Therapeutic Health Services (THS) provides quality behavioral health treatment, programs and services for children, youth, and families with substance use and mental health disorders. Founded in 1972, THS meets the growing need for accessible, culturally relevant, and affordable behavioral health services within King County.

THS believes in treatment approaches that engage the whole person including the social and environmental factors impacting the individual’s life. Our approach includes a full range of integrated clinical services, linkage with additional providers, parenting, education, vocational rehabilitation, childcare, and day treatment.

THS operates ten locations located in King and Snohomish counties. Our clinicians provide a complete range of primary and supplemental services, including chemical dependency and mental health treatment, language and cultural expertise, family and community support, vocational services, crisis intervention, parenting and communications classes, nutritional education, alternative therapies, housing assistance, and community education. Our staff includes licensed Mental Health counselors, Certified Social Workers, Children Specialists, Certified Chemical Dependency Counselors, physicians, nurses/advanced RN practitioners, psychiatrists, and psychologists.

OUR VISION:
Improved quality of life for all

OUR MISSION:
Fostering healing and recovery

OUR VALUES:
Diversity – Integrity – Professionalism – Quality – Respect – Safety
Adult Services

Therapeutic Health Services (THS) provides comprehensive outpatient substance use treatment and mental health counseling services to adults. Substance use programs include clinical services delivered through individual and group settings for persons addressing mild, moderate or severe substance use. Some of these programs also incorporate the use of medications along with the clinical engagement.

Substance Use Treatment

Programs

- Medication Assisted Treatment (Methadone, Suboxone)
- Intensive Outpatient Treatment
- Outpatient Treatment
- Deferred Prosecution Services
- Pregnancy, Parenting and Family Support
- Women’s Drop in Center at Summit Annex
- Interim Services
- Alcohol/Drug Information School
- Medication Management
- King County Drug Court

Treatment Modalities and Evidence Based Practices

- Assessment and Evaluation based on DSM V and ASAM criteria
- Individual Counseling
- Group and Family Counseling featuring a variety of recovery topics
- Addiction Focused Co-Occurring Disorder Treatment
- Cognitive Behavioral Therapy
- Motivational Interviewing
- Moral Reconation Therapy Groups
- Drug Court services
- Relapse Prevention
- DUI, Deferred Prosecution
- Healthy Living
- Services for individuals addressing legal mandates
- Services for individuals responding to an Employee Assistance Program

Chemical dependency treatment services available at THS include the following: assessments, evaluations (for external entities, such as, deferred prosecution, DSHS Child Protective Services and Division of Children and Family Services), individualized treatment plans, individual counseling, educational groups, group counseling, specialized pregnancy and family services, Alcohol and other Drug Information School, urinalysis substance screening, and breathalyzer testing. THS also offers various culturally sensitive treatment and other specialized services. Interpreters are provided as needed.
Treatment begins with a thorough Substance Use Assessment. The assessment is conducted using a biopsychosocial structured data collection questionnaire administered during a clinical session. This will determine the participant’s Substance Use Disorder Diagnosis and ASAM level of care placement. On the basis of this information, appropriate referral is made either in house to one of THS’s Substance Use Disorder counselors and treatment groups or to outside providers.

THS Substance Use Disorder treatment programs provide support for change and guidance for participants diagnosed as abusing alcohol and other drugs. The goal is to preclude more serious involvement in the future and to empower participants with the tools to make positive lifestyle changes in the present, which will allow them to grow beyond the negative impact of alcohol and other drugs.

Our treatment programs are tailored to meet the unique needs of the individual. This includes variations in length and intensity of treatment. Those we serve who do experience relapse are not excluded from the program, rather their individual needs are reassessed and treatment is modified to better serve them. If a higher level of care is indicated, THS refers and assists in placement at the higher level.

