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*Jake at Mt. Pilchuck summit.*

### A New Perspective: "Jake"

Jake's chaotic childhood included parental substance abuse and divorce. It's no surprise he began using drugs and alcohol very young. Between 14 and 17, Jake had spent more time in juvenile detention than he had at home. Under his veil of toughness was an insecure teen, self-medicating with alcohol and benzodiazepines. This mix was highly addictive and dangerous. Nearing his 18th birthday he was facing time in juvenile prison, which could involve incarceration until age 21.

Jake had to make a decision: complete treatment at Ryther's Co-Occurring Inpatient program or get locked up in juvenile prison. He chose Ryther.

Dr. Miselis, Ryther's psychiatrist, evaluated Jake. Besides chemical dependency, he was diagnosed with ADHD, Anxiety Disorder, Mood Disorder and Oppositional Defiant Disorder. Ryther treats both the mental health issues and addiction at the same time, because most of the teen boys in this program have a "co-occurring disorder." In fact, 60-80% of teens with a substance use disorder also have a mental health issue.

At first, Jake struggled at Ryther as he withdrew from the substances. But under Dr. Miselis' care, Jake's anxiety diminished and his moods stabilized. He participated in individual and family therapy as well as DBT skills (dialectical behavioral therapy) groups. New experiences through Adventure Trek hikes and the Challenge Course helped change his self-perception and attitude. He became a leader in the cottage as a Peer Mentor, orienting new clients on rules and briefing them on DBT skills.

While at Ryther, he also made a big discovery — he had a real connection to nature. Oliver Edwards, Experiential Lead and Outpatient Chemical Dependency Counselor, saw Jake's passion as he summited Mt. Pilchuck during one of the outings. Jake had found a new and healthy way to cope.

When he graduated Ryther's program after 50 days, he was referred to outpatient resources in his hometown, including a psychiatrist. Jake is close to graduating high school and has aspirations of becoming an electrical engineer. This didn't surprise Oliver, since Jake was quite adept at figuring out the structural solutions on the Challenge Course.



Ryther is now a Gold Participant on the GuideStar Exchange.

Visit our website to donate securely online:

[www.ryther.org](http://www.ryther.org)

## Message From Lee

When Dr. Robert Anda spoke last spring at Ryther events about Adverse Childhood Experiences, he noted the intergenerational cascading of these experiences.

His comments came vividly to mind when an NFL star claimed that his whipping of a four year old boy with a switch, raising welts, was the result of the discipline with which he was raised. He even doubled down on this notion by saying one of the reasons he was so successful in football was that very kind of discipline. For those of us in the child welfare and mental health business, this kind of situation creates an awkward situation. If you believe that Dr. Anda is right, you may feel that Mr. Peterson's culpability is uncertain.

The intergenerational passing of adverse childhood experiences is misinterpreted if one thinks it relieves people from being responsible for their actions. We must all be accountable for the choices we make or refuse to make.

It seems to me that a grown man taking a stick to a four year old is a grossly inappropriate choice in any context. I have heard many excuses for this kind of behavior ranging from Mr. Peterson's excuse to religious justifications. They are all bogus. The sooner we are absolutely clear about this the sooner we may see an end to child abuse being masked as discipline.



Lee E. Grogg  
Executive Director/CEO



*A customized birthday cake for the birthday girl, delivered by the Ryther League.*

## Volunteer Spotlight: Haili Shinn



"From the very first time I went into a cottage, the Ryther kids struck my heart and I knew that is where I needed to be."

Haili Shinn started volunteering with Ryther in December 2013. She came in with the idea of helping coordinate birthday parties for every one of the children in Ryther's Sub-Acute Residential Treatment program, a program that serves over 80 children each year. Haili plans the party guided by input from the birthday boy or girl. The children get to choose their own theme, party games, and music. Haili provides all of the decorations including a specialized party banner and birthday hat for the child celebrating their birthday, and the Ryther League provides a homemade birthday cake in the party's theme.

Among the fun and games, Haili also hopes to teach a valuable lesson. She asks each birthday girl or boy, "What is one random act of kindness they can do today to make someone's day better?" This question has great meaning to Haili. The birthday parties she hosts for Ryther are part of a larger scale project of hers that she calls, Random Acts of Kindness, or RAK for short. "I whole heartedly believe that every kid in the U.S. deserves a birthday party as much as every kid in Ryther does. My ultimate goal is to have a team of volunteers who have the same heart for these amazing kids in every group home in the USA."

Thank you, Haili, and all of our volunteers who find time in their busy schedules to help brighten up the day of Ryther's children. If you are interested in becoming a volunteer, email [chriv@ryther.org](mailto:chriv@ryther.org) or call (206) 517-0286.

