recovery
restore
renew
of all U.S. adults currently have a mental illness and nearly 50% of U.S. adults will develop at least one mental illness during their lifetime.

Lori’s STORY

Lori first got sick in 1996. She went from doctor to doctor, yet none of them could figure out what was wrong. It was particularly frustrating for her because she had a family, worked full-time with autistic children at a local school, and had won awards for her volunteer work. The pain grew to be too much and she ended up becoming addicted to painkillers and then heroin. She came to THS in 2002 for treatment. As part of the standard medical care at THS, Lori received a full workup where she discovered that her debilitating pain stemmed from Hepatitis C. She contracted it from her husband, who had been an IV drug user in his youth before getting sober and marrying Lori.

When her husband died suddenly in 2003, Lori relapsed and left treatment at THS. She became severely depressed and agoraphobic. She stopped paying her bills, wouldn’t talk on the phone, didn’t answer the doorbell, and never left the house. During this time, she was also actively using heroin.

In 2010, realizing she needed to change, Lori called THS Executive Director Norman Johnson. She asked Norman for help on a Friday afternoon and by Monday she was in treatment. Lori says “He really cares. I felt so thankful to him, and I wanted to show him how much I appreciated it. That’s why I got in the cab to come to THS the first day even though I hadn’t been farther than 10 minutes from my house in more than 4 years.”

Lori says, “THS and the counselors bring tears to my eyes. There’s no other program out there like this. You can’t get well without knowing that someone cares about you. Because that’s what we don’t have. We don’t have a lot of people who care about us. A lot of people think we’re bums. But that’s not it. I was working full-time, bought a house, and worked hard all my life and all of a sudden I got sick.”

Lori is doing well. She’s been clean for over 5 months, she’s caught up on her bills, and she found a doctor who put her on an experimental drug to treat her Hepatitis C. She’s grateful to THS and her counselor.

“They just stick by you. They know even if you’re dedicated to being clean, sometimes you might relapse but if they kick you out you’ll be full-blown and go back to the streets and commit crimes to support your habit. Instead they stick with you even during a relapse because they know a lot of people are going to turn around like I did.”
After the 2010 expansion in facilities and programs, 2011 represented a year of stabilization and consolidation for Therapeutic Health Services.

In 2011, THS served more than 9,700 individuals, youth and families affected by chemical dependency and mental illness. Our expansion of services to youth allowed us to provide programs to over 1,755 King and Snohomish County youth.

Programs with new or expanded facilities—Youth & Family Everett and Kent—were filled with new participants. New programs like SYVPI (Seattle Youth Violence Prevention Initiative) and ENCOMPASS saw increases in numbers of youth served. Steady growth in our Summer Youth Program, which includes the Youth Golf & Tennis Program, enabled us to reach out to and engage even more at-risk youth.

2011 began with a visit from CARF (Commission on Accreditation of Rehabilitation Facilities). After their extensive visit and audit, THS was awarded a 3-year accreditation across all branches. In support of this highest level of accreditation, THS leadership and staff implemented an extensive system to monitor the quality of services and care delivered to our participants.

Early in 2011, a committee of the THS Board was formed to ensure that THS is ideally positioned for the advent of Health Care Reform. Composed of board members and THS staff, the Program and Health Care Reform Committee continues to work on analysis of existing systems and programs that may need enhancement and identify key collaborations to optimize THS operations as Health Care Reform becomes a reality.

The year was also characterized by an increase in media exposure, the launch of a newly renovated THS website and an expanded presence in social media. These and other marketing efforts raised the profile of THS to the general public in innovative new ways.

In the latter part of 2011, initial planning and preparation was underway to pave the way for opiate substitution treatment at our Eastside branch. As of the preparation and publication of this Annual Report we are proud to announce that we are on track to begin these services by the beginning of July 2012.

The economy appears to be in a slow recovery. State and county budget cuts continue to present challenges in providing services to those who need them. Budget vigilance and controls to minimize expenditures allowed us to end 2011 in relative financial health. New efforts to diversify funding, including private philanthropy, corporate and private foundation grants and private pay insurance are slowly beginning to make a positive addition to our overall income stream.

We look forward to celebrating THS’ 40th Anniversary at a gala event on October 6, 2012 where we can reflect on the history and achievements of the organization with the realization that there is still much to accomplish and many more to serve.

Sincerely,

Joseph B. Sidbury
President

Norman O. Johnson
Executive Director
Nearly 131,000 military veterans live in King County and 60,000 live in Snohomish County. It can be difficult for veterans, especially those who have seen combat, to return to civilian life. Many veterans suffer from mental health and service-related trauma. One out of every ten veterans is disabled and up to 19% of Iraq/Afghanistan War veterans report a mental health disorder. In King County, 21% of homeless adults are veterans. Among veterans who are homeless, 45% have a mental illness and 70% suffer from substance abuse. The unemployment rate for veterans (11.3%) is higher than the overall national unemployment rate; 18% of veterans who recently left the military are unemployed, and of those who are employed 25% earn less than $21,840 per year.

