CENTRAL YOUTH & FAMILY SERVICES
1901 Martin Luther King Jr. Way S., Seattle, WA 98144
(206) 322-7676

EASTSIDE BRANCH
1412 140th Place N.E., Bellevue, WA 98007
(425) 747-7892

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

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

SHORELINE BRANCH
16715 Aurora Ave N., Suite 102, Shoreline, WA 98133
(206) 546-9766

SNOHOMISH/EVERETT BRANCH
9930 Evergreen Way, Building 2150, Everett, WA 98204
(425) 347-5121

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 the Washington Telecommunications Relay Service at
(800) 833-6388 TTY.
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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Riddell Williams, PS
Donna Kimbrough
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.

A Chance to Change

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. 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.”
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.

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.

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

With 35 years of success as our tailwind, we see unlimited positive outcomes in the days ahead.

In 1994 Robert said he attended a party at Debora’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.

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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 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.

The 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 an 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
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
- Total Revenue: $10,967,057

Expenditures
- Alcohol and Other Drug Services: $6,443,336
- Mental Health Services: 3,020,621
- Facilities, administration, general: 1,841,297
- Depreciation: 223,845
- Total Expenditures: $11,529,099
- Deficit: ($562,042)

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
- Total Revenue: $11,742,108

Expenditures
- Alcohol and Other Drug Services: $5,831,837
- Mental Health Services: 3,005,520
- Facilities, administration, general: 2,074,376
- Depreciation: 264,654
- Total Expenditures: $11,176,387
- Excess of Revenue Over Expenditures: $565,721

This 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
2007 therapeutic health services

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Wellness Program: Fitness, Exercise, Weight Loss
Training and Case Consultation
Substance Abuse Assessment
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Prevention and Education Public Speaking