## What's New

- Ryther welcomes new Trustees Kim Kaiser, formerly of Motorola, and Lori Carpenter of the Bill & Melinda Gates Foundation.
- Getting ready to do some online holiday shopping? Shop at [smile.amazon.com](http://smile.amazon.com) and .05% of your total will be donated to Ryther when you designate us as your charity of choice.
- With Thanksgiving just around the corner, we're busy creating Thanksgiving day baskets for families that receive therapy at Ryther. If you would like to donate a basket and make a family's holiday a little brighter, contact Chris Veltri at [chriv@ryther.org](mailto:chriv@ryther.org) by November 14.

## What's Happening

The Ryther League got off to a great start this year with their September Kick-Off meeting, held off-site and at a perfect outdoor venue. Members brought friends to learn about Ryther and the League's activities and many decided to join the League to make a big difference for children, through volunteering and fundraising. The Ryther League Board pledged \$168,000 to support Ryther this fiscal year, and already, units are busy with events, projects and sales. Blue Ridge Unit held their annual Re-energize for Ryther event featuring an amazing Vacation Station silent auction, raffles, great food and fun. Mardi Unit just took their "Hats Off to Ryther" up on Whidbey Island at their annual event. Holiday Luncheons are around the corner and the annual Poinsettia Sale is in full swing. You can support the work of the Ryther League even during the busy holiday season: here's how:



*Moonlighting Unit members strike a sunny pose at the kick-off event.*

- **Order Poinsettias for your home or workplace.** These are top quality Squak Mountain Nursery plants with 40% of proceeds donated to the Ryther League. Orders of 10 or more qualify for free delivery. Email Jane at [Jleonard.2007@yahoo.com](mailto:Jleonard.2007@yahoo.com) – orders due Nov. 1st.
- **Donate to the League's all-volunteer ReStyle for Ryther thrift store** in Ballard. The League welcomes your donations of gently loved clothing (men's/women's), shoes and décor items, including kitchenware (no appliances please). You can donate at Ryther at 2400 N.E. 95th Street Mon.-Thurs. 8am-7pm, Friday 8am-5pm or at the store at 5435 Ballard Ave. NW, Tues-Sat noon-6pm and Sunday noon-4pm.
- **Volunteer in the ReStyle for Ryther thrift store.** You will be trained and work alongside another volunteer. We are asking for a minimum of once per month. Everyone says it's a lot of fun and a great neighborhood, with so much to do after your shift. All net proceeds support the programs at Ryther. If interested, email [R4Rthrift@gmail.com](mailto:R4Rthrift@gmail.com).
- **Join a new League unit now forming** in North Seattle. Email [robinb@ryther.org](mailto:robinb@ryther.org) to learn more.

## How to help young children manage anxiety: Ryther's new EMDR & Experiential Group

EMDR (Eye Movement Desensitization Reprocessing) entails patterned repetitive movements that are easy to do, engaging, and non-threatening. This protocol teaches young children how to decrease their feelings of anxiety and help them cope in stressful situations with very simple, easy to remember and do skills.

Ryther will be introducing this technique through a new 8 week series for boys and girls ages 6-9 who have difficulty managing anxiety in different settings. They will learn the EMDR skills and how to use them while engaging in fun and challenging activities. The group setting is ideal for children to both learn and practice their new skills, while reinforcing coping skills already in place in a

comfortable, fun and safe environment. Some of the activities will be on the low ropes course at Ryther and active storytelling will be part of the curriculum. Parents will have psycho-education at the first session. Some of the children in the group may have diagnoses of Anxiety, Depression and ADHD.

The group starts October 22nd on Wednesdays from 5pm-6pm at Ryther's Main Campus in North Seattle. The cost is \$55 per session and there is no fee for Medicaid clients.

Groups will be led by Ryther's Lorencita Villegas, Licensed Mental Health Counselor and nationally certified in EMDR and Dr. Michael Freeman, Child and Family Therapist trained in EMDR and a Level II Certified Challenge Course Practitioner.



*Lorencita Villegas,  
Ryther Mental Health Counselor*



*Dr. Michael Freeman,  
Ryther Child and Family Therapist*

# Ryther

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Main Office: 2400 NE 95th St, Seattle, WA 98115  
Ryther East: 14715 Bel-Red Rd, Bldg G, Ste 100, Bellevue, WA 98007  
Ryther North: 315 Lincoln Ave, Ste C-1, Mukilteo, WA 98275

*Renew* hope.  
*lives.*

#### **You're invited to Ryther's Annual Luncheon!**

Please join us Thursday, November 13th at 11:30am for Ryther's 2014 Annual Luncheon. We are excited to have keynote speaker Dr. Kevin Michael King, Associate Professor of Child Clinical Psychology at the University of Washington join us, along with returning Mistress of Ceremonies Jean Enersen of KING 5 TV.

We will be at a new location this year, the Seattle Marriott Waterfront at 2100 Alaskan Way. There is no fee to attend. Your donation will graciously be accepted at the luncheon. To RSVP, inquire about becoming a table host, or to sponsor the event, please email [sherris@ryther.org](mailto:sherris@ryther.org).

We hope to see you there!

Ryther *voice*

[www.ryther.org](http://www.ryther.org)

