

In their own words: Why I am here at Ryther

By Emily Pringle,
Behavior Specialist Cottage A

I have been at Ryther for a little over a year now. What keeps me here every day is working with the kids in the cottages. It's a unique job because you get a really cool opportunity to build relationships with the kids. It's a fulfilling experience when you walk into work and the kids are excited to see you, and want to tell you all the great things they've been up to in treatment and school.



When you build a positive relationship with a child it completely changes the interactions you have with them. We have quite a few kids who are extremely relational and until you have built that with them you won't get anywhere. A lot of these kids just see you as another adult who is there to tell them what to do or where to be; they really don't have much attachment to you. It's when you get the opportunity to have a relationship – it changes everything. You are able to reflect back and say, "We've been here before. Remember when this happened - you were so upset and we worked through it together and you used your coping skills to handle it?" Being able to reflect like this can really help children learn and move forward.

I'm not going to lie, it can be frustrating at times when you try so hard to show these kids that you are safe and here to help them. But most of our kids have been through a lot of trauma and abuse and they aren't always ready or capable of trusting another adult. We see a child's history and we figure out where we want them to end up in treatment. The end goal is for them to leave Ryther and live a happy life with a wonderful family. The tough part is implementing that plan, and working with them through the ups and downs of daily life.

A lot of these kids don't always have a good grasp on what a healthy relationship looks like. Some don't even know that safe and trustworthy adults even exist. Many aren't even used to having three meals a day or know that you wash your clothes when dirty. You can make a huge difference in the smallest ways here and give them opportunities they never thought possible. It's really a neat experience to see the kid who comes in the door and then to see that kid who leaves. They're usually two different people and it's inspiring to see the changes that they make.

I believe we can change children's futures by teaching coping skills and better ways to work through their emotions. We teach them to identify their feelings and frustrations and help them work through that in a safe way. Over time they learn what a safe environment really is; they start to relax and they get the opportunity to just be kids. Toward the end of treatment most kids have a whole different idea of where they can go in life and what they can do. Ryther 100% changes the way a kid can imagine their life and when that happens, their whole future can change. They leave here with so much potential and excitement for life.

Ryther helps kids who need a second chance at life, and it gives them one.

If you are interested in learning more about working in the cottages visit ryther.org/employment

Thank you for your support!

- \$400,000:** Ballmer Group Philanthropy (General Operating)
- \$90,000:** NW Children's Fund 3-Year Evergreen Grant (ARC Model Implementation)
- \$40,000:** May and Stanley Smith Charitable Trust (Residential Support of Foster Children)
- \$25,000:** Michelle & Karl Quackenbush (Underwriting for 2017 Luncheon)
- \$12,255:** Larsen Living Trust (General Operating)
- \$10,000:** Nordstrom (ARC Model Implementation)
- \$8,700:** Trilogry for Kids (The Cottages)
- \$7,612:** Michael & Brenda Adams, Christena Coutsoubos & Sean Bowles, Donna Corey, Margo Day, Dale Rector, Mary Snapp, Sarah Standard, and Jessica Watts through Benevity Community Impact Fund
- \$5,000:** Liam Lavery & Yazmin Mehdi, Muckleshoot Indian Tribe, PSN Family Charitable Trust
- \$1,000-\$4,999:** BNSF Railway Foundation, Crowley Cares Foundation, Sarah & David Murphy, Prairie Underground, Rose Saffron, Elizabeth Swaim
- \$500-\$999:** Anonymous, Sean Adams, Judy & Steve Fihn, Chris Harvey, Ann Kiernan, Kelly Goetz, and Jessi Jagne through Combined Federal Campaign of King County, Mary & Joseph Dixon, Oda & Mark Egeland, Charlotte Gamble, William Gates Sr., glassybaby, Mary Johnson, Charlotte Merritt, Liesbeth Geels and Candi McHugo through Starbucks Coffee Company Partner Giving Programs
- \$200-\$499:** Anonymous, Thomas & Dawn Ambrey, Bettiann Anderson, Elizabeth Bennedsen, Carolyn & Charles Burkland, Don Clark, Judith & Stephen Fisher, Lynn & Michael Garvey, Sophie Hager Hume, Kerstin Harding, Douglas Lorentz, Kathleen & Charles Maryatt, David & Gretchen Mullins, Bob & Cathy O'Rear, Thomas Pleas, Anya & John Rudd, Bill Shaw, Dina Stark, Mary Ann Trombold, Vanessa Tuttle, Washington Arboretum Unit # 95 TWIGS

Thank you also to our in-kind donors!

