

## Acknowledgments of Recent Significant Donations:

From the Ryther League: \$34,600 from Off Campus' Hearts for Hope Auction for "Healing Hearts"; \$20,800 from Sunrise's Fiesta De Mayo for "Healing Hearts"; \$4,489 from Sou'Wester's Fund-a-Wish for children's clothes and \$4,000 from the Memorial Fund for Summer Activities

\$50,000: The Estate of Drusilla M. Prothero

\$50,000: Thomas V. Giddens Jr. Foundation in unrestricted funds

\$46,000: Lynn & Michael Garvey for therapeutic multipurpose room

\$40,000: Employees Community Fund of Boeing Puget Sound for Aspiring Youth van

\$30,000: The Wockner Foundation for Sub-Acute Residential Treatment

\$25,000: The Walmart Foundation for Specific Therapies and Assistance

\$20,000: David McKinlay Trust in unrestricted funds

\$20,000: NW Children's Fund in unrestricted funds

\$8,002: Microsoft Giving Campaign & Matching Gifts, including Mary Snapp, \$1,500; Tracey & Chris Arnold, \$300; and, Erik Steinfeld, \$250

\$5,258: United Way of King County, including Harold & Mary Hill, \$1,000; Jeff & Genevieve Campbell, \$914; Dave & Barbara Herr, \$425; Eric & Michelle Grant, \$418; Kristina & Ross Heyl, \$399; Stan Hadler, \$314; Verna Dowell, \$270; and, Steven Haluschak, \$263

\$3,500: Windermere Foundation for Specific Assistance Fund

\$3,000: Pacific Market International

\$2,000: The Marcia Paulsell Zech Foundation; The Sharing Foundation

\$1,750: The Cobb Foundation for special items for children in Sub-Acute Residential Treatment

\$1,000: The Ernest R. and Audrey M. Turner Foundation; Nancy & Richard Alvord for 2012 Luncheon; Pat & Dan Nelson in memory of Justen Johnsen; and, Connie Ballmer through the Washington Women's Foundation

\$750: Steel Encounters

\$500: K&L Gates LLP for 2012 Luncheon; Marilyn Lary; and, Lydig Construction Charitable Fund

## Outlook for 2013 Legislative Session: An interview with Senator David Frockt



*David Frockt represents the 46th District in the Washington state senate, which primarily comprises North Seattle. First elected to the state house of representatives in 2010, he was elected early on as Assistant Floor Leader, a rare responsibility given to a rookie member of the State House. Following the untimely passing of Sen. Scott White last year, the Metropolitan King County Council voted unanimously to appoint David to represent the 46th District in the state senate. David and his wife live in North Seattle and are the proud parents of eight-year-old twins.*

### Where do you see the legislature heading in the upcoming session with respect to challenges in the health and human services areas?

To start, I would say that we've got two huge education funding challenges. The first is to figure out the direction for higher education funding given the negative slide in support. Second, we are mandated by the courts to implement policies in recent years to refine and reform education. The initial price tag for these is 1 billion dollars. We need to support both ends of education from early learning through higher education. Those early years are so critical to get kids ready to learn for kindergarten – especially for low income populations with kids who don't have good access to quality preschool programs. The science of brain development shows that these early years are so critical. There should be an emphasis on investing in quality early learning systems.

A lot of the education funding that we are trying to do and that's called for in the McCleary decision for the state to adequately fund K-12 education is designed to emphasize the kindergarten through third grade years and have students reading and ready to go by third grade. That's really when reading skills need to kick in. We want all of our children reading at grade level by then. For example, this would mean smaller class size, quality instruction, assistant teachers, reading specialists, etc. Due to budget cuts, Seattle schools ended up increasing class size and laying off reading specialists. We need to get this funding level figured out. We also want to make sure we can expand all day kindergarten throughout the State over the next 8-10 years. It's expensive but worthwhile to do and will help get the kids ready and reading by third grade.

We also have a million people without health insurance and we need to consider the health and safety net that has been strained and frayed in recent years. Do you pull funding out of health and human services and put it into education? Some proposals the way they are structured would have that effect. That is going to be a big challenge for us and the composition of the legislature will have an impact on this. We also have to figure out how we help the economy and stimulate job creation and how we prioritize services.

In deciding health and human services budget you have to consider the effects that cuts would have both short and long-term. Cuts in mental health funding would mean that we end up pushing some people into hospitals, which is more costly than funding some mental health services. We need to prioritize services and think about what the right policy is and make decisions based on that.

I was so impressed when I toured Ryther and saw the quality of the care and instruction and mental health services. I can't fathom, as a father, the distressed backgrounds that these kids are coming from. It's hard enough to parent when there is a stable home life with a stable income. I was touched by what I saw. You are talking about kids who are really vulnerable and need a full range of care that Ryther provides.

*Continued inside >*

## ■ From the Executive Director

For those who have followed Ryther more closely in recent years you know that we have had some serious fiscal challenges to overcome. Since 2008 our public sector funding support has been cut to the point that is now \$1.6 million per year smaller. Naturally we made some significant cuts, but I think the evidence is very clear that you cannot cut your way to prosperity. Accordingly we have worked hard to launch a strategy of developing new and self-sustaining revenue alternatives. We also wanted to avoid going outside our core competencies to do this. We chose to eschew ice cream stores, coffee houses and bingó parlors.

