Fall is Definitely in the Air

Fall is definitely in the air. Trees are shedding their dazzling seasonal hues, morning mists are crisp, and one can see in its antediluvian form. Fall also means school is back in session. For a lot of kids, school means exploring new territories to discover new things about themselves and the world.

But for some, fall and school have different connotations. School may be a mixture of mapping family trouble and seeking shelter. It may also represent a personal challenge to authority, be it teachers, counselors, or principal. For others, school can be a risky place when threats to personal safety trump their childhood dreams. And school may be the place where drugs and alcohol snatch them from the steel-much of their lives.

In response to these and other problems challenging quality education for our youth and our community, Therapeutic Health Services provides a wide range of services that address the needs of the whole person psychologically, socially, and medically.

We provide outreach to 25 public schools in the south Seattle and Renton school districts. Working in tandem with school administrators, counselors, and teachers, we help address the particular needs of at-risk youth who might otherwise fall through the cracks of the system.

In 2008, THS provided direct services to more than 500 children and youth to address individual problems such as alcohol and drug abuse, family and marital conflict, bullying, and school failures. Through comprehensive assessments and care management, our staff works with each strong parent to get to the core of these problems. With guidance and positive modeling, we help parents develop skills to prevent problems from escalating to crises, and to understand individual differences in the way they interact with others.

The results of this wraparound approach have been astonishing: they can learn to make positive choices and engage in pro-social activities. We work young person to get to the core of their problems. With guidance and positive modeling, they can learn to make positive choices and engage in pro-social activities. We work community-wide to address the needs of the whole person psychologically, socially, and medically.

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Fall is definitely in the air. Trees are showing off their fall-colored seasonal最美, making the air crisp and cool, and one can see it in its annual trick north.

Fall also means school is back in session. For a lot of kids, school means exploring new territories to discover new things about themselves and their world.

But for some fall and school have different connotations. School may be a routine of repeating family troubles and making it even more important to provide additional support to achieve success.

For others, school can be a risky place where threats to personal safety increase their chances of failure. And school may be the place where drugs and alcohol numb them from the stark realities of their lives.

In response to these and other problems challenging quality education for our youth and our community, Therapeutic Health Services provides a series of wraparound services that address the needs of the whole person psychologically, emotionally, and socially.

We provide outreach to 25 public schools in the south Seattle and Renton school districts. Working in tandem with school administrators, counselors, and teachers, we help address the particular needs of at-risk youth who otherwise might fall through the cracks of the system.

In 2008, THS provided direct services to more than 170 children and youth to address individual problems such as alcohol and drug treatments, family life, group, and social and emotional mental issues.

Through comprehensive community and case management, our staff works with each young person to get to the core of their problems. With guidance and positive modeling, we help them make the necessary changes and move past the developmental roadblocks that might keep them from achieving their full potential.

We provide on-site counseling and treatment services, as well as restorative justice programs, in schools throughout the region.

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With each donation, THS will mail a Card of Thanks to the donor. We also mail a program where a youth counselor is embedded within the school.

The highlight of our luncheon was the presentation of the 10th Alvirita Little Award to Patti Skelton-McGougan of Youth Eastside Services, who has served as Executive Director since 1997.

Our 250 guests were treated to a luncheon of prime lamb ribeye, roasted garlic, horseradish, and apricot-chocolate sauce, as well as a mixed arugula-pear-hazelnut salad, roasted vegetables, and lemon-parsley chicken.

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On Wednesday, October 28th, THS hosted its premier Alvirita Little Award Luncheon at The Grand Hyatt Hotel in downtown Seattle. Thanks to the generosity of our sponsors and guests, we raised over $52,000 to help support programs and services for underserved, at-risk youth and young adults.

The luncheon was a sell-out event of over $52,000, with more than 250 guests in attendance. It featured a keynote speech from former THS Executive Director Norman Johnson, who was honored with the Alvirita Little Award.

The highlight of our luncheon was the presentation of the 10th Alvirita Little Award to Patti Skelton-McGougan of Youth Eastside Services, who has served as Executive Director since 1997.

