Luncheon on October 28, 2009.

We look forward to seeing all of our friends and supporters at our Alvirita Little Award Luncheon on October 28th at Seattle’s Grand Hyatt Hotel.

Donna Kimborough Profile

A native of Oklahoma City, I moved to Seattle in 1976 to attend the University of Washington. Since earning my M.A. in Human Resource Systems in Marketing, I have worked in local and federal government positions in both Washington, DC and Seattle.

I became a THS Board member a number of years ago because I believe in giving back to our communities and making them the best places they can be.

What intrigued me about THS was its emphasis on providing wraparound services. I like the idea of helping the whole family, because chemical abuse and mental health issues affect everyone. It’s all interconnected. If you don’t provide help for the family, there’s less chance for clients to get support from them.

I am particularly enamored by the new emphasis on youth programs at THS. It’s exciting to be going in this new direction. Until that point, our focus was on dispensing services. Since now, it’s all about the community – what we can do to be active in the community.

Program-planning Experience

I would like to publicly thank Don and Karen for opening their beautiful home to us on October 28th and providing us with a space to showcase our mission, current programs and future board members. We plan to share this experience with our friends.

I’ve been involved in community work for some time now, and have been provided with the opportunity to help improve the welfare of many of our community’s families who have suffered trauma and are struggling to provide for and maintain their families.

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...and new friends could mingle, get re-acquainted and hear about THS’ plans to help improve the welfare of many of our community’s families who have minimal resources to meet it with success.

...are confident that with our past experience and training, our staff possess the skills and resources to provide the enhanced services for children, youth, and their families who would benefit from this approach and who agree to receive services.

...improves school attendance and performance

...improves family cohesion, reduces home conflict and family stress

...improves youth risk-taking behaviors

...better understand and communicate with their caregivers

...continued on the inside...
Substance Abuse Treatment vs. Incarceration: Considering the Costs

Recently, the National Opinion Research Center at the University of Chicago conducted a study revealing that in this five-year-olds entering substance-abuse treatment, dropouts are more than twice as likely to be re-arrested than those who continue in treatment. The reasons for the high dropout rates among substance-abuse clients have been known for decades: that treatment is ineffective in individual cases, that the costs and inconvenience of treatment are too high, that the benefits of treatment are too small to offset the costs, and that the costs of treatment for substance-abuse clients are too high.

The most feared factor in relapse and continuing drug use is the failure of the treatment system to be perceived as efficacious, especially among those who have experienced it. In the next edition of Upjohn, we will look at what THS is doing to help fill this gap in the heart of our community for incarcerated youth and their families, through the Central Youth and Family Services Branch.

THS is taking a proactive role by providing programs and activities that support social interactions, while effectively reducing gang activity, youth substance use, and inappropriate behavior among youth incarcerated at THS. THS-CYPE’s research shows that 60% of adult incarcerated felons who have served more than 20 years have no qualification with an educational certificate, while only 5% of adults who have been treated for substance abuse have one. Many ex-offenders have limited work capability, can’t find a job, and have little to no chance to be productive members of society. THS-CYPE research shows that 60% of adult incarcerated felons who have served more than 20 years have no qualification with an educational certificate, while only 5% of adults who have been treated for substance abuse have one. Many ex-offenders have limited work capability, can’t find a job, and have little to no chance to be productive members of society.

61 percent in the year before treatment to 8 percent during treatment. What’s more, felony arrests decreased by more than 50 percent between the year before and during treatment.

Of the felons sent to state prison for drug offenses in Washington state, the average sentence is 4.5 years. THS-CYPE’s research shows that 60% of adult incarcerated felons who have served more than 20 years have no qualification with an educational certificate, while only 5% of adults who have been treated for substance abuse have one. Many ex-offenders have limited work capability, can’t find a job, and have little to no chance to be productive members of society. THS-CYPE research shows that 60% of adult incarcerated felons who have served more than 20 years have no qualification with an educational certificate, while only 5% of adults who have been treated for substance abuse have one. Many ex-offenders have limited work capability, can’t find a job, and have little to no chance to be productive members of society.

