



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



Alvirita Little (center with white boa) surrounded by family and friends.

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

Inside this issue

- 2 From the Executive Director
- 6 Board of Directors
- 5 Focus on Families
- 6 Kathi Kuciemba Celebrates
- 2 Russian Counseling Program
- 4 Employee Welcome

Letter from the Executive Director

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

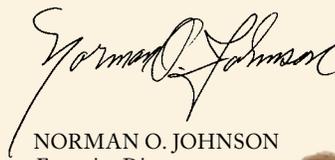
Norman
with friends
Danne Neill
and Corbin
Ball at the
THS event
at Teatro
Zinzanni



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.


NORMAN O. JOHNSON
Executive Director

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.

THS celebrates

—Continued from page 1

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.



(Bottom row, left to right) Dr. Constance Rice and Jo Bloch with THS Executive Director Norman Johnson (center) and Teatro ZinZanni cast members



Outgoing THS Board member Donna Bucher-Huson received accolades from the Executive Director on her years of service, dedication, and fiscal expertise



Former THS Board member Dick Miller with Karin Miller, Janet Boguch and THS Board member Kelby Fletcher



THS Board member Kelby Fletcher and Janet Boguch congratulate Patrick Gogerty



Donna Cousins Rollen



THS Board members Barbara Cohen and Stephen Goldberg with friend Pamela Moore



Patrick Gogerty and family



THS Board member Gene Frogge gets down and makes it look good, much to the delight of the audience

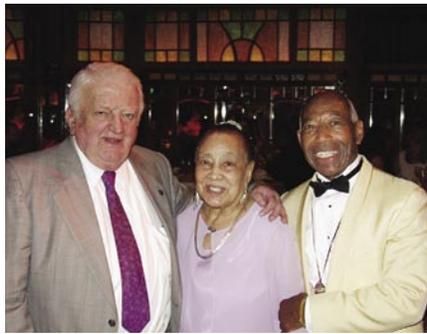


Kae Huchison, Board President (first row, far right) and friends



Rob and Brenda Strong

Alvirita Little



Patrick Gogerty, Alvirita Little, Norman Johnson



(From left to right) Faylene Neal, Robert Murray, Joan Johnson (from Virginia), THS Board member Earl Richardson, Nancy Elliott (from Arizona), and Gary Wong

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 Chau, *Dispensary Technician*
- Renee Hart, *Dispensary Nurse*
- Melissa Johnson, *Chemical Dependency Professional*
- Idella Johnson, *Child Care*
- Meriel Muffly, *Support Services Technician*
- Marilynn Scholnik, *Medical Services Supervisor*
- Dana Whitney, *Chemical Dependency Professional*

Midvale

- Sherrine Chum, *Support Services Supervisor*
- Dwight Coby, *Chemical Dependency Professional*
- Deleona Garrison, *Dispensary Technician*
- Rhodora Guinto, *Chemical Dependency Professional*
- Jeanette 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*



The Rehabilitation Accreditation Commission



Patricia Edmond-Quinn, program coordinator, (standing) with Focus on Families (FOF) participants.

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.

THS UPDATE

Therapeutic Health Services
1116 Summit Avenue
Seattle WA 98101

Be sure to visit us on the web
at www.therapeutichealth.org

CHANGE SERVICE REQUESTED

NON PROFIT ORG
U.S.POSTAGE
PAID
SEATTLE, WA
PERMIT NO. 1678

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!

2005 Board of Directors

Kae Hutchison, President, *Hutchison Consulting*
Sesinando Cantor, CPA, Treasurer
Community Volunteer
Karen Shiveley, Secretary, *KUOW Radio*
Mark Hough, Past President, *Riddell Williams*
Tom Allison, *Attorney*
Barbara Cohen, *Community Volunteer*
Kelby Fletcher
Peterson, Young, Putra, Fletcher & Zeder, Inc., P.S.
Gene Frogge
Health Care Finance Administration
Stephen Goldberg, *PhD*
Psychologist, Private Practitioner and
Consultant with the State of Washington
Donna Kimbrough
King County Human Resources Division
Earl Richardson
South East Effective Development (SEED)
Ann Ross, *Community Volunteer*

THS UPDATE is published quarterly by Therapeutic Health Services and distributed free to interested parties. Please send your comments and questions to: Therapeutic Health Services, 1116 Summit Avenue, Seattle WA 98101, 206-726-4100.

Writing/Editing/Proofing: THS Staff
Design/Layout: The Red Army Creative
Many thanks for additional photography contributed by friends of THS.