



THERAPEUTIC HEALTH SERVICES

www.therapeutichealth.org

CENTRAL YOUTH & FAMILY SERVICES

1901 Martin Luther King Jr. Way S., Seattle, WA 98144  
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SUMMIT BRANCH

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(206) 323-0930

CORPORATE OFFICE

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

THS offers TTY services through the  
Washington Telecommunications Relay Service at  
(800) 833-6388 TTY.



35 YEARS OF SERVING THE COMMUNITY

2006/2007 ANNUAL REPORT



THERAPEUTIC HEALTH SERVICES

Our mission is to rehabilitate individuals and heal families affected by alcohol dependence, drug dependence and/or mental illness.

OUR PHILOSOPHY

Therapeutic Health Services operates on the belief that chemical dependency and mental illness are chronic, progressive diseases that respond to appropriate intervention, treatment and prevention. Effectively employing all three, individuals and families are better able to lead healthy and productive lives in their communities.

We know that our clients in recovery and those managing their mental illness need more than counseling and medication treatments to function at their greatest capacity. That's why we offer a complete range of supplemental services, including language and cultural expertise, family and community support, and vocational services.

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- Mark Hough  
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King County Housing Authority
- Colleen Kiser  
YWCA
- Earl Richardson  
South East Effective  
Development (SEED)



It is a pleasure for the Board of Therapeutic Health Services to present the 2006/2007 Annual Report. We thank our Board for their service and appreciate this continuing opportunity to serve an agency dedicated to its clients and surrounding communities.

Our success is demonstrated through quality, professional, and individualized services and a visionary approach embracing new treatment programs and modalities. We are proud of the fact that THS continues to serve as an advocate for those with extremely limited resources who are greatly in need of our services.

In 2007, through great effort and support, THS purchased our Everett Branch facility. 2008 will be the beginning of an era of change as we expand our goals, continue to develop staff, and take on new challenges in the community.

As we begin 2008, on behalf of my fellow Board Members, I would like to express our thanks for your support in helping to improve the lives of the children and families we serve. There is much left to do and we ask for your continued contributions so we can continue to provide quality services to improve lives in our community. Please do not hesitate to contact THS with any questions or comments regarding this annual report.

J.B. SIDBURY  
Board President



35 years ago, THS opened its doors to offer help and rehabilitation to those suffering from drug dependency. That day marked the beginning of one of the most significant and successful programs in the United States. Today

THS delivers effective, targeted systems that embrace the needs of a varied populace: the pregnant, alcohol and drug dependent woman; the medical professional addicted to painkillers; the mentally unstable homeless man; the middle school student in crisis; the professional athlete who does anything to win.

Each of their stories is different, but their outcomes are not. At THS, we help people understand the roots of their illness, work together to initiate their recovery, and do everything in our power to revive their potential, and restore their humanity. It's work that means the world to us—and we're good at it.



Take Andre for instance: diagnosed with depression, a history of family conflict, and poor school performance, by age 21, he was father to four children and faced up to ten years in prison on cocaine charges. Although he first challenged his need for treatment, our *Chance to Change* program supplied the kind of trust, friendship and support Andre needed to regain his footing.

Now clean for two years and, getting assistance for his depression, Andre holds a good job at Qwest Field and attends Seattle Vocational Institute in the contractor apprentice program. In addition, he has committed himself to positive parenting, learning family and anger management skills and problem solving strategies designed to reduce his risk of relapse, as well as decrease the chance that his children will become drug or alcohol abusers. Andre believes in this program as he now believes in himself—so much so, that he will be helping to spearhead our peer-to-peer recovery effort for future participants.

The success of our programs have not only reverberated across our community, but around the globe.

The success of our programs have not only reverberated across our community, but around the globe. In 1996, THS was awarded the highest level of national accreditations through CARF, the Rehabilitation Accreditation Commission. In 1997, we were featured in a Japanese national TV documentary focused on the global drug problem. In that same year, our *Focus on Families* program was recognized as one of ten most effective prevention programs in the United States, and in 1998 was featured on the PBS Series, "Moyers on Addiction: Close to Home."



