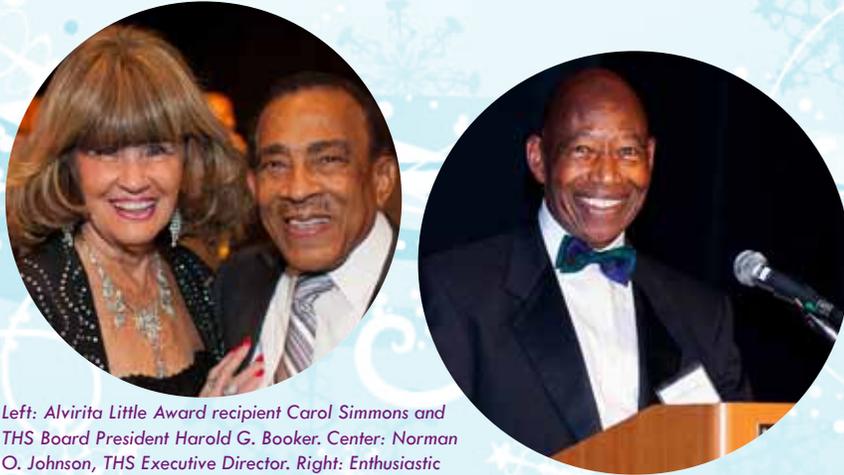


ths

recover, restore, renew

WINTER 2013

An evening combining awareness raising with fundraising, highlighting the history of THS and calling attention to the challenging work still to be done helping people to recover their health, restore their lives and renew their hope for the future...more on page 3



Left: Alvirita Little Award recipient Carol Simmons and THS Board President Harold G. Booker. Center: Norman O. Johnson, THS Executive Director. Right: Enthusiastic Gala attendees



achieving goals...

healthy youth, healthy families, healthy communities

Return service requested

www.ths-wa.org

116 Summit Avenue
Seattle, WA 98101

THE RAPID RESPONSE HEALTH SERVICES



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

NOTE FROM THE EXECUTIVE DIRECTOR

Norman O. Johnson



It's no surprise to me that the world didn't end on December 22. I knew that we would all be back after the holidays to start 2013 off with our sleeves rolled up and ready to work.

In October 2012, after a ten month process of gathering and refining input from staff, leadership and other community stakeholders, the THS Board of Directors approved the THS 2013-2017 Strategic Plan. In addition to the day-to-day work serving our adult and youth program participants, the Strategic Plan has created a general road map to guide the program and activities of the organization for the next five years.

Much of the Strategic Plan deals with health care reform and the impact it will have on THS. As more of the Affordable Care Act is implemented, our Leadership Team and Board of Directors continue to keep up to date on the implications of the expansion of coverage and what THS needs to do to be ready to serve this newly insured population.

I am pleased to announce that THS is the recipient of additional King County levy funds to serve veterans in the region. This will allow us to increase our current outreach staff from one full time position to two full time positions. It will also allow us to expand our outreach efforts to include women veterans and veterans of color. Since our original levy funding in 2010, we have been able to help many veterans access services they are entitled to and assist veterans to get upgrades in their discharge status which qualifies them for additional services. You can read more about this program in the article on page four.

I am looking forward to all that 2013 brings for THS and sharing more good news with you.

KIDS & COMPUTERS:

THS Donates Computers to Youth



What to do with perfectly good computers, monitors and keyboards when they should be replaced by new technology? Find them a new home!

THS recently donated 38 CPUs, 8 monitors and 38 keyboards and mice to youth who participate in programs at THS' Youth & Family branches. For many of these youth and their families, this is the only computer in the household.

THS is happy that it could create a new life for this equipment with a group of overjoyed and thankful young recipients.

Board of Directors

OFFICERS

Harold G. Booker, *President*
Donna Kimbrough, *Vice President*
Earl Richardson, *Treasurer*
Louis Hunter, *Secretary*
Joseph B. Sidbury, *Immediate Past President*

MEMBERS AT-LARGE

Barbara Cohen
Karen Dixon
Charlotte Foster
Carolina Jurgensen
Karen Shiveley
Neil Sidhu
Walter Weston
Nina Zerbo

Therapeutic Health Services is designated by the Internal Revenue Service as a 501(C)(3) nonprofit organization, EIN 91-0882971. All contributions are tax-deductible within the limit of the law.

We want your feedback!

Please write to info@ths-wa.org with any questions, comments or suggestions.

BOARD PROFILE

Charlotte Foster

Charlotte is the Nurse Executive for Swedish Medical Group. The medical group consists of 120 clinics, staffed by 900 physicians and over 300 nurses and clinical staff. Charlotte is responsible for the oversight of the quality, safety and nursing leadership of the medical group's clinics which includes both primary care and specialty services. Prior to becoming a Nurse Executive, Charlotte was Director of the Swedish Neuroscience Institute.