Thank you to everyone who helped make our premier luncheon a big success. Planning will begin soon for our 2010 luncheon. If you’re interested in becoming a sponsor, please contact our 2010 luncheon spokesperson Tim Buckley at (206) 323-1011, extension 211.

Premier Alvirita Little Award Luncheon Raises over $52,000!
Harold Booker

You could say that community service is in his blood. Seattle Attorney Harold Booker is well known for giving. Nearly every hour of legal aid to low-income families, people with AIDS, senior citizens and people with disabilities. He has been recognized and awarded for fundraising efforts to obtain necessary housing patterns.

He organized the Federal Way Committee for Human Rights, and worked with the Urban League’s “Opportunity Housing” Program.

Harold received the Distinguished Alumni Award at the University of Washington in 2007, the Jefferson Award for public service in 2004, and the Pro Bono Attorney of the Year Award from King County in 2007.

According to Harold, much of the credit should go to his mother, his mother.

Harold credits ten years of professional and volunteer service to supporting youth and families in Seattle.

The legacy of community involvement and his special talent in THS is what inspired Harold to join the organization’s Board of Directors where he now holds the office of Vice President.

“My mother always taught that we have a duty and an obligation to reach out to those less fortunate in our community. It’s personally rewarding to be able to give back a way that means so important to me.”

Harold believes that continuing to pioneer cutting-edge care for drug addiction, co-occurring mental health issues and wraparound programs from THS that treat the entire family.

“We must step out into uncharted territory and make things better for all people suffering from mental health and addiction.”

“Harold believes that continuing to pioneer cutting-edge care for drug addiction, co-occurring mental health issues and wraparound programs from THS that treat the entire family. “THS will step out into uncharted territory and make things better for all people suffering from mental health and drug addiction.”

Adding to his impressive list of service, Harold served as commissioner for the King County Housing Authority during his 40-year career at Boeing. He also served on the board of directors of the Seattle and King County Economic Opportunity Board, which served as a model for other community anti-poverty programs during the Johnson (LBJ) administration. He is especially proud of that. “Because of the economy, the need for services is even greater now. Instead of pulling back, we’re looking to expand even more.”

Treating The Whole Individual Under One Roof

It is not uncommon for a person with chemical dependency issues to also be dealing with mental health issues. Many times it is difficult to separate which came first, or if conditions are creating the other. The above equation is true in the case of the Therapeutic Health Services’ Rainier Branch is to treat mental health issues in conjunction with treatment for co-occurring chemical dependency, so that both psychological counseling and drug and alcohol programs are available at one location.

“Everyone is under the same roof, providing all the care a person needs in one big family.”

Historically the Rainier Branch has housed most of the mental health services for Therapeutic Health Services. Since Rainier became branch manager two years ago, he has tried to address the need for mental health services at every THS branch.

“Treating both symptoms at the same time is more effective. We meet our chemical dependency specialists help here and they are getting mental health treatment somewhere else. It’s a bit like climbing the stairs.”

Examples of this modality that is linked to their addiction, the chemical dependency specialist here can spot it right away and communicate the potential problem to the prescribing psychiatrist.

When both mental health and addiction services are offered at one location, providers have access to each other’s notes, which makes it easier to coordinate services and ensure that participants show up for their treatments.

“Treating the appropriate medications at the appropriate times.

Trained counselors, psychologists and psychiatrists provide individual and group counseling at the Rainier Branch. In addition to help with chemical addiction and mental health issues, all THS branches offer housing support, vocational services and programs coordinated at every level of the participants’ life — including family and school. This is known as “wraparound” services.

If anyone has a need, we provide the services, whether it be housing support. We don’t turn anyone away,” says Rainier. He is especially proud of that. “Because of the economy the need for services is even greater now. Instead of pulling back, we’re looking at providing more and more services.”

To help address these problems, the THS Youth Services Branch offers constructive, pro-social activities for at-risk young people throughout the summer months. They provide a safe, nurturing environment where adults can guide, supervise and set positive examples of good behavior such as taking responsibility for one’s actions and making quality decisions.

In 2009, THS provided amazing outings and positive social activities to help nurture 75 inner-city youth ages 7-27. Kits were created to existing experiences such as Mariners games, trips to the Point Defiance Zoo and Seattle Aquarium, visits to Experience Music Project, discovering history at the Northwest African American Museum, and fun at Wild Waves Theme Park in Federal Way.