**THS Medically Assisted Treatment (MAT=Methadone, Suboxone)**

THS OST (Opiate Substitution Treatment, ASAM Level 1, OTP) treatment provides assessments and evaluations, medical exams, medication management, case management, individual and group counseling. OST is a program in which individuals diagnosed as Opiate Use Disorder - Severe receive daily doses of methadone. The treatment provides benefits to participants that include: reduced or stopped use of opiates; reduced risk of overdose and of acquiring or transmitting diseases such as HIV, hepatitis B or C, bacterial infections, endocarditis, soft tissue infections, thrombophlebitis, tuberculosis, and STDs; reduced mortality; reduction in sexual risk behaviors; reduced criminal activity; improved family stability; improved employment potential; and improved pregnancy outcomes. Using commonly accepted criteria for medical interventions, several studies have also shown that Medically Assisted Treatment is extremely cost-effective.

**THS Alcohol and Other Drug Treatment (Outpatient/Intensive Outpatient)**

THS Substance Use Disorder treatment services and programs are designed to address and treat Substance Use Disorder and consist of three phases plus a Relapse Prevention group. Placement in any phase is based on American Society of Addiction Medicine Participant Placement Criteria (ASAM PPC) collected during a clinical assessment. In addition to individual counseling sessions, group sessions play a critical role throughout the therapeutic process. The interaction between the peers in these groups enhances and reinforced life skills through the process of sharing and receiving feedback from the personal experiences of others.

**Phase I:**

Intensive Outpatient Program (IOP) (ASAM Level II.I) focuses on intensive group counseling for persons diagnosed with a substance use disorder by exploring recovery tools and skills related to the biological, psychological, sociological and spiritual areas of the individual's life.
IOP is provided for nine hours per week over three group sessions and utilizes interactive lecture, video presentation, homework and written handouts. Each session includes the review of treatment materials as well as a therapeutic group process segment.

**Phase II:**
Weekly Aftercare (ASAM Level I.0) meets weekly in therapeutic groups facilitated by a Chemical Dependency Professional offering assistance in further development, recognition and implementation of recovery tools that support lifestyle changes which help the individual to overcome personal negative issues caused or exacerbated by substance use.

**Phase III:**
This is a monthly group (ASAM Level I.0) that is geared primarily for individuals referred by the Criminal Justice System, stemming from alcohol/drug issues that mandate retention in treatment due to statutory criteria. The group is interactive and therapeutic with a focus on personal growth in recovery.

**Relapse Prevention**
This group (ASAM Level I.0) assists individuals who have experienced recent relapse and/or have been referred to the group by individuals who recognize the need for more intense relapse prevention skills prior to the relapse experience. It is an eight week program consisting of two groups per week covering relapse prevention and direct reinforcement of the participant’s ongoing recovery program in order to encourage personal growth and support. Relapse Prevention focuses on identification of personal relapse triggers and alternative methods of coping with the assistance of peers and facilitation by a Chemical Dependency Professional. This is accomplished by addressing denial, relapse symptomology, ongoing alcohol and other drug education, goals, individualized recovery planning, and personal barriers to recovery.

**Addiction-Focused Co-Occurring Disorder Treatment**
This group provides treatment for individuals that have both substance abuse and mental health disorders. Groups and individual sessions are offered.

**Alcohol & Drug Information School**
This educational service (ASAM Level 0.5) is designed to inform individuals about the impact substance use has on the individual, family and community. ADIS is provided as an eight hour class, once per month on a Saturday. THS follows a curriculum mandated by the Washington Administrative Code including pre-testing, post-testing and a certificate of completion.

**Addiction Focused Co-Occurring Disorder Treatment**
This group provided treatment for individuals that have both Substance Use and Mental Health disorder. Group and individual sessions are offered.

**Drug/Alcohol Education (Awareness)**
The objective of this program is to treat young people who have become dependent on alcohol or other drugs. The program’s focus is on helping participants and their families deal with the many
physical mental, emotional, and spiritual issues related to recovery from the disease of substance use and co-dependency. The program utilizes weekly groups and individual counseling sessions, family treatment, support and education groups, peer bonding and support, recreational field trips, and activities. This program also includes involvement in various facets of the self-help programs such as Alcoholics and Narcotics Anonymous and Al-Anon/Al-Ateen.

