**THS receives highest level of national accreditation**

We are pleased to announce that for the fourth consecutive time THS has received the highest level of national accreditation (three years) for all our core Behavioral Health services. The accreditation is provided through The Rehabilitation Accreditation Commission (CARF); an international accreditation body. Services for which THS sought and received accreditation include:

**Mental Health**
- Adults, Children, Adolescents:
  - Case Management/Services Coordination
  - Crisis Intervention
  - Outpatient Treatment

**Alcohol and Other Drug Addictions**
- Adults:
  - Outpatient Treatment
  - Opiate Treatment Program

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**Therapeutic Health Services gala celebrates 33 years with presentation of Alvirita Little Award**

Therapeutic Health Services (THS) hosted its’ sparkling 33rd Anniversary and Fundraiser on May 25th, at the world famous Teatro ZinZanni. Presenting “Dinner and Dreams”, the gala evening showcased an extravagant cabaret show, five course gourmet dinner, silent auction, and a very special presentation of the 2005 Alvirita Little Award.

The gala, chaired by THS board member Karen Shiveley, benefited Therapeutic Health Services nationally acclaimed “Focus on Families” program, designed to break the cycle of drug and alcohol addiction through out-patient treatment, relapse prevention, parenting, and family counseling.

In honor of Ms. Little’s legacy, THS Executive Director, Norman Johnson presented Patrick Gogerty, former Executive Director of Childhaven, — *Continued on page 2*
We are very happy to announce the reestablishment of the “Focus on Family” (FOF) project. It will be a core service and continuing treatment approach to working with our adult population and their young children.

This program dovetails with our Pregnancy and Family Program into which an average of 45 babies are born each year. It is our intent to further develop the nationally recognized FOF Program to provide wrap-around services to support the entire family. This includes parenting skills, helping children succeed in school, education in early childhood development, teaching special skills to children, and relapse prevention for the parents. The family emphasis is one of the cornerstones of our 2005–2010 Strategic Plan.

In this issue, we also illustrate the excitement generated at the 2005 THS Event at Teatro ZinZanni and the presentation of the Alvirita Little Award to our community friend and former Childhaven Executive Director, Patrick Gogerty. I wish to take this opportunity to thank the many of you who helped make the Teatro ZinZanni affair a big success. We look forward to you joining us at our next year’s event, which you will hear about in the near future.

Last year we opened our newest treatment facility in the Snohomish/Everett community. We are currently serving far more clients at that branch (over 300) than we initially projected. We are very pleased with the Everett community’s acceptance and support. In March we had an open house that was very well attended by the Puget Sound community. The keynote speaker was Ms. Marian Krell, President of the Everett City Council. THS also presented a check to the Port Gardner community for a bench in their community park. We are appreciative that the community sees the services we provide as a worthwhile endeavor.

We look forward to continuing to serve the Puget Sound area.

Counseling program for Russian clients grows

The chemical dependency program for Russian clients, which began November 2002 with two clients, has now grown to 25 clients. The services are provided through a collaborative agreement with Russian Counseling Services and include evaluations, information and referral, intensive outpatient, outpatient and individual counseling.

Treatment services are provided in Russian by Natalia Meshkova, CDPT, who moved to the United States seven years ago. Natalia has a medical degree in Russia, with a specialization in Psychology. She worked as a professor in the Department of Applied Psychology at Ural State University and Medical School in the city of Ekaterinburg, Russia. She speaks both English and Russian and encourages her clients to learn English so that they become a more integral part of the country in which they now live.

Recently, several group members wrote a letter to THS’ Executive Director, expressing their gratitude to Natalia and the program: “Throughout the time of our counseling sessions she has been very professional, knowledgeable and supportive. She has shown a lot of care and high level of commitment towards each student. It is unfortunate that we had to meet her under such circumstances. Thankfully to Natalya Meshkova, who made a huge impact in our lives and guided us to make right decisions, we now stay strong and we stay sober.”

Clients in the program come to THS from all parts of the county with a large majority court or attorney referred for alcohol/drug related offenses. We are also getting referrals from Russian clients currently enrolled in the program. It is hoped that in the near future we can provide Alcohol/Drug Information School for Russian-speaking people.
the 2005 Alvirita Little Award for 30 years of service as a “determined advocate” for neglected and abused children.

Some of the attendees at this year’s gala: Dr. Constance Rice of Casey Family Program; David Stone, CEO of Seattle Mental Health; Jon Flora, Executive Director of Childhaven; Vivian Lee; Harold Booker, former attorney at Boeing; Joan Houston; Dick and Karin Miller; Janet Boguch; Josephine Tamayo-Murray, Executive Director of Catholic Community Services; Gary Wong, owner of The Red Army Creative; Joan Johnson; THS Board members Kae Hutchison, Paul Morse, Karen Shiveley, Mark Hough, Donna Bucher-Hudson, Tom Allison, Barbara Cohen, Kelby Fletcher, Gene Frogge, Stephen Goldberg, and Earl Richardson.

