

# Ryther



**2013 Year in Review**  
Healthy Children. Stronger Families.

Seattle

|

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|

Mukilteo

## Kimmy: Against All Odds

From the moment she was born, she should not have succeeded.

People Kimmy was supposed to trust had abused and neglected her from a very young age. Adults told her she wasn't worthy and that she didn't deserve to live in a happy, successful home. After removal from her family home, Kimmy bounced from foster home to foster home because of her outbursts, which reflected her sadness and pain about being in foster care. At Ryther, she would try to hurt herself and often said negative things about herself. To keep Kimmy safe, a staff member was always within three feet of her. Kimmy recalls, "I knew that if I did better, and if I was being safe, I could get off 3-foot, and so that's the goal we were working towards."

Kimmy felt alone, unloved and as if no one cared about her so her treatment plan included Grief and Loss Group. She was able to process the physical and emotional loss of her mother and also deal with the fact that her mother gave her up.

Kimmy recalls herself and her peers all standing in a circle and holding onto a rope. Their therapist requested that they tug on the rope if they were in foster care at age 3, and in response to other sad situations. When she felt the rope being pulled in every direction, she knew she wasn't alone in grieving. Kimmy realized, "They've gone through what I've gone through and that's just not an awesome, amazing thing."

Kimmy also worked hard with her therapist on learning coping skills. They posted a list on her door with dancing, singing, deep breaths, relaxation exercises and cheerleading included. "When I used at least one of them, staff would sign off and I could put a sticker on the coping skill I used. And that really helped because then I knew that I wouldn't have to be angry all the time," Kimmy proudly stated.

Her counselor remarked, "What contributed to Kimmy's ability to be resilient is the fact that her adoptive family wanted to invest in her." Kimmy agreed, "They're never going to give up on me... like some other parents gave up on me."

Kimmy came to Ryther and got the treatment and services that she needed to succeed. Sue, her adoptive mom explained, "There's the emotional piece, psychological piece and a medical piece. They were able to address all of her needs and do so 24 hours a day."

*"To know that she knows that she's safe and that she has two parents who are committed to her completely...there's nothing greater to see that with one of our kids."*

Ana Cortez, Cottage C Case Manager



## Message from Ryther Leadership

2013 was perhaps one of Ryther's most exciting and successful years in recent memory. Agency revenues increased by almost \$1 million over 2012. Outpatient clients served grew by 41% over 2012 and more than 144% than were served in 2009. Similarly, outpatient client visits were more than twice those recorded in 2009, Ryther having provided just under 10,000 visits at the close of the year. In our cottages Ryther saw its average length of stay decline further and a greater number of privately insured children using our Hospital Alternative Care service. Our services to adolescent substance abuse clients grew in numbers and in diversity of service opportunities. Relationships with primary care pediatric practices have flourished so that Ryther is providing the high quality of service to more and more of the citizens of our community. We are on the cusp of some important activities and projects that will help Ryther thrive in the coming decade and beyond. Stay tuned....



**Lee Grogg**  
Executive Director/CEO



Thanks to outstanding support from the community Ryther had a great 2013. The State's chronic under-funding of care for Ryther kids convinced us that we needed to create additional revenue sources in order to continue our core mission: treating abused and neglected kids. Our 2013 results show that the plans we put in place, focusing on growing our outpatient services, are working and our kids are benefitting. We were able to expand staff and increase our capacity, serving even more kids in need of help. Your continued generous philanthropic support, combined with enhanced revenues from insurance and private pay clients, will make us less dependent on the vagaries of state funding while we continue to advocate for appropriate levels of funding. In 2013 the fantastic Ryther League continued to support Ryther kids as it has for decades, our skilled staff continued the healing work that is so important to our kids, and you have continued to stand by us. Ryther is well positioned to move forward in 2014 and beyond. Onward and upward!



**Karl Quackenbush**  
President of the 2013  
Ryther Board of Trustees



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# Ryther

Healthy Children. Stronger Families.

**Main:** 206.525.5050

**Appointments:** 206.517.0234

**www.ryther.org**

### Ryther

2400 NE 95th Street  
Seattle, WA 98115

### Ryther East

14715 Bel-Red Road,  
Building G, Suite 100  
Bellevue, WA 98007

### Ryther North

315 Lincoln Avenue  
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Ryther is licensed and/or certified by the Department of Social and Health Services; Division of Licensed Resources and the Division of Behavioral Health and Recovery Services; the Department of Health; and is accredited by the Council on Accreditation (COA). Ryther maintains membership in the Washington Association for Children and Families. Ryther is a United Way of King County grantee agency and is registered with the IRS as a tax-exempt organization having 501(c)(3) status.