Here are some tips for parents and other youth-related activities:

It also provides something just as important if less tangible: Hope for youth who are trapped in a cycle of poverty. Hope that they can break through their present circumstances for a better life. Hope that they can achieve great things. And hope for their children and grandchildren.

We’re just going to keep going.”

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Harold believes that continuing to pioneer cutting-edge care for drug addiction, co-occurring mental health issues and wraparound programs from THS that treat the entire family. “THS will step out into uncharted territory and make things better for all people suffering from mental health and drug addiction.”

Adding to his impressive list of service, Harold served as commissioner for the King County Housing Authority during his 40-year career at Boeing. He also served on the board of directors of the Seattle and King County Economic Opportunity Board, which served as a model for other community anti-poverty programs during the Johnson (LBJ) administration. He is especially proud of that. “Because of the economy, the need for services is even greater now. Instead of pulling back, we’re looking to expand even more.”

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“One goal is to address needs of the whole person by providing all the care an individual needs under one roof,” says Rainier. He is especially proud of that. “Because of the economy the need for services is even greater now. Instead of pulling back, we’re looking to expand even more.”

Historically the Rainier Branch has housed most of the mental health services for Therapeutic Health Services. Since Rainier became branch manager two years ago, he has tried to address the need for mental health services at every THS branch.

“Treating both symptoms at the same time is more effective. We meet our chemical dependency specialists help here and they are getting mental health treatment somewhere else. It’s a bit like climbing the stairs.”

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When both mental health and addiction services are offered at one location, providers have access to each other’s notes, which makes it easier to coordinate services and ensure that participants show up for their treatments.

“Treating the appropriate medications at the appropriate times.

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If anyone has a need, we provide the services, whether it be housing support. We don’t turn anyone away,” says Rainier. He is especially proud of that. “Because of the economy the need for services is even greater now. Instead of pulling back, we’re looking at providing more and more services.”

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We’re just going to keep going.”

Special thanks go to those individuals and sponsors who helped underwrite our summer program, including The Seattle Mariners, The Point Defiance Zoo and The Seattle Aquarium.
Harold Booker

You could say that community service is in his blood. Seattle Attorney Harold Booker is well known for devoting enormous hours of legal aid to low-income families, people with AIDS, senior citizens and people with disabilities. He has been recognized and awarded for fund-raising efforts to achieve integrative housing patterns. He has organized the Federal Way Committee for Human Rights, and worked with the Urban League ‘Operation Equality’ Housing Program.

Harold received the Distinguished Alumnus Award at the University of Washington in 2007, the Jefferson Award for public service in 2006, and the Pro Bono Attorney of the Year Award from King County in 2007.

According to Harold, much of the credit should go to Alvirita Little, his mother. Alvirita contributed more than 50 years of professional and volunteer service to supporting youth and families in Seattle. The legacy of community involvement and her special intent in THS is what inspired Harold to join the organization’s Board of Directors where he now holds the office of Vice President.

“My mother always taught that we have a duty and an obligation to reach out to those less fortunate in our community. It’s personally rewarding to be able to give back in a way that’s very important to her.”

Harold believes that continuing to pioneer cutting-edge cures for drug addiction, dislocation and co-occurring mental health issues is what makes THS a leader in the field of substance abuse treatment. He is especially passionate about the wraparound programs from THS that treat the entire family. “THS will step out into uncharted territory and make things better for all people suffering from mental illness and drug addiction.”

Harold is a past recipient of the Distinguished Alumni Award from King County. He has contributed more than 50 years of professional and volunteer service to supporting youth and families in Seattle. He has organized the Federal Way Committee for Human Rights, and worked with the Urban League ‘Operation Equality’ Housing Program.

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Adding to his impressive life’s work, Harold served as chairman for the King County Housing Authority during his four-year term. He also serves on the board of directors of the Seattle and King County Economic Opportunity Roundtable, which serves as a model for other community anti-poverty programs during the Johnson (ERA) administration. He currently serves as Chair of the Board at Boys Town Methodist Church.

