

2014

ANNUAL
REPORT



Healthy youth. Healthy families. Healthy communities.

LAUREN'S STORY



Lauren came to us many months ago, very ill, homeless and distraught. Initially she did not embrace treatment. She missed getting her medication, didn't attend group or one on one sessions and continued using illicit drugs.

She began seeing her counselor almost daily. With her counselor's support and encouragement she began to make better choices. We asked our family and pregnancy lead to discuss healthier options with Lauren and encouraged her to attend our pregnancy and family group one time a week.

With the integrated support and encouragement of this team, Lauren is now attending her individual and group sessions, taking her medication on a daily basis, seeing an OB/GYN and making good choices for her and her unborn child.

Dear Friends,

With so much happening every day at each of the 10 Therapeutic Health Services locations, it can be difficult to narrow down the top accomplishments for any given year. However, in many ways, 2014 was a significant year for the agency and for the people we serve.

Therapeutic Health Services has been certified by the Commission for the Accreditation of Rehabilitation Facilities (CARF) since 1996. In early 2014 CARF auditors spent nearly a week at THS examining every aspect of our Opioid and Behavioral Health Programs (including Alcohol/Drug and Youth). We are proud CARF could find no areas of non-conformance to standards and made no recommendations. Only 3% of all CARF surveys result in no recommendations. THS is accredited through April of 2017.

In 2014 THS became the sole provider of treatment services for the 400 adults who are enrolled in King County Drug Diversion Court at any given time. This program, which can take up to 2 years to complete, is intended to help break the cycle of criminality and substance abuse. Eligible defendants (generally low-level and non-violent offenders) can choose to receive drug treatment instead of going to trial. There is enormous incentive to complete the program – if participants graduate from the program all charges are dismissed.

Our new Integrated Cognitive Therapy Program (ICTP) was introduced in 2014. The roots of ICTP were established during 4 years of groundbreaking work with the University of Colorado at Denver on our ENCOMPASS™ program. ICTP allows THS to provide Evidence Based Cognitive Therapies

(in the context of Motivational Enhancement) to a wider age group, while simultaneously addressing behavioral health concerns that go beyond Co-Occurring Disorders. Additionally, a generous grant from the Verdant Health Commission provides funding for two years to develop the treatment and prevention program infrastructure needed to launch this program successfully in Snohomish County.

The purchase of our Everett location helped to secure a stable home for our adult and youth services in Snohomish County for the foreseeable future.

Finally, we acknowledge the achievements of each THS participant as they work with our capable and compassionate staff to overcome their challenges and live happy, healthy and productive lives.

Thank you for helping to support the work we do.

Norman O. Johnson
CEO

Louis Hunter
Board President



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1972

Therapeutic Health Services (THS) founded as the Center for Addiction Services.

1975

THS offers chemical dependency and support services for pregnant women – the first in Washington.

1981

THS becomes a United Way of King County Agency.

1984

THS certified to provide alcohol treatment in addition to chemical dependency services. THS opens a branch to serve "non-traditional" drug abuse patients: medical professionals, white collar workers and professional athletes.

1988

Alvirita Little Award created to honor individuals or organizations that have contributed selflessly to at risk youth, adults and families, especially those affected by substance abuse and mental illness.

1990

THS merges with Central Area Mental Health – now the Rainier Branch. THS first agency in Washington State licensed to provide both mental health and chemical dependency services.

Outpatient Services & Programs

At THS we are committed to providing a safe, caring environment where participants can realize the best possible recovery. Our evidence-based treatment programs and ongoing individual and group counseling give those we serve the confidence of knowing that someone is in their corner, every step of the way.

ALCOHOL & DRUG REHABILITATION

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

YOUTH SERVICES

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

MENTAL HEALTH SERVICES

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

OTHER SERVICES

- Veterans Outreach Program
- Womens Veterans Program
- Prevocational and vocational guidance and information
- Supervised childcare
- Information and referral

Services that “Wraparound” the Entire Family

By treating not just the participant but also providing services to family members, our programs promote better outcomes.

For example, our Pregnancy and Parenting program helps parents in recovery focus on relapse prevention and improving their parenting skills — which has been shown to prevent substance abuse in their children and help end the cycle of domestic violence.



ALEXANDER'S STORY

My name is Alexander and I am 15 years old. I have been in counseling at THS for almost two years. I was in counseling because my parents were going through a divorce and I felt like I was caught in the middle. I was sad and anxious all of the time. I couldn't concentrate, and I was always fearful.

Around the fourth or fifth session with my counselor Ms. Tanya, I was already feeling better about my life. She taught me skills to help me relax and to focus on the things that I could control. She helped me see my feelings are valid and that I have the right to share them with my family.

