



THS 2008 ANNUAL REPORT



THERAPEUTIC HEALTH SERVICES

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

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## Message from the Board President

On behalf of the Board of Directors of Therapeutic Health Services, it is my honor to present our Annual Report for 2008. Thank you to the officers and members of our board whose vision for – and dedication to – guiding the strategic growth of THS in 2008 is reflected in this report.

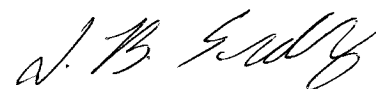
THS is on the move. The year 2008 saw the dawn of significant changes that will serve the agency for years to come. Chief among them was the expansion of our wraparound services to youth in our communities. We are especially proud of our increasing outreach and treatment for youth and their families who face demanding circumstances, such as very low incomes and the lack of many basic services, including healthcare.

THS emphasizes outreach and programs for youth and families who include underserved youth and families of color. Many are first and second generation immigrants whose daily lives are challenged by cultural and language barriers.

Toward the end of 2008, the economy went into a global recession. Confronted with these circumstances, THS chose not to retreat but instead to continue to push forward with the range and capacity of services it provides to more than 5,000 youth, adults and families in our community.

Now the future beckons THS to continue its work to strategically meet the ever-expanding needs of individuals and families struggling with alcohol and chemical dependence and mental health disorders.

With that in mind, I ask that you join us by supporting THS in its work to foster healthier youth, healthier families and healthier communities that promote a better place for all of us to live and raise our families.



JOSEPH SIDBURY  
*President*



*“When the economy  
went into a recession  
in 2008, THS chose  
to push forward,  
instead of retreating.”*



## PROVIDING HOPE FOR PEOPLE AND COMMUNITIES



In April 2007, Cooper Brandt's sister, Emily, died from a heroin overdose. She was 23 at the time and no one in the family had any clue about her drug use. Cooper was quite shaken by the loss of his only sister. His year was made even harder by the fact that many of his eighth grade friends were starting to do drugs. A school project the following year gave him an opportunity to turn his family's tragedy into a teachable moment.

Students in his freshman class at Bothell High School were given the following assignment: Deliver a presentation on an issue you feel strongly about and discuss what you are doing to make a difference. Cooper didn't have to think twice before knowing that his presentation would be about the effects of drug abuse.



*Cooper Brandt, joined by his mother Tamera, presents a check for \$900 to THS Executive Director Norman Johnson.*

Cooper explains, "What I wanted to achieve with my project was to open some eyes. My thesis was, 'Nothing good comes from drugs.' I wanted people to know that you're not just hurting yourself when you do drugs...people who care about you are affected, too. I also wanted to let some of the younger kids know that I went through what they're going through...like feeling uneasy about your friends using drugs and wondering, should you do it, shouldn't you do it? I think a lot of the kids understood that."

As part of his project, Cooper sent an email into the community promoting a raffle to raise funds for substance abuse awareness. In the words of his e-mail, "I am raising money for THS because they provide treatment and counseling for drug/alcohol addiction and mental illness. The death of my sister Emily has affected my family in ways I can't even express. I want to support the efforts of THS to make sure there is hope for individuals seeking treatment, support for their families, and the improvement of our community."

Each student was expected to raise a total of \$250. Cooper raised \$600. And after turning in the original \$600, he raised \$300 more. According to Cooper, fund-raising and being active in the community felt pretty good.

"I think the presentation part of my project put a pretty positive idea in kids' heads...like, 'I want to be successful. There's no point in throwing away all this opportunity I have by doing drugs and being a loser'."

By having the courage to turn a very personal family tragedy into something powerfully healing for the kids in his community, Cooper couldn't be more of a winner.



*“THS is a very powerful treatment center and will continue to help many on the road to recovery.”*

THS CLIENT

### Services that wrap around the entire family.

At THS, we're committed to providing state-of-the-art treatment programs that address the needs of our clients, as well as their families. For example, our Focus on Families is a preventive intervention program that helps parents in recovery focus on reducing drug use and improve their parenting skills — both of which have long-term effects on preventing substance use disorders among their children. This is just one example of the ever-evolving treatment options that clients have come to rely on at THS.

### Outpatient Services & Programs

Our experienced and knowledgeable staff provides a full complement of treatments and services to help those affected by every aspect of drug dependence, alcoholism, and mental illness.

#### Alcohol & Drug Rehabilitation

- Adult intensive outpatient treatment
- Individual, group and family counseling
- Relapse prevention

#### Mental Health Services

- Assessment and evaluation
- Case management
- Assessment and treatment for children

#### Youth Services

- Assessment and treatment for children
- Wraparound services
- Multisystemic Therapy (MST)

#### Other Services

- Prevocational and vocational guidance and information
- Supervised child care
- Information and referral

*To learn more about our wide range of services, please visit [www.ths-wa.org](http://www.ths-wa.org)*

### Letter from the Executive Director

It is with great pleasure that I present the 2008 Annual Report for Therapeutic Health Services. This was a pivotal year for THS. We were challenged in our mission to treat and rehabilitate individuals and families affected by alcohol abuse, drug dependence and mental health disorders — not so much by the stresses of the economic downturn, but more by the challenge of an ever-increasing demand for our services.



