The Board of Therapeutic Health Services (THS) is pleased to share this 2004 Annual Report with the community. Our Board is proud of contributions THS makes to the community of care in Puget Sound, restoring individuals and families to productive lives.

This year the Board is especially pleased with the agency’s work in three areas: quality, access, and stability. I’d like to share a brief word about each of these areas.

**Quality**

To ensure that clients are able to achieve the best possible outcomes, we continue to expand the range of services at each of our THS sites. We also focus on hiring excellent staff and making sure we have a compensation and benefits package that will retain them.

**Access**

Distance is a barrier that can make a difference in whether a client chooses to access services. This year we opened a sixth site in Everett, so that we now are able to provide coverage through five sites in King County and one in Snohomish County.

**Stability**

Over the past few years our Board has worked with THS staff to improve the financial stability of the agency through improved internal processes. The Board is pleased with the work the staff has done to move the agency to a solid financial footing, which ensures the agency will be there for those who need it.

Not only does THS provide services that support the community; it is heartily supported by many of you. We could not exist without your assistance. On behalf of the Board, I extend warm thanks to all of you who share in our work in so many ways. I know you will be pleased by the successes we are sharing in this year’s report.

Mission Statement

The mission of Therapeutic Health Services is to rehabilitate individuals and heal families affected by alcohol dependence, drug dependence and/or mental illness.
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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.

Hi, my name is Molly. I am 10 years old now and I love school and I get great grades. My mom is Janet. My mom went to THS when she was pregnant with me and she started methadone treatment. I was really lucky when I was born because I didn’t have withdrawals. My mom always talks about how much I drooled though, all over everything. I don’t drool anymore.

I am in 4th grade at a huge school because it has grades 1 to 12 on the same campus. My favorite singer is Ashley Simpson. My favorite band is Simple Plan. My favorite day so far was going to an Ashley Simpson Concert with my mom. I went to Group at THS with my mom the next day and shared my concert story.

My name is Janet and I’m Molly’s mom. I have been in treatment at THS on and off for over 10 years. I showed up at THS pregnant, scared and I had just lost my older brother to brain cancer so I was at a very vulnerable point in my life. I got clean on methadone, got obstetric care, and delivered a beautiful, healthy baby girl. We were so lucky because Molly didn’t have withdrawals. I was also blessed with a very happy and easy baby (I know everyone was jealous!). Molly was an angel and I thank God for her every day (even though she had that drooling problem until she was 3!).

Molly has grown into a beautiful above average 10-year old with all that goes along with parenting, like selling Girl Scout Cookies. I have grown into being a clean and sober recovering mom and I feel blessed and lucky every day. Molly is my best friend, my ‘goofus-doofus’ and my partner-in-crime and I am her ‘dragon breath’ because I still smoke.

Love,
Molly

Love,
Janet

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1975 ~ Chemical dependency and support services for pregnant women begins—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.

Grandma says Molly greets school days with an attitude of “what wonderful, exciting thing will happen today?” She considers Molly to be a very positive person who is sensitive and responsible with a great sense of self-worth. Grandma says the family is very proud of Janet’s recovery.

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Successful treatment must be equally holistic and comprehensive.

THS offers a full range of chemical dependency, mental health, family, and dual-diagnosed services.

I am a recovering mother of my beautiful daughter, Treasure, who is eight years old and a present from God. I came to THS PREGNANT, newly diagnosed with the HIV VIRUS, ADDICTED TO HEROIN AND COCAINE, renting a room in Pioneer Square’s drug area and I had warrants. My life story starts with being adopted at age 3 days, my first drink at the age of 4 years and my first abusive relationship at age 5 with my stepfather. By the time I was in 8th grade, I was so angry and tired of being abused, I searched out other kids with family problems and started smoking pot and cigarettes.

The abuse from my stepfather continued with bloody noses, broken ribs, regular name-calling, and physical beatings. My drug use increased. At the age of 14, I was using some drug everyday—I used speed, cocaine, acid, mushrooms, PCP, alcohol, and cigarettes. The abuse from my stepfather continued with bloody noses, broken ribs, regular name-calling, and physical beatings. My drug use increased. At the age of 14, I was using some drug everyday—I used speed, cocaine, acid, mushrooms, PCP, alcohol, and anything else I could get my hands on. My mother had started working nights to avoid my stepfather and I did drugs to cope. By age fifteen, I dropped out of school and started working at a local theater where we all got high at work and I got promoted to Ticket Manager before I was 17 years old. The Theater was my refuge along with drugs.

I moved in with my first boyfriend, leaving my family forever and developing more of a drug lifestyle by starting to sell drugs. When I left that relationship and started to live on my own, I started drinking daily to cope with life. I drank so much I would wake up still drunk and I continued drug use and abusive relationships. And then I met Heroin. During my childhood I had felt weird, up and down, happy and sad and I always had a hard time sleeping which I blamed on the abuse. When I met Heroin, I said “This is what I have been looking for all my life.” I started smoking Heroin and soon I lost everything. I was stealing to support my habit and frequently ended up in jail. Next I met a man, fell in love, used heroin and cocaine together, and then found out in 1996 that we were pregnant and that he had given me the HIV virus.

