Healthy Children. Stronger Families.
A Healthier Child and a Stronger Family

When “Mathew” started having serious internal anger issues at school and at home, his mother realized she and her son needed help. His trauma began at age four when he lost a family member in a violent incident. At the same time, things at home were becoming more chaotic. “Gayle,” his mother, was offered services at Ryther’s Sub-Acute Care program after Mathew’s thorough assessment by Ryther’s team of professionals. But having Mathew away from home was difficult. Gayle remarked, “You know that you love your kids and you don’t want them away from you, but I always trusted Ryther with my son. Ryther helped pave the way for me to be a better mother.”

Gayle worked with her son’s treatment team to learn how his trauma history affected his day-to-day functioning. She attended family therapy sessions, participated in Ryther’s evidence-based parenting classes and visited him regularly in his cottage where she often “shadowed” staff to practice her new parenting skills. It took some time for Mathew to stabilize and for him to feel safe and calm, but the structured milieu, individualized therapies and time spent with Chilly, his therapy dog, helped him overcome his past trauma and look forward to the future. Once home, a Ryther case manager continued to visit the family weekly to ensure that mother and son strengthened the skills they learned at Ryther.

Today, Mathew continues to be an energetic and highly creative child who needs a special approach. He is now safe, healthy and successful at school, at home and in his community.

When asked how Ryther helped her, Gayle responded, “It makes me feel like a new person. Ryther has given us a chance for a better life.”
Message from Ryther Leadership

I am sure you have noticed that our name and our logo have changed. We have dropped the words “Child Center” from our name because Ryther is so much more than a single place. The need to become more than a single place has been obvious for a number of years, and the events of 2010 have removed any remaining clouds in our crystal ball about that subject. Added to the logo is a tag line, Healthy Children. Stronger Families. While the last year highlighted the need to focus our attention on these tasks more intensely, Mother Ryther was, after all, concerned about these issues as well.

There is no question about the fact that 2010 was a year of uncertainty, trepidation and ever worsening bad news economically for State-supported services to children and families. 2011 will very likely be more of the same. Accordingly, if Ryther wishes to continue to serve the most vulnerable and neediest children in the child welfare system, it will have to find a way to survive and thrive in spite of what the State of Washington does. By focusing our efforts on Healthy Children and Stronger Families we are in many ways returning to a role created and filled by Olive Ryther herself. In the coming years we will be seeking to broaden our constituencies and clientele. Working more closely with primary health care providers is one way. Making our expertise available to all segments of the community is also high on our list. We have a great deal to offer our community and in the eyes of many we have not really been available to everyone.

To be sure, Ryther faces some stormy seas in the coming years. Thanks to you, our friends and supporters and stakeholders, we have the most important tools necessary to survive. You have helped give us the courage, dedication and passion required to overcome great challenges. For that we thank you sincerely.

Lee Grogg
Executive Director/CEO

The challenges and uncertainty facing our organization and indeed child welfare in this state are enormous. In 2010, Ryther made difficult choices as we faced the uncertainty head on. We do this not only to survive as an organization, but because we have an obligation to be that beacon of hope for the most damaged and vulnerable children and families in our community—and we continue to see success. On behalf of the Board of Trustees, I say thank you to the many organizations and individuals who have dedicated their time, treasure and heart in support of our goal to guide, coach and teach. We are grateful for the Ryther League for their amazing dedication and support over the years. We measure success in very small incremental steps through a smile, a glimmer of trust extended to an adult, the softening of anger, a restful night without nightmares, the “side hug” given to a counselor. Thank you for celebrating these small victories with us as we watch better lives for children and families unfold.

David Herr
President of the 2010 Ryther Board of Trustees
**2010 Highlights**

- **Ryther celebrated its 125th Anniversary**, marking 125 years since Mother Ryther made a deathbed promise to raise her neighbor’s four children as her own. Today, we serve children and adolescents referred by parents, physicians, state agencies, courts, schools and other providers. We have expanded our services to include programs and solutions for families with children who have challenges stemming from trauma, mental illness, substance abuse, Autism Spectrum Disorders or adjustment issues with school, peers or parents.

- **Ryther’s Legislative Day** in January brought staff, board and League members together to advocate in Olympia on behalf of children and families in the child welfare system.