Recognizing the need for specialized care for military veterans, we created the Veterans Outreach Program. This program provides outreach and referral services, limited counseling and case management, and vocational services to veterans and their dependents. We also advise and assist veterans with upgrading their discharge status and applying for VA, federal, state and local benefits.

The Veterans Outreach Program helps veterans like Willie. Originally from North Carolina and raised in Richmond, Virginia, Willie first came to Washington State when he joined the Navy. Stationed with the USS Nimitz out of Bremerton, he served in the Persian Gulf War on the flight deck. When he left the Navy, he didn’t know that he had Post-Traumatic Stress Disorder (PTSD). All he knew was that he just couldn’t seem to keep a job.

In 2004 Willie met Ray Miller, THS’ Veterans Outreach Program Supervisor. He was homeless and using alcohol and drugs. Ray, an Air Force veteran, is a nationally-certified Veteran Service Officer and veteran advocate. Ray was able to get Willie connected with the VA, where he got treatment for his PTSD and medical and disability benefits. Willie also learned to do intakes for new clients, assessments, and submit claims so that he could help other veterans. He meets veterans through word of mouth and teaches them how to navigate the complicated VA regulations, get medical care and submit claims. He estimates that he’s helped 30 veterans and their families over the years. “I helped let them know there’s another chance at a life that’s better than what they’re doing now.”

Willie eventually relapsed and spent some time in prison. Ray wrote to him while he was incarcerated and when Willie got out, Ray had a place for him at THS. Willie says he is grateful that THS is here to provide support.

The cost to jail an individual averages $47,000 per year. The cost to diagnose and treat a person for alcohol/drug dependence and/or a mental illness is $4,500 per year, A SAVINGS OF 10 TO 1.
In 2011, THS provided $252,531 of charity care to those who could not afford treatment.

9 in 10 people who are addicted begin to smoke, drink or use other drugs before age 18.

Our Family of Services + Programs

Our dedicated and highly skilled staff includes licensed mental health and chemical dependency professionals, case managers, vocational rehabilitation specialists, nurses, physicians and psychiatrists. Working with them individually or as part of a group, our program participants can count on each one to be a partner on their road to wellness.

We provide a full range of treatments and services to help those affected by drug dependence, alcoholism and mental illness:

**Alcohol & Drug Rehabilitation**
- Adult intensive outpatient treatment
- Individual, group and family counseling
- Opiate substitution treatment
- Addiction focused co-occurring disorder treatment
- Relapse prevention

**Mental Health Services**
- Assessment and evaluation
- Medication management
- Case management
- Advocacy and referral services

**Youth Services**
- Assessment and treatment of children and youth
- Wraparound services
- Multisystemic Therapy
- Co-occurring mental health and chemical dependency treatment

**Other Services**
- Prevocational and vocational guidance and information
- Supervised childcare during treatment and counseling sessions
- Information, education and referral

Our Family of Services + Programs:

- Alcohol & Drug Rehabilitation
- Mental Health Services
- Youth Services
- Other Services

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1992 THS offers long-term mental health patient housing.

1996 THS chemical dependency treatment programs receive the highest level of national accreditation through CARF—the Commission for the Accreditation of Rehabilitation Facilities. THS has been CARF-certified since.
Robert and Theresa have a beautiful daughter, Catherine, who is a little over a year old and full of smiles and energy. They are a happy family and Robert and Theresa are good parents. You would never know that just a couple of years ago both were addicted to opiates and homeless.

Robert started using drugs when he had a bad car accident causing permanent nerve damage in his back and legs. In constant pain, he eventually became addicted to the painkillers prescribed by his doctor. Theresa was hooked on heroin since she was 17. They originally met through a friend they got drugs from. They were homeless, staying in hotels or on the streets when they ran out of money.

Robert managed to get clean, and eventually Theresa stopped using as well. Then she found out she was pregnant. It was difficult for her to stay sober while pregnant because the morning sickness was so bad. A friend who was a former client of THS recommended our Pregnancy & Parenting Program. Although normally there is a long waiting list for treatment facilities in King County, since pregnant women are considered high risk, Theresa was enrolled in services immediately. Robert attended pregnancy and parenting classes with Theresa. THS counselors were impressed at his willingness to support Theresa and participate in classes and support groups, so they assisted him with getting into treatment.

THS helped them stay sober, learn parenting skills, and get into stable housing. Robert believes that the Pregnancy & Parenting Program saved his life. "We are given resources and it’s up to us to use them. You just got to want it." Theresa’s brother committed suicide in early 2012. Her counselor helped her deal with her loss and grief and she says without her, she would have relapsed.

Robert and Theresa both had children prior to Catherine, though Theresa’s were removed from her custody by CPS due to her addiction and placed in foster care. Theresa has made such great strides in her treatment and parenting skills that she’s now able to have unsupervised visits with her children. Both are spending more time with their children and credit THS with learning how to communicate with them.