According to Harold, “Living close to the community has always been a part of my life. I can remember a time where I couldn’t afford to.”

### Treating The Whole Individual Under One Roof

It is not uncommon for a person with chemical dependency issues to also be facing mental health issues. Many times it is difficult to separate which came first, or if one condition is causing the other. The focus of Therapeutic Health Services’ Rainier Branch is to treat mental health issues in conjunction with treatment for co-occurring chemical dependency, to help both psychological counseling and drug and alcohol programs are available at one source.

“One goal is to address the needs of the whole person, by providing all the care an individual needs under one roof,” says Randon Aea, licensed mental health counselor and branch manager at Rainier. “It is a model in place to deliver two essential mental health services in unison and allow them to work together, to meet their needs as they have access to it.”

Historically the Rainier Branch has housed most of the mental health services for Therapeutic Health Services. Since Rainiers became branch manager two years ago, he has tried to address the need for mental health services at every THS branch.

“Treating both symptoms at the same time is more effective. If a participant needs chemical dependency help here and then gets a mental health treatment somewhere else, a client can drop through the cracks.”

Randon explains, “For example, if a client seeks medication that is linked to their addiction, the chemical dependency specialist can spot it early on and communicate the potential problems to the prescribing psychiatrist.”

When both mental health and addiction services are offered at one location, providers have access to each other’s notes, which makes it easier to coordinate services and ensures that participants don’t start over for their treatments. Providers can also make sure that participants are taking the appropriate medications for the appropriate issues.

Trained counselors, psychologists and psychiatrists provide individual and group counseling at the Rainier Branch. In addition to help with chemical addiction and mental health issues, all THS branches offer housing support, vocational services and programs coordinated at every level of the participant’s life — including family and school.

“Anyone who needs it, as long as they are committed, we don’t turn anyone away,” says Randon. He is especially proud of that. “Because of the economy, the need for services is even greater now. Instead of pushing back, we’re looking at providing more and more services — and continuing to improve the quality of our treatments. We don’t plan to stop anytime soon.”

### CYFS Summer Program

Summer can present special challenges for at-risk, urban youth. Frequent parent worker absences can make it difficult for families. When a child is in school, many are left without adult supervision. As a result, young people are more likely to engage in risky, anti-social activities, be tempted by drugs and alcohol, and be at greater risk to be drawn into the juvenile justice system.

To help address these problems, the THS Youth Services Branch offers contracts, pre-social activities for at-risk young people throughout the summer months. They provide a safe, nurturing environment where at-risk youth can gain experience and principles and examples of good behavior such as taking responsibility for one’s actions and making good decisions.

In 2009, THS provided amazing outings and positive social activities to help nurture 77,500 young people ages 10-27. Kids were treated to exciting experiences such as Marine Gardens, trips to the Point Defiance Zoo and Aquarium, visits to Experience Music Project, discovering history at the Northwest African American Museum, and fun at Wild Waves Theme Park in Federal Way.

These first time experiences for many youth, particularly activities such as horsemanship riding and sailing. Exploring new states combined with the guidance of caring adult mentors makes a strong impression on young lives.

It also provides something just as important if not tangible: Hope. Hope for youth who are trapped in a cycle of poverty. Hope that they can break through their present circumstances for a better life. Hope that they can achieve great things. And Hope that the continuing presence of adults who make young, impressionable lives a priority.
Harold Booker

You could say that community service is in his blood. Seattle Attorney Harold Booker is well known for devoting countless hours of legal aid to low-income families, people with AIDS, senior citizens and people with disabilities. He has been recognized and awarded for spearheading efforts to eliminate segregated housing patterns.

According to Harold, much of the credit should go to his mother, Lila. Lila, who educated some 20 years of professional and volunteer service to supporting youth and families in Seattle. The legacy of community involvement and his special intent to THS is what inspired Harold to join the organization’s Board of Directors where he now holds the office of Vice President.

“My mother always taught that we have a duty and an obligation to reach out to those less fortunate in our community. It’s personally rewarding to be able to give back in a way that was so important to her.”