In July of 2011, Charlotte was appointed by Governor Christine Gregoire to the Nursing Care Quality Assurance Commission. She has also been active on a number of non-profit boards, and a member of several professional organizations including Washington State Nurses Association and Mary Mahoney Professional Nurses Organization.

Born in Oklahoma and raised in California, Charlotte has always been passionate about community service. "Like so many people, I have friends and family members who struggle with chemical dependency and mental illness. I've witnessed the devastation that happens to individuals, families and communities when health services are not available." Charlotte is married to Eugene Foster, a Seattle Police Department detective. They are the parents of three adult children and live in the South Puget Sound area.

Charlotte will be working with other board members to analyze the implications of health care reform and help position THS as a key player as more of the Affordable Care Act goes into effect. Charlotte is also very interested in creating greater awareness in our community about our youth programming: "Working with our youth early on is the best way to ensure their successful futures."

We welcome Charlotte to the THS Board of Directors.



THS ANNIVERSARY GALA:

A Celebration 40 Years in the Making



A festive evening unfolded on Saturday, October 6 as many supporters gathered at the Westin Hotel in downtown Seattle to celebrate THS and the positive impact it has had on individuals, families and the broader community.

Guests were greeted by a quintet of players from the Garfield Jazz Ensemble while waiting for the doors of the Grand Ballroom to open.

Tracy Taylor, from KING 5 television and the emcee for the evening, welcomed everyone. Norman Johnson, Executive Director of THS for 38 of the last 40 years reflected on the swift passage of time and the growth of the agency – not just in terms of number of locations, but more importantly the numbers of people THS is able to help with an increasingly diverse range of services. Norman shared with an astonished audience that THS has worked with over 150,000 men, women and youth over the past 40 years.

Harold Booker, the son of the late Alvirita Little and current THS Board President, presented Dr. Carol Simmons with the award named for his mother. Dr. Simmons was chosen as the 2012 Alvirita Little Award recipient for her work in youth education and her tireless efforts advocating quality education for all children.

Another of the evening's highlights was the presentation of a video documenting the success of several of our young clients. Their individual journeys from addiction to recovery and hopeful futures were an inspiration to everyone and earned a well deserved standing ovation.

An addition to celebrating the 40-year history of THS, our goal was to raise money to support underfunded programs and services. Over \$70,000 in donations was received allowing THS to continue delivering quality programs and services to at-risk youth, adults and families who would otherwise be unable to get the help that they need.

HEALING OUR HEROES THS & Outreach to Veterans

Every year, thousands of veterans receive little or no treatment for their mental health issues. For many veterans, navigating the complicated system of applying for and accessing their benefits is a daunting task. This task is even more difficult for a veteran who is struggling with chronic depression, anxiety disorders or PTSD (Post Traumatic Stress Disorder).

Since 2010, Therapeutic Health Services has provided enhanced outreach to veterans with a focus on helping African American veterans access their benefits and other needed services. 40% of the veterans were low-income or very low-income and 13% were chronically homeless. Of the 368 veterans we have contacted, 80% have been referred to and connected with services either at the VA, the King County Veterans Program, the Washington Department of Veteran Affairs, or a local community-based organization. We helped 186 veterans apply for benefits and services through the US Department of Veteran Affairs. Much of our effort on behalf of the veterans we serve involves helping them achieve upgrades in their discharge status – thereby increasing the amount and types of benefits they are eligible for.

Recently THS applied for and was awarded additional funding from the King County Department of Community and Human Services to provide enhanced outreach to women veterans and veterans of color. This allows us to not only continue the services we have been providing, but expand them to include other communities of color and women veterans. Experience has shown that veterans of color and women veterans are more likely to have mental health issues, unstable housing and increased inability to access available services.



In addition to the mental health issues shared with male veterans, women veterans are especially vulnerable to sexual harassment or sexual assault (often referred to as Military Sexual Trauma or MST). Studies show that 23-33% of women veterans report experiencing MST, and 42-60% of those who had MST also had PTSD as a result.

Left untreated, these problems can grow and become barriers to living a healthy life. They might lead to chronic homelessness, a pattern of sexual, physical or emotionally abusive relationships, alcohol or drug abuse, the ability to get or hold a job, and inability to care for yourself or your family. Despite these issues, according to the US Army, only 40% of veterans experiencing PTSD or mental health problems seek help. It's estimated that in King County 3,300 of the nearly 10,000 women veterans suffer from PTSD, and nearly 1,800 will not seek treatment.

THS looks forward to working with these men and women who have served their country.

SAVE THE DATE WEDNESDAY - MARCH 20 - 2013

University of Washington School of Social Work
4th Annual Scholarship Breakfast
featuring THS Executive Director
Norman Johnson as event chair and emcee

For more information about the event
call 206.221.7735 or visit: socialwork.uw.edu/breakfast

THS PREFERRED FUTURE

*THS will be the preferred provider
to meet the growing need for
accessible, culturally relevant, and affordable
chemical dependency and behavioral health
services, while remaining flexible and
adaptable in meeting emerging
community needs.*



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



Editors: Rehana Lanewala and Ken Schlegel