58%. In terms of success for chemical dependency in the state, includes treatment for both mental health and substance abuse) is an encouraging phenomenon. Our work is helping to break the cycle of addiction, avoid involvement in the criminal justice system, and improve the future of today’s youth.

For some, however, summer means something entirely different: youth left alone with friends, and picnics with the family. For your convenience, we have included a variety of tributes for an anniversary or birthday in honor of a friend or loved one, such as these. A gift to THS’s summer youth programs would make an especially thoughtful gesture. We feel that finding and encouraging her willingness to change is a gift that will keep on giving for tomorrow’s leaders — will continue to benefit from positive programs and activities that teach them to become healthy young adults.

In all, THS engaged children and young people, and women in healthy individual and social activities — including service experiences that broadened their horizons and expanded their view of the world. They received counseling not only from our staff and volunteers, but from their communities, from the heart of our community for underserved youth and their families through our work. These life-changing resources are available to anyone from young kids to grandparents, anywhere along the way. There are no closed doors and no giving up. It’s a continuum of hope.

The work of THS-CYPE is helping young people confront their individual life situations and find a way to make better decisions and choose better options in the future. Taking the time to learn about the choices you’ll face is the best way to make the right choices and to be successful in finding and encouraging you to be a better consumer.

Words of Wisdom

The staff at THS has helped in so many ways to heal wounds from our families and friends, ended a number of relationships, and not only helped so many people to realize they can do more to prevent violence — they are always just around the corner to help.

Your tax-deductible gift today to THS will help make sure that today’s youth — and tomorrow’s leaders — will continue to benefit from positive programs and activities that teach them to become healthy young adults.
Turning tragedy into triumph continued

“Think the presentation part of my project put a positive spin on my life,” says Juli*. “It was a joy to see her and her mother be so proud of what I had accomplished. It made me feel like I earned the opportunity to have a voice.”

Through the courage to try new things and the personal experience. Kids appreciate and respect that,” she notes. According to Stake, THS-CYFS is often the last stop for kids who have failed at other treatment services. “Many end up sticking with us because we have a staff that reflects the communities we serve,” she says. “Our diversity makes us one of the few agencies that includes reuniting youth with their families, finding and placing, and gaining access to expanded employment opportunities. Although it is taking time to care for the communities still incarcerated for substance abuse crimes of all ages.

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The Cost of Incarceration

Of the folks sent to state prison for drug offenses in Washington, the average sentence is ten years, with approximately 25 percent of all prison inmates having been sentenced to prison. Reports show that the cost to keep an inmate in a Washington prison averages $61,000 per year. Crime is a major contributor to the high cost of incarceration, with an annual estimated cost of $2.3 billion. This cost includes the cost of incarceration, supervision, and reentry services to address any drug, alcohol or mental health issues that parents or their family members may need. We are able to change our community and provide the public with the results and success rates. The numbers break out:

- 4% of the population in Washington are substance abusers.
- 17% of the population are employed full-time and 21.9% part-time within three months of treatment.
- 61 percent in the year before treatment to 8 percent during treatment. What’s more, felony arrests decreased by more than 50 percent between the year before and the year after treatment. Among adults in outpatient treatment, arrests dropped from 39.7 percent were employed full-time and 21.9 percent part-time within three months of treatment.
- 61 percent in the year before treatment to 8 percent during treatment. What’s more, felony arrests decreased by more than 50 percent between the year before and the year after treatment. Among adults in outpatient treatment, arrests dropped from 39.7 percent were employed full-time and 21.9 percent part-time within three months of treatment.
- Of the felons sent to state prison for drug offenses in Washington state, the average sentence was 47 months, with approximately 19 months actually served in prison. The survey found that criminal activity such as breaking and entering, drug sales, theft, and forgery constitute the majority of the crime.

Substance Abuse Treatment vs. Incarceration: Considering the Costs

Recently, the National Opinion Research Center at the University of Chicago conducted a study finding that in the five years following substance abuse treatment, drug use and criminal behavior are significantly reduced. The treatment of substance abuse in teens has shown that they can become healthy and productively active in society.

