The Board of Therapeutic Health Services is pleased to present this 2003 Annual Report. It chronicles the successes achieved by this agency as it continues to deliver much needed quality service to our chemically dependent and mentally ill neighbors and their families.

In 2004 Therapeutic Health Services will expand its geographic area of support into Snohomish County and continue its rich thirty-year history of service to under-represented segments of our community, and it has done so in a caring and fiscally responsible manner. We on the Board are extremely proud of the staff of this outstanding agency. We all know that by helping our neighbors deal with chemical dependency and mental illness, we simultaneously strengthen our community and lessen the costs which our community would otherwise incur in dealing with the problems created by chemical dependency and mental illness.

2003 THS Board of Directors
Mark Hough, President
Riddell Williams, P.S.
Donna Bucher-Hudson, Vice President
Community Volunteer
Seinando Cantor, CPA Treasurer
Community Volunteer
Joe Hansen, Secretary
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Earl Richardson, Past President
South East Effective Development (SEED)
Tom Allison
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Barbara Cohen
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Microsoft Corporation
Ann Ross
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Karen Shiveley
KUOW Radio
Robert Younkin, M.D.
Evergreen Medical Group

2003 Therapeutic Health Services Management Team
Norman O. Johnson
Executive Director
Scott Warnock
Chief Financial Officer
Carol Hooti
Eastside Branch Manager
W. Calvin Hightower
Midvale Branch Manager
George E. Parker, Jr.
Rainier Branch Manager
Victoria Evans
Summit and Seneca Branch Manager

Message from the President

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MARK M. HOUGH
President, Board of Directors
Therapeutic Health Services' History

1972 - Therapeutic Health Services (THS) is founded as the Center for Addiction Services.

1975 - Chemical dependency and support services for pregnant women begin—the first in Washington.

1981 - Therapeutic Health Services becomes a United Way of King County member agency.

1984 - THS is certified to provide alcohol treatment in addition to chemical dependency services.

1984 - An additional branch opens to serve "non-traditional" drug abuse patients such as medical professionals, white collar workers and professional athletes.

1988 - The Alvirita Little Award is created to honor individuals or organizations that have contributed continuously and selflessly to children, youth, adults and families at-risk, especially those affected by chemical dependency and mental illness.

1989 - The first Alvirita Little Award is presented to New York City’s Mother Hale.

1990 - THS merges with Central Area Mental Health, now the Rainier Branch. THS is the first agency in Washington licensed to provide both mental health and chemical dependency services.

1992 - Therapeutic Health Services offers long-term, mental health patient housing.

1993 - Alvirita Little Award is presented to the Drug/Alcohol 24 Hour Helpline.

1996 - THS chemical dependency treatment programs receive the highest level of national accreditation through CARF, the Rehabilitation Accreditation Commission.

1997 - Therapeutic Health Services celebrates 25 years of service to the community.

1997 - Alvirita Little Award is presented to Senator George Mc Govern.

1997 - THS is featured in a Japanese national TV documentary focusing on treatment solutions for the world-wide drug problem.

These stories illustrate THS’ commitment to wrap-around services—drug treatment, alcohol treatment, mental health, and child and family services. Addiction traps the whole person, in every area of their life. Successful treatment must be equally holistic and comprehensive. THS offers a full range of chemical dependency, mental health, family and MICA services.

You know that saying that one person can change your life? Well for me it turned out to be true. It was on my 35th birthday that I realized I’d been coasting along the bottom for so long, I didn’t even know how bad things really were. Most of my family and friends had drifted away or just given up on me. I had pretty much sold everything of value—heirloom jewelry, my car, even books. After 10 years on heroin I had lost it all, including my self worth.

By the time I walked into the THS clinic last year, my body was a wreck. What scared me the most was that I never felt more alone and helpless in my life than at that moment. But the one thing propping me up and pushing me through those clinic doors was the faith that my boyfriend still had in me. He had tried to help me get clean so many times and still believed that I could, even though in my heart-of-hearts, I had already given up on myself.

At the time, I didn’t actually think I could give up the drugs. I felt like heroin was the only thing I could really count on. As twisted as it may seem, heroin was like my one true, loyal friend that had stuck by me through the highs and lows. But, this “friendship” was about to come to an end. The first thing they did at THS was put me on a Methadone program.

For me, Methadone was like a temporary friend that pulled me apart from heroin long enough for me to see what it was really doing to me. Methadone gave me time. Time to get important counseling, time to repair, restore and revives my life. The true gift that it gave me was clear vision during this process. Vision that got clearer and sharper the harder I worked my program.

Now a year later, it’s easy to count my material blessings—a house, a car and I even have my own small business. But the real blessings are the people who stuck by me and believed in me.

It wasn’t just one person who saved me. It was one person at a time. I was caught from my free fall by a web of people.