# RESTORING LIVES

|  |   |  |  |  |  |  |   |  |  |  |  |  |  |   |   |
|--|---|--|--|--|--|--|---|--|--|--|--|--|--|---|---|
| 1972   | 1975  | 1981   | 1984   | 1988   | 1989   | 1990   | 1992  | 1993   | 1996   | 1997   | 1998   |  |  |   |   |
| Therapeutic Health Services (THS) is founded as the Center for Addiction Services. | Chemical dependency and support services for pregnant women begins—the first in Washington. | Therapeutic Health Services becomes a United Way of King County member agency. | THS is certified to provide alcohol treatment in addition to chemical dependency services. | An additional branch opens to serve "non-traditional" drug abuse patients such as medical professionals, white collar workers and professional athletes. | 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. | The first Alvirita Little Award is presented to New York City's Mother Hale. | 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. | Therapeutic Health Services offers long-term, mental health patient housing. | Alvirita Little Award is presented to the Drug/Alcohol 24 Hour Helpline. | THS chemical dependency treatment programs receive the highest level of national accreditation through CARF—The Rehabilitation Accreditation Commission. | Therapeutic Health Services celebrates 25 years of service to the community. | The Alvirita Little Award is presented to Senator George McGovern. | THS is featured in a Japanese national TV documentary focusing on treatment solutions for the world-wide drug problem. | The National Institute on Drug Abuse recognizes Focus on Families as one of the nation's top ten effective prevention programs. | 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. |

# Focus on Families

In 2006 THS gained even greater strength by merging with Central Youth and Family Services (CYFS), a community-based organization that provides services to high-risk, low-income ethnic minority and hard-to-serve youth and their families.

DeAndre was one such youth. Referred to CYFS for bringing a gun to school, DeAndre was transferred to an alternative setting at Marshall High School. Through his own hard work and the support of his counselor, DeAndre is now back in regular high school with an impressive 3.8 grade point average. A volunteer at Jefferson Community Center, he hopes to attend culinary school and become a chef.

People like Andre and DeAndre are just two examples of what THS does best: gives those with drug and alcohol dependencies, mental health challenges, and difficult living situations the chance to make a powerful change for themselves and their families. With 35 years of success as our tailwind, we see unlimited positive outcomes in the days ahead.

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After the first class, we decided it wasn't so bad—in fact, we learned a lot.

In 1994 Robert said he attended a party at Debra's house and he never made it back home. Married in March of 1995, we used drugs off and on throughout our marriage but it wasn't until 2001 when a wall fell on Bob at work, breaking his back in two places, that our family started a downhill spiral. Doctors prescribed opioids to help him cope with the pain; during this time, several Child Protective Service (CPS) complaints had been filed on us but no action had been taken against us. We didn't think that any one individual or organization could teach us how to parent and take care of our children.

In 2003, we moved into an Everett motel where we lived for a year and a half. It was at this motel that we started to use "heroin". After being evicted from that hotel, we moved into another motel where we lived for a year. At the same time my parents stepped in and told Bob to move his family out of the motel. They bought a trailer in Graham so that we could live a normal life, not use drugs and take good care of our children. Eventually we started drinking and it got worse as time went on. One night we drove from Graham, in Pierce County, to Everett in order to obtain some drugs. We lost the trailer and had to move back to a motel in Everett.

In January of 2006 we had a visit from a CPS nurse. We were so messed up that CPS took the kids, telling us that we had to complete a list of tasks. That same year I found out that I was pregnant and went to Providence Hospital to detox where I met Dr. Dickinson.

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.

The Alvirita Little Award is presented to Tsuguo "Ike" Ikeda for 50 years of service to at-risk youth and their families.