## 2013 Highlights

We were excited to welcome **Dr. Kristin Miselis** as our third child and adolescent psychiatrist in September 2013.



**Ryther North**, Ryther's new Mukilteo office, opened to offer child and family counseling, psychiatry and psychology, and autism assessments.



Ryther launched a new **Intensive Outpatient Chemical Dependency Program** for teens at our main campus. This program is the middle ground between inpatient and outpatient substance abuse treatment. It is designed for teens who are transitioning from a more restrictive program or when there is a need to bump up from a less intensive program. Over 80% of teens who abuse substances also have mental health issues. Through this program, we treat both simultaneously.

**Ryther's Mental Health Outpatient Services** continued to see rapid growth in 2013, surpassing 1,000 visits per month 11 months out of the year.

**The Seattle Seahawks**, United Way of King County and volunteers teamed up to build a new Fit Trail at Ryther this past fall as part of the NFL Hometown Huddle and Play 60. Kids from outpatient, Aspiring Youth and residential treatment were treated to a day of active fun and a healthy meal with players, Sea Gals, Blue Thunder and Blitz.

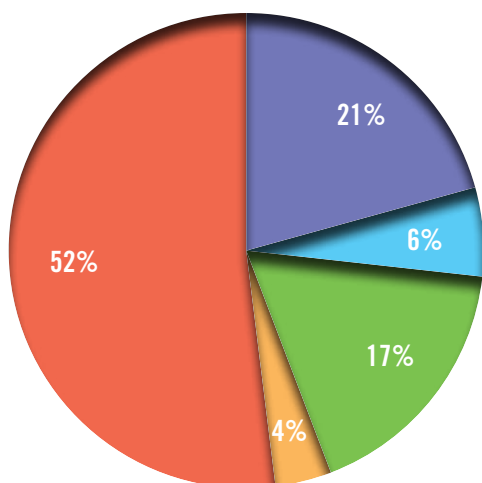


A partnership with **YouthCare** began in 2013 with Ryther providing four therapists at five locations in the community for homeless youth to receive help.

**Positive outcomes** were seen across the board for children in Sub-Acute Residential Treatment displaying certain behaviors at intake, including aggressiveness (80% improved), assaultive behaviors (86% improved), suicidal ideation (88% improved) and hygiene issues (89% improved). All of these outcomes also tracked better than 2012.

## 2013 Financial Summary

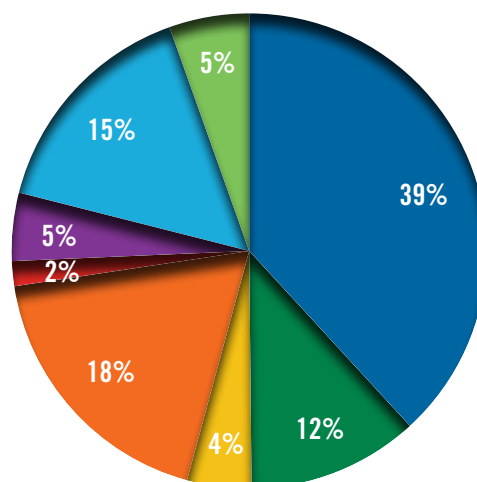
### Public Support & Revenues



● Donations, Ryther League, Bequests & Endowment Income	\$1,968,669
● United Way of King County & Other United Way	\$574,572
● Program Service Fees	\$1,658,470
● Investment Income & Others	\$364,378
● Government Grants & Contracts	\$4,940,482
<b>Total Public Support &amp; Revenues</b>	<b>\$9,506,571</b>

### Expenditures

● Sub-Acute Residential Care	\$3,656,675
● Substance Abuse Inpatient Program	\$1,098,249
● Therapeutic Family & Foster Care	\$411,713
● Outpatient Services	\$1,732,140
● Group Care Enhancement	\$159,857
● Aspiring Youth	\$435,971
● Management & General	\$1,468,329
● Fundraising	\$512,788
<b>Total Expenditures</b>	<b>\$9,475,722</b>



### Children & Families Served

Programs	Clients Served
Sub-Acute Residential Treatment	82
Co-Occurring Inpatient Program	141
Therapeutic Family & Foster Care	24
Outpatient Services	
Mental Health Treatment	1028
Substance Abuse Treatment	140
Group Care Enhancement	1310
Aspiring Youth	415

The 2013 financial records of Ryther were audited by Vine Dahlen PLLC and conducted in accordance with generally accepted auditing standards. Copies of the report are available upon request by calling Ryther at 206.525.5050.