It was my boyfriend, in a million, trillion ways that never lost faith in me. It was my counselor, every Monday for sure, but also every other day in education, support and wisdom. It was the dispensary nurses, each morning with smiles and support, the guy who draws blood, the doctors. It was my program mates, my friends, my family. It was the friendly Barista in Starbucks, the people at NA and AA meetings.

Not a day goes by that I don’t recall how bad it really was. I’ve had the opportunity to rebuild my life from scratch with wisdom, hindsight, education and support. I am so lucky and blessed and today, I absolutely love my life. As hard as it is to believe, I am actually looking forward to the people, places, and things in my next 35 years.

Shane’s Story I remember telling my girlfriend “this is not how normal people live” as I parked in a seedy section of the city and watched for the police. She told me not to worry and that she should be back in just a minute.

Even now, I find it hard to believe that I actually helped her. Driving her downtown so she could score some heroin. Giving her money. Even phoning her employer with excuses.

I’d ask myself, “How did we end up this way?” We’re both college graduates from relatively functional families. My friends didn’t smoke or use drugs, and my girlfriend and I didn’t smoke pot or drink more than the occasional beer or wine.

A friend of hers had introduced her to heroin before I knew her. By the time we met she was an addict, but she hid her problem well.

We dated for over six months and when we finally moved together, I still had no idea I was living with an addict. I mean the thought that the person I loved was an intravenous drug user was so far-fetched, so absurd, that I refused to seriously consider it.

I eventually began seeing the signs and she finally confessed her addiction and told me that she’d be able to “kick it” with my help. For two years, we tried everything from reduction plans to 2-week vacations in isolated locations. Nothing worked. She’d be clean for a week or a couple of months but with the extended withdrawal symptoms (depression and anxiety) and her difficulty dealing with family problems that arose, she’d eventually start using again.

I felt powerless. Our savings disappeared and her weight plummeted. I couldn’t invite friends over for fear that they would catch her in the act or worse, step on a needle. Her emotional outlook was deteriorating, and her spirit was increasingly pessimistic. In those days, the critic in me would say: “She’s still using heroin.” But then the optimist would say: “Yes, but she’s using less, and she’s trying to quit every day.”

So why didn’t I just leave her? Don’t think I didn’t consider it. We’d been dating for less than a year, but seeing my girlfriend forced me to reevaluate my beliefs about addiction. It’s too easy to dismiss someone with a drug problem as simply a “junkie.” She was a person—a loving, intelligent, giving person who had so much to offer.

As hard as we tried, I think eventually she realized that the problem was too big for the two of us and she walked into Therapeutic Health Services for help.

Their approach was just what she needed—a methadone program to keep the physical addiction at bay, paired with group sessions and therapy that helped address the factors that had started her on the road to addiction and kept her from getting clean.

The program has been a great success. With the addiction out of the way, my girlfriend has blossomed. Both her physical and emotional health has improved greatly. She owns her own business, and we own a home. Her outlook on life has improved dramatically. There’s money in the savings account. When I come home and she’s not there, I don’t need to worry about where she might be or what she’s doing. We have a normal, successful life, and it wouldn’t have been possible without THS.
Message from the Executive Director

The last months of 2003 brought to fruition a seven year “saga” of opening a much needed clinic in the Snohomish County/Everett area. I thank the Board of Directors of Therapeutic Health Services for their patience and continued support to provide opiate treatment services to over 200 clients in Snohomish County.

This could not have been accomplished without the cooperation of the Everett Land Use Department and the City Council of Everett. Also, much appreciated cooperation, guidance and many thanks to the Washington State Division of Alcohol and Substance Abuse staff who clarified many issues of state law for the Everett Department and THS. A special thanks to our Midvale Branch manager, Calvin Hightower, for overseeing the search and many steps to obtaining a site, completing the state application, and working with our Evergreen Business Park landlord and Tom Hoban Sr., President of Coast Commercial Properties, Inc., to develop a lease. The clinic should open in early 2004.

Another step has been taken to expand and facilitate services in King County in the opening of the THS Seneca Branch to address the King County waiting list for opiate treatment substitution services. Also, the remodeling/expansion of the Summit Branch lobby and improved access for physically challenged persons as well as parents with strollers is complete.

These additions and improvements have only been possible through the continued support of our many friends in the community and we thank you.

2003 Finances

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Expenditures

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<td>Alcohol and Other Drug Services</td>
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<td>Mental Health Services</td>
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<td>Excess of Revenue Over Expenditures</td>
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* Figures are reprinted from our 2003 audited financial statements.

Therapeutic Health Services’ History Cont.

1997 – The National Institute on Drug Abuse recognizes Focus on Families as one of the nation’s top ten effective prevention programs.

1998 – The Focus on Families program is featured on PBS series “Moyers on Addiction: Close to Home”, produced and hosted by world-renowned journalist Bill Moyers.

