

THE MASTERMIND'S BOY'S GROUP

This group was a collaborative effort between the Raising Our Youth As Leaders (ROYAL) Project, which is a program of the Society of Counsel Representing Accused Persons (SCRAP), and THS. The purpose of the group was to engage young men involved with our youth outpatient program on various topics including: undoing racism; the economy, capitalism, and me; boyhood vs. manhood; impulses, thoughts, and actions and dining etiquette.

During the groups, these young men were challenged and supported through a series of carefully facilitated discussions and activities designed to bring out their feelings, thoughts, and perspectives in a safe way. The event culminated with a field trip to K&G, getting new suits, and enjoying dinner at Monica's Village while learning about dining etiquette.

Thank you to the following people and organizations for their support of this project:

the Society of Counsel Representing Accused Persons, the staff of Raising Our Youth As Leaders, Seattle's Blazin BBQ, John Page, Larry Evans, Eugene Robinson, The King County Juvenile Drug Court Team, Megan Rohrback of K & G Stores – Southcenter, Monica's Village - Place I, Frankie Roe of Young Urban Authors and those who volunteered who wish to remain nameless.



ths Celebrating 40 Years

SPRING 2012



spring ahead...

Helping people regain their health and future

SAVE THE DATE: SATURDAY, OCTOBER 6, 2012

CELEBRATE

THERAPEUTIC HEALTH SERVICES 40TH ANNIVERSARY GALA



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2012 IS THERAPEUTIC HEALTH SERVICES' 40TH ANNIVERSARY YEAR.
Join us for a gala celebration on October 6 and watch this newsletter and www.ths-wa.org for anniversary year updates.

Return service requested.

THERAPEUTIC HEALTH SERVICES
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NOTE FROM THE EXECUTIVE DIRECTOR

Norman O. Johnson



THS Executive Director Norman O. Johnson with conference attendees, including Dr. Eric Tayag, Assistant Secretary of Health for the Philippines' Department of Health.

At the end of February and beginning of March, I was honored to speak at two events in the Philippines.

I was the keynote speaker at an event in Cebu City that was a joint initiative of the United Nations, The International HIV/AIDS Alliance, the Philippine NGO Support Program Inc., and the AIDS Society of the Philippines. THS's own Dr. Joy Ruiz-Molleston introduced me and commented: "Despite intervention activities on HIV/AIDS prevention since the mid 90s, results are still below targets due to conflicts in anti-drug laws in the country. Many are afraid to be called "low-life" and are afraid of being jailed if caught using prohibited drugs."

The Philippine government and medical community is seeing an enormous increase in H.I.V. infection rates and one of the key contributing factors to this trend is an increase in intravenous drug use.

While a large percentage of I.V. drug use in the Philippines involves methamphetamine, there is a growing realization that use of intravenous opiates is also climbing. While THS has the ability to combine drug replacement therapy (methadone) with wraparound counseling to produce positive changes in our program participants, methadone is illegal in the Philippines – even as a regulated substance to treat opioid addiction. Coincidentally, when I was in the Philippines, it was announced that the government is beginning to look at the possibility of using methadone to treat addiction.

I also had the privilege of speaking about drug and alcohol addiction to nearly 400 medical students at the University of Santo Tomas in Manila. Incredible as it may sound, the University has been in existence since 1611.

I would like to thank Ron Jackson, Executive Director at Evergreen Treatment Services for his invaluable assistance in helping me shape the information I delivered in both presentations.

In the next few weeks THS will host two interns from the University of Santo Tomas. These interns will shadow our doctors, clinicians and counselors with the goal of learning more about how we treat addiction with medication and counseling. When these two interns return to the Philippines, they will be well on their way to being the first addictionologists in their country.

I enjoyed sharing what information I could, as well as experiencing the incredible beauty and hospitality of the Philippines. These connections between our two countries are opportunities to work together to share solutions to solving a problem that has no borders: addiction.

"I can honestly say I am clean and sober and never looking back. My future is bright."