Pregnancy, Parenting and Family Support
The THS Pregnancy and Family Recovery Program provides services to pregnant women which includes counseling on women's general health issues, domestic violence, parenting skills, sexual abuse, reproductive health issues, child abuse and neglect, and family issues. The program also provides individual counseling sessions, access to a Public Health Nurse, WIC program, pre-natal groups, recovery skills groups, family support groups, and a women's issues group.

Primary Care
Many patients receiving treatment for opioid addiction may not have a relationship with a primary care provider. As a result, they utilize high cost emergency room visits to manage acute and chronic health care issues. Our primary care services are designed to help patients overcome the barriers to managing their physical health – an important component of successful substance use and mental health recovery. Placing a primary care clinic within the same building where patients receive their other services is convenient. Mental health and substance use counselors can assist patients with making appointments and encourage patients to see one of our primary care providers. Our caring and compassionate primary care staff (composed of advanced practice nurses and physicians) work to create positive, supportive and non-judgmental relationships with the patients they serve.

Women's Wellness Clinic
An adjunct to our Primary Care clinic, the Women's Wellness Clinic provides care specifically tailored to every stage of a women's life. Services include preventative well women exams, family planning, contraception, infection screening and treatment and breast and cervical health management.

King County Drug Court
Our services are intended to help break the cycle of criminality and substance abuse and help people develop the skills they need to live a happy, healthy and productive life. Since Drug Court's inception in 1994, we've worked directly with the courts to provide intensive drug, alcohol and mental health treatment, case management, life skills training, employment and educational services, pro-social activities, and community reintegration to court-involved individuals. Drug Court is unique in that it depends upon a non-adversarial courtroom atmosphere where the judge and a team of people including prosecutors, defense attorneys, probation officers, case managers and THS treatment staff work together toward the common goal of breaking the cycle of drug abuse and criminal behavior. Eligible defendants (generally low-level and non-violent offenders) can choose to receive drug treatment instead of going to trial, and if they graduate from the program all charges are dismissed and they are free to go. Most participants have an
enormous incentive to get clean because if they fail out of the program they are sentenced on their original charges.

Drug Court participants go through a rigorous program that can take up to two years to complete. They get help for their substance abuse and mental health issues and have strict limits placed on their behavior. Participants who break the rules are sanctioned, and may even be terminated from Drug Court. They are randomly drug-tested at least twice per week, meet with their THS counselors for individual and group counseling a minimum of 1-2 times per week, attend 3 sober support meetings weekly (AA, NA or some similar group), complete community service, and appear in front of the judge at least monthly. A new requirement for Drug Court participants this year is that they must be employed or in school in order to graduate.

The services that we provide in partnership with King County Drug Court are successful because they address the multitude of issues that can contribute to recidivism including addiction, mental illness, unemployment, behavioral problems, and homelessness and help them develop the skills they need to be drug-free and thriving.

**King County Drug Court (Pilot Program)**

THS partners with King County Superior Court to offer the Drug Court Pilot Program. This program provides intensive, co-occurring disorder treatment and community reintegration for young adults (18-26) involved in KC Drug Diversion Court. The model includes: intensive case management, chemical dependency treatment (assessment, individualized service planning, outpatient groups), crisis intervention, mental health services (assessment, counseling, psychiatric, and med management services), life skills training, referral to other services and advocacy.

**Services to Special Populations**

**Southeast Asian**

The Summit branch provides a special chemical dependency treatment group for the South East Asian Population. Services are provided by a counselor that speaks Mien, Lao, and Thai.
Mental Health Treatment

Mental illnesses are medical conditions that disrupt a person’s thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and borderline personality disorder.

Therapeutic Health Services provides comprehensive mental health treatment focusing on, but not limited to, the African-American community.

Programs
Mental Health Recovery
Vocational Education and Training
Veterans Outreach Program
Women's Veterans Program

Service Modalities
- Assessment and Evaluation
- Individual, Group, and Family Counseling
- Community Support Services
- Psychiatric Evaluation
- Medication Management
- Children's Assessment and Treatment
- Children's School-based Intervention
- Day Treatment Activities

Mental Health Recovery
At THS, recovery oriented care is a journey of healing and transformation, enabling participants to live a meaningful life in their community of choice while striving to achieve their full potential. The mental health Recovery Model is a treatment concept wherein a service environment is designed such that participants have primary control over decisions about their own care.

