Seattle recording artist, Grammy Award® winner and social advocate, Macklemore poses with performers and staff at the annual Juneteenth celebration held on June 18 at the Youth & Family - Seattle branch.
NOTE FROM THE C.E.O.
Norman O. Johnson

2014 has brought many exciting changes at Therapeutic Health Services. The Affordable Care Act and more specifically Washington Apple Care have allowed more Washington residents the opportunity to access health care insurance. This represents new opportunities of care for individuals and families who have been without essential behavioral health care as well as physical health care.

We anticipate that with expanded access to health care insurance we will experience a tremendous increase in the numbers of individuals requesting both mental health and substance use treatment services. THS is poised to address this community need. Statistics from 2012 published in the Washington State Behavioral Health Barometer noted that Medication Assisted Treatment (MAT) had increased by 8%, and a continued increase is anticipated given the epidemic of opioid substance use. In 2012, there was an 87% estimated unmet need for substance use treatment services among individuals 12 years and older. Improved health care insurance coverage will hopefully mitigate this latter statistic and bring more individuals into treatment.

We know that the coincidence of mental health disorders and substance use disorders is profound so anticipate that THS expertise in this area will take on greater importance in our community. To position THS for this reality, we have taken the lessons learned from our 4 years of work with ENCOMPASS and the University of Colorado at Denver (a Project in which THS completed the successful first national implementation of a new Evidence Based Practice and exceeded the outcomes of clinical trials). In May 2014 we opened the THS Integrated Cognitive Therapies Program (ICTP). The evolution of the ICTP, positions THS to provide Evidence Based Cognitive Therapies (in the context of Motivational Enhancement) to a wider age group and to address behavioral health concerns that go beyond Co-Occurring Disorders. We anticipate that broadening our target population beyond the original age limits of 13-25 years old and admitting individuals whose chief concern is a mood or anxiety disorder, will enhance access to expert Cognitive Therapy for those who may have insurance, but have not previously been eligible for our program.

As always, THS strives to find the most effective ways of assisting our clients and our community on their paths to health. We are enthusiastic as we view the changes in store and invite you to join us in supporting our efforts!

SAVE THE DATE:
2014 Alvirita Little Award Luncheon

Mark your calendars for the 2014 Alvirita Little Award Luncheon.

The luncheon will take place on Thursday, October 9, at the Westin Hotel in downtown Seattle. Registration begins at 11:30 a.m., with the program beginning promptly at noon.

Invitations will be sent out later this summer. If you would like to be a table captain, or if you would like to R.S.V.P. for the event, please contact Richard Luce at 206-323-0930, extension 278 or richardl@ths-wa.org.
**BOARD PROFILE**

Christopher Tolfree

With over 25 years experience in Mental Health with a primary focus on Community Mental Health, Mr. Tolfree is well familiar with the goal and mission of Therapeutic Health Services. Holding an MA in Clinical Psychology and his Masters in Non-Profit Leadership, Christopher has spent nearly 15 years at Seattle Counseling Services.

Early in his career, Christopher developed his specialty, working with those diagnosed with HIV/AIDS. Starting this work in 1987 with home hospice care, Christopher is incredibly thankful that his work has moved from hospice care to working alongside those living with HIV. Living by the motto of “For those who have been given much, much is expected in return” is something that Christopher takes very seriously, saying “I feel it’s my duty to give back to our community and was honored to be asked to join the THS Board as a means of giving back.” As a member of the board, Christopher

Mr. Tolfree’s belief in the mission and goal of THS is incredibly close to his heart, and truly sees the importance of the work done by THS and its impact on members of populations that have been marginalized by both popular culture and various communities.

**PRO-YOUTH HOMELESS PROGRAM**

Western Washington is a relatively affluent part of the country, so it’s easy to miss how prevalent youth homelessness is here. On any given night, about 1,000 youth and young adults are homeless. Understandably, youth who fall into homelessness are more likely to drop out of school, have problems with drugs and alcohol, become victims of crime, become a young parent, experience mental health problems, and attempt suicide. To address this serious issue, the City of Seattle Human Services Department created a network called PRO-Youth. As a member of this organization, the THS PRO-Youth Homeless Program helps homeless youth ages 15 to 22 in King County achieve safe, stable living situations and connects them with resources to meet their basic needs.

The PRO-Youth Homeless Program provides homeless youth with the necessary support, skills, and resources to transition into stable housing and eventually a permanent living situation. THS provides outreach, assessment, case management, resource connection, intervention, and counseling to youth on the street. We also help youth find more permanent housing, with the goal of moving them from unstable housing situations like couch surfing.

Our case managers reach out to homeless youth by hitting the streets, schools, skate parks, locations such as Downtown Seattle and the University District, homeless shelters, and bus stops. Our program also receives referrals from other youth-serving organizations, the criminal justice system, and the City of Seattle. Case managers like Malcolm and Robert work hard to connect participants with needed services such as housing, medical care (including mental health and drug/alcohol treatment), benefits, education, and employment. We help with resumes, job searches, interview preparation, and help clients get appropriate clothes for interviews. Once a client is placed in stable housing, we continue to work with them towards maintaining their housing and employment and help address any issues that arise as they work hard to change their lives.
As we first reported in our Spring 2012 Newsletter, Therapeutic Health Services has been working in conjunction with the University of Santo Tomas College of Medicine and Surgery in the Philippines towards continued international efforts of mental illness, addiction and co-occurring disorders.

Through this partnership, THS has been working with UST in the coordination and continued development of a four week rotational program focused on the topics of; Narcotic Dependence and Treatment, Drug Dependencies, Treatment and Pregnancy, Co-Occurring Disorders and Youth Treatment.

Working with our very own Dr. Joy Ruiz-Molleston, the program is focused on the placement of no more than 2 students at each branch, during the one month rotation. In doing this, the program retains its focus of increased hands-on treatment, program understanding and intensive training in nearly all aspects of the care models practiced at THS.

So as to gain a deeper understanding, we asked Dr. Ruiz-Molleston (also known among THS staff and clients as “Dr. Joy”) some questions about the program and how it is taking THS practices and tools and how the students are putting them into practice back home.

How many students have completed our UST Junior Residency?

**Dr. Joy:** We have had 10 students so far. We are expecting 2 this July, and another 2 in September.

What have students in the program honed on to practice after graduating from our program?

**Dr. Joy:** Dr. Andrew Mier is taking the Phillipine Board Exams, he is now interning at V. Luna Hospital, and plans to pioneer addiction medicine in the Philippines.

What practice or focus have students been seeing the most need for back home?

**Dr. Joy:** They want to learn more about methamphetamine addiction, which is the drug of choice in the Philippines.

They also realized that drugs and alcohol affect the whole body, and when examining a patient, they should start from the head down, going through each system affected.

What has been some of the main inspirations for students attending our program?

**Dr. Joy:** That patients should be treated as persons and as a whole, that patients need to be cared for with empathy. [Staff and Physicians] need to acts as role models, [so as to show] dedication to the work and missions of caring for drug addicts and alcoholics.

What, if any, are some of the more difficult cultural barriers in treatment administration in the Philippines?

**Dr. Joy:** Lack of resources, lack of funds, lack of available medications like methadone and buprenorphine, punitive nature of how drug addiction is treated [including incarceration].

Our most recent program graduates after receiving their diplomas at their graduation dinner celebration.

HEALING ACROSS THE PACIFIC
THS and The University of Santo Tomas College of Medicine and Surgery

They also realized that drugs and alcohol affect the whole body, and when examining a patient, they should start from the head down, going through each system affected.