Chihuly Garden and Glass: 150 Tickets, Woodland Park Zoo: 150 Tickets, Eileen and Tom Fernandes: Beanie babies, stuffies, and books, Helping Hands Service Club: Goody bags, body scrub, and therapeutic items, Mary Anne Howard: Clothing, Carol Karahadian: Clothing

There are more donor than we can list here. A complete listing will be available in Ryther's Annual 2017 Report.

Donate securely online at: ryther.org

Message from Karen Brady, Executive Director/CEO:



In completing my first year as the Executive Director of Ryther, I find that I am as hopeful and excited about the future of this agency as I was when I began in this position. In spite of many challenges that lay ahead, we have so much to look forward to and accomplish. Because of the generosity of so many donors and foundations, our capital campaign, Renew

Ryther, is coming to a close. We are celebrating the success of the campaign, surrounded by beautifully refreshed buildings, with a ribbon cutting on May 17th. While we have refreshed our outside, we are now starting a process to refresh our inside. Through the generosity of a three year Evergreen grant from the Northwest Children's Fund along with funding from Nordstrom, Ryther will implement the ARC trauma model across the agency. ARC, which stands for Attachment, Regulation, and Competency, focuses on mitigating the impact of complex trauma across age groups, developmental and cognitive levels, and can be used in all

settings from outpatient to inpatient. This three year process involves preplanning, intensive training, and ongoing consultations by The Trauma Center (the agency that created the ARC model) to accomplish full integration. This trauma model will enhance and support the evidence-based practices we already use at Ryther while bringing to all staff a common understanding and approach to each person seeking services here. We will keep you updated about this exciting new opportunity as we move through adoption and integration. Finally, Ryther continues to expand our services through important partnerships. In cooperation with the Seattle School District, Ryther has begun a day treatment program on the campus for elementary aged children. Beginning this month, Ryther will now provide care coordination to children, youth and young adults insured by Amerigroup, who struggle with both a physical health care concern and a behavioral health care issue. Helping families bridge care between multiple providers will insure that barriers are reduced and their children's care does not become fragmented. These are a few of the examples of what we are looking forward to over the coming year; I will share more in future newsletters.

Dear PTSD

How one teen faced trauma and triumphed

Mom had been drinking again and 13 year old "Alex" knew it when he and his siblings piled into the car. A few moments later, a loud bang, then silence and sirens. He remembers the chaotic blur of his mother being taken into custody for driving under the influence. "I should have stopped her," he told Talle Selhorst, his Ryther Mental Health Therapist. Even though no one was seriously hurt, his mother had been arrested and detained. His siblings were placed into the "system." When he came to live with his father in Washington, he needed to make sense of what had happened and deal with his guilt for "letting my mom drive and letting this happen." He got help at Ryther with Talle as she worked with him using Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Talle thinks this evidence-based approach was ideal for "Alex" because he was willing to look inside himself to understand his thinking. He eventually opened up and gained insights into his thoughts, feelings and behaviors as he worked through the TF-CBT workbook for teens. He did a lot of journaling and art and by the end of treatment, he was ready to complete his trauma narrative.

Using the Art with Heart Chill & Spill approach, Talle asked him how he wanted to say goodbye to 2016. His response was a letter personifying trauma. Here is an excerpt:

"Dear PTSD, You ruined my year because I let you and I regret all the time I spent stressed. But I appreciate what I learned from you - I learned I can get past anything now. Thank you for teaching me."