Now, Robert and Theresa are stable in their recovery. Theresa just enrolled in North Seattle Community College where she’s pursuing her GED and planning to study computers. Robert says, “We’re going to make it happen. If you guys weren’t here, I’d be in bad shape. I don’t even want to think about it.” He’s still in pain from his accident, but refuses to relapse and use again. He says “I’ve got too many people depending on me to go back. Now I have a chance to be a dad. I wasn’t really there for my other kids. Now I can be.” They say Catherine “is a happy, loved baby” and they are grateful to THS for the opportunity to get clean and learn how to be good, effective parents.
The below letter was written by the mother of one of our youth clients.

We are writing today in support of Therapeutic Health Services. Over the past seven months, our son has received counseling in a supportive, nurturing environment. His counselor has gone beyond our expectations with his support through a very difficult situation. Our son is now clean and though it will always be a challenge for him, we are thankful for all of the wonderful care provided by all of the staff at THS.

Please help keep these services available so that more families can continue to receive the same level of support we did.

Thank you.

1.6 MILLION high school students meet the criteria for a substance use disorder involving alcohol or other drugs;

ONLY 6.4% of them received treatment in the past year.

Focus on Families nationally recognized as one of eight programs showing promise as an effective drug prevention program by The White House Office of National Drug Control Policy.

THS and Eastside Recovery Center merge effective January 2000.
THS establishes the Seneca Branch at 1305 Seneca Street.
### Revenue

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government grants</td>
<td>13,740,960</td>
</tr>
<tr>
<td>Net patient service</td>
<td>2,043,579</td>
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<tr>
<td>United Way</td>
<td>137,492</td>
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<tr>
<td>Rental income</td>
<td>18,194</td>
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<tr>
<td>Contributions</td>
<td>142,399</td>
</tr>
<tr>
<td>In-kind contributions</td>
<td>131,310</td>
</tr>
<tr>
<td>Other</td>
<td>36,243</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>16,250,177</strong></td>
</tr>
</tbody>
</table>

### Expenditures (Before Depreciation & Amortization)

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol and other drug services</td>
<td>7,747,050</td>
</tr>
<tr>
<td>Mental health services</td>
<td>5,362,282</td>
</tr>
<tr>
<td>ENCOMPASS™</td>
<td>329,943</td>
</tr>
<tr>
<td>Facilities, administration, general and fund raising</td>
<td>2,645,897</td>
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<tr>
<td>Depreciation and amortization</td>
<td>183,926</td>
</tr>
<tr>
<td><strong>Total expenditures</strong></td>
<td><strong>16,269,098</strong></td>
</tr>
<tr>
<td>Deficiency of revenue and support over expenses</td>
<td>(18,921)</td>
</tr>
</tbody>
</table>

2011 financial report

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2001
- Summit Branch and Bastyr University collaborate on an acupuncture study. Outcomes suggest participants in treatment who receive acupuncture were more likely to achieve favorable treatment outcomes.

2002
- The Eastside branch offers culturally-appropriate chemical dependency treatment for Russian-speaking clients in their own language.
- THS works with Group Health Cooperative to establish a continuum of care to treat those referred by GHC.
- THS undergoes a major remodel at the Summit Branch to enlarge the client waiting area, client bathrooms, and to upgrade dispensaries. Automatic doors are installed to meet ADA requirements.

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**ONLY 28%** of treatment facilities offer specialized care for adolescents.
In Washington State, treatment admissions for heroin are up 44.5% and admissions for non-heroin opiates are up 235.6%.

- **2003**: THS is certified by Washington State to open a branch in Everett/Snohomish County.
- **2005**: The Everett/Snohomish Branch certified by Washington State to provide alcohol/drug services.
- **2006**: THS merges with Central Youth & Family Services.
Donors

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John Nicholas Cobb
Barbara Cohen
Columbia Capital of Washington, LLC
Luke Colwell

Combined Federal Campaign of King County
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Frank Couch
Crisis Clinic
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C.A. Domio
James Donnelly
Darlene Edmund
Kathy and Patricia Edmund
Edith Eion
Debra Enteman
Lynn Eskridge
Beth Featherstone
Sonia Feinroth
Al Ferkoichick and Joyce Houser-Ferkoichick
Joanne Fiaschetti and David Warner
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Giuseppe Fedoraro & The Alternative Grunge Crew
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King County Employee Giving Program
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Suzanne Knapp
Alexej Kossov
Kristina Delleo
Ruthann Kurose
Marie Kurose-Woo
Chuck Kusak
Rev. Gloria Kym
Mike and Juanita Labosier
Ann Lacy
William and Helen Lacy
Daniel LaFond
Alan Laird
James Lamb
Julianne Lamseik
Rehana Lanenwala
Barbara Langdon

2007

THS purchases Everett/Snohomish site.

2010

THS launches the ENCOMPASS™ program: an innovative treatment for youth with co-occurring mental health and substance abuse disorders.
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-deductible within the limit of the law. Consult your lawyer or tax advisor.