- **The SAFE Program** helped children exposed to domestic violence learn how to express feelings and discuss them with their non-offending parents, who became better equipped to listen and keep their children safe. The Weyerhaeuser Family Foundation supported the SAFE Program through a generous grant.

- **Cottage B opened PK’s Gym**, a new fitness center for the teen boys receiving inpatient substance abuse treatment, through the support of Patrick Kerney, former Defensive End for the Seattle Seahawks.

- **Two new Ryther League units formed**, including the **Blue Ridge Unit** which held their first *Restyle for Ryther* clothing sale featuring designer clothes and accessories, and UW’s **Beta Theta Pi Fraternity** which became the first all-male League unit, “adopting” the teen boys in Cottage B. 80 Beta Theta Pi members, alumni and parents worked for hours in the rain to improve our campus.

- **The Gary C. Lange Fund for Education and Care Advancement** awarded over $8,900 to nine staff members for educational opportunities.

- **Taproot Foundation** awarded a professional branding grant to refine Ryther’s key messaging with continued support in 2011 for our updated logo and name change to Ryther.

- **The Ryther Co-Occurring Program**, developed by Dr. Linda Ford, launched to provide effective outpatient treatment for teens and young adults with co-occurring substance use disorders and mental health issues.

- **Evidenced-based Parent-Child Interaction Therapy (PCIT)** initiated in partnership with the University of Oklahoma to help parents learn how to restructure negative interactions using specific skills while improving the parent-child bond.

- **Motivational Interviewing** became our newest evidence-based practice, helping children, teens and adults focus on what motivates them to make positive changes in their lives.

- **Aspiring Youth** brought its summer program to Portland, helping unique learners including those with Asperger’s Syndrome build friendships, self-esteem and social skills.

- **The new medical record IT system** by Defran Systems will allow us to seamlessly follow a family from intake through every Ryther service, tracking progress and improving quality of care.

- **YouthCare** began leasing our former ASP cottage to expand their existing program for unaccompanied, undocumented youth who need services here in the U.S. or help returning to their country of origin.
## 2010 Financial Summary

### Public Support & Revenues
- 16% Donations, Ryther League, Special Events & Endowment Income ........................................ $1,656,435
- 8% United Way of King County & Other United Way ................................................................. $672,983
- 9% Program Service Fees ........................................................................................................... $780,701
- 59% Government Grants & Contracts ....................................................................................... $5,072,686
- 8% Investment Income & Others .............................................................................................. $694,555

*Total Public Support & Revenues* .................................................................................. $8,877,360

### Expenditures
- 40% Sub-Acute Residential Care ............................................................................................... $3,464,923
- 12% Substance Abuse Inpatient Program .................................................................................. $1,013,777
- 9% Therapeutic Family & Foster Care ....................................................................................... $730,361
- 6% Outpatient Services ............................................................................................................. $550,214
- 1% Group Care Enhancement ................................................................................................... $105,166
- 1% Collaborative Coaching ....................................................................................................... $89,052
- 2% Aspiring Youth ...................................................................................................................... $176,556
- 4% FPS & Family-Centered Programs ...................................................................................... $342,599
- 21% Management & General .................................................................................................... $1,815,497
- 4% Fundraising .......................................................................................................................... $385,829

*Total Expenditures* ................................................................................................................. $8,673,974

### Children & Families Served

<table>
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<tr>
<th>Programs</th>
<th>Clients Served</th>
<th>Days of Care</th>
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<tr>
<td>- Substance Abuse Treatment</td>
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<tr>
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<td>- Family Preservation Services</td>
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<td>- REACH First</td>
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<tr>
<td>- Parent Coaching &amp; Education</td>
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The 2010 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

Ryther offers comprehensive and caring treatment for any child, teen or family facing a complex behavioral, emotional or substance abuse challenge.

Ryther staff have a singular perspective because they witness progress, setbacks and triumphs on a daily basis. From our psychiatrists and psychologists to our master’s level therapists to our cottage counselors, each staff member brings professional experience and unconditional compassion to help nurture healthier children and stronger families.