Harold believes that continuing to pioneer cutting-edge services for drug addiction, childhood and co-occurring mental health issues is what makes THS’s status in the field of substance abuse treatment. He is especially enthusiastic about the many programs from THS that treat the entire family. “THS will step out into uncharted territory and move things forward for people suffering from mental illness and drug addiction.”

He has organized the Federal Way Eliminate Segregated Housing Patterns. He is well known for donating countless hours of his blood. Seattle Attorney Harold Booker believes that continuing to pioneer cutting-edge cures for drug addiction, especially pride of that. “Because of the economy, the need for services is even greater now. Instead of pulling back, we’re looking to expand and provide services where needed.”

Treating The Whole Individual Under One Roof

It is not uncommon for a person with chemical dependency issues to also be dealing with mental health issues. Many times it is difficult to separate which came first, or if one condition is creating the other. The Outreach of Therapeutic Health Services’ Roosevelt Branch is to treat mental health issues in conjunction with treatment for co-existing chemical dependency, to see that both psychological counseling and drug and alcohol programs are available at one location.

“One goal is to address needs of the whole person by providing all the care an individual needs under one roof,” says Randon Aea, branch manager.

Training counselors, psychologists and psychiatrists provide individual and group counseling at the Roosevelt Branch.

Training counselors, psychologists and psychiatrists provide individual and group counseling at the Roosevelt Branch. When both mental health and addiction services are offered at one location, providers have access to each other’s notes, which makes it easier to coordinate services and ensure that patients are addressing all of their needs.

To help address these problems, the THS Youth Services Branch offers constructive, pro-social activities for at-risk young people throughout the summer months. They provide a safe, nurturing environment where kids can explore, experiment and enjoy simple examples of good behavior such as taking responsibility for one’s actions and making quality decisions.

In 2009, THS provided amazing outings and positive social activities to help nurture 75 inner-city youth ages 7 to 27. Kids were treated to exciting experiences such as Marine gardens, trips to the Point Defiance Zoo and Aquarium, visits to Experience Music Project, discovering history at the Northwest African American Museum, and fun at the Wild Water Theme Park in Bellingham.

Some of the most new experiences for at-risk youth, particularly activities such as horseback riding and kayaking. Exploring new vistas combined with the guidance of caring adult mentors makes a strong impression on young lives. It also provides something just as important if not tangible. Hope. Hope for youth who are trapped in a cycle of poverty. Hope that they can break through their present circumstances for a better life. Hope that they can achieve great things. And Hope in the continuing presence of adults who make young, impressionable lives a priority.
Fall is definitely in the Air

Fall is definitely in the air. Trees are changing their fall-colored leaves, morning mists are cooler, and sun is setting in its annual trek south.

Fall also means school is back in session. For a lot of kids, school means exploring creative solutions to tourism or discovering new tastes in novels and their world.

But for some, fall and school have different connotations. School may be a source of moping family trouble and troubling it may also represent a profound challenge to authority to be teaches, to teachers, or principal. For others, school may be a risky place where threats to personal safety shadow their daily routines. School may be the place where dreams and darkened paths form the stark realities of their lives.

In response to these and other problems challenging quality education for our youth and our community, Therapeutic Health Services provides a series of innovative services that address the needs of the whole person, psychologically, emotionally and socially.

We provide outreach to 25 public schools in the south Seattle and Renton school districts. Working in tandem with school administrators, counselors and teachers, we help address the particular needs of at-risk youth who otherwise might fall through the cracks of the system.

In 2008, THS provided direct services to more than 100 children and youth to address individual problems such as alcohol and drug, troubled family life, group, and mental health issues.

Through comprehensive assessment and case management, our staff works with each young person to address the core of their problems. With guidance and positive modeling, we work with young people to establish a plan to address their needs, which may not only be school issues, but also with his or her natural support system such as family and peers.

The results of this comprehensive approach have been astounding:

• 98% improvement in youth development skills and competencies that support positive development
• 100% improved and strengthened their emotional and behavioral coping skills
• 92% successfully completed treatment in areas such as obtaining, staying drug and alcohol free.

Fall is back and so is school. THS is once again providing help and hope so that the hundreds of young people we serve can have a second chance – or perhaps a first.

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