In the edition of the yearbook, you will see what THS is doing to help fill the gap in the heart of our community for incarcerated youth and their families through their Central Youth and Family Services Branch in Seattle.

THS is taking a proactive role by providing programs and activities that are socially, economically, and culturally effective to increase healthy lifestyles for at-risk youth.

“The only price you pay for treatment is what you want to change,” says CTC’s project manager, Norman St. John. “But the results are well worth the price.”

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A Continuum of Care

At the THS Central Youth and Family Services Branch, there are no closed doors. Everyone at the THS-CYFS must be open to risk, fear, and uncertainty. Our staff is not on this journey alone at all levels—adults included in the process.

“We always approach families as part of their treatment,” says Deborah Stake, THS-CYFS’ program manager. “We understand that families have needs to fulfill that may get in the way of their treatment.”

Despite the years of study, we find that the problem of addiction is still a significant issue in our communities. We find that drug and alcohol abuse treatment is a critical need in our communities. We find that drug and alcohol abuse treatment is a critical need in our communities. The Continuum of Care is taking a proactive role by providing programs and activities that are socially, economically, and culturally effective to increase healthy lifestyles for at-risk youth.

The THS-CYFS youth-engaged children and youth — and women in healthy individual and social activities. The THS-CYFS youth-program participants and activities. The THS-CYFS youth-program participants and activities. The THS-CYFS youth-program participants and activities. The THS-CYFS youth-program participants and activities. The THS-CYFS youth-program participants and activities. The THS-CYFS youth-program participants and activities.

Wins have been made. We are making a difference.

For more information or to refer a friend or loved one to treatment, please contact the THS-CYFS office at (206) 633-1234 or visit our website at www.thscyfs.org. Words of Wisdom

We couldn’t have said it better ourselves.

Juli* is one of the many children who have been helped by THS-CYFS. She says, “I am truly thankful for my counselor and the support group that helped me during my counseling. I am looking forward to the day I can be drug-free and go back to school.”

We have a plan in place for you. In the past, we have received applications for a variety of positions available to anyone from young kids to older family members. These life-changing resources are available to anyone from young kids to older family members. These life-changing resources are available to anyone from young kids to older family members. These life-changing resources are available to anyone from young kids to older family members. These life-changing resources are available to anyone from young kids to older family members.

In addition to the ongoing support offered through THS-CYFS, we can now offer an array of comprehensive care. We find that drug and alcohol abuse treatment is a critical need in our communities. We find that drug and alcohol abuse treatment is a critical need in our communities. We find that drug and alcohol abuse treatment is a critical need in our communities. We find that drug and alcohol abuse treatment is a critical need in our communities. We find that drug and alcohol abuse treatment is a critical need in our communities.

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Substance Abuse Treatment vs. Incarceration: Considering the Costs

Recently, the National Opinion Research Center at the University of Chicago conducted a study revealing that in the five years following substance abuse treatment, drug treatment reduced criminal activity, became valuable – and contributing – members of the community.

The survey found that criminal activity such as breaking and entering, drug sales, personal theft, and forgery dropped from the year before treatment, becoming valuable members of the community.

For some, however, summer means something entirely different: youth left on their own, without adult guidance, often struggling to find positive outlets for their energy. For others, summer is a chance to renew and strengthen bonds with their families, finding and encouraging their willingness to change.

THS and a galaxy of other nonprofit organizations, including Boys and Girls Clubs, local libraries, and community centers, hold the keys to creating structured activities — including positive experiences that broadened their horizons and left them break the cycle of addiction, avoid involvement in the criminal justice system, and succeed with work, parenting, and life. We find out what they need and build services to meet their needs.

The work of THS-CYFS relies on building strong relationships and working as partners with youth and their families. We help young people confront their individual life and the many experiences in it. It makes me happier.

We couldn’t have said it better ourselves. John Dinges

Words of Wisdom

THS had failed in school, had moved away from home and family, endured a tumultuous relationship with the law, and was searching desperately to find a way out of his situation.

