

There are **no problem kids**, just kids that happen to have problems

When you are a young person grappling with addiction or emotional issues, life can start to seem hopeless. One problem leads to another and suddenly there appears to be no way out of a deep and dark hole. Parents, teachers and friends don't understand you, and you don't understand yourself.

When you are a parent of a struggling child, you want to do whatever you can to help your child succeed and to live the best possible life. How do you do this when talking to your son or daughter is difficult and you don't know where to turn for help?

Help and hope are here.

Since 2006, Therapeutic Health Services has been providing a wide range of culturally sensitive treatment, counseling, outreach and case management programs serving at-risk, low-income children, youth, young adults and their families. In 2010 THS expanded its ability to serve outside of the central core of Seattle when it opened Youth and Family branches in Everett and Kent. Building on 40 years of experience providing chemical dependency and mental health treatment to adults in the richly diverse Puget Sound area, THS has expertise working with minority youth. Our unique "wraparound" approach engages everyone in a young person's life: parents, teachers, friends who help build a network of support that encourages success.

THS partners with city, state and county governments, as well as schools and other social service agencies to provide a unique set of programs addressing the often complicated problems and issues that young people and their families face.

Our combination of best practice, evidence-based treatment and a caring and skilled staff create positive outcomes that translate to healthier youth, healthier families and healthier communities.



9 in 10 people who are addicted begin to drink or use drugs before the age of 18

DRUG & ALCOHOL TREATMENT

Drug/Alcohol Assessments:

What is the level of involvement with drugs or alcohol? Each young person goes through a comprehensive structured clinical interview. It guides THS staff in recommending the type of treatment best suited to the youth's recovery needs and creates a pathway of referral to other THS programs and services.

Outpatient Treatment

Our goal is to stop the problem before it gets worse, empower young people to make better choices in the present and build healthier futures without the negative impacts of drugs and alcohol. Intensive treatment and outpatient support can include individual, group and family counseling, outreach, case management and referral services.

Drug/Alcohol Education

Regularly scheduled classes focus on intervention with youth experiencing misuse and the initial problems associated with alcohol or other drugs.

Nationally, **12% of high school students** have a diagnosed substance abuse disorder

Suicide is the **second leading cause of death** in youth between the ages of 15 and 24 in Washington State

COUNSELING

Our staff provide culturally sensitive individual, family and group counseling. THS also offers support groups, social skills classes, advocacy, referral, and case management services. Our summer youth program engages youth in a variety of pro-social activities during the months when school is out. Counseling happens at THS offices, school, home and/or other alternative community settings. Typical issues addressed include:

- School related problems
- Anxiety/depression
- Foster care & adoption
- Social & coping skills
- Sexual/physical abuse
- Trauma-related
- Grief & loss
- Gang involvement
- Sexual orientation
- Legal issues

Nearly **46% of youth** between the ages of 13 and 18 have or will have a depression or anxiety disorder. **Only 30%** of these young people will seek or use mental health treatment

Become **your best self** with
the best people by your side

Our dedicated, caring and highly-skilled staff include licensed mental health and chemical dependency professionals, case managers, nurses, physicians and psychiatrists. Working with them individually or as part of a group, a young person can count on each one to be a part of the team helping them on the road to wellness.

It takes **courage** to put a life
back on the right track

Helping a young person reclaim their life can be difficult. Taking the first steps towards recovery can create other problems – financial burdens that could affect your family. THS understands and we are ready to help.

As a fully licensed, nonprofit healthcare service provider, most THS services are eligible for coverage by private and government insurance plans. If you are uninsured, we offer income-sensitive sliding fee scales. We also work closely with government agencies that offer subsidized care for low-income residents.



Our mission is to rehabilitate individuals and heal families affected by alcohol dependence, drug dependence, and/or mental illness.

YOUTH & FAMILY BRANCHES SEATTLE

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EVERETT

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THS is a United Way of King County member agency, and is accredited by CARF (Commission on Accreditation of Rehabilitation Facilities). Chemical dependency and mental health services are offered at all nine of our locations; programs and services tailored to youth are offered at three of our branches. Every branch is licensed by the State of Washington Department of Social and Health Services.

THS provides services regardless of special needs or disabilities. All branch clinics are located at ground level with no stairs or barriers.



THERAPEUTIC HEALTH SERVICES

To learn more about Therapeutic Health Services, please visit www.ths-wa.org

YOUTH SERVICES

PROBLEMS STACKING UP?

ALCOHOL
ANGER
BULLYING
DEPRESSION
DRUGS
FAMILY
FRIENDS
HOME
RELATIONSHIPS
SCHOOL
STRESS
VIOLENCE

We can help.