Mental Health Recovery embraces all aspects of life including housing, employment, education, mental health treatment, healthcare, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the participant. THS mental health services include counseling, community support services, medication management, and crisis management. Participants are also offered recovery education, vocational training, and employment opportunities to participate in the THS Participant Advisory Group, community Involvement, education provided in areas chosen by participants, peer support, and referrals to self help groups and to other resources available throughout the community.
In addition to medication treatment, THS provides psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support, and assistance with connecting participants to community services.

Pre-Vocational and Vocational Services
THS vocational staff builds collaborations with business owners and community employers to secure job opportunities for our program participants. Our program offers Job Readiness Training and seeks to place participants with employers that provide low-income and low-skilled jobs that pay living wages, offer room for advancement, and include necessary work supports such as health coverage, sick leave, and paid vacation. The THS vocational curriculum assists participants with skill development in completing job applications, forms, resumes, and interviewing skills. THS Staff provide community support services and encouragement for participants who are placed in jobs. Additionally, our staff assists participants in securing public funding as they progress through THS treatment programs.

Veterans Outreach Program
The THS Veterans Outreach Program is funded by the King County Veterans’ Services Levy. THS Veterans Outreach Specialists help veterans access the benefits they have earned through their military service. Specialists can assist in the upgrade of the discharge status of veterans which in many cases results in a higher amount of benefit dollars or access to new benefits. Veterans Outreach Specialists are can provide access to disability compensation, military pension, vocational rehabilitation, education benefits, burial benefits and housing loan assistance.

Women’s Veterans Program
Every year, thousands of women veterans receive little or no treatment for their mental health issues. Many of these issues stem from the ongoing stress of military service and can include anxiety disorders and chronic depression. Women veterans are especially vulnerable to sexual harassment, sexual assault and domestic violence. The surrounding environment and specific traumatic events can leave a lasting imprint on the emotional life of a woman. THS’ Women’s Veterans program offers individual and group counseling to address: Post-Traumatic Stress Disorder (PTSD); management of depression, anxiety and stress; adjustment from deployment; military sexual trauma; violence and abuse; family counseling and alcohol and drug dependence. Skill development groups include: parenting and relationship skills; self-esteem building, relaxation/yoga/meditation/exercise; personal safety, coping skills and independent living. Additionally THS Women’s Veteran’s Program staff can connect clients to other THS services including: psychiatric evaluation and medication management, psycho-educational classes focusing on specific needs of women veterans, employment services and counseling and education about accessing veteran’s benefits.
Children, Youth, Young Adult and Family Services

At THS, we attempt to provide “treatment matching” for our participants on a number of levels including:

- **Cultural** – We actively recruit staff reflecting the diversity of our participant population. Our curricula, case management, and recreational activities emphasize culture, including the impact of disproportionate representation, racism, and discrimination.

- **Gender** – We provide gender specific programming at the individual level by assigning male participants to a male counselor and female participants to a female counselor whenever possible.

- **Developmental** – Activities focus on helping youth begin to master appropriate developmental tasks – to define their own identity, learn systematic logical thinking and to prepare for adult roles as they think about and examine their lives, their behavior, and the potential of these behaviors upon their future.

- **Stage of Change** – We make every effort to engage youth in a variety of settings, and use motivational interviewing techniques to help them get to a stage where they are willing to consider making changes in their behavior. Our initial focus is on basic harm reduction.

- **Identified Needs** – Services are customized to recognize that every youth is different. Activities are focused on youth taking the initiative to remove barriers to making changes and feeling comfortable enough to make lifestyle choices that represent a change for them.

- **Language** – While most of our youth population identifies as English-speaking, we do have parents who are not fluent. In these cases, an interpreter will be engaged.