The evening ended on a very special note and an added surprise as Ms. Alvirita Little celebrated her 92nd birthday and a legacy of over 50 years of professional and volunteer service of support of youth and families.
Welcome Employees

12/20/03–9/23/05

Eastside
Barbara Alloway, Receptionist
Ray Barker, Chemical Dependency Professional
Anna Van Dam-Arnold, Chemical Dependency Professional
Tara Wetmore, Chemical Dependency Professional

Snohomish/Everett
Juanita Chu, Dispensary Technician
Renee Hart, Dispensary Nurse
Melissa Johnson, Chemical Dependency Professional
Idella Johnson, Child Care
Meriel Muiffly, Support Services Technician
Marilynn Shcolnik, Medical Services Supervisor
Dana Whitney, Chemical Dependency Professional

Midvale
Sherrine Chum, Support Services Supervisor
Dwight Coby, Chemical Dependency Professional
Deleona Garrison, Dispensary Technician
Rhodora Giunto, Chemical Dependency Professional
Jeannette Hemmen, Dispensary Nurse
Honeyleen Im, Dispensary Nurse
April Johnson, Receptionist
Therese Mayer, Intake Coordinator
Pamela Ogletree, Dispensary Technician
Scott Patterson, Dispensary Nurse
Avis Walcott, Chemical Dependency Professional

Rainier
Nina Beach, Clubhouse Coordinator
David Christenson, Receptionist
Nanette Croteau, Chemical Dependency Professional
Angela Kleinsasser, Mental Health Case Manager
Donsetta Powell, Mental Health Case Manager
Victor Wood, Mental Health Case Manager

Summit/Seneca
Alyxx Berg, Receptionist
Terry Carver, Dispensary Nurse
Patricia Edmond-Quinn, Coordinator, Focus on Families Program
Teresa Harper, Dispensary Nurse
Virginia Humes, Chemical Dependency Professional
Savathdy Im, Dispensary Nurse
Jodean Lombardi-Scott, Intake Coordinator/Counselor
Robert Lydon, Chemical Dependency Professional
Connie Moss, Chemical Dependency Professional
Marianne Schindler, Chemical Dependency Professional

Finance
Evangel (Gil) Fajardo, Cashier, Midvale
Chun Lin (Albert) Feng, Cashier, Everett
Focus on Families up and running at THS

In June of 2005, THS reintroduced the Focus on Families program. To quote one of the participants, “This group needs to be mandatory for every parent at THS. You learn so many useful skills that can be transferred to other areas of your life.”

The program was developed by the University of Washington Social Development Research Group and provides a curriculum that teaches participants relapse prevention techniques and parenting skills. The program is open to any THS client, provided that they have been involved in their recovery program for a minimum of 90 days, and are considered stable in their recovery process. The program is unique in that it reinforces relapse prevention skills for the parents and at the same time the parents and children increase their knowledge in the following modules: Family Management, Communication Skills, Refusal Skills, and How to Succeed in School.

The first session has been successful with many of the parents expressing their satisfaction with the program content. Many of the participants acknowledged that the new skills they have acquired have helped them not only in their communication and interaction with their children and family, but also in how they react and interact with people in general.

The excitement and curiosity is continuing to grow within and outside of THS for the next session, which will start in October 2005 at the Midvale Branch location. Any questions about the program can be directed to the program coordinator, Patricia Edmond-Quinn at (206) 323-0930 x249.

First Hill Corner

Therapeutic Health Services continues to participate in the First Hill Neighborhood Association. We would like to again acknowledge our appreciation for the community’s ongoing support as we strive to provide effective alcohol, drug, mental health and opiate substitution treatment here on First Hill. Over the past several months through collaborative efforts with the First Hill Neighborhood Association and the Seattle Police Department (SPD), we have jointly addressed community concerns related to disruptive behavior—including drug dealing—within our community. Local residents as well as THS clients have increasingly expressed concerns related to drug dealing on First Hill. Together we were able to work with the SPD to increase SPD surveillance throughout this community. This type of collaborative work is extremely beneficial to all of us as we strive to have a safe and peaceful community in which to work and live. We look forward to continuing to serve the First Hill community.
Kathleen Kuciemba, Family Services Supervisor, celebrates 25 years

Kathleen (Kathi) Kuciemba began working with chemically addicted women, pregnant women, children and families at THS in 1980. She was filled with an extraordinary passion to help women improve their lives and effectively parent their children.

While at THS, Kathi has provided a multitude of treatment services including individual and family counseling, educational classes and support groups. She also oversees on-site childcare for parents attending treatment activities. Kathi has also conducted numerous well-received community trainings over the years specifically related to chemically dependent women, and children and family issues. The Pregnancy and Family Program has expanded from six clients and one group to over 30+ healthy babies a year and five–eight groups per week. Kathi serves up to 100 clients during most months through individual and group counseling.

Kathi is an incredible support to the women she serves, offering hope, resource information, education, consistency and tough love. Her clients adore her and the structure she provides in their lives. A loyal and committed chemical dependency professional and THS employee, Kathi has had a profound impact on over a thousand drug-addicted women and their children in the Puget Sound Region. Kathi’s commitment to this population continues to be extraordinary and we look forward to her next 25 years with THS!