schedules events (weddings/reunions etc.), trains new employees, and oversees the other front desk associates. Her wage has increased from **\$16.25 to \$19** an hour. Shawna has also won an award for "Best Employee in the Region."

Shawna had these words of advice for others working on overcoming barriers to finding employment:

“Stay strong, set goals, follow through. You have to be true to yourself, do what you have to do to make yourself happy, if something doesn’t work out, it wasn’t meant to be. God has something better waiting for you. Have Faith and believe it will happen and it will.”

Shawna’s new long-term goals are to go back to school to work on her high school diploma and to become the General Manager at Best Western. We wish you continued success in achieving your goals Shawna!



Where are they now? : Paul



“Receiving services from Skookum is helpful as they are very hands-on and help to guide you through all of the processes and steps patiently. They help you to develop goals and find a better life. I now find it easier to have conversations with others and I am more outgoing.”

Paul currently works as a janitor at Skookum. His mental health caused him to struggle with interacting with others and maintain social connections. Paul came to Skookum feeling uneasy about the prospect of job hunting and wanted to learn how to move forward and manage his mind.

Paul appreciates Skookum for helping him get enrolled in essential programs like SNAP, establishing bank accounts, setting up his phone, and preparing him for his driver's license exam. Paul was also thankful for all of the assistance he received in writing his resume and developing his interviewing skills to prepare him for job searching.

Since exiting services, he has been promoted to full time and moved into his own apartment!

Paul is currently interested in Skookum's tuition assistance program to help him develop professionally. We are looking forward to all of the great things you will accomplish Paul!

The Importance of Setting Goals



A well-defined goal acts as a roadmap, guiding you towards a specific destination and helping you make informed decisions about your career path. Whether it's aiming for a specific position, acquiring a new skill, or achieving a professional milestone, having a goal instills a sense of focus and determination, driving you to overcome challenges and stay committed to your career aspirations.



There are various free apps available that can help you organize your job search efforts and stay on track. By adopting a SMART goals framework (Specific, Measurable, Achievable, Relevant, Time-bound), you can enhance your focus and increase your chances of success. Here's how some popular free apps can assist in this process:

The Trello logo, featuring a blue square icon with a white 'T' and the word 'Trello' in a bold, sans-serif font.

Trello is a versatile project management app that allows users to create boards, lists, and cards. You can set specific goals such as updating a resume and tracking the jobs you have applied for. Each goal can be broken down into actionable steps and organized on Trello boards.

The Todoist logo, featuring a red square icon with three white horizontal lines and the word 'todoist' in a lowercase, sans-serif font.

Todoist is a task management app that enables users to create and prioritize tasks. You can utilize Todoist to list specific job search activities, set deadlines, and categorize tasks by priority. This ensures that each task is measurable and time-bound, making it easier to manage and achieve daily or weekly goals.



Coach.me is a goal-tracking app that fosters a sense of community. You can set goals, receive encouragement from other users, and connect with career coaches. The social aspect of Coach.me makes it a valuable platform for sharing successes, overcoming challenges, and staying motivated during the job search journey.

Utilizing free goal-setting apps can greatly enhance the efficiency and effectiveness of a job search. By integrating these tools into your routine, you can transform your aspirations into tangible achievements, ultimately increasing their chances of landing your dream job!

NOTE: not all goals have to be large. Set small goals for yourself that help you keep track of the things you did in a week, day, or even an hour. Writing out your goals will help you realize all of the things you have accomplished.

SUCCESS STORIES



There have been many accomplishments, big and small, that clients have achieved this year! Here are some inspiring stories of success.

Jimi



“With Elizabeth’s great support, I felt like I had a purpose—even though I am still finding my purpose. Skookum has helped me get connected with resources, gave me ideas, and helped me gain a sense of direction. I now have an idea of what I want to do with my life and things to work towards.”

Jimi is a current client who is overcoming stigma, confronting his history of justice involvement, coping with family loss, and wrestling with the sense that he was burdening the people he cared about deeply.

“I was at rock bottom, quitting heavy drug use, and losing my family and my community. I came to Skookum thinking that it was time to make or break my future.”

Jimi lacked structure in his life and said that coming in for his meetings with Skookum, and more recently, starting school for the first time in over 20 years, has helped him develop a routine.