Next he wanted to tear it up and make it an art piece (inset) The Om symbol was included because meditation is one of his positive coping skills. Talle said, "He has come so far. He no longer blames himself and he feels lighter, happier and can be a teen again just like his friends." **To get help for a child or teen please call our intake line at 206.517.0234.**



The Ryther League's first workplace Unit!

Welcome Fenwick & West LLP

The Ryther League is excited to welcome its first workplace unit, made possible by Fenwick & West LLP, a leading technology and life sciences law firm. Fenwick first started working with Ryther in early 2016, providing welcome bags for the children in the cottages. The firm's involvement has quickly deepened to volunteering and sponsoring Ryther's annual fundraising luncheon. This year, Fenwick will also participate in the upcoming summer carnival and provide holiday gifts.

They say if you don't evolve, you will go the way of the dinosaur, and the same can be said of the Ryther League. Seventy years ago, Ryther League—a nonprofit that has been supporting Ryther since 1937—was made up mainly of college-educated, married women who stayed at home raising children. Many members have been with their unit or group for decades, experiencing all of life's ups and downs together. A few units formed more recently are still going strong, too.

A workplace unit is a novel way for the League to engage partner organizations in unique volunteerism opportunities. The arrangement is ideal as meetings can easily be held at the office or at a fun spot after work. Working together on an ongoing basis fosters camaraderie, cross-function pollination and allows employees to give back within their already hectic schedule while at work.

"So many members are aging and are less active and folks are so busy these days, so we need to get creative," said long-time League member Sharon Setzler.

"Fenwick believes in supporting communities where its employees work and live," said Fenwick's Senior Director of Corporate Social Responsibility and Pro Bono Counsel, Hilarie Atkisson. "We are involved with Ryther on many levels and the League will allow us to deepen our commitment while also helping us to strengthen relationships internally. We're now part of something even bigger and can impact children's lives even more."

This Unit will provide a model for other corporate units to come. If you are interested, please contact League Liaison Robin Bennett at robinb@ryther.org.



What's New?

Giving Help

give
BIG



The Seattle Foundation's online giving event, "GiveBIG" is on Wednesday, May 10th. You can GiveBIG (or little!) to help heal the hearts of children in Ryther's Cottages. Every donation up to \$7,000 will be matched thanks to a very generous anonymous donor.

Can't wait? You can schedule your donation now! No matter what you give, it will make BIG changes in the lives of the children at Ryther.

To learn more and schedule your donation, visit www.givebigseattle.org/ryther

Save the Date Nov. 16 for Ryther's Annual Luncheon. This year at a new venue – the Hyatt at Olive 8 downtown. Stay tuned for more...



Getting Help

Welcome Sarah Cohen, ARNP: Sarah looks forward to working with children and families as she has been working at an adult crisis hospital diversion program prior to Ryther. She will be working with the children in the cottages.



Ryther's Day Treatment Program is a new partnership with the Seattle School District to provide classroom seats at our on-campus school to students from the community. They will benefit from the rich, therapeutic resources Ryther offers such as experiential therapy, skilled and experienced teachers, program therapist, and staff trained to address the trauma/mental health issues that often underlie behavior problems. Our goal is to evolve this into a 'step-down' option for children transitioning from the Cottages so they don't have to acclimate to several new settings at once.



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RETURN SERVICE REQUESTED

Thanks to the generous support of individuals, foundations and organizations, the Ryther main campus is now welcoming, renewed, modernized and ready to help more children, youth and young adults in need of healing from trauma, substance use, mental health concerns and Autism.

Renew Ryther Open House & Ribbon Cutting Celebration

Wednesday, May 17th | 3:00pm – 6:00pm
2400 NE 95th Street | Seattle, WA 98115



Refreshments will be served. There will be a brief program at 4:00pm with tours before and after program.

Please RSVP to austink@ryther.org by May 10th

Contact Austin Kellogg at 206.517.024 or austink@ryther.org with any questions, special needs or for more information.

Renew Ryther Cabinet

Lynn Garvey, Co-Chair
Karl Quackenbush, Co-Chair
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