Throughout 2008, THS continued to experience steady growth in terms of size and outreach in serving individuals and families throughout our community. Our outreach to underserved, at-risk youth and their families – especially youth of color – through our Central Youth and Family Services branch has become a major focus for THS. Some points of emphasis include:

- Special full-time service to Madrona Elementary School
- Outreach services to Columbia Annex
- Our well-established *Chance to Change* program (CTC) for youth 18 to 23

Our outreach and service to adults and families dealing with substance abuse and mental health disorders was also strengthened through our other branches at Summit, Seneca, Rainier, Eastside, Shoreline and Snohomish/Everett. Of particular note is the fact that *we served a combined total of more than 5,000 unduplicated individuals throughout our seven branches.*

The services we provide are front-line in their nature, such as individual intake and evaluation, personalized treatment planning, medication management, one-on-one counseling, support groups, intervention and advocacy for participants navigating the legal system, and re-connecting families with a member who may have been thought lost for good. We do this every day, over 5,000 times a year.

I hope you enjoy reading and reflecting on our accomplishments during 2008. We are proud of our achievements and the dedicated, hard-working team of staff members, without whom we could not have done it. I welcome your feedback. If you have questions or comments, please email me at [noj@ths-wa.org](mailto:noj@ths-wa.org).

  
NORMAN O. JOHNSON  
Executive Director



FINANCIAL REPORT



This financial statement reflects the audited, consolidated program operations of Therapeutic Health Services including depreciation and amortization expenses. A copy of THS's audited financial statement is available upon request by calling (206) 323-0930, extension 201, or emailing markb@ths-wa.org.

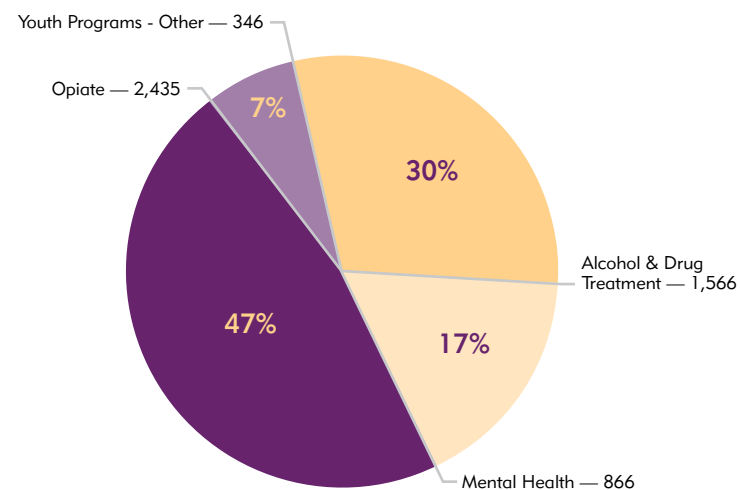
REVENUE

Government Grants	11,025,954
Net Patient Service	1,712,794
United Way	240,252
Rental Income	30,717
Contributions	35,857
In-kind Contributions	149,490
Other	168,196
<b>Total Revenue</b>	<b>13,363,260</b>

EXPENDITURES

Alcohol and Other Drug Services	6,137,125
Mental Health Services	3,152,583
Facilities, Administration, General	3,076,293
Depreciation and Amortization	307,331
<b>Total Expenditures</b>	<b>12,673,332</b>
<b>Excess of Revenues &amp; Support Over Expenses</b>	<b>689,928</b>

2008 NUMBER OF CLIENTS RECEIVING SERVICES





## INVESTING IN PEOPLE AND COMMUNITIES



In 2008, Therapeutic Health Services met the needs of more than 5,000 individuals and families by helping them address problems related to alcohol abuse, drug dependence and mental health disorders through outpatient programs that literally “wraparound” the participant and family unit.



Among the many people THS served in 2008, more than 500 youth received specialized, age-appropriate outpatient care. Staff from THS’s Youth Services Branch located on Martin Luther King, Jr. Way in Seattle’s Central District, went directly to the kids – not the other way around – with strategies that included outreach in 25 public schools in southeast Seattle and Renton.

As THS continues to actively reach out to connect with and serve greater numbers of at-risk youth and their families, the cost of paying for these programs will require increased philanthropy from the community. Here are some examples of the costs associated with our youth services:

- A full day of activities in our Summer Youth Program: \$50 per young person
- An individual counseling session with a troubled youth: \$85
- A comprehensive intake assessment for one individual: \$125
- One month of alcohol and drug counseling for one youth: \$300

Thank you for the support you have provided THS so it can meet the growing needs of underserved, at-risk children, young adults and families in the Greater Puget Sound Region. With your ongoing help, we will continue to fulfill our mission to rehabilitate individuals and heal families affected by drug and alcohol dependence, and co-occurring mental health disorders.

*“After going through [treatment] the past few years I think I want to be a doctor. We need more doctors who understand how addiction can steal your life, hopes and dreams.”*

THS CLIENT

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(Commission on Accreditation of Rehabilitation Facilities). Chemical dependency and  
mental health services are offered at all seven of our locations and every branch is licensed  
by the State of Washington Department of Social and Health Services.*

*THS provides services regardless of special needs or disabilities. All branch clinics are located  
at ground level with no stairs or barriers.*



**THERAPEUTIC HEALTH SERVICES**

[www.ths-wa.org](http://www.ths-wa.org)