We recognize that our target population is traditionally overrepresented in both the juvenile justice system and in the chemical dependency treatment system. However, many of our youth struggle to successfully complete their treatment program and integrate back into their community in positive and productive ways. We strive to engage all youth in a treatment environment where staff understands their needs and their “reality”, accepts their challenges, and are ready to invest the time it takes to work as partners with youth.
Programs:

- Outpatient Treatment
- Intensive Outpatient Treatment
- Drug/Alcohol Education
- Integrated Cognitive Therapy Program (ICTP)
- High Fidelity Wraparound
- Best Starts For Kids Youth & Family Homelessness Prevention Initiative
- Homeless Young Adult Housing Navigators
- Juvenile Justice Assessment Team
- On-site, School-based Intervention (Madrona, Garfield High)
- Multisystemic Therapy
- R.O.Y.A.L. (Raising Our Youth As Leaders)
- Seattle/King County Rapid Re-Housing
- Seattle Youth Violence Prevention Initiative
- Youth Drug Court Services
- King County Drug Court (Pilot Program)

Service Modalities:

- Co-occurring treatment (in conjunction with Mental Health team)
- Group therapy
- Family intervention
- Individual counseling
- Vocational training
- Intensive family-based treatment (MST)
- School-based treatment
- Intensive case management
- Life/social skills training
- Connection to educational/vocational and employment resources
- Community-based support/clean and sober recreation
- Crisis intervention
- Outreach
- Advocacy/referral
- Wraparound teams
- Prevention/education
- Continuing care/after care
- Parent support and information groups
Our staff is well trained in the use of the following Evidence-Based Practices and treatment models:

- ASAM Participant Placement Criteria
- ACC (Assertive Continuing Care)
- Global Assessment of Individual Need (GAIN)
- Motivational Interviewing/Enhancement
- Cannabis Youth Treatment
- Cognitive Behavioral Therapy (CBT)
- ACRA (Adolescent Community Reinforcement Approach)
- Seven Challenges
- Multisystemic Therapy (MST)
- Wraparound Process

Substance Use Disorder Treatment

Our THS Drug and Alcohol Youth Outpatient team draws upon effective research practices and the incorporation of relationship building strategies that agency staff have documented first-hand as appropriate for engaging youth in positive activities that will help lead healthier and stronger lives. Specific evidence-based, promising practices have formed the foundation of our youth substance use disorder program since 2003. With the understanding that positive outcomes are achieved when providing services where youth are located, our counselors are providing State certified treatment services in high schools.

Mental Health Services

THS provides counseling services to low-income, high-risk youth ages 5 to 20 and their families, particularly youth and families of color, living in the Central area and South Rainier Valley. THS is also dedicated to serving youth who are involved in the criminal justice system from first time offenders through adjudicated youth on probation, parole, or in special programs such as Chemical Dependency Disposition Alternative (CDDA), Drug or Treatment Court. More than half of the youth, young adults and families referred to our programs have some level of involvement with corrections or the juvenile justice system.

Common presenting issues for our youth population include:

<table>
<thead>
<tr>
<th>School problems</th>
<th>Depression Symptoms</th>
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<tbody>
<tr>
<td>Truancy</td>
<td>Diminished ability to concentrate</td>
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<tr>
<td>Poor grades</td>
<td>Insomnia or hypersomnia</td>
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<tr>
<td>Absences</td>
<td>Fatigue or loss of energy</td>
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<tr>
<td>Disciplinary issues</td>
<td>Feelings of worthlessness</td>
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<tr>
<td>Behavioral/Anger Management issues</td>
<td>Cultural Identity/Acculturation Issues</td>
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<tr>
<td>Lack of Parenting/ Parental Monitoring</td>
<td>Trauma/Post-Traumatic Stress</td>
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<tr>
<td>Anxiety Family Conflict</td>
<td>Sexual/physical abuse</td>
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<tr>
<td>Poor Social Skills/Peer Relationships</td>
<td>Lack of basic needs/ homelessness</td>
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<tr>
<td>Substance Use/Abuse</td>
<td>Criminal behavior</td>
</tr>
<tr>
<td>Suicidal Ideation</td>
<td>Self-harm behavior</td>
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</table>

THS provides quality, comprehensive, crisis intervention, age appropriate and culturally competent outpatient mental health services to children, youth and young adults exhibiting emotional or behavioral disorders, and in some cases chronic/severe mental illness, including those individuals with co-occurring disorders.
THS is committed to collaboration with other providers, participants and their families, and the community to provide seamless, integrated service delivery and comprehensive, flexible services that will support and enable participants to maintain the highest quality of life. THS encourages participants to actively participate in strategizing for positive outcomes in the management of their recovery/health care. In accordance with participants’ wishes, we encourage and support family and community participation.