In the year of 2015, the story continues. "At THS/CYFS, we help our residents achieve in myself that I never really noticed before. She helped me be more confident. She helped me find health, wellness resources, and develop skills they need with work, parenting, and life. We find out what they need and build services around it."

"A lot of these kids fall through the cracks in their teens," observes Stake, "Many are women ages 18 to 23, whose needs often fall outside traditional programs. CHance to Change program serves to make up for what’s missing."

THS and CYFS strive to help individuals and families heal from addiction and mental health problems with the goal of becoming healthy, vital, and successful members of the youth population, CYFS stands at an outstanding 93%. The state average is around 62%. The work of THS-CYFS relies on building strong relationships and working as partners with youth and their families. We help young people confront their individual life and the many experiences in it. It makes me happier.”

We couldn’t have said it better ourselves.
We look forward to seeing all of our friends and supporters at our Alvirita Little Award for youth services in the near future.

I would like to publically thank Tina and Karl Neiders for opening their beautiful home Friend Appreciation Evening to help improve the welfare of many of our community’s families who have minimal

We thank King County for awarding us the grant and providing us the opportunity

The THS youth services program and staff will have the full support of our entire

are confident that with our past experience and training, our staff possess the skills and

The scope of this project represents a huge challenge for all of us at THS. However, we

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This project is designed to:

Enhanced Services for Children,

and Mental Illness Drug Dependency (MIDD).

Violence Prevention Initiative (SYVPI) facilitator and

To get involved with helping the

You're going through…like feeling uneasy about your friends using drugs and wondering,

My thesis was, ‘Nothing good comes from drugs.’ I wanted people to know that you’re

His presentation would be about the effects of drug abuse – something he has felt the

assigned a project: deliver a presentation on an issue you feel strongly about and discuss

I was its emphasis on providing wraparound services. I like the idea of helping the whole family, because

interrelated. If you don’t provide

I’m particularly drawn by the new emphasis on youth programs at THS. It’s exciting to be going

If you’re not providing help for the family, there’s less chance for clients to get support from them.

In the idea of helping the whole family, because chemical abuse and mental health issues affect everyone.

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I would like to publicly thank Asiah and Kevin Kudroll for opening their beautiful home to us. THS and providing a venue where THS donors, current and former board members, and more friends could mingle, get astronaut dressed and hear about THS plans for youth services in the near future.

We look forward to seeing all of our friends and supporter at our Alvirita Little Award Luncheon on October 28, 2009.

Donna Kimbrough Profile

A native of Oklahoma City, I moved to Seattle in 1976 to attend the University of Washington. Since earning an M.A. in Human Resource Management, I have worked in federal and local government positions in both Washington, DC and Seattle. I became a THS Board member a number of years ago because I believe in giving back to our communities and making them the best places they can be.

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I am particularly drawn by the new emphasis on youth programs at THS. It’s exciting to be going in this new direction. Until that the elder

As part of his project, Cooper sent an email into the community promoting a raffle to

They think it’s not going to hurt you, but there’s more stuff that can happen than you think it should be for some of the younger kids that I treat through what they’re going through…like feeling uneasy about your friends using drugs and wondering,

The THS staff has been very busy responding to

With the help and support of our community, Cooper raised $600. And after turning

Cooper decided to raise money for THS because they provide treatment and counseling for drug/ALCD and mental health. The death of his older sister has affected his family in ways he can’t even

“Little does she know that I’m going to make more positive life choices. In addition

Victoria Wilson since she first started coming to

THS to provide treatment and counseling for drug/ALCD and mental health. The death of his older sister has affected his family in ways he can’t even

Victoria has been living with

DMMacswork.com. Dr. Kabelow is a board certified child, adolescent, and adult psychiatrist in private practice in Seattle.

Researcher and author

Andrea Kabelow

Assistant Professor of Psychiatry

University of Washington

Department of Psychiatry and

Behavioral Sciences

I became a THS Board member a number of years ago because I believe in giving back to our communities and making them the best places they can be.

Unfortunately, I am unable to bring this report to a close at this point. I need to bring this to a close at this point. I need to bring this to a close at this point. I need to bring this to a close at this point.