



Healing Through Meaningful Connection

2025 ANNUAL REPORT

TABLE OF CONTENTS

3

CEO Message

4

Message from
Board Members

7

Impact Stories

24

Executive
Governing Board;
Providence's
Well Being
Trust Team

MISSION:

To advance the mental,
social, and spiritual health
of the nation.

VISION:

Everyone realizes their
fullest potential for
well-being.



Healing through meaningful connection



Arpan Waghray, M.D.
*CEO, Providence's
Well Being Trust*

At a time when meaningful connection matters more than ever, we are inspired by the resilience and compassion we see across our communities every day. Even as the world becomes more digitally driven, the simple act of showing up for one another and truly connecting remains one of the most powerful forces for healing.

Healing takes root when we strengthen our connections with one another, especially for those who are most vulnerable or struggling in silence. This belief fuels the impact we strive to make every day.

This year's report shares how we are advancing mental health and well-being across the Providence family and beyond. From equipping caregivers with the tools and resources they need to thrive, to expanding access to timely, high-quality mental health care, to walking alongside community partners who are serving on the frontlines—our work is creating meaningful, measurable impact.

I invite you to explore our impact stories and a special feature with Providence's Well Being Trust Board members reflecting on why mental health is a strategic priority for Providence and what gives them optimism about the road ahead.

Thank you for your partnership in this vital work.

A handwritten signature in black ink that reads "Arpan Waghray". A horizontal line is drawn underneath the signature.



Erik Wexler

President & CEO, Providence; Board Chair, Providence's Well Being Trust



Q: Why is prioritizing mental health a strategic imperative for Providence and core to fulfilling our Mission in the communities we serve?

Our faith-based heritage calls us to support not just the physical health of patients, but their mental, social, and spiritual health. Too many people, especially the most vulnerable, face barriers to accessing timely, high-quality mental health care. Addressing those gaps is both a moral obligation and a strategic priority for Providence.

Providence's \$100 million investment in 2016, which led to the creation of Well Being Trust, set the foundation for a comprehensive system of support and advanced the integration of mental health across the care continuum.

Today, our innovative mental health services and programs are meeting the most critical needs of our communities, supporting individuals at every step of their mental health journey – from prevention and early intervention to crisis stabilization and recovery. This includes services within our healthcare delivery system and partnerships with community organizations. Our efforts are helping to ensure that more people receive compassionate, coordinated support when and where they need it.

Q: What gives you the greatest optimism about Providence's efforts to expand access to high-quality mental health care in the years ahead?

I'm optimistic because we're seeing real, measurable impact. Providence is improving mental health outcomes and expanding access across our communities. Our evidence-

based depression care shows an 85 percent improvement in patients' response to depression treatment within our primary care clinics across Providence's seven-state footprint.

Additionally, our 48 community partnerships, which include seven school-based initiatives, are extending meaningful support beyond our walls.

Ultimately, this progress affirms that mental health is a strategic imperative for Providence, grounded in our Mission to serve the poor and vulnerable, and will help ensure everyone has access to compassionate, high-quality care.

Ali Santore

Chief Communication & External Affairs Officer, Providence



Q: Why is prioritizing mental health a strategic imperative for Providence and core to fulfilling our Mission in the communities we serve?

Supporting mental health is essential to Providence's vision of health for a better world. Many individuals, especially those at highest risk, experience barriers that prevent them from receiving timely, high-quality mental health care. Prioritizing mental health allows us to reduce those barriers and helps to ensure that people receive the compassionate, coordinated support they deserve.

Our advocacy priorities at the state and federal levels reflect this commitment. We are focused on expanding access to behavioral health care by:

- Growing and strengthening the behavioral health workforce to meet increasing demand for care.
- Expanding and securing sustainable funding for crisis stabilization units, ensuring communities have effective alternatives to emergency departments.

- Increasing access to behavioral health services for children and youth through school-based services, bringing care directly to where young people learn and grow.

Together, these efforts are creating a more accessible, equitable, and responsive mental health system for the communities we serve.

Q: What gives you the greatest optimism about Providence’s efforts to expand access to high-quality mental health care in the years ahead?

