

**HELP OUR YOUTH GAIN A SENSE OF HOPE & SELF-WORTH!**

The summer months can be especially difficult for many of our youth to avoid harmful, anti-social involvement. THS's commitment to help at-risk, inner-city youth gain a sense of hope and self-worth doesn't just happen during the school year.

THS's Summer Youth Program engages our kids in supervised activities and day-trips designed to capture their imaginations and expand their interests in positive directions in the arts, sports or the environment.

Three times a week throughout the summer, we bring kids together around pro-social and fun activities where they form the important life skills of cooperation and team-building in a structured, positive environment.

**Kids stay out of trouble and become aware that there are no limits to their hopes and dreams.**



Participants in THS's youth summer program



*"I liked all the adventures we went on. I learned new things and I got to make a lot of friends."*

-THS Summer Youth Program participant

We need your help to make this happen. Please go to [www.ths-wa.org](http://www.ths-wa.org) and click "Donate" to help THS provide healthy alternatives for our youth.



Editor: Rehana Lanewala

# ths moving forward

SPRING 2011



spring ahead...

Helping people regain their health and future

Promoting Early Relationships program!

Thank you to the David McKinlay Trust for its \$5,000 grant to the

**DAVID MCKINLAY TRUST GRANT**

The Annual Alvirita Little Award Luncheon will be held on Thursday, September 22nd at the Grand Hyatt Hotel in downtown Seattle. For more information or to sign up as a table captain, sponsor or volunteer, please contact Rehana Lanewala at rehana@ths-wa.org or (206) 323-0930 ext. 278.

**SAVE THE DATE**

*Return service requested.*

[www.ths-wa.org](http://www.ths-wa.org)

Seattle, WA 98101

116 Summit Avenue

THE THERAPEUTIC HEALTH SERVICES



NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
SEATTLE, WA  
PERMIT NO. 1678

## NOTE FROM THE EXECUTIVE DIRECTOR

Norman O. Johnson



The recession has affected all of us. As a result, local and state governments have been forced to make difficult decisions about how to balance their budgets. For many states, the unfortunate economic circumstances have meant drastic cuts in social services, despite a growing need for those services.

In Washington State, last fall we saw nearly \$19 million in cuts to community treatment programs. There are additional proposed state cuts of \$17.4 million over the next two years. The King County mental health system will see an estimated cut of \$5.22 million for the next 2 years.

According to a November estimate from the King County Department of Community and Human Services (DCHS), the state budget cuts mean that **over 2,000 youth and adults with severe mental illness will no longer have access to mental health services.**

According to DCHS, among the services that will be cut are treatments for:

- More than 1,400 people with severe mental illness who need community-based treatment in order to prevent hospitalizations or jail time
- More than 200 low-income families who are struggling with a child's mental illness
- Over 200 people in jails who need evaluation for treatment and community services. When these people leave jail, they will lose access to mental health and substance abuse treatment.

What does this mean for our community? Regardless of who you are or where you live, everyone is affected when a member of our community suffers from substance abuse and/or mental illness. From lost productivity for businesses, to the cost of hospital emergency rooms, law enforcement, courts and incarceration, to unstable schools, to the care and safety of one's family, these undiagnosed and untreated illnesses place an enormous burden on our communities, economically and socially.

Do we give up or cut back on services? Quite the contrary; instead we forge ahead and work together to ensure that the needy in our community receive the critical services and programs that they require to get well. **THS is committed to providing needed treatment to individuals and families fighting to recover from substance abuse and/or mental illness, regardless of their ability to pay.** You can count on THS to support our community's families in need, as we have throughout our 39 years.

We all have a role to play to make our neighborhoods safer, healthier places to live. Now more than ever, we need your support. How we respond to this challenge will determine the well-being and success of our community. Working together, we will find our way through the present challenges by doing what we do best- transforming lives to overcome chemical dependency and mental illness.