Ms. Tanya got my family involved. She helped my parents understand me by listening to my feelings and opinions. While in counseling I was feeling overwhelmed with all of my responsibilities. Ms. Tanya got my parents together and helped us figure out how I could get the time I needed for studying. I went from a 2.2 to a 3.0 GPA.

I am thankful to Ms. Tanya for helping me through my struggles as a teen. I wish all kids could have someone to talk to, who doesn't judge them and that actually helps them figure out tough stuff that is going on in their life.

To learn more about THS and what we're up to check out our website at www.ths-wa.org.



Follow us on Facebook at www.facebook.com/THS.WA

OUR MISSION

TO REHABILITATE INDIVIDUALS AND HEAL FAMILIES AFFECTED BY ALCOHOL DEPENDENCE, DRUG DEPENDENCE AND/OR MENTAL ILLNESS

1992

THS offers long-term mental health patient housing.

1996

THS chemical dependency treatment programs receive highest level of national accreditation through CARF – the Commission for the Accreditation of Rehabilitation Facilities. THS has been CARF-certified since 1996.

1997

THS celebrates 25 years of service to the community. THS featured in a Japanese national TV documentary focusing on treatment solutions for the world-wide drug problem. The National Institute on Drug Abuse recognizes THS's Focus on Families program as a national top ten most effective prevention program.

1998

Focus on Families is featured on the PBS series "Moyers on Addiction: Close to Home," produced and hosted by world-renowned journalist Bill Moyers.

1999

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

2000

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

JORDAN'S STORY

When Jordan was 19, she filled out an application to rent an apartment. She was shocked when she didn't pass the credit check. It turned out that when she was 11, in an effort to keep the family from becoming homeless, her mother opened up numerous accounts in Jordan's name and was unable pay the bills. Jordan discovered she was responsible for these debts.

Because of her poor credit, Jordan couldn't find a landlord who would rent to her. She became homeless, alternating between couch surfing at her friends' apartments and living on the street.

Jordan met Malcolm and Robert, case managers with our Pro-Youth Homeless Program. The Pro-Youth Homeless Program helps homeless youth ages 15 to 22 achieve more stable living situations and connects them with resources to meet basic needs (such as healthcare, employment, etc.). Malcolm and Robert helped Jordan update her resume and get a better-paying job, helped her set-up a savings account and get into transitional housing. Later, they were able to help her get accepted into the Landlord Liaison Project

Jordan, now age 23, is in permanent housing. She works two jobs, and recently got her cosmetology license. She's working hard as a hair stylist and is clearing her credit report. She says, "THS has gone above and beyond what was asked of them to assist me in to becoming a better person and individual."

THS serves an average of 50 youth per month in the Pro-Youth Homeless Program.

2001

Summit Branch and Bastyr University collaborate on an acupuncture study. Outcomes suggest participants in treatment who receive acupuncture are 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.

PROGRAM SPOTLIGHT: ADULT DRUG COURT

In 2014 Therapeutic Health Services was awarded a contract by King County to provide comprehensive treatment services to adults who are enrolled in King County Drug Diversion Court. There are approximately 400 men and women enrolled in Adult Drug Court at any given time.

This is a unique opportunity for THS to provide Adult Drug Court clients with the full range of chemical dependency and mental health treatment and services that they need to put their lives back on track.

Drug Court services are intended to help break the cycle of criminality and substance abuse and help people develop the skills they need to live a happy, healthy and productive life. Our Drug Court Program works directly with the courts to provide intensive drug, alcohol and mental health treatment, case management, life skills training, employment and educational services, pro-social activities, and community reintegration to court-involved individuals.

Drug Court is unique in that it depends upon a non-adversarial courtroom atmosphere where the judge and a team of people including prosecutors, defense attorneys, probation officers, case managers and THS treatment staff work together toward the common goal of breaking the cycle of drug abuse and criminal behavior.

Eligible defendants (generally low-level and non-violent offenders) can choose to receive drug treatment instead of going to trial, and if they graduate from the program all charges are dismissed and they are free to go. Most participants have an enormous incentive to get clean because if they fail out of the program they are sentenced on their original charges.

2004

THS opens Snohomish/Everett branch in January 2004.

2006

THS merges with Central Youth & Family Services.

Drug Court participants go through a rigorous program that can take up to two years to complete. They get help for their substance abuse and mental health issues and have strict limits placed on their behavior. Participants who break the rules are sanctioned, and may even be terminated from Drug Court. They are randomly drug-tested at least twice per week, meet with their THS counselors for individual and group counseling a minimum of 1-2 times per week, attend 3 sober support meetings weekly (AA, NA or some similar group), complete community service, and appear in front of the judge at least monthly. A new requirement for Drug Court participants is that they must be employed or in school in order to graduate.