1999 – Focus on Families is recognized as one of eight programs nationally showing promise as an effective drug prevention program by The White House Office of National Drug Control Policy.

1999 – Alvirita Little Award presented to Tsuguo “Ike” Ikeda for 50 years of service to at-risk youth and their families.

1999 – Therapeutic Health Services receives our second three year re-certification from the Rehabilitation Accreditation Commission (CARF) including accreditation for mental health programs.


2000 – THS establishes the Seneca Branch at 1305 Seneca Street.

2000 – Alvirita Little Award presented to Elizabeth Thomas, ARNP, for her leadership and advocacy on behalf of children and families and her work with children as a pediatric nurse practitioner.

2000 – Mental health providers on site at branches.

2001 – THS Summit Branch clients and Bastyr University collaborate for an Acupuncture Study conducted by Bastyr University. The study examines treatment outcomes for patients utilizing acupuncture services and patients who do not elect to utilize acupuncture services. The data suggests that acupuncture participants were more likely to achieve favorable treatment outcomes, including retention in treatment and more favorable progress toward treatment goals. Additionally, patients receiving acupuncture appear to have a more positive orientation related to recovery and the treatment process.
**Therapeutic Health Services’ History Cont.**

**2002** ~ The Eastside branch begins to provide chemical dependency treatment for Russian speaking clients, and by the end of the year clients were attending both individual sessions as well as the intensive outpatient treatment group.

**2002** ~ THS actively works with Group Health Cooperative to establish a continuum of care to treat those referred by GHC.

**2002** ~ THS engages and completes a major building remodel at the Summit Branch to enlarge the client waiting area, client bathrooms and to upgrade dispensaries. Additionally, automatic doors are installed to meet ADA requirements.

**2002** ~ THS is awarded a three year accreditation by CARF, the Rehabilitation Accreditation Commission, for alcohol/drug, opiate, and mental health treatment services. This was our third consecutive three-year accreditation (the highest level of accreditation awarded).

**2003** ~ THS is certified by Washington state to open a branch in Everett/Snohomish County. A facility is located and preparations are made to open.

**2003** ~ THS Seneca Branch receives a three year accreditation by CARF, the Rehabilitation Accreditation Commission for opiate services.

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**Did You Know?**

- 37% of THS clients represent over 27 countries, cultures, or ethnic backgrounds including Eritrea, Somalia and other African countries; Russian, Native American including Aleut and Eskimo, North and South Vietnamese, Cambodian, Tibetan, Laotian, Thai, and other SE Asian cultures, Chinese, Japanese, Korean, Filipino, Guamanian, Hawaiian, Samoan and other Pacific Islanders.

- THS serves clients as young as 7 and up to 80 years old. Forty nine percent (49%) of THS clients are between the ages of 41 and 65.

- THS is a regional provider of treatment services. While 90% of clients live in Seattle and King County, THS also serves residents of Thurston, Clallam, Island, Kitsap, Pierce, Skagit, Snohomish, Mason, Clark, Chelan and Whatcom counties.

**Service Highlights**

- 259 clients received vocational services; 118 clients returned to work and 66 returned to training.

- 42 healthy babies were born to mothers recovering from addiction through THS’ Pregnancy and Family Program.

- 380 children received mental health services.

- 156 dually-disordered individuals received treatment.

---

**Client Count**

<table>
<thead>
<tr>
<th>Year</th>
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<tr>
<td>2002</td>
<td>3,742</td>
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<td>2003</td>
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</table>

**Number of Clients Receiving Services**

- Alcohol and Drug Treatment
- Mental Health Services
- Both Substance Abuse and Mental Health
Thank you to our donors

In House of Akiyama Little's 90th Birthday
M. Lorraine Kippola
Larry and Karen Matsumura
Dimitrios Maragakis
Samuel and Jo Ellen Miller
Ida Jane Mitsumori
Roy Tokui

Michael and Majoorie Alladuff
Tom Allison
Sibahle, Abusahayeb
Asian Counseling and Referral
Atlantic Street Center
Richard Barone
Harold Booker
Bruce Brooks
Michael and Lee Brown
Sesinando Cantor
Susan Caverty
Center for Career Alternatives
China Clipper
Taylor Collings
Consejo Counseling and Referral
Tom Corddry and Suzanne John
Ann E. Dahl
Aaron Daniels
Scott DeNies
El Lilly Company
Mr. and Mrs. Dave Evans
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Frank Rosen Freed Roberts, LLP
Dr. Daniel and Myra Friedman
Richard Greenberg
Carol Goldberg
Guy Carpenter
Joe Hansen
Edith Heinemann Harris
Verna Hill
Donna Buhler-Hudson and Tom Hudson
Samuel Hunter
Kae and Phillip Hutchinson
Gwendolyn Kenyon
Korean Community Counseling Center
Verian Lee
Jerry Lwin
Dr. Jeffrey and Kathy Lindenbaum
Alviota Little
Mark Johnson Memorial Fund
Karen Matsuda
Michael Wong Insurance
Microsoft Corporation
Nate Miles
Samuel Muller
Miller, Hansen and Torphy, Inc.
Minuteman Press of Burien Square
Mukhyany Partnership
Charles Nordhoff
Northwest Children's Fund
Thomas Odell
Davide Okimoto
Olympic Medical Group, LLC
Jaci Ongguru
Patricia Oye
Jim Parker
Tony and Aurora Paz
Chris Pine
Soto Porter