-Current THS client

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We want your feedback!
Please write to info@ths-wa.org with any questions, comments or suggestions.

BOARD PROFILE

Nina Zerbo

Each new Board member brings new energy and experience and Nina Zerbo is no exception. Nina has a strong science background, including a B.S. in Microbiology from the University of Miami where she conducted anti-malaria research.

While applying for doctoral programs in microbiology, she took what was intended to be a part-time, temporary job at an Apple Store. She eventually received a promotion to store manager and decided that Apple was a better fit for her than the monotony of the research lab. After several years at Apple, Nina was recruited by Microsoft to open the first Microsoft Store and was transferred to Seattle two years ago.

Serving on the board of THS appealed to Nina because her life-long best friend has spent the past 15 years on opiate substitution therapy. The clinic in Florida at which her friend receives treatment only provides methadone without any wraparound services, such as counseling, family support or vocational services. Nina says "I like that THS is not just trying to maintain [the clients'] lives but is also helping the family. It's a complete therapeutic solution." While on the board at THS, Nina hopes to work with our youth clients to develop a sense of philanthropy and volunteerism.

Nina enjoys exploring Seattle. She says "I love the sense of sustainability, culture and community here." In her free time, she enjoys geocaching, which is a combination of GPS and good old-fashioned hide-and-seek. She loves photography and photojournalism and is working on a documentary film on unconditional love. She's currently learning Spanish and is planning her travels to the most remote places in the world.



Nina Zerbo
Board member
since 2011.

CLIENT PROFILE

Oletha Herbert

Oletha moved to Seattle from Detroit. Unemployed, she struggled to get help from DSHS and the Division of Vocational Services. Although she has many professional certifications, including an Associates' Degree and a Phlebotomy Certification and she is a Licensed Practical Nurse (LPN), she was unable to find a job.

In 2009, the YWCA referred Oletha to THS. She walked to THS in the snow and found that the agency was closed due to the severe snowstorm, but a THS counselor saw her anyway. While at THS, she received counseling for her PTSD from her years in the Army and her abusive childhood. She also entered the Vocational Services Program at THS. Kristina, her Vocational Specialist helped Oletha look for a job, helped her write a resume, and gave her tips on how to present herself. Oletha says, "Kristina didn't back down or give up. She really encouraged me. And she treated me like a person."

She had been without a job for 9 months before Kristina helped her find a job at Ross Dress For Success. "Once I did get the job, Kristina was still there. She checks on my well-being." Because Oletha is ambitious and is constantly looking for ways to advance, Kristina is helping her develop a career plan. She wants to work in management and eventually find a job at a hospital in medical records or as a nutritionist. "I'm thankful to God. Even though this is not the job I want right now, I'm thankful to be working where I can use my skills of ambition, dedication, and motivation."

"I'm thankful I came to THS and that I have Kristina to be there for me."

VOCATIONAL SERVICES

THS is proud to offer vocational services to our participants. Our Vocational Services staff serve participants with mental disabilities who want to work but face a substantial barrier to finding and keeping a job. Our vocational specialists provide individualized employment services and counseling to participants, matching people's skills with employers' needs. The goal is to help our participants find jobs in the open labor market paying at least minimum wage and that are open to anyone, regardless of their disability status. Our vocational specialists network with employers, assist in resume writing, perform job searches, help improve job and interview skills, and provide on-the-job coaching. They also closely coordinate with other treatment providers (such as mental health counselors or drug and alcohol treatment providers) to build a comprehensive treatment program.

The Vocational Services Program benefits employers because they get motivated and skilled employees, they can receive tax credits, and they are recognized as a "Disability Friendly" business. According to a nationwide survey, 75% of employers said that the cost of hiring people with a disability was the same as hiring a person without a disability.

We help fill jobs in customer service, inventory, clerical jobs, cashiers, retail jobs, drivers, laborers/maintenance, landscapers, and food service. Once a job is found, employment specialists provide ongoing support, as needed.