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

2000

THS and Eastside Recovery Center merge effective January 2000

THS establishes Seneca Branch at 1305 Seneca Street

The Alvirita Little Award is 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 related to 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. Additionally, patients receiving acupuncture appear to have a more positive orientation related to recovery and the treatment process.

2002

The Eastside branch begins to provide culturally appropriate chemical dependency treatment for Russian speaking clients, in their own language and by the end of the year clients were attending both individual sessions as well the intensive outpatient treatment group.

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

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.

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).

Steve Pool of KOMO 4 receives the Alvirita Little Award for his advocacy and fundraising work to ensure that all children in the community have access to medical care, regardless of their financial situation.

2003

THS is certified by Washington state to open a branch in Everett/Snohomish County. We locate a facility and prepare for opening in January, 2004.

THS—Seneca Branch receives a three year accreditation by CARF, the Rehabilitation Accreditation Commission.





The year 2006/2007 witnessed an extraordinary new partnership as well as the securing of a permanent home base for our Snohomish/Everett Branch. On January 1, 2006, two well-known organizations that address similar issues with different audiences, THS and Central Youth and Family Services (CYFS), merged. For the past 34 years, THS has delivered its addiction and mental health services to adults. More recently, through working with parents, it has been able to assist young children in families impacted by addiction. CYFS has a 35 year presence in the Central Area community serving youth with addiction and mental health challenges.

In 2005, the leaders of these two agencies, Mervyn Chambers (CYFS) and Norm Johnson (THS) saw an opportunity to work together. With the support of our boards, we and a joint board team spent the fall of 2005 in an intensive evaluation of the potential for a merger. With encouragement from local, state and federal agencies that funded both agencies, the merger went forward and became a reality on the first of the year. The combined agency now has the capacity to serve the entire family, from infants to elders, with a broad range of services for both addiction and mental health, a depth and breadth of services unique in our community.

The 2006 year has been a year of tremendous learning for both agencies, with a extensive effort dedicated to bringing two separate systems and cultures together. The staff of both THS and CYFS are to be commended for their efforts above and beyond the norm to make this merger work. By the end of 2006, it was possible to see progress in sharing practices, referrals, and understanding the significant differences and similarities of our audiences and treatment programs. We know there is much more to come and are excited by what this merged organization represent for the future of our communities.

As significant as our partnerships with CYFS, it is our partnerships with our clients that are the heart of the agency. Each client/staff team is engaged in an ongoing relationship to improve the ability of clients to sustain themselves and their families in a healthy way. They are the reason we supported this extraordinary opportunity, and our commitment is to make client/staff partnerships even stronger through our merged organization. Our kudos and thanks to every client and staff member engaged in this critical work!

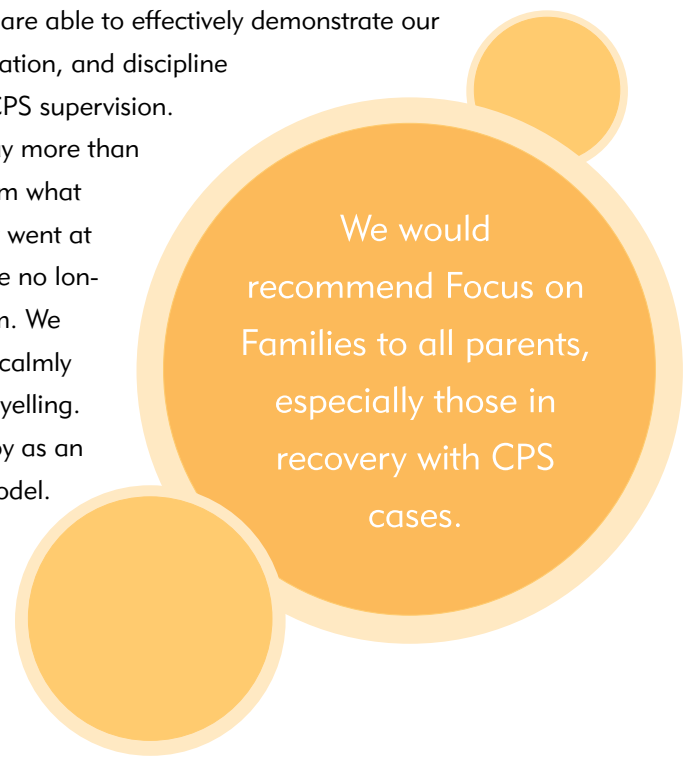
**NORMAN O. JOHNSON**  
Executive Director