I was in shock for a few days and then I woke up one morning and thought about the baby inside me and made the decision to get help. I came to THS and started methadone treatment. I began attending counseling, groups, and meetings. I struggled hard to get clean during my pregnancy; my partner continued to use and was starting to be abusive because I was trying to be clean. My obstetric care was through Northwest Family Center and they used a medical protocol that prevented my beautiful, happy, baby girl from getting the HIV virus.

Miracles started happening in my life after Treasure was born. I started receiving mental health services and was diagnosed with bi-polar disorder. I started treatment and medications for bipolar that made staying clean and sober a little bit easier. My partner kept using and the abuse escalated but a letter came in the mail saying I had been approved for low income housing so Treasure and I escaped and started our new life together. I made a promise to myself to be the best mother possible and to do everything I could to stay alive and that means staying clean and sober with the help of THS and working with NW Family Center for AIDS Treatment and Mental Health Services.

Treasure is my gift from God and I love her and finally have the family I always wanted. We live in an apartment with a garden on our deck and we have cats. Treasure is a joy and she loves animals, the computer, long bike rides with me, going swimming, and working out at the Y. We spend time reading at the library and we had a huge slumber party for her last birthday. We have traveled to Hawaii and Disneyland for wonderful vacations. Treasure has a heart of gold and is beautiful inside and out and for the first time I am really happy. I love living today and I love my daughter and I am proud of myself for getting CLEAN and SOBER and THANKFUL TO THS FOR HELPING ME.

Therapeutic Health Services’ History Cont.

1992 – Therapeutic Health Services offers long-term, mental health patient housing.
1993 – Alvirita Little Award is presented to the Alcohol/Drug 24 Hour Helpline.
1996 – THS chemical dependency treatment programs receive the highest level of national accreditation through CARF, the Rehabilitation Accreditation Commission.
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1997 – The National Institute on Drug Abuse recognizes Focus on Families as one of the nation’s top ten effective prevention programs.
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Message from the Executive Director

In January 2004, we were proud and happy to present to the community our new branch in Everett/Snohomish. For years, many of our clients traveled over 60 miles round trip to Shoreline to receive services. It took seven years along with patience and perseverance but now it’s history and we move forward.

Many people have contributed to the opening and establishment of our Snohomish/Everett branch. We want to thank our new branch manager Marli Bricker, a 16 year employee at our THS Midvale Branch and a long time “local” resident of the Port Gardner neighborhood in Everett, for rising to the challenge of operating the branch.

Another exciting THS endeavor is our establishment of a “Paperless Goal Project” (PGP). Therapeutic Health Services has been “computerized” for over 15 years and we are finally reaching a point where total computerization will be a reality. We will be going “paperless” by November 2005 and project that we will reduce internal clinical and administrative “hard paper” copies by 70% in 2006.

The THS Training Institute Project (TIP) assists students in the practical treatment application of alcohol, drug, and mental health services. This project is in full operation at all branches with interns ranging from community college work-study students to Ph.D. Psychology candidates. In addition, we are actively collaborating with the Group Health Cooperative Family Practice Residency Program to provide doctors training in chemical dependency treatment practices.

Thank you for your continued support to THS as we move forward to meet the many challenges and needs of our ever changing community.

NORMAN O. JOHNSON
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2004 Finances

<table>
<thead>
<tr>
<th>Revenue</th>
<th></th>
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</thead>
<tbody>
<tr>
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2000 ~ THS establishes the Seneca Branch at 1305 Seneca Street.
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**Did You Know?**

- 39.5% of THS clients represent over 27 countries, cultures, or ethnic backgrounds including Eritrea, Somalia, Ethiopia, and other African countries; Russian, Native American including Aleut and Eskimo, Vietnamese, Cambodian, Tibetan, Lao, Thai, and other Southeast Asian cultures, Chinese, Japanese, Korean, Filipino, Guamanian, Hawaiian, Samoan, and other Pacific Islanders.

- THS serves clients as young as 4 and up to 80 years old. Forty four percent of THS clients are between the ages of 41 and 65.

- THS is a regional provider of treatment services. While 85% 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**

- 319 clients received vocational services; 184 clients returned to work and 67 returned to training. Twenty (20) clients received Pell Grants and 19 are in SJI.

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

- 359 children received mental health services.

- 123 dually-disordered individuals received treatment.

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**Therapeutic Health Services’ History Cont.**

**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.**

**2001 – THS Summit Branch and Bastyr University collaborate on an Acupuncture Study conducted by Bastyr University. 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.**

**2002 – THS actively works with Group Health Cooperative to establish a continuum of care to treat those referred by GHC. Additionally, automatic doors are installed to meet ADA requirements.**

**2002 – The Eastside branch begins to provide chemical dependency treatment for Russian speaking clients.**

**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.**

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**Number of Clients Receiving Services (Duplicated*)**

- Alcohol and Drug Treatment
- Mental Health Services
- Both Substance Abuse and Mental Health

*Numbers include clients who transferred between branches.

**Client Count (Unduplicated)**

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Sahibak Alshauyeb
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Building healthier families and healthier communities

2004 Annual Report