Our program philosophy is based on the following key assumptions:

- Our staff is trained to effectively engage the “toughest” youth (i.e., youth with repeated experience in treatment, cultural issues and challenges, those who “don’t like to be told what to do”, challenge authority figures, challenge boundaries and limits).
- Often these youth are forced into “adult-like” situations at an early age and need to take on more responsibilities than the typical youth.
- It is important to start with youth by balancing a professional approach to counseling with the belief that youth are doing the best they can given their experiences.
- Engagement, at all phases of the treatment process, with children, youth and their families is a crucial component of a successful process.
- Culturally sensitive and competent services are crucial to success of the program.
- The foundation of our approach is based on mental health recovery principles.
- Family engagement and involvement is critical to treatment success.
- Youth are part of a system and working with and within that system is key to facilitating successful outcomes.

The work of THS counseling/mental health team draws upon effective research practices and the incorporation of relationship building strategies that agency staff have documented first hand as appropriate for engaging youth in positive activities that will help them be healthier and stronger.

THS staff provide counseling and mental health treatment, community support services, and outreach services in a number of ways including individual sessions, groups, family counseling and intervention, outreach, and school-based. We provide services in homes, schools and in the community. We typically practice “non-traditional”, alternative methods of service delivery, i.e., it is not uncommon for staff to have individual sessions in the park or on the basketball courts just as often as in our offices. Because many of our “kids” have had prior, unsuccessful encounters with systems and a myriad of trust issues, we do our best to engage them in a variety of settings and not solely in the traditional, in-office, behind the desk individual or group session.

**Mental Health Treatment:**

- **Mental Health Treatment: Intake, Assessment, Individual Counseling, Group Counseling**
- **Behavioral Modification**
- **Psychiatric Services**
- **Medication Management**
Service Modalities:

- Advocacy
- Community Support Services
- Connection to Educational Programs
- Co-occurring Disorder Treatment
- Crisis Intervention
- Family Therapy
- Group Therapy
- Individual Counseling
- Intensive Family-Based Treatment (MST)
- Life/Social Skills Training
- Medication Management
- Mental Health Assessment
- Outreach
- Parenting Training/Support Groups
- Psychiatric Evaluation
- Referral
- School-Based Treatment
- Summer Programs
- Support Groups
- Vocational and Employment

Youth Treatment, Advocacy, Intervention, Mentoring, Prevention Programs

**Drug and Alcohol Education**

Regularly scheduled classes focus on intervening with youth who are experiencing misuse and initial problems associated with alcohol and other drugs.

**High Fidelity Wraparound**

THS provides Wraparound services in accordance with the National Wraparound Initiative and the Ten Principles of the Wraparound process. Our Wraparound staff meets with participants and designated family members to identify strengths, assess needs covering all of the life domains, create mutual goals, and develop an initial crisis plan. A Wraparound Team comprised of significant individuals involved in the participant’s life (family members, friends, appropriate professionals, and other natural supports) is assembled. This team becomes the driving force for creating an individualized care plan covering multiple life domains, establishing measurable time-limited objectives that are directly related to team-determined goals and priorities, and empowering participants to access a range of resources including formal and informal supports to meet mutually identified needs. The program is part of the service system for this region to provide Wraparound with Intensive Services (WISe).
**Integrated Cognitive Therapy Program (ICTP)**

Integrated Cognitive Therapy is an innovative approach to help youth struggling with co-occurring disorders. The term “co-occurring” means that a person is struggling with both a mental health problem such as depression, anxiety, or inattention and also has begun to use drugs or alcohol. In the past you may have heard the term Dual Diagnosis used to describe the same condition. The “Co-Occurrence” or the two disorders tends to cause both problems to be more difficult to manage and requires professional help from people who understand what happens for adolescents who have mental health challenges and who are using a substance.

