



**HOPE**  
IT MAKES THE  
DIFFERENCE

**2009**  
ANNUAL  
REPORT



# OUR MISSION

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

## MESSAGE FROM BOARD PRESIDENT & EXECUTIVE DIRECTOR

On behalf of the Board of Directors of Therapeutic Health Services, we are pleased to present our Annual Report for 2009. We thank the officers and members of our Board of Directors as well as our dedicated staff who make THS a strong, committed organization in its mission to rehabilitate individuals and heal families affected by alcohol dependence, drug dependence and/or mental illness.

During 2009, THS served nearly 6,800 individuals and families who were affected by drug dependence and/or mental health disorders. Of particular importance, we served more than 950 at-risk, underserved youth and young adults primarily in southeast Seattle and King County.

Of the 97 public schools within the Seattle School District, THS expanded its outreach to 51 in 2009. We provide outreach in schools, at community centers, in the home, and on the street, going where the kids are. Each of our staff is highly skilled and specially trained to work with difficult to serve youth and young adults in a way that gains their respect and trust. As a result, countless youth get the support, guidance and direction they need to become strong adults and parents, leading positive lives that contribute to the well-being of the entire community.

During 2009, THS also served nearly 6,000 adults and families who struggle with chemical dependence and often co-occurring mental health disorders. Our intensive outpatient programs are successful largely because of the dedicated staff who served each individual with dignity and respect. Our staff is renowned for their tenacity and commitment to make a difference in the lives of the people they serve. When things get especially tough, our staff doesn't give up. They keep working with every client seeking recovery.

Because THS is here, we all benefit from a better community in which to raise our kids, send them to school, be both good employers and good employees, have safer, more livable neighborhoods, and enjoy the bounty of our community.

We graciously thank you for your continued support of our mission. Together we are making a difference.



*Joseph Sidbury*  
Joseph Sidbury  
President



*Norman O. Johnson*  
Norman O. Johnson  
Executive Director



## MARY'S STORY

THE FOLLOWING ARE EXCERPTS, SHARED WITH THE AUTHOR'S PERMISSION, FROM A LETTER WE RECEIVED WRITTEN TO HER COUNSELOR.

At age 15, Mary fell in with the wrong crowd. This group of peers led Mary down a path of drug abuse and addiction and life on the streets. "Here I was introduced to abuse-physical, mental, sexual, and emotional. Here, a new person was conceived. She's a person I never could have imagined would be me." It was not until Mary found THS and entered into drug/alcohol treatment that she regained a sense of hope and self-worth.

"So, maybe you can understand when I say that when I first came to you, I didn't hold much hope for myself. I thought I didn't deserve to be treated decently, as I had done little to show I was worth it. I didn't think I deserved help...However, despite how I feel about myself, you think that I'm worth your time and effort. You think I am worth taking a chance on. Not many people have done that for me. It has caused me to reevaluate how I feel about myself... It gives me hope that one day I can help someone in return for the help I received."

## SERVICES THAT "WRAPAROUND" 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 preventative 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 AND PROGRAMS

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

### ALCOHOL AND DRUG REHABILITATION

- Adult intensive outpatient treatment
- Individual, group and family counseling
- Suboxone
- Relapse prevention
- Alcohol/drug information school

### MENTAL HEALTH SERVICES

- Assessment and evaluation
- Case management
- Assessment and treatment for youth and young adults
- Co-occurring treatment

### 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
- Acupuncture

TO LEARN MORE ABOUT OUR WIDE RANGE OF SERVICES, PLEASE VISIT [WWW.THS-WA.ORG](http://WWW.THS-WA.ORG)



## MEET JEROME

"ONE THING I APPRECIATED ABOUT THE 'CHANCE TO CHANGE' PROGRAM IS THEY WERE NOT ONLY INVOLVED WITH DRUG AND ALCOHOL REHABILITATION, BUT [ALSO] THE REHABILITATION OF OUR LIVES."

Illicit drug use had brought Jerome to what he describes as the lowest point in his life. As part of Drug Court, Jerome was ordered to begin a new program pioneered by THS called *Chance to Change* (CTC). He worked closely with his counselors and the Drug Court staff and was able to graduate from Drug Court and CTC.

This brings us to the present day with Jerome headed towards a career in medicine and a life with his family. Thanks to the services he received through CTC and Drug Court, he did not get lost in the criminal justice system. Instead, he is on his way to having a healthy and productive life and making a positive impact on our community.