Ryther chose to expand to do those things we are very good at to new markets and audiences--mainly private pay and insured clients. I am happy to report that this strategy is working and I believe Ryther has turned a corner. In the past eighteen months we have doubled the number of privately insured outpatient clients and improved the revenue in that service by 169% in the last year. A few years ago, Ryther had no privately insured clients using our facilities as an alternative to very expensive

psychiatric hospitalization. In 2011 we had seven such clients and on the year to date we have had eleven such privately insured clients receiving quality care with high parent satisfaction. The revenue from this source now is over 500% higher than it was at this time last year.

Ryther's Aspiring Youth programs continue to grow and provide revenue to balance the ship while entering new and grateful communities that have been terribly underserved. Ryther's ability to provide first rate child psychiatry services cannot be overstated in terms of its importance to our success.

While the organization is not flush with cash, we are in the black and have had five consecutive months of positive bottom lines. We have survived. Thank you all for your faith in us.



Lee E. Grogg: Executive Director/CEO

(Interview with David Frockt continued)

## ■ What are your hopes for the session?

For me, with two years into this career, I think we have to get the education funding situation straightened out. What I hope is to convince the public that this austerity that has been going on since the recession started is not necessarily the best way to operate a state that has to do things and has to provide services that the private sector is not going to provide. Who is going to help Ryther cover the cost of the kids they intervene with? Who's going to pay for that? We ought to have a commitment as a state, a community, to not just leave institutions like that out on their own. We ought to find a way to provide a baseline level of support that allows the vital work you do to remain strong to improve the lives of these children. That pays dividends down the road. My goal is that we can make the case that it's important to fund mental health treatment and to find ways to fund mental health services for children. We always have to be prudent and we have to get our systems to run more efficiently. There are a lot of ways to improve but starving these investments is something that's counterproductive.

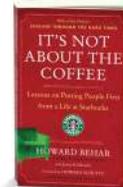
To reach out to David Frockt, readers can email him at [David.frockt@leg.wa.gov](mailto:David.frockt@leg.wa.gov).

## ■ In-Kind Acknowledgments

- Windermere Real Estate for stone, bark chips, top soil and plants
- Greater Seattle Cares for six bikes and basic needs
- Ellen & Richard Davis for furniture for a TFC family
- Woodland Park Zoo for 100 tickets
- The F-factor for new clothes and accessories for 11 Ryther kids
- Covington Quilters Guild with 16 handmade quilts and pillowcases
- REI in camping gear for Aspiring Youth
- Seattle Police Department Parking Enforcement employees for school supplies, backpacks and clothing
- Christine Hansen for a keyboard piano
- Botanical Designs for bark and mulch
- Hart Crowser, Inc. for gift cards, summer toys and swimsuits

## It's not too late to RSVP PUTTING CHILDREN FIRST

Join Keynote Speaker Howard Behar, former President of Starbucks Coffee Company, and Mistress of Ceremonies Jean Enersen, KING 5 TV News Anchor, on Thurs. Nov. 15, 2012 at the Grand Hyatt Seattle. Contact [clayt@ryther.org](mailto:clayt@ryther.org) to RSVP before November 9th. No ticket purchase is necessary and there is no suggested minimum donation – your gift will be graciously accepted at the event.



## Ryther News League



Blue Ridge's Restyle for Ryther and Mardi's Turkey Harvest Dinner & Auction

Since July 1st, the League has held three wonderfully different events to raise funds and friends for Ryther. Thank you to Mardi Unit on Whidbey and Blue Ridge and Calico Units in Seattle. Great fun was had and all were big successes! Ryther also thanks the Ryther League members for providing 9 cakes, 26 dozen cookies, 20 haircuts and \$350 in gift cards for the kids' prize boxes. And, what would we do without Summer Funds for summer fun? If you are interested in joining or starting a Unit, please call 206.517.0215.

### ■ Thank you Ryther volunteers!



**Starbucks Coffee Company Supply Chain Department** transformed all three cottage gardens and made big improvements to the greenhouse while also hosting an ice cream bar for kids and staff.



The **Milliman** team mowed, weeded and dug a new stairway and path for Cottage B's "Pathway to Recovery" leading to their new classroom.



The second **UPS** team this year came to beautify Ryther's Therapeutic Family Care grounds off campus as well as clear out a storage room.



**United Way of King County's** annual Day of Caring helps keep our campus at its best for the children and teens who receive treatment here. This year Ryan, Swanson & Cleveland, PLLC did just that.

## RETURN SERVICE REQUESTED



Like Us on Facebook at [facebook.com/followryther](http://facebook.com/followryther)  
Follow us on [twitter.com/rythervoice](http://twitter.com/rythervoice)

### New Appt. Hours & New Bellevue office

Seattle: 8am - 7pm Mon. - Thurs., Fri. until 5pm

The new