The services that we provide in partnership with Drug Court are successful because they address the multitude of issues that can contribute to recidivism including addiction, mental illness, unemployment, behavioral problems, and homelessness and help them develop the skills they need to be drug-free and thriving.

2010

THS launches the ENCOMPASS™ program: an innovative treatment for youth with co-occurring mental health and substance abuse disorders. THS opens Youth & Family Services – Kent in August 2010 to treat young adults involved in King County Drug Court. THS opens Summit Annex, housing pregnancy, parenting and women's services. The Youth & Family Services Branch in Everett opens in September 2010.

2014 FINANCIAL REPORT

Revenue

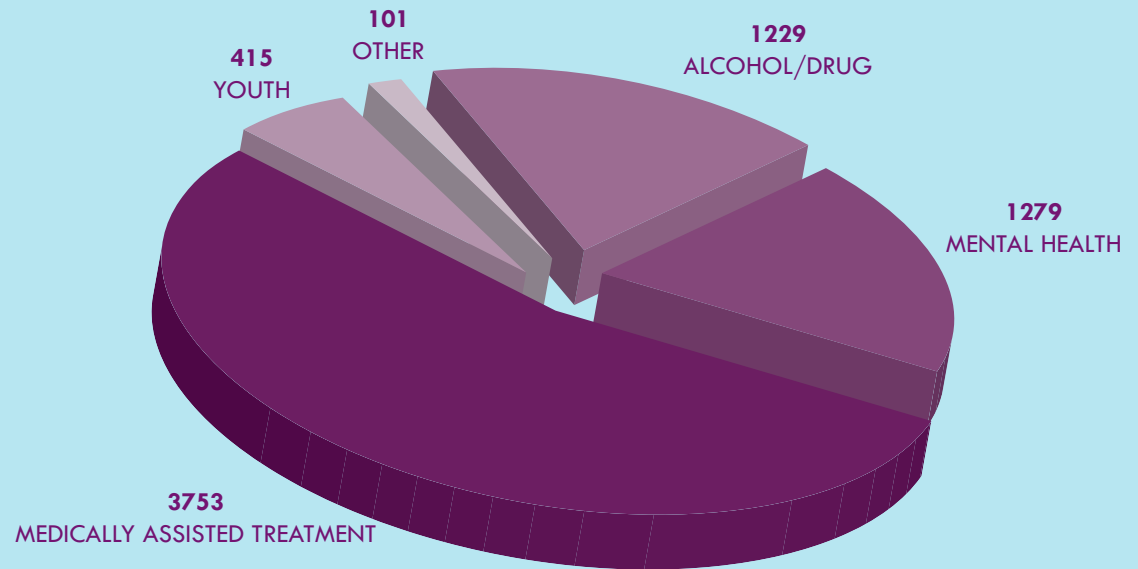
Government Grants	15,711,102
Net Patient Service	1,078,872
United Way	119,383
Rental Income	18,008
Contributions	129,569
In-Kind Contributions	134,940
Other	30,544
TOTAL REVENUE	17,222,418

Expenditures

(BEFORE DEPRECIATION & AMORTIZATION)

Alcohol and Other Drug Services	9,240,324
Mental Health Services	3,402,585
ENCOMPASS	1,196,147
Facilities, administration, general and fundraising	3,478,649
Depreciation and Amortization	205,534
TOTAL EXPENSES	17,523,239
DEFICIENCY OF REVENUE AND SUPPORT OVER EXPENSES	300,821

Number of Participants Served by Program



In 2014, we ran a budget deficit in large part to our commitment to deliver the best services and support to our participants. We address this deficit by controlling expenses and streamlining staff through employee attrition, eliminating vacant positions and reducing redundancies.

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

THS is designated by the IRS as a 501(c)3 non-profit organization and is registered with the office of the Washington State Secretary of State. 1-800-332-GIVE. All donations are tax-deductible within the limit of the law. Consult your lawyer or tax advisor.

2011

THS Veterans Program provides outreach to over 185 veterans.

2012

Eastside Branch offers Opioid Substitution Therapy in July 2012. THS begins internship program with St. Thomas University in the Philippines to provide their physicians with training and experience in the treatment of chemical dependency.

2013

THS offers services to female veterans with Post Traumatic Stress Syndrome and Military Sexual Trauma. THS provides enrollment assistance to all program participants who are newly eligible for Medicaid expansion or other health insurance obtainable as part of the Affordable Care Act.

2014

THS awarded King County Drug Court contract – becomes major provider of Drug Court services for adults. THS receives three-year CARF accreditation for its Opioid Substitution, Chemical Dependency and Mental Health programs. Receives first time Aspire to Excellence certification for Governance.

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Contact **Ken Schlegel** at (206) 323-0930 x201 or kenneths@ths-wa.org for any changes or corrections.



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