Ryther delivers a wide array of behavioral health services for children and their families:

- **Sub-Acute Residential Care** for children ages 6-13 with emotional, behavioral and mental health problems due to abuse (physical and sexual), neglect or trauma
- **Therapeutic Family Care Program** providing both therapeutic and traditional foster care and in-home support
- **Mental Health Outpatient Treatment** for children ages 2-18 and their families
- **Substance Abuse Inpatient Program** for male teens ages 13-18 who have failed in prior treatment and often have co-occurring mental health issues
- **Ryther Co-Occurring Program** for teens and young adults with substance abuse and mental health issues
- **Substance Abuse Assessment and Level I Outpatient Treatment** for teens
- **Group Care Enhancement** for local agencies in need of teen substance abuse specialists
- **Collaborative Coaching** for teens and their parents, providing early intervention and coaching
- **Aspiring Youth** for children, teens and young adults with atypical neurological disorders such as Aspergers and ADHD
- **Family Preservation Services** for families in crisis and at risk of losing custody of their children
- **REACH** for children entering the child welfare system to determine needs earlier and improve outcomes
- **Parent Coaching and Education** available to address the unique needs of each family

Ryther’s programs employ **Evidence-based and Best Practices** that are innovative and proven therapies to help children, teens and their families learn new ways of thinking, develop positive relationships and realize a better life:

- **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 to 18 and their parents learn new skills to help process significant traumatic life events.
- **Parent-Child Interaction Therapy** (PCIT) improves the quality of the parent-child bond for children ages 2-7 with behavioral challenges and their parents by changing negative interaction patterns.
- **Incredible Years Parenting Curriculum** helps parents reduce their child’s challenging behaviors such as aggressiveness, ongoing tantrums and acting out behavior as well as increase their child’s social and self-control skills.
- **Disruptive Behavior Disorder Treatment** teaches children and teens with ADHD, ODD or Conduct Disorder how to control and express feelings in healthy ways as well as trains parents.
- **Motivational Interviewing** elicits behavior change by helping children, teens and parents to explore what motivates them to make positive changes in their lives.
- **DBT-informed Care** aims to help people examine those behaviors and emotions that have a negative impact on their lives and make a conscious effort to bring about positive changes.
- **Experiential Learning and Treatment** helps out-of-sight material come to the surface where it can be worked through and seen in a new light. At Ryther, its unique ability to give voice to hidden feelings manifests on our Challenge Course and rock climbing wall as well as through canine therapy, therapeutic horseback riding, hiking and ski adventures.
Ryther’s Family of Supporters

Ryther is honored to work with such faithful, caring League members and volunteers. We are continually impressed and encouraged by your dedication to the children and their families. Through your time and devotion, you help the children of Ryther become healthier and their families stronger.

The Ryther League

As the League enters its 75th year of service and support of Ryther, direct service to the children and teenagers has become more prevalent. While it was a rarity for League members to interact with clients even five years ago, League members now provide haircuts, regularly scheduled art activities and unforgettable experiences such as the Pool Extravaganza and Bingo. League fundraising events continue to raise critical funds for Ryther as well as enriching summer activities, clothing and shoes. The League has embarked on a two-year strategic planning process realizing that its future depends on changing to meet the needs and wants of younger members. Traditions like the Holiday Store, warm quilts, home-baked cookies and birthday cakes will always be a part of the League’s legacy that shows through actions that they care for the children.

Thank you, 2010 Volunteers!

We recognize that the volunteers who work with Ryther children and teens are heroic. Connecting can be a slow process, but they go above and beyond to help build healthy relationships. To all of our volunteers, please know that you’ve brought a sense of belonging to our children, tranquility to our teens and beauty to their surroundings. Many thanks to the organizations that improved our campus: AmeriCorps, UW Beta Theta Pi Fraternity, Microsoft, Rebuilding Together Seattle, Starbucks Coffee Company, UPS, Wabash College, Windermere Real Estate Services and Women’s Philanthropic Investment Group (WPIG). In all, there were 435 volunteers in 2010, contributing a combined total of 2,680 hours. We would like to acknowledge our best buddy, cottage and special activities volunteers listed below:

Kitty Aggen
ASWA Seattle Chapter #9
Nitsa Barash
Laurie Barclay
Derrick Bates
Sharon Beals
Lisa Bloch & Zodiac
Marlen Boivin
Penny & Richard Borish
Lindsey Bowyer
Arthur Butler
Colleen Caikins
Amanda Cappelletti
Amber Carlson
Doug Cassidy
Sharon Colvin, Chilly, Blaze & Sizzle
Allan Crouch
Virginia Crynes
Laurie Daiger
Kris Delaney
Andrew Doggett
Jody Dorow
Patricia Ericson
Kate Estefani
Jared Eyer
Judy Finn & Nariko
Abigail Fowler
Syd France
Alison Freeberg
Arthur J. Gallagher & Co.
Susana Garcia
Suzanne Garside
Kathryn Gilmore & Fargo
Katie Gray
Meaghan & Ron Gross
Virginia Hassinger
Robert Hindman
Truc Hoang Le
Beth Huppin
Ken Kassover
Savannah Klunder
Knights of Columbus
Victoria Kohan
Kathryn Korch
Hans Lambert
Chris Lane
Raymond Lau
Daney LaVigne
Shirley Leckman
Trista Ledford
Andrea Leon
Teresa Lin
Chau Luu
George Mack
Donna & Mike Mahoney
Julie Margulies
Teri Matz
Candi McHugo
Jo Merrick
Christine Meyers
Carrie Montag
Steffanie & Colter Mott
Muckleshoot Drumming Group
Edna Oberman
Jessica Parker
Virginia Rankin
Carrie Read
Cindy Richmond
Bruce & Candace Sagar
Sarah Scott
Amy Sexton
Kori Shimizu
Lyudmila Sidor
Liz Smith
Erik Steinfeld
Robert Strauss
Sarah Stuteville
Brandon Tanaka
Fritz Tarrach
Joseph Tartakoff
Temple Beth Am
Lynn Thomas
Moses Tovar
Sarah Valdez
Nandita Vishwanath
Lindsey Walker
Nancy Werlinger
Kastlyn White
Jeanne Whitlow & Rudy
Breanna Wilkins
Laurie Workman
WPIG
Anteus Wright

Over 60 Rebuilding Together Seattle volunteers gave the campus a makeover in April by renovating gardens, building a fence, installing new lighting and much more.

In Memoriam

Stuart Adams
Phyllis Alexander
Marion Auer
Marilyn Barnett
Jason & Melanie Bielh
Marion Brooks
Charles Burkland
Martha Curtis
Martin Curtis
Walter Daggatt
Thelma Gray Davis
Alberta Fieseth
Mary Dott Gress
Margaret Hillinger
Frances Hilton
Adam House
Robert W. Hutton
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Katy Macpherson
Eileen Martin
Michael Moline
Mary Ann Mower
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Eunice Nichols
John Ormiston
Margaret Pease
Russell H. Peterson
Fernande Raymond
Rev. Louis Rodakowski
Sally Roselli
Brett Ross
Patricia Philips Savage
Betty Simpson
Harold William Smith
Betty Strandberg
Helen Strauss
Irene Taylor
Pauila Upjohn
Helen Van Hollebeke
Stella Vchulek
Jim Wachtler
Donald K. Weaver
Joe Wilson
Thank you to all who supported Ryther in 2010 through workplace or personal contributions as well as through in-kind donations. You are invaluable in helping us nurture healthier children and stronger families.

Jacquie & Michael Casey
Advisory Services & Investments, LLC
Blue Nile
The Boeing Company
BOMA
(Building Owners & Managers Assn of Seattle King County)

D.A. Davidson & Co. & Davidson Investment Advisors
Defran Systems
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K&L Gates LLP
MacDonald-Miller Facility Solutions
Premera Blue Cross
Starbucks Coffee Company
Sterling Savings Bank
Eric & Alissa Tanaka
UPS
Vine Dahlen PLLC
Washington Trust Bank

Thank you to our generous 125th Anniversary Luncheon Sponsors and supporters!

Many thanks to Keynote Speaker Diane Irvine, CEO of Blue Nile, and Mistress of Ceremonies Jean Enersen, King 5 TV News Anchor. Over $155,000 was raised to support Ryther children and their families.
Healthy Children. Stronger Families.

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