He informed me about several options, including the methadone program at THS in Everett. We started attending every program THS had to offer. We were told about Focus on Families at the end of July and reluctantly started attending the groups. After the first class, we decided that it wasn't so bad and continued to attend. We learned a lot from the Focus on Families curriculum. We learn to use "I" statements and paraphrasing when talking with our children, the seven laws of least intervention, how to teach our children to refuse drugs, and most important, to always show love to your children.

Overall, Focus on Families has helped us change the way we deal with our children, each other, people involved in our support groups, and CPS. When we visit with our children, we are able to effectively demonstrate our refined parenting, communication, and discipline skills during the visits under CPS supervision.

We can get our children to say more than a few words when asking them what they learned or how their day went at school. When they act out, we no longer get stressed out with them. We are able to diffuse the issues calmly with out raising our voices or yelling. Anthony Austin has been a joy as an instructor and a great role model.

We would recommend Focus on Families to all parents, especially those in recovery with CPS cases.



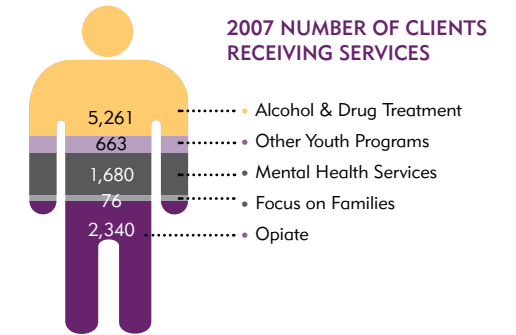
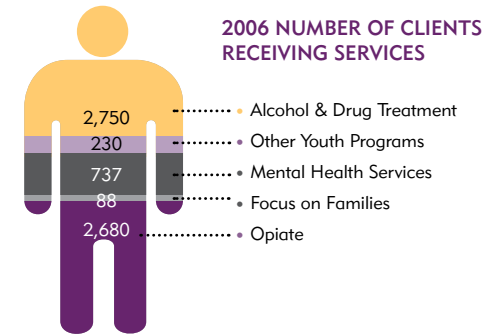
| 2004   | 2005   | 2006   | 2007  |
|--|--|--|---|
| THS opens the Snohomish/Everett branch in January, 2004. | The Alvirita Little Award is presented to Patrick Gogerty, former Executive Director of Childhaven, for his tireless and passionate advocacy on behalf of abused and neglected children. | THS receives our fourth three-year accreditation by CARF, the Rehabilitation Accreditation Commission, for alcohol/drug, opiate, and mental health treatment services. | THS Everett Branch is certified by the state to provide alcohol/drug services.  |
|  |  | Therapeutic Health Services merges with Central Youth and Family Services  | Alan Sugiyama, Executive Director of Center for Career Alternatives (CCA), receives the 2006 Alvirita Little Award for providing skills training and career development to disadvantaged youth of all cultural backgrounds. |
|  |  |  | THS purchases the Snohomish/Everett site.   |
|  |  |  | The 2007 Alvirita Little Award was presented to Dr. Maxine Mimms, founder of the Maxine Mimms Academies, transformative educational models for underperforming students.  |

## 2006 Audited Financial Report

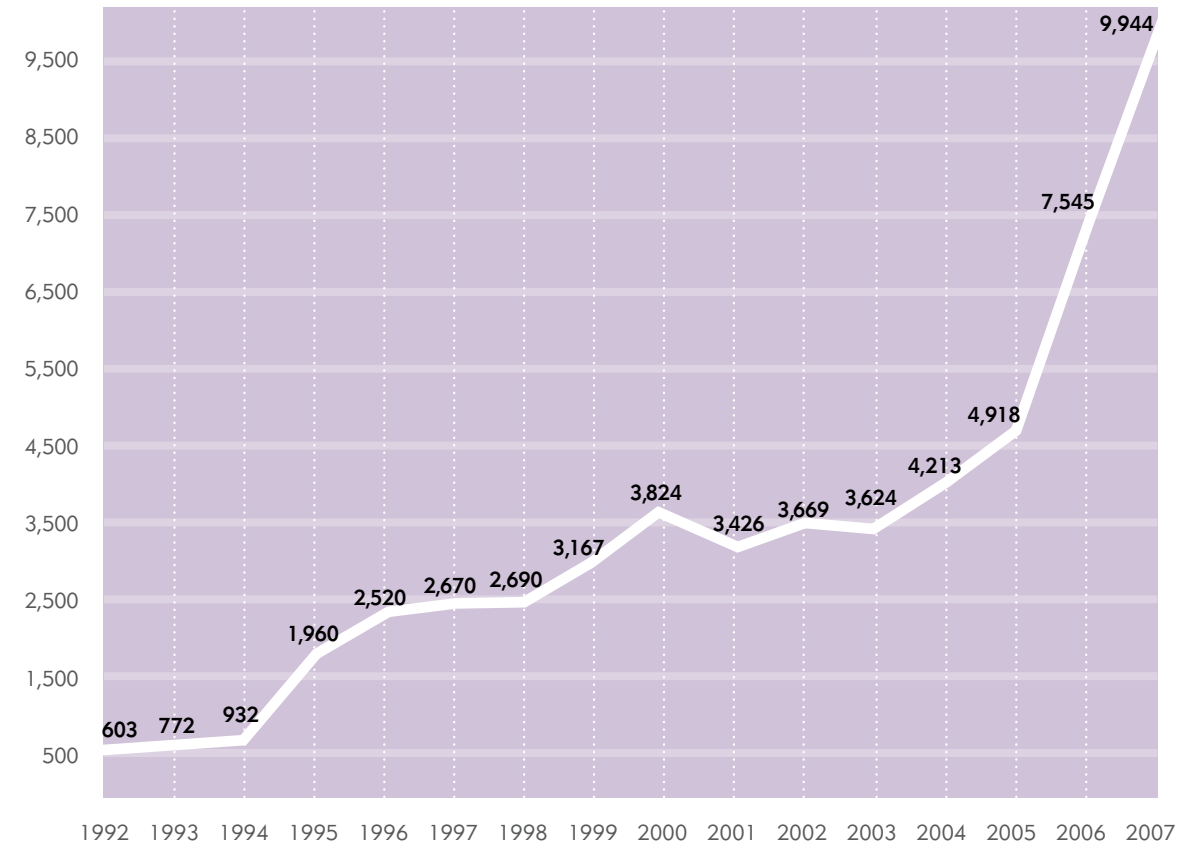
| Revenue                             |                     |
|-------------------------------------|---------------------|
| Government Grants and Contracts     | \$9,252,254         |
| Net Patient Service                 | 1,332,874           |
| United Way                          | 258,631             |
| Rental Income                       | 15,616              |
| Contributions                       | 64,340              |
| Inkind Contributions                | 2,175               |
| Other                               | 41,167              |
| <b>Total Revenue</b>                | <b>\$10,967,057</b> |
| Expenditures                        |                     |
| Alcohol and Other Drug Services     | \$6,443,336         |
| Mental Health Services              | 3,020,621           |
| Facilities, administration, general | 1,841,297           |
| Depreciation                        | 223,845             |
| <b>Total Expenditures</b>           | <b>\$11,529,099</b> |
| <b>Deficit</b>                      | <b>(\$562,042)</b>  |