Our belief that mental health is inseparable from overall health guides everything we do. I’m optimistic because Providence is making meaningful, coordinated progress to remove longstanding barriers to accessing mental health care.

Across state and federal levels, public officials recognize that strengthening mental health is a shared priority, and I am encouraged by the growing bipartisan support for mental health policy. I’m also encouraged by the power of advocacy across our family of organizations. We’re empowering caregivers and communities to use their voices to influence mental health policy.

The momentum we’ve built, and the passion of our people, is what makes the future so hopeful.

Darryl A. Elmouchi, M.D.

Chief Operating Officer, Providence

Q: Why is prioritizing mental health a strategic imperative for Providence and core to fulfilling our Mission in the communities we serve?

As we advance our 2030 Strategic Direction and work toward being



the best place to give and receive care as we create a delivery model for the future, investing in sustainable mental health models is critical. Doing this will help ensure that everyone has access to the mental health care they need.

This commitment extends beyond our patients. It also includes supporting the mental health and well-being of Providence’s 125,000 caregivers, which is vital to revitalizing the practice of medicine and sustaining a thriving, resilient workforce.

Q: What gives you the greatest optimism about Providence’s efforts to expand access to high-quality mental health care in the years ahead?

I’m most optimistic because we are actively building the delivery model of the future – one that is designed to expand access, improve outcomes, and meet people’s mental health needs with compassion. The work already underway, combined with what we have planned, gives me tremendous confidence in our direction.

For example, we have established more than 40 sustainable partnerships with community organizations, broadening access to high-quality mental health and substance use disorder services beyond the walls of Providence ministries. These collaborations are reducing avoidable emergency department visits by ensuring people receive timely, appropriate levels of care before challenges escalate.

Together, these efforts reflect meaningful, long-term progress, and they are what make me so hopeful about the future of mental health care across our communities.

Continues



Joel Gilbertson

Chief Executive, Central Division

Q: Why is prioritizing mental health a strategic imperative for Providence and core to fulfilling our mission in the communities we serve?



Providence’s Mission calls on us to care for everyone, especially the poor and vulnerable. People in need of mental health services, particularly those experiencing a crisis, are among the most vulnerable in our society. It’s no secret that the availability of mental health care is lacking in many of our communities, which is why Providence is focusing in this area. For example, in our Montana service area, we’re integrating mental health screening and referrals into the primary care setting. With support from the Well Being Trust, to date we have helped over 2,000 patients receive care they likely wouldn’t have had access to otherwise.

Q: What gives you the greatest optimism about Providence’s efforts to expand access to high-quality mental health care in the years ahead?

There are many reasons to be hopeful about improving access to mental health care in the geographic areas I support, such as the upcoming completion of the inpatient Relational Health unit at Covenant Children’s Hospital in Lubbock, Texas. Thanks to a significant investment from Providence’s Well Being Trust, the unit will allow Covenant to care for young people who need inpatient mental health services instead of transferring them to facilities in distant parts of the state.

Susan Huang, M.D.

Chief Physician Executive, Providence;
Chief Executive, Providence Clinical Network

Q: Why is prioritizing mental health a strategic imperative for Providence and core to fulfilling our mission in the communities we serve?



Mental health is inseparable from whole-person health, and when we address it, we advance our mission to care for those who are most vulnerable. Prioritizing mental and behavioral health is both a moral and strategic imperative. Access, dignity, and outcomes across every clinical condition depend on it. By integrating mental health into the fabric of care, we honor the humanity of every person we serve and strengthen the health of our communities overall.

Q: What gives you the greatest optimism about Providence’s efforts to expand access to high-quality mental health care in the years ahead?

I’m most optimistic about the way Providence is redesigning care to meet people where they are, through integration with primary care, technology-enabled access, and a deep commitment to caregiver well-being. We are moving beyond episodic care toward sustainable, community-based models that expand reach while maintaining quality and compassion. That combination of innovation, clinical leadership, and mission gives me confidence in our path forward.

2025 Impact Stories





Enhancing clinician well-being through trusted peer support

A growing network of peer supporters offer physicians and APPs confidential support when they need it most

For clinicians, the emotional impact of a difficult case, an unexpected outcome, or a challenging patient interaction can linger long after a shift. These moments are common, yet too often faced alone.