Rodney and Constance Proctor
Emmy Purairne
Sue Qajngley
The Red Balloon Company
Kepner Management Systems
Jean Rhee
Steve Richard
Earl Richardson
Dr. Timothy Rogge
Jon Howard Rosen
Ann Ross
Dr. Joe Ruiz-Mollett
Saltco.
Seattle Foundation
Seattle Public Schools
South East Effective Development
P. Scott Warnick
Western National Assurance Company
Patrick and Dorothy Williams
Michael Wong

Layne Stanley Memorial Fund
Joseph Akoto
Kim Aniicito
Paula Bagby
Cathy Bobalaik
Jeanie Boyle
Lisa Braun
Pamela Brown
Joanna Brown
Jason Buttono
Chad Caines
Karen Casten
Sean Carver
John Cobb
Natalie Collins
Marie Colledge
Janeen Dasilva
Nancy Daus
Uni DeVosital
Mitch Dennis
Benjamin Dodd
Allen Dwheer
Camille English
Jerry & Lynns Ezzardige
Timothy Flynn
Melissa Fersch
Mary Forthingham
Stephen Geter
Dori Gold
Darrin Grey
Misty Dawn Harlow
Courtney Harris
Shukako Hatakeyama
Alan Hlavecak
Jodie Hoemer
Christy Kelsi
Daryl King
Laura Leslie
Silke Loosner
Davide & Marilyn Monaco
Tracy Marchand
Hindi Magnus
Charlotte Noce
Chissy Noce
Elmer & Jane Peters
Eric Quas
Nathan Quattru

Jason Quintell
Holly Restucci
Shoko Sakata
Julia Sanamiego
Ketriez Helios Santos
Scott Schnoocher
Susan Shapiro
Annahell Smith
Scott Soden
Gayle Starr
Crista Suzu
Nancy Swinston
Anna & Bock Thomas
Petti & Robert Toombs, Jr.
Trillium Asset Mgmt Corp.
Margaret Turner
Vandenberg Publci Relations
Kara Bates Wallace
Bitt & Randy Williams
Toni Wood
Christopher Young
Edward & Stephanie Young

Guy Koren Memorial Fund
Misugi Abi
Asian Counseling Srvs
Michael Flor
Trudy Hayashida
Chris Kari
Kim Kayash
Chery Kinoshita
Amy Koba
Fumio Koyama
Jenny Kubo
Janet Kubota
Jan Konawaika
Franco Kuramoto
Marie Kuizimura
Arlene Mayeda Lew
Ann Lindwall
Ann Arakai-Lock
Menre Lake
Susan Mar
Karen Matsuda
Fumi Mayeda
David Miles
Uheate Narashi
Richard Okamuto
Arlene Oki
Lisa Robinson
May Shihara
Lily Shitama
Dolomo Sibonga
Tammy Suto
Toshimi Tadokoro
Naoko Naomi Takagi
Susan Taska
Manko Tanagi
Calvin Takagi
Tenshiko Jig Seattle
Jeff Thomas
David Tomita
Masaaki Tsunet
Ben Tsutsumoto
Sheila Woo
Cynthia Yokoyama

2003 Therapeutic Health Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Everett</th>
<th>Eastside</th>
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<th>Rainier</th>
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</tbody>
</table>
EASTSIDE BRANCH
1412 140th Place N.E., Bellevue, WA 98007
(425) 747-7892

EVERETT/SNOHOMISH BRANCH
9930 Evergreen Way, Building Z150, Everett, WA 98204
(425) 347-5121

MIDVALE BRANCH
17962 Midvale Ave. N. #150, Shoreline, WA 98133
(206) 546-9766

RAINIER BRANCH
5802 Rainier Ave. S., Seattle, WA 98118
(206) 723-1980

SENECA BRANCH
1305 Seneca St., Seattle, WA 98101
(206) 323-0934

SUMMIT BRANCH
1116 Summit Ave., Seattle, WA 98101
(206) 323-0930

CORPORATE OFFICE
1116 Summit Ave., Seattle, WA 98101
(206) 726-4100

THS offers TTY services through
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at (800) 833-6388 TTY.

www.therapeutichealth.org