The hallmark of our Integrated Cognitive Therapy Program is — **one therapist who provides both mental health and substance use therapy in each session.** The Integrated Treatment provided by Therapeutic Health Services takes this one step further, it is specifically grounded in models shown to accurately identify the problem, enhance adolescent motivation to change, engage young people in learning skills to manage emotion, engage in complicated social situations, repair family relationship, focus in school and achieve personal goals.

**Best Starts For Kids Youth & Family Homelessness Prevention Initiative**

This program ensures that unaccompanied youth and young adults, aged twelve to twenty-four and families at imminent risk of homelessness have access to the resources needed to avoid entering the homeless system and to remain stably housed over time. In addition to client-centered case management, flexible funds are made available for eligible households to address emergency needs that prevent them from becoming homeless. These funds can be used for supports which include clothing for a job or an interview, costs of employment related licensure, housing costs (moving expenses or deposits) costs to repair a primary vehicle, groceries and other expenses that may be impacting the safety and security of the family.

**Homeless Young Adult Housing Navigators**

Housing Navigators works with homeless young adults, including young parents, who are age seventeen and a half through 25 years old. Services begin with an assessment and ensuring that young people are aware of emergency shelter options. After assessment, counselors work with individuals to resolve any imminent housing crisis, provide mediation and dispute resolution services with landlords, family and friends to secure and stabilize housing, provide advocacy, referral and service coordination with mainstream services and provide referrals to homeless young adult diversion funding. Navigators also ensure young adults have to required housing paperwork and other documentation and explore alternative housing placement options such as diversion, family reunification or housing outside the homeless system. For young adults placed in permanent housing, Navigators provide monthly check-ins for six months after move in.

**Juvenile Justice Assessment Team (JJAT)**

The Juvenile Justice Assessment Team was created in 2009 as part of the King County Mental Illness Drug Dependency Action Plan approved by the King County Council. Developed under Juvenile Court Services, the program increases the availability of mental health and chemical dependency assessments for youth who enter the juvenile justice system. Improved access to assessments helps provide a pathway to appropriate care for these youth and results in reducing health care costs and criminal justice involvement. Any youth with a current, active case in Juvenile Court is eligible for a referral to JJAT.
On-site, School-based Intervention

THS provides counseling staff at Madrona Middle School (Making a Difference at Madrona) and Garfield Highs School offering on-site assessment, crisis intervention, individual and group counseling, violence and gang intervention/prevention, as well as community support and resource connection to address specific issues identified by students, families and the school community.

Multisystemic Therapy (MST)

Multisystemic Therapy is part of the Reclaiming Futures Initiative. It provides intensive family/home-based intervention services for youth with complex emotional, social and academic needs. It is proven to be highly effective with violent youth and young people characterized by serious emotional disturbance. Services are provided in the home, at school and in the school community.

R.O.Y.A.L. – Raising Our Youth As Leaders

R.O.Y.A.L. provides identification, support and mentoring to young people involved with the juvenile justice system. The goal is to reduce the number of African-American youth in detention.

Seattle/King County Rapid Re-Housing Program

Rapid Re-Housing (RRH) is a time-limited intervention to house families and individuals experiencing homelessness as quickly as possible. The service model includes housing location, case management and financial assistance. Rapid Re-Housing seeks to reduce the amount of time a household experiences homelessness by quickly resolving the barriers to stable housing. Through increasing access to permanent housing and providing a level of financial assistance to offset costs associated with obtaining housing, Rapid Re-Housing alleviates the pressure on more supportive homeless services for those who would otherwise be unable to maintain permanent housing.

Seattle Youth Violence Prevention Initiative

The Seattle Youth Violence Prevention Initiative (SYVPI) is a multi-agency effort that helps local youth get back on the right track. SYVPI goals are to keep high risk youth out of trouble, court, and jail and keep youth in targeted schools from being suspended or expelled because of violence.