Providence's Physician and Advanced Practice Provider (APP) Peer-to-Peer (P2P) Support Program was designed to change that. Volunteer physician and APP peer supporters provide a confidential, compassionate space for colleagues to process difficult patient events, adverse outcomes, and other challenges with someone who speaks their language and understands their experience.

A trusted support network clinicians can rely on

Since launching systemwide in 2025, the P2P program has quickly become a highly valued resource for clinicians. Feedback highlights its impact:

- 100% would use peer support again.
- 100% would recommend it to a colleague.
- 100% found the support helpful.

One participant shared, "I was surprised that a busy physician actually responded to my request for support in less than 24 hours. The supporter was personable, compassionate and kind."

Why peer support remains essential

National data shows a significant need for peer support. High job-related stress among U.S. physicians declined to 45 percent in 2025, but that percentage is still much too high. Peer support is now recognized by the American Medical Association's Joy in Medicine® Health System Recognition Program as a key component of clinician well-being.

Dr. Ben Ware, peer supporter and hospice and palliative care physician at Providence Portland Medical Center shared, "Serving as a peer supporter allows me to offer colleagues a compassionate, understanding presence. It's really about providing emotional support and helping clinicians process challenging experiences."

Dr. Ware also oversees and directs the P2P Support Program at Providence Portland Medical Center.

Looking ahead

Providence is committed to expanding its P2P program as demand grows. Dr. Ware hopes more clinicians will train as peer supporters, helping build a sustainable, compassionate community where no clinician must navigate emotional challenges alone.



"Serving as a peer supporter allows me to offer colleagues a compassionate, understanding presence. It's really about providing emotional support and helping clinicians process challenging experiences."

— **Ben Ware, M.D.**, peer supporter and hospice and palliative care physician at Providence Portland Medical Center



Comprehensive caregiver support

New suicide prevention training and multilingual mental health resources

In 2025, Providence strengthened its commitment to caregiver well-being by expanding suicide prevention training across the system. These new offerings give caregivers practical, evidence-informed skills to recognize and respond to emotional distress in colleagues, family members, and community members.

At the center of this work is Emotional CPR.



ECPR skills lab — Most people know CPR for cardiac distress, but Emotionally Connect, Partner, and Respond (ECPR) focuses on emotional distress. ECPR is a suicide prevention approach that helps caregivers support peers, family members, or community members facing mental health challenges. A new interactive online module launched in 2025 provides caregivers realistic, scenario-based conversations that mirror situations they may encounter. With innovative learning design and technology, caregivers can practice supportive dialogue, apply ECPR principles, and build confidence in responding to mental health concerns.

ECPR AI Conversation Coach —

This new AI-enabled tool offers a flexible, personalized practice environment. Caregivers can choose from real-world scenarios and select different emotional mindsets for the virtual conversation partner. The experience strengthens listening skills, empathy, and the ability to support someone who may be struggling.



Well-being resources in multiple languages —

Providence broadened access to mental health resources on Choose Well, the online platform that supports caregivers throughout their well-being journey.

In addition to mental health content and resources being available in English, the content is now available in several other languages including Chinese, Filipino, Russian, Spanish, and Vietnamese. These additions help caregivers and their families find information in the language that feels most accessible to them, reducing barriers and supporting more equitable access to well-being resources.



Together, these enhancements reflect Providence's commitment to fostering a culture of compassion, safety, and emotional resilience for every caregiver.

Providence caregivers can access these resources at <https://www.mychoosewell.org/>.



TeleSpiritual Health

In 2025, Providence’s TeleSpiritual Health program continued to expand its reach and deepen its impact, providing Providence caregivers and patients with timely access to compassionate, personalized spiritual support. Professionally trained chaplains provide confidential, respectful care designed to meet each person’s unique spiritual needs, whether grounded in a particular faith tradition or in a more personal, non-religious search for meaning and connection.

Providence TeleSpiritual Health continues to expand access to spiritual care visits for outpatients in Oregon and Washington and will begin visits to patients in California in early 2026.

“I felt very heard by the chaplain and really appreciated her questions and kind words which always came after she let me process things and get everything out. It was very helpful.”