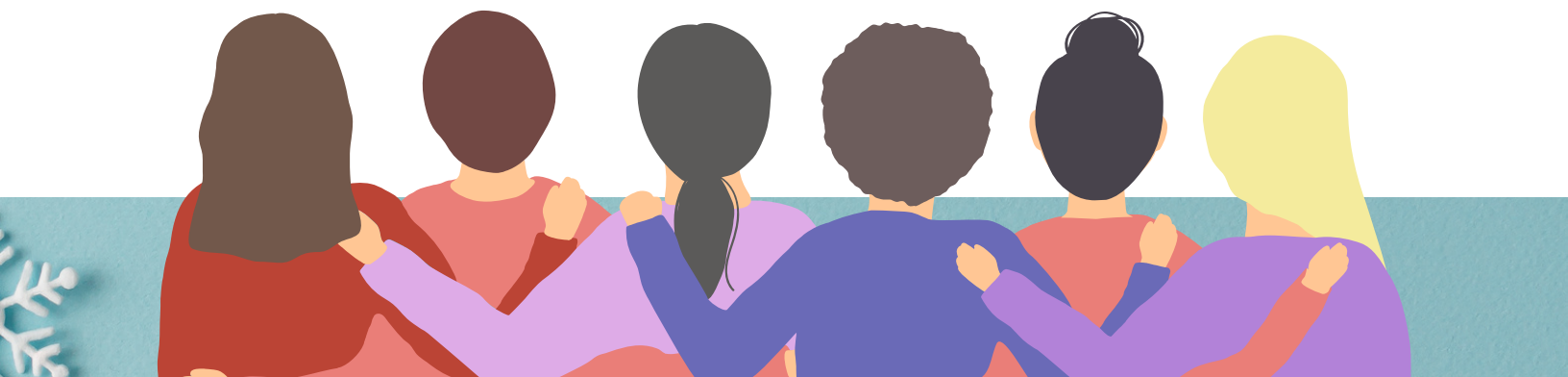
Since receiving services, Jimi's attitude towards his future has changed from **"I felt like giving up"** to **"I want more."**

Jimi is currently preparing for his second quarter at Olympic College and is pursuing an Associate's Degree in Human Services to become a peer counselor, who provides advice and suggestions to people in need. Jimi has been working to improve relationships with his friends and family, and is working towards becoming self-sufficient.

Jimi wants to let anyone who is thinking about receiving services know that:

"Everyone has a purpose, and to find your supports. Change doesn't happen overnight and working with Skookum has given me the ability to believe in myself again."

We are so proud of you Jimi and we are excited to see the amazing things you will do for others!





CES BY THE NUMBERS



Average Wage Of
Our Clients...



\$ 18.65

Highest Wage Of
Our Clients...



\$ 34

Average # of Hours our
clients work weekly...



30



Number of
clients served

176

Clients pursuing
GED or 21+
degrees...

5



Average length of time
clients who got a job
this year have been
employed...

5.7 months



**81% of clients are still employed at the jobs
that CES helped them get!**

Here are a few places Skookum has helped clients get jobs.



Shop 16



watson™

TeleSolv Consulting





Get Connected with CES!



To learn more
about how we can
help, visit:
[skookum.org/client
-services](https://www.skookum.org/client-services) or scan
the QR code

The best opportunities may be one click away!
Follow us on Facebook for free local resources,
job leads and events in Clallam, Jefferson, and
Kitsap Counties.

<https://www.facebook.com/SkookumCES/>



NEED HELP FINDING YOUR DREAM JOB? 

FCS

Must have Apple Health insurance:

- Amerigroup Washington
- Community Health Plan of Washington
- Coordinated Care of Washington
- Molina Healthcare of Washington
- UnitedHealthcare Community Plan

and a mental health diagnosis, substance use disorder diagnosis, or struggle with chronic homelessness.

If you have a physical or mental disability that is a substantial barrier to employment; and you require vocational rehabilitation services to get or keep a job.

DVR

TICKET TO WORK

Everyone age 18 through 64 who receives Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI) benefits because of his or her disability and wants to transition off benefits by working full-time.

Contact us today to see if you qualify for services!

CES@skookum.org

360-475-0756 ext 131