THS provides SYVPI case management services. The initiative focuses on youth ages 12-17 that have experienced any of the following:

- Youth who have been convicted of specific, serious offenses.
- Youth who have been arrested but not detained.
- Youth who are middle-school students at risk of chronic truancy or who have been suspended more than once because of violence.
- Youth who have been victimized by violent incidents in their neighborhoods.

Young people are referred to SYVPI services through juvenile court, police, community outreach workers, schools, Seattle Parks and Recreation Youth Centers, and the neighborhood network agencies.
Available Services
THS service delivery under SYVPI includes a broad range of services based upon the needs of the youth being served. Available community services include:

- Community outreach
- Case management
- Anger management
- Mentoring
- Youth employment
- Recreation programming
- Neighborhood Matching Fund projects serving targeted youth
- Extended hours with sports and arts programming at Seattle Parks and Recreation Youth Centers.

THS Accreditation

A major factor in THS’s effectiveness in service delivery is evidenced by our accreditation. Beginning in 1996, the THS substance use disorder treatment program earned the highest level of national accreditation through the Commission on Accreditation of Rehabilitation Facilities (CARF). Our mental health program first achieved accreditation in 1999. At THS, we believe accreditation is more important than ever for human service programs. Increasingly, participants look for accredited organizations as a sign of quality before choosing a service. Accreditation is evidence to participants that an organization is committed to encouraging feedback, continuously improving services, and effectively serving the community.

CARF has been a leading, independent, nonprofit accrediting body of human services since 1966. With guidance from the field, including providers, funders, and, most important, the persons receiving services and their families, CARF develops standards that are focused on outcomes and the satisfaction of the persons served. Accountability and quality are the objectives, yet the CARF approach allows THS to incorporate the standards into practices to reflect our unique mission, vision, and identity as a human service provider.

THS consistently receives the highest rating under our CARF accreditation for each of our core Behavioral Health services. Our experience has taught us that accreditation is much more than a certificate on the wall. It is evidence that THS strives to improve efficiency, fiscal health, and service delivery - creating a foundation for continuous quality improvement and participant satisfaction.
## THS SERVICES MATRIX – 2017

<table>
<thead>
<tr>
<th>SERVICES</th>
<th>Everett</th>
<th>Edmonds</th>
<th>Shoreline</th>
<th>Rainier</th>
<th>Seattle</th>
<th>Kent</th>
<th>YAF Seattle</th>
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<td>Youth &amp; Family – Seattle Branch</td>
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<td>Seattle, WA 98114 - (206) 322-7676</td>
<td>Monday, Tuesday, Thursday and Friday 9:00 AM - 5:00 PM</td>
<td>Saturday 7:00 - 7:30 AM Early Dosing</td>
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<td>Everett, WA 98204 - (425) 263-3006</td>
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<td>Michael Garrett-Small, Branch Manager</td>
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<td>24823 South Pacific Highway, Suite 103</td>
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<td>Kent, WA 98032 - (253) 681-0010</td>
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<td>Hollie Christiya, Branch Manager, ext 7303</td>
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<td>Seattle, WA 98118 - (206) 723-1980</td>
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<td>Aaron Parker, Branch Manager, ext 2113</td>
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<tr>
<td>Seattle, WA 98101 - (206) 323-0930</td>
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<td>7:00 AM - 5:00 PM Noontime to 3:45 PM</td>
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<td>Norman Johnson, Branch Manager</td>
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<td>Jeremy Peterson, Branch Manager</td>
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<tr>
<td>Everett, WA 98204 - (425) 347-5121</td>
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<td>Marli Bricker, Branch Manager</td>
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<td>Corporate Office</td>
<td>Monday – Friday 8:00 AM - 5:00 PM</td>
<td>Monday - Friday 5:30 AM - 11:00 AM</td>
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<tr>
<td>1116 Summit Ave.</td>
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<td>Noon to 3:45 PM</td>
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<tr>
<td>Contact: Jerry Levine, Human Resource Director</td>
<td></td>
<td>5:30 AM - 12:30 PM Dosing only</td>
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