— Comment from Providence caregiver after a TeleSpiritual Health visit

IMPACT



14,700 visits

to the TeleSpiritual Health SharePoint site, offering caregivers on-demand access to resources, appointment links, and guidance.



81 percent

of patients reported reduced spiritual distress after connecting with a chaplain.



Learn more about Providence’s TeleSpiritual Health program.



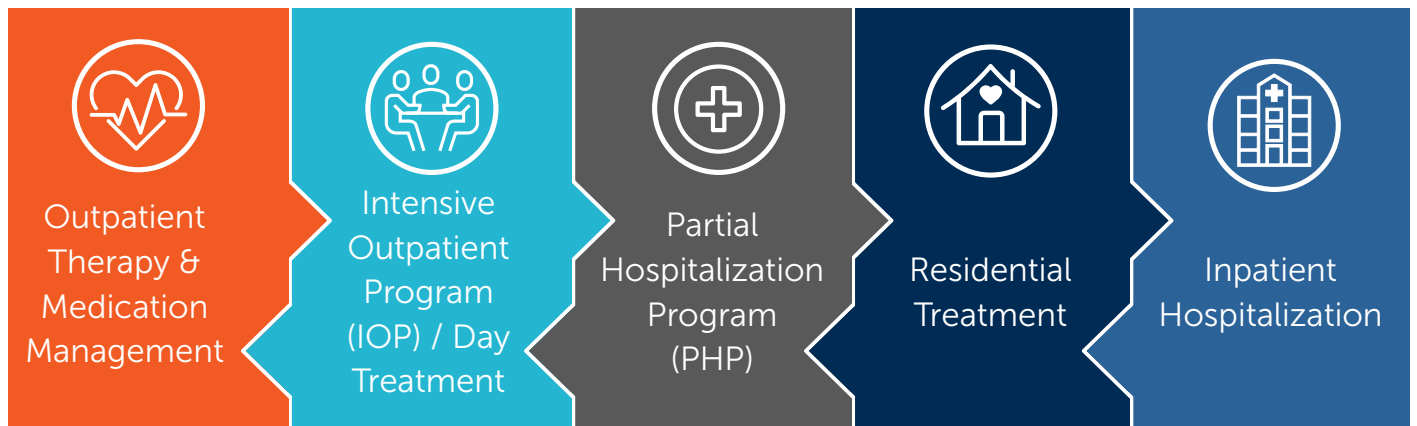
New and expanded mental health programs and services

Providence continued to expand access to mental health care in 2025, opening new and enhancing existing services that support patients across the full continuum of care. From expanded outpatient therapy programs offering both partial hospitalization and intensive outpatient options to new therapeutic environments such as an outdoor terrace designed to promote calm, connection, and healing, these programs and services help ensure patients can receive the right level of support when they need it.

These advancements reflect Providence’s ongoing commitment to meeting rising mental health needs with compassionate, accessible care at multiple acuity levels.



Mental Health Levels of Care



The features that follow spotlight several areas of progress throughout 2025.



Expanding access to youth mental health care across Alaska

The 2023 Youth Risk Behavior Survey found that 43 percent of Alaskan high school students reported persistent sadness or hopelessness, and 19 percent attempted suicide in the past year – more than double the rate a decade earlier. These trends underscore the urgent need for coordinated pediatric mental health services in Alaska.

In 2025, the Providence Adolescent and Child Center (PACC) opened. This newly renovated space is dedicated solely to pediatric and young adult patient care. All outpatient mental health services for youth are now offered in one location and include the PACC, the Child and Adolescent Behavioral Health Outpatient Clinic, and the Child Development Clinic for early autism assessments.



“We launched the PACC to ensure additional access and to create a space that is truly child and adolescent friendly,” said Tara Lovin-Curry, director, clinic operations, Providence Medical Group – Alaska. “The remodeled environment provides a welcoming, developmentally aligned setting for patients and families.”



Child and adolescent mental health services include:

- Individual, group, and family therapy;
- Psychiatric medication management;
- Neuropsychological services.

Clinic teams use a collaborative model to address patient and family needs and coordinate care for additional mental health support.

As mental health challenges continue to rise among Alaska’s youth, investments like PACC strengthen early intervention, improve care coordination, and expand access to vital services giving more young Alaskans the opportunity to thrive.

Providence’s Well Being Trust is honored to support the PACC renovations and help expand access to much-needed care for children and adolescents.

“I went to get help for my son as I did not know what was going on with him or understand how to help. The providers in the clinic really listened to my concerns and were supportive through every appointment. I am so glad to have access to these services.”

— Comment from parent whose son received care at the PACC



Expanding access to lifesaving opioid use disorder treatment in the ED

Providence Portland Medical Center strengthens timely, evidence-based care for patients in crisis

Oregon saw a 22 percent drop in overdose deaths from December 2023 to December 2024, yet the 1,480 lives lost that year remain well above pre-pandemic levels. The state continues to face a complex substance use crisis, underscoring the need for coordinated prevention, treatment, and recovery efforts.

To address this urgent need, Providence Portland Medical Center partnered with HealthShare of Oregon in 2025 to expand access to medication for opioid use disorder (MOUD) in emergency departments. Enhanced emergency department provider education and clearer treatment pathways now better equip clinicians to initiate timely, evidence-based care during critical moments.

“This effort is advancing Providence’s commitment to addressing the addiction crisis with urgency and hope,” said Kristin Powers, MSW, senior director of behavioral health, Providence Portland Medical Center.

Powers also highlighted the success of Providence Portland’s Intensive Outpatient Program (IOP) for substance use disorder. Launched in 2024, the IOP offers adults access to a prescriber, individual and family therapy, and 9 to 19 hours of weekly group treatment.

“The IOP strengthens our continuum of care by allowing patients to step up or down between services,” Powers said.

She added that maintaining in-person options remain essential because they help reduce isolation and support meaningful peer connection.



A patient's recovery journey

After hospitalization for alcohol withdrawal and co-occurring conditions, a patient joined the Intensive Outpatient Program and rediscovered their interest in outdoor activities, improved their health, returned to work, and was able to achieve 10 months of sobriety upon completing the program.

“Our state faces some of the nation’s highest rates of substance use disorders and ranks 46th for adults needing but not receiving treatment. By expanding access to medication for opioid use disorders, we are helping to ensure that patients receive prompt, compassionate care and are connected to ongoing support.”

**— Kristin Powers, MSW,
senior director of behavioral health,
Providence Portland Medical Center**



Outdoor terrace creates calm, connection, and healing for patients receiving mental health care

Providence St. Patrick Hospital in Missoula, Montana, is deepening its commitment to whole-person behavioral health care with a new outdoor terrace, designed for both adolescent and adult patients receiving mental health treatment in an inpatient setting. The serene space creates a calming environment where patients can experience the restorative benefits of nature as part of their therapeutic journey.

The terrace offers patients a peaceful retreat with access to scenic views and allows them to step out of a clinical setting and reconnect with themselves in a quiet, grounding atmosphere that promotes overall well-being.

The terrace is more than an architectural addition, it is a meaningful extension of the hospital's dedication to creating environments where patients can find hope, strength, and renewed well-being.

"Our new outdoor terrace will significantly enhance the patient experience, especially here in Montana where so many people are drawn to the outdoors," said Kate Wiltfong, LCSW, manager, behavioral health, Providence St. Patrick Hospital.

"Nature's calming presence supports relaxation and well-being and offers a welcome break from indoor routines. This space will encourage mindfulness, connection, and social interaction, helping to support whole-person healing," she added.

The terrace was made possible through the generosity of a private donor whose support reflects the community's shared commitment to mental well-being.

"Our new outdoor terrace will significantly enhance the patient experience especially here in Montana, where so many people are drawn to the outdoors."

— Kate Wiltfong, LCSW, manager, behavioral health, Providence St. Patrick Hospital





Expanding behavioral health access in Snohomish County, Washington

New outpatient facilities; expanded therapy programs ensure patients receive the right level of care at the right time

To meet rising mental health needs in Snohomish County, Washington, two new behavioral health outpatient facilities were opened in 2025.

Providence Everett Medical Center

- **A five-day-a-week partial hospitalization group therapy program** provides patients with an intensive level of care while allowing them to return home. This program complements Everett's existing inpatient behavioral health services and the behavioral health urgent care clinic at the Colby Campus.
- **A three-day-a-week intensive outpatient group therapy program** gives patients a flexible, step-down option that supports recovery and ongoing stability.

"Together, these two programs ensure that patients have access to the right level of care at the right time, reducing barriers and helping them stabilize, heal, and regain confidence in managing their mental health," said Gretchen Clark Bower, MSW, senior director, behavioral health, Providence Swedish North Puget Sound.

Providence's Well Being Trust is honored to support this initiative alongside other funders including Providence General Foundation,

individual donors and grant from Raynier Institute & Foundation, M.J. Murdock Charitable Trust, Waterman Medical Foundation and Norcliffe Foundation.

Providence Swedish Edmonds campus

In 2025, outpatient behavioral health services were consolidated in a new space at Providence Swedish Edmonds, creating a more convenient and accessible option for patients. The new space can now accommodate up to 30 patients at a time, compared to 12 in the old facility.

The new space at Edmonds offers a five-day-a-week partial hospitalization group therapy program as well as a new three-day-a-week intensive outpatient group therapy program. This project was made possible by philanthropic support from the Providence Swedish community.



"Together, these two programs ensure that patients have access to the right level of care at the right time, reducing barriers and helping them stabilize, heal, and regain confidence in managing their mental health."

— **Gretchen Clark Bower, MSW, senior director, behavioral health, Providence Swedish North Puget Sound**



Renewing hope for youth mental health across West Texas and eastern New Mexico

In 2025, the Covenant Children’s Relational Health Center marked a milestone worth celebrating — two years of expanding compassionate, comprehensive mental health support for young people and their families across West Texas and eastern New Mexico.



Since opening its doors in 2023, the center has provided care to more than 25,000 children and adolescents, delivering over 167,000 encounters across a full spectrum of services. From outpatient counseling and intensive outpatient therapy to partial hospitalization and telehealth, the center ensures that youth can access the right level of support when and where they need it.



Learn more about how this program is expanding access to mental health care.

IMPACT*



25,000

children and adolescents received mental health care



167,000

patient encounters

** Impact data represents care provided since the center’s opening in 2023.*



Virtual behavioral health care that reaches patients wherever they are

Across the country, more than 60 percent of people living in rural areas reside in communities designated as mental health provider shortage areas. Limited access often leads to delayed treatment and worsening conditions.

Providence TelePsychiatry is addressing this gap by delivering virtual inpatient and emergency department care to rural and underserved communities. Through on-call, virtual bedside access to board-certified psychiatrists and licensed clinical social workers, patients receive rapid evaluation and a timely start to treatment.

In 2025, the program achieved a two-minute median response time and supported 11,880 consultations ensuring patients receive prompt, effective care, and improved satisfaction.

Providence TelePsychiatry serves 41 hospitals across Alaska, California, Montana, Oregon, New Mexico and Washington, bringing essential mental health support to communities that need it most.

“Our goal is simple – ensure that no patient has to wait for mental health care because of where they live,” said Stacia Fisher, MSW, executive director, TelePsychiatry, Virtual Care & Digital Health.

“Through TelePsychiatry, we’re able to connect people with compassionate, expert support within minutes often at moments when timely care matters most.”



“Our goal is simple – ensure that no patient has to wait for mental health care because of where they live. Through TelePsychiatry, we’re able to connect people with compassionate, expert support within minutes often at moments when timely care matters most.”



– *Stacia Fisher, MSW, executive director, TelePsychiatry, Virtual Care & Digital Health*

[Learn more here.](#)

IMPACT



11,880

virtual behavioral health consultations



Two-minute

median response time



Advancing depression care: another year of meaningful progress

In 2025, Providence continued its steady, year-over-year progress in transforming depression care across its seven-state footprint. What began as a bold commitment to improve mental health outcomes is now delivering measurable change for the people and communities we serve.

This year, patients experienced an 85% improvement in response to depression

treatment – a milestone that represents far more than a statistic. It reflects individuals reclaiming hope, families finding renewed stability, and communities strengthened by care that treats the whole person.



Behind each improved outcome is a team of caregivers who listen deeply, respond with empathy, and deliver evidence-based treatment that meets patients where they are. Their dedication continues to shape a future where every person has access to the mental health support they deserve.



IMPACT



85%

improvement in patients' response to depression treatment

Learn more here [Expanding access to mental health care: an increased commitment to action fueled by a renewed sense of hope — Well Being Trust.](#)



Expanding access, inspiring hope

2,750 virtual mental health therapy visits connect students to care

In partnership with Providence, Work2BeWell, and Sounders FC, Providence's Well Being Trust helped expand access to virtual mental health services for all 15,000 students in the Renton School District.

During the 2024–25 school year, students participated in 2,750 virtual therapy sessions, giving young people timely, confidential support when they needed it most.

Additional outcomes include:

- **85 percent of RSD schools** used virtual health services in 2025.
- A **10 percent year-over-year increase** in the number of students referred for support.

This partnership reflects Providence's commitment to meeting young people where they are with accessible, stigma-free mental health care and support.



"I have had numerous parents express their appreciation for various aspects of Hazel Health: improved mental health, engaged, child-friendly, strong connection with counselor, and more. I have been pleased with Hazel Health's clear communication, quick scheduling, and the way counselors relate well with young children."

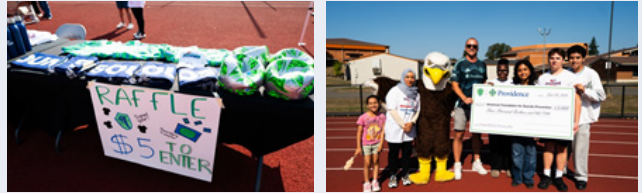
— Renton School District teacher commenting on the benefits of virtual mental health therapy



Students organize suicide prevention awareness walk raising more than \$3,500 for mental health initiatives

The Lindbergh High School community in Renton, Washington, came together for the 3rd Annual Suicide Prevention Awareness Walk, an event aimed at raising awareness and support for mental health.

Hosted by the student-led Lindbergh Mental Health Club with support from Work2BeWell, Providence, and Sounders FC, \$3,589 was raised as the community rallied together in September in observance of Suicide Prevention Awareness



Month. The funds were donated to the American Foundation for Suicide Prevention.

This is the third year the Renton School District students have organized this walk.



The funds were donated to the American Foundation for Suicide Prevention.



Community Partnerships

Providence's Well Being Trust is advancing mental health and well-being by partnering with more than 40 community organizations that expand sustainable access to quality mental health and substance use disorder care. Working closely with Providence Community Investment teams and behavioral health leaders, we identify partners best positioned to fill critical gaps in the care continuum. Through targeted grant funding, we strengthen these organizations' capacity to develop lasting, community-driven solutions that improve mental health outcomes and contribute to healthier, more resilient communities.

The features that follow highlight several community partnerships.

Gailen and Cathy Reeves Center for Community Empowerment

Serving individuals throughout South Los Angeles

The Gailen and Cathy Reeves Center (GCRC) for Community Empowerment's Mental Health Wellness Program offers a holistic, culturally responsive approach to enhancing emotional well-being among residents of South Los Angeles. Designed for communities disproportionately affected by trauma, economic stress, and limited access to care, the program integrates education, direct services, and community-based healing practices. Through targeted outreach and mental health education, GCRC reduces stigma, increases awareness, and connects residents to services.

GCRC collaborates with local nonprofits, health providers, schools, and faith institutions to ensure coordinated care and maximize resources. Crisis response protocols, developed in collaboration with the Los Angeles County Department of Mental Health, help ensure that residents can access 24/7 support and immediate intervention when needed.



"Our partnership with The Gailen and Cathy Reeves Center (GCRC) strengthens the health and well-being of individuals across South Los Angeles by expanding access to culturally responsive, community-based mental health services for those most impacted by structural inequities. Partnering with trusted organizations like the Gailen Cathy Reeves Center is essential to Providence's mission, as it allows us to meet people where they are and reduce barriers to timely, compassionate mental health care."

— **Kenya Beckmann**, chief philanthropy and health equity officer, Providence South Division



The Gailen and Cathy Reeves Center
For Community Empowerment



Rose Haven's Mental Health & Advocacy Program

Serving individuals throughout Portland, Oregon

Rose Haven's Advocacy and Mental Health Program fosters belonging, coping skills, and accountability through a restorative justice model. This program focuses on developing tools for guests to learn how to manage conflict, address harm, and develop life skills that support long-term success in and outside of its shelter that serves women, children and gender non-conforming individuals experiencing the trauma of abuse, loss of housing and other disruptive life challenges.

Through the program, Rose Haven is utilizing mental health advocates to lead intake, exclusion, and re-entry conversations with the goal to reduce the number of incidents that lead to exclusions and ensure guests' long-term success within its shelter. The organization is committed to respect, forgiveness, and growth.

"Through financial support of Rose Haven's Advocacy and Mental Health Program, Providence expands access to timely, trauma-informed support that offers individuals the appropriate level of care while helping them foster belonging, manage conflict, and build life skills. Investing in trusted community-based organizations like Rose Haven allows Providence to support efforts that promote long-term health with the goal of achieving more equitable health outcomes for individuals and our community."

— **Sonya Kauffman Smith**, manager, community health, Oregon, Central Division



"At Rose Haven, our Community Care team assists women and others marginalized by their gender who are experiencing the trauma of poverty, homelessness, and violence in finding an increased sense of safety, support, and connection. Funding from Providence's Well Being Trust has enabled us to deepen our work through the application of restorative justice frameworks in considering responses to conflict that emphasize accountability over disconnection from our community. As a result, Rose Haven's guests are more able to receive consistent, responsive support that meets them where they are."

— **Elizabeth McKeever**, MSW, advocacy director, Rose Haven



ROSE HAVEN



The Center for Human Services

Serving individuals throughout Snohomish County, Washington

The Center for Human Services (CHS) partners with three Snohomish County school districts to place therapists in the schools and provide counseling and support for youth while at school.

CHS serves 47 elementary, middle and high schools in the Edmonds, Mukilteo, and Everett School Districts. CHS collaborates with school staff and provides assessments, individual/family/group therapy, and case management services. School-based mental health counseling and interventions focus on mental health promotion and the well-being of a diversity of students. School-based therapists help clients examine depression, anxiety, relationship conflicts, LGBTQ+ issues, self-image, stress, suicide, and other concerns.



“Our partnership with the Center for Human Services expands access to school-based behavioral health care in Snohomish County Schools. By delivering mental health services directly in schools, this collaboration reaches vulnerable youth who might otherwise face significant barriers to care. It advances Providence’s commitment to mental health by closing critical gaps in access and strengthening the well-being of our communities.”

**— Anne Alkema, program manager,
community health investment,
North Puget Sound, Washington**



Center for Human Services

Building a stronger community...one family at a time



“CHS is honored to receive funding from Providence’s Well Being Trust to help support our school-based mental health program which is designed to provide low barrier access for students who most likely would not be able to receive therapy if it were not offered at school. Students who participated in our program have significantly improved their well-being, life skills, sense of safety, relationships, and academic achievement while reducing behavioral issues, suspensions, and suicide attempts.”

— Beratta Gomillion, executive director, Center for Human Services

Executive Governing Board

Erik Wexler

President & CEO, Providence; Board Chair,
Providence's Well Being Trust

Ali Santore

Chief Communication and External Affairs
Officer, Providence

Darryl Elmouchi, M.D.

Chief Operating Officer, Providence

Joel Gilbertson

Chief Executive,
Central Division, Providence

Susan Huang, M.D.

Chief Physician Executive;
Chief Executive, Providence
Clinical Network

Our Team

Arpan Waghray, M.D.

CEO, Providence's
Well Being Trust

Danica Boyle, MPH

Senior Project Manager

Skyler Brady

Senior Project Manager

Ryan Dix, Psy.D.

Clinical Director

Roger Dowdy, LICSW

Chief Operating Officer

Jennifer Graves

Director, Grants and Finance

Julie McComish, MBA

Director, Mental Health Strategy

Amy Shields, M.A.

Director, Communications

Jamie Smith

Senior Executive Assistant





wellbeingtrust.org



@Well Being Trust