## Ryther's Behavioral Solutions

### Solutions for a Better Life

Ryther delivers effective and compassionate treatment for children, teens and their families facing complex behavioral, emotional, neurological or substance abuse challenges. Our innovative, caring staff consists of a team of 183 including psychiatrists, psychologists, master's level therapists and chemical dependency professionals. Ryther also hosts up to 22 bachelor's, master's, practicum and postdoctoral student interns per year to train the next generation of clinical experts. All those involved, from administration to cottage counselors, bear witness to moments of progress every single day.

#### Our solutions include:

**Sub-Acute Residential Treatment** for children ages 6-14 with emotional, behavioral and mental health problems due to abuse (physical and sexual), neglect or trauma

**Therapeutic Family Care Program** providing foster parent licensing and training, therapeutic foster care and in-home support

**Mental Health Outpatient Treatment** for children ages 2-25 and their families, including psychiatry, psychological evaluations and autism assessments

**Ryther's Co-Occurring Substance Abuse Inpatient Program** for male teens ages 12-17 who have an addiction often along with a mental health diagnosis and may have failed in prior treatment

**Ryther Co-Occurring Outpatient Program** for teens and young adults with substance abuse and mental health issues

**Substance Abuse Assessments, Level I and Intensive Outpatient Chemical Dependency Treatment** for teens

**Group Care Enhancement** for local agencies in need of teen substance abuse specialists

**Aspiring Youth** summer camps and social skills groups for children, teens and young adults with Asperger's, ADHD, learning disabilities or similar traits as well as early intervention/coaching for teens and their parents

**SAFE Groups** for grade school children affected by domestic violence and the non-offending caregiver

**Parent Coaching and Education** available to address the unique needs of each family

#### Our methods include Evidence-based & Best Practices:

**Cognitive Behavioral Therapy** treats maladaptive thinking patterns to bring about positive changes in behavior.

**Trauma-focused Cognitive Behavioral Therapy** helps children and teens ages 3 and up and their parents learn new skills to help process significant traumatic life events.

**Parent-Child Interaction Therapy** improves the quality of the parent-child bond for children ages 2-7 with behavioral challenges and their parents by changing negative interaction patterns.

**Motivational Interviewing** elicits behavior change by helping children, teens and parents explore what motivates them to make positive changes in their lives.

**DBT Skills Groups** help youth manage behaviors and emotions that have a negative impact on their lives and make a conscious effort to bring about positive changes.

**Experiential Therapies** provide hands-on, experience-based opportunities for children and teens to practice their new skills learned in therapy such as distress tolerance and social or communication skills. We employ our own Challenge Course and rock climbing wall as well as canine therapy, yoga, therapeutic horseback riding, drumming, hiking and ski adventures.



## The Ryther Family

### The Ryther League

The Ryther League underwent big changes this year with its remodel and revamp of the newly rebranded ReStyle for Ryther thrift store in Ballard. Members pooled time, talent and treasure to transform the store, and the new look and merchandise is paying off, with increased sales and new volunteers. Thank you to the many League members who continually sort, price, iron and organize the store's donations at the Receiving Room – you are the unsung heroes. Many League fundraisers, from Mardi's Round-Up Auction and Dinner, Off Campus' new Amazing Race for Ryther, the Annual Spring and Holiday Luncheons, Noel's Holiday Luncheon, Sou'wester's Poinsettia Sale and Blue Ridge's Restyling event brought community and fundraising together to support community and a common cause.



Twenty-six birthday cakes, many dozens of cookies and Easter Baskets were made possible as were nearly 100 haircuts for children and teens on campus. Warm winter wear, welcoming quilts, summer activities, and the Pool Extravaganza enhanced the well-being of each child. The League's Marion Baer Holiday Store continued its tradition of giving children the chance to "buy" and give gifts to those most important to them – whether a parent, foster parent, social worker or Best Buddy. Ryther children and staff know that there are many adults working hard on their behalf. We thank the Ryther League for everything they do, day in and day out, year after year. We couldn't do it without you!

### Ryther's Dedicated Volunteers

Many thanks to the organizations that improved Ryther's ten-acre campus: UW's Beta Theta Pi fraternity, Concur, Linfield College, Milliman, the Puget Sound Business Travel Association, Ryan, Swanson & Cleveland PLLC, Starbucks Coffee Company and Windermere Real Estate Services. In all, there were 560 volunteers in 2013, contributing a combined total of 3,793 hours. We would also like to acknowledge those volunteers (and therapy dogs) who spent time with the children and teens, as well as those who helped with special projects:

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## Thank you Ryther Luncheon sponsors and supporters!

Thank you to the sponsors, table captains and guests of Ryther's Business of Caring Luncheon. You raised over \$217,000 to help heal little hearts and minds. Thank you for caring!

Many thanks to Keynote Speaker Maud Daudon, CEO/President of the Seattle Metropolitan Chamber of Commerce, and to Mistress of Ceremonies Jean Enersen, KING 5 TV News Anchor.

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