## 2007 Audited Financial Report

| Revenue                                    |                      |
|--|----------------------|
| Government Grants and Contracts            | \$9,976,495          |
| Net Patient Service                        | 1,348,236            |
| United Way                                 | 236,881              |
| Rental Income                              | 15,101               |
| Contributions                              | 127,705              |
| Inkind Contributions                       | -                    |
| Other                                      | 37,690               |
| <b>Total Revenue</b>                       | <b>\$11,742,108</b>  |
| Expenditures                               |                      |
| Alcohol and Other Drug Services            | \$5,831,837          |
| Mental Health Services                     | 3,005,520            |
| Facilities, administration, general        | 2,074,376            |
| Depreciation                               | 264,654              |
| <b>Total Expenditures</b>                  | <b>\$ 11,176,387</b> |
| <b>Excess of Revenue Over Expenditures</b> | <b>\$565,721</b>     |



**CLIENT COUNT**  
1993—2007 (Unduplicated)



THS is designated by the IRS as a 501(c)3 non-profit organization and is registered with the Washington State Secretary of State office, 1-800-332-GIVE.

# Thank you to our donors

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|  | CYFS | EASTSIDE | EVERETT | RAINIER | SENECA | SHORELINE | SUMMIT |
|--|------|----------|---------|---------|--------|-----------|--------|
| Adult Day Treatment Activities Center              |      |          |         | •       |        |           |        |
| Adult Mental Health Services                       |      |          |         | •       | •      | •         | •      |
| Adult Substance Abuse Outpatient Treatment         |      | •        | •       | •       |        | •         | •      |
| African American Ethnic Mental Health Specialty    | •    |          |         | •       |        |           |        |
| Alcohol-Drug Information School                    |      | •        |         |         |        |           | •      |
| Alcoholics & Narcotics Anonymous Meetings          |      | •        | •       |         |        |           |        |
| Childcare  |      | •        | •       |         | •      | •         | •      |
| Children's Mental Health Assessment / Treatment    | •    |          |         | •       |        |           |        |
| Children's School Based Mental Health Intervention | •    |          |         | •       |        |           |        |
| Co-Dependency Groups                               |      |          | •       | •       | •      |           | •      |
| Counseling: Individual, Group and Family           | •    | •        | •       | •       | •      | •         | •      |
| Crisis Intervention                                | •    | •        | •       | •       | •      | •         | •      |
| Dual Treatment Disorder—Addiction Focused          | •    |          |         | •       | •      | •         | •      |
| DUI, "Drug Court", Deferred Prosecution, Court     |      | •        | •       | •       | •      | •         | •      |
| Focus on Families—Parent Skills Training           | •    | •        | •       |         | •      | •         | •      |
| Medical Exam and Evaluation                        |      | •        |         | •       | •      | •         | •      |
| Medication Management                              | •    | •        |         | •       | •      | •         | •      |
| Mental Health Assessment                           | •    |          |         | •       | •      | •         | •      |
| Mental Health Case Management                      | •    |          |         | •       | •      | •         | •      |
| Mental Health Court Referrals                      |      |          |         | •       |        |           |        |
| Opiate Substitution Treatment                      |      |          | •       |         | •      | •         | •      |
| Pregnancy & Family Program                         |      |          | •       |         | •      | •         | •      |
| Prevention and Education Public Speaking           | •    | •        | •       | •       | •      | •         | •      |
| Pre-Vocational and Vocational Services             | •    | •        | •       | •       | •      | •         | •      |
| Psychiatric Evaluation                             | •    |          |         | •       | •      | •         | •      |
| Substance Abuse Assessment                         | •    | •        | •       | •       | •      | •         | •      |
| Training and Case Consultation                     | •    | •        |         | •       | •      | •         | •      |
| Wellness Program: Fitness, Exercise, Weight Loss   |      |          |         | •       |        |           |        |