



eliminating racism
empowering women

ywca

Seattle | King | Snohomish

YWCA Health and Safety

YWCA Seattle | King | Snohomish works to reduce race and gender disparities, and institutional barriers that drive inequities in accessing healthcare. YWCA actively works to identify and eliminate barriers so that women and families can gain access to a quality healthcare, and a better quality of life.

Program Summary

In 2020, YWCA helped more than 1,300 people gain access to much needed health care services. By using an individualized approach, participants' needs are identified and met. These needs include health education, substance use disorder treatment, wellness coaching, peer support, care coordination, health insurance enrollment, medical care navigation, and domestic violence support services.

YWCA is on a mission to connect low-income women and men to accessible health care resources.

CHALLENGES IN OUR COMMUNITY

- More Latino and low-income Americans reported **difficulty getting the care they needed** (35%) than White Americans (25%) or high-income earners (15%)
- Black women are disproportionately affected by HIV compared to women of other ethnic groups. **Nearly 2/3 of women newly diagnosed with HIV in the US are African American** and in Washington, the rate of new HIV diagnoses is 25 times higher for Black women than for White women
- Where you live has a big impact on life expectancy. In racially diverse South King County, women on **average live ten years less than** women in East King County

ABOUT US

YWCA is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. For over 127 years, YWCA Seattle | King | Snohomish has been committed to breaking down barriers to opportunity for women and girls in the region. We are advocates for equity and operate a network of community-based programs from Everett to Auburn, delivering culturally-relevant services in the most critical areas of people's lives, such as housing, health, safety, employment, and economic advancement.

Programs

Gender-Based Violence Support Services: YWCA utilizes a survivor-centered model to help women and families gain access to advocates and resources. Our current program offerings are:

- Survivors FIRST
- Commercial Sexual Exploitation Services
- Sexual Assault Services
- Children's Domestic Violence Services
- Domestic Violence Services

Health Access and Education: Our Health Care Access program is designed to center the most vulnerable in our community. YWCA provides participants with education and support as they navigate systems of care. Advocates are trained to help participants overcome barriers by assisting with clinical care coordination, health insurance enrollment, and providing basic health care.

Babes Network: This powerful program is the only one of its kind in the PNW and is a sisterhood of women facing HIV together. BABES serves the unique needs of women living with HIV through peer support. Services include:

- One-on-one peer counseling
- Non-medical case management
- Support groups
- Educational forums
- Advocacy

Participant Outcomes

- Nearly **900** adults received support and advocacy related to domestic violence.
- **93%** of people who were in YWCA domestic violence programs and requested housing assistance moved into more stable housing.
- Over 40 children and their family members received **specialized, age-appropriate support** to help them overcome the effects of domestic violence.