**We want your feedback!** Please write to [info@ths-wa.org](mailto:info@ths-wa.org) with any questions, comments or suggestions.

*"I am thankful for all the help that I have and am getting in my 11 months of sobriety. I am very thankful to be alive."*

-Current THS client

## BOARD PROFILE

Earl Richardson

Earl joined the THS board in 1995 and is a former Board President. He received his M.A. in Urban Planning from the University of Washington in 1975, and in the years since has worked on housing, housing support and other community service projects. He held a variety of positions at the City of Seattle, including Director of the Department of Housing & Human Services. He has been the Executive Director of South East Effective Development (SEED) since 1995 and is active on a number of community boards.

Earl was drawn to serve on the Board of Directors because he had been around THS for many years and had collaborated with THS staff on a number of issues. He says that "getting involved with what I consider to be the # 1 drug, alcohol and mental illness treatment program in the state was very attractive." He was also interested in working with THS because THS provides the full spectrum of cutting-edge programs that are not limited to just adults but also include youth services.

During his next year of service on the THS board, Earl plans to work to continue the success of existing THS programs. He believes that the main issue facing THS will be in dealing with the economy and the state and county budget cuts. Earl says that **"THS does really great work with its programs and services"** and his goals for the future are **"to maintain the excellent quality of service despite the economic climate"** and to strengthen THS's ability to support those programs through fundraising.



Earl Richardson  
Board member  
since 1995.

## PREGNANCY AND METHADONE

THS's Pregnancy and Family Program (established in 1975) offered the first pre- and post-natal care program in Washington State for chemically-dependent women. THS was also the first treatment facility in Washington to offer methadone treatment for pregnant women. Methadone reduces withdrawal symptoms in people addicted to heroin or other narcotic drugs without causing the "high" associated with the drug addiction.

Pregnant women have been successfully treated at THS for more than 40 years. Methadone is considered the treatment of choice for opioid- addicted women who become pregnant. The risks to the mother and fetus due to methadone are few fewer than the health risks associated with continued street drug use and the lifestyle risks such as contracting HIV, Hepatitis C or involvement in illegal activity. Methadone treatment allows pregnant women to get medical care, change their lifestyle, start recovery and get other social services such as housing, nutrition counseling and WIC.

When drug-addicted pregnant women stop using opiates suddenly, the withdrawal can cause serious complications including miscarriage or premature labor. Premature babies have an increased risk for serious health problems, and even death.

Methadone has not been shown to directly cause birth defects, and the American Academy of Pediatrics has concluded that it is safe for mothers to breastfeed while taking methadone. However, babies may experience some side effects from methadone. The most common are slightly lower birth weight and withdrawal symptoms. Studies have shown that methadone does not cause any long-term problems in babies, but if a baby is born opiate-addicted, they will require treatment in a medical facility. As babies born dependent on methadone grow, they usually will fall in the normal range for size and development.

THS provides a full range of counseling, pregnancy classes and groups to pregnant women in our Pregnancy & Family Program. We require pregnant women to see a THS physician at least once per trimester and will coordinate additional care with their obstetrician. After the birth, we continue to provide services including parenting classes, relapse prevention and daycare.

**In 2010, 74 healthy babies were born to women in our Pregnancy & Family Program. One baby, now over a year old is thriving and was recently a model for an advertising campaign!**



## Board of Directors

### OFFICERS

Joseph B. Sidbury, *President*  
Harold G. Booker, *Vice President*  
Earl Richardson, *Treasurer*  
Donna Kimbrough, *Secretary*

### MEMBERS AT-LARGE

Tom Allison  
Carolyn Barge, M.Ed  
Tamera Brandt, CPA  
Barbara Cohen  
Kelby Fletcher  
Carolina Jurgensen  
Karen Shiveley  
Ethan Van Eck, MPH

Therapeutic Health Services is designated by the Internal Revenue Service as a 501(C)(3) nonprofit organization, EIN 91-0882971. All contributions are tax-deductible within the limit of the law.