# BOARD OF DIRECTORS

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Joseph Sidbury President   Harold G. Booker Vice President   Earl Richardson Treasurer   Donna Kimbrough Secretary

## MEMBERS-AT-LARGE

Tom Allison   Barbara Cohen   Mark M. Hough  
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# 2009 FINANCIAL REPORT

## REVENUE

|                       |                      |
|-----------------------|----------------------|
| Government grants     | \$12,844,816         |
| Net patient service   | 1,392,445            |
| United Way            | 218,983              |
| Rental income         | 34,680               |
| Contributions         | 114,750 <sup>1</sup> |
| In-kind contributions | 74,122               |
| Other                 | 82,108 <sup>2</sup>  |
| <b>TOTAL REVENUE</b>  | <b>14,761,904</b>    |

## EXPENDITURES

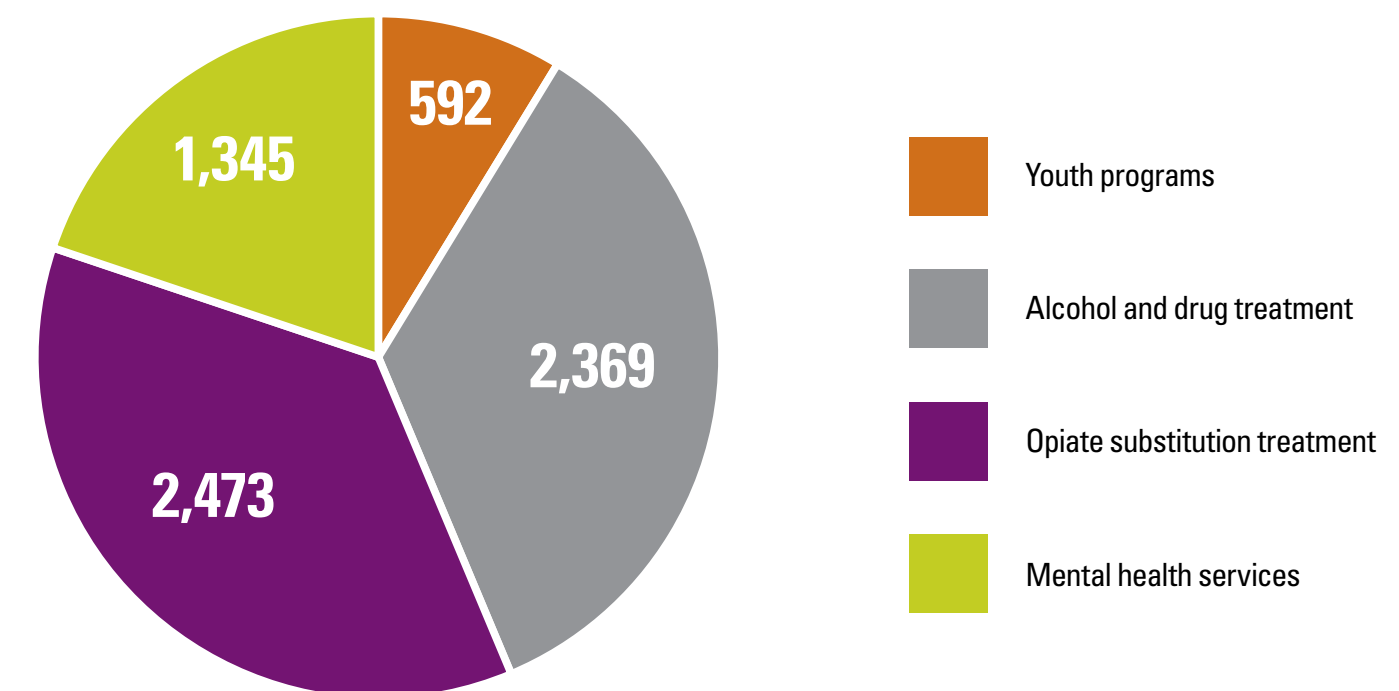
(BEFORE DEPRECIATION & AMORTIZATION)

|   |                   |
|---|-------------------|
| Alcohol and other drug services                     | \$7,302,411       |
| Mental health services                              | 4,086,469         |
| Facilities, administration, general, fundraising    | 2,705,023         |
| Depreciation and amortization                       | 259,442           |
| <b>Total expenditures</b>                           | <b>14,353,345</b> |
| <b>Excess of revenues and support over expenses</b> | <b>408,559</b>    |

<sup>1</sup>Includes \$2,000 permanent contribution

<sup>2</sup>Includes other revenue, permanent interest, & levy

## 2009 NUMBER OF CLIENTS RECEIVING SERVICES



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](mailto:markb@ths-wa.org).



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. All donations are tax-deductable within the limit of the law. Consult your lawyer or tax advisor.

## HIGHLIGHTED PROGRAM: ENCOMPASS™

THS is proud to offer many programs to our clients based on their specific needs. One of the most successful programs we offer is ENCOMPASS™. ENCOMPASS™ is an evidence based integrated treatment program for co-occurring mental health and chemical dependence for adolescents and young adults age 13-25.

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## DONORS MATTER

In 2009, thanks to the generous contributions from our donors, Therapeutic Health Services was able to serve over 6,000 youth, adults and families throughout our seven branch locations. We are on the way to making this a healthier and safer community, and this could not have happened without the help of those listed on this page. For more information about how to get involved with THS or to make a contribution, please contact **Mark Buckley** at [markb@ths-wa.org](mailto:markb@ths-wa.org) or visit our website at [ths-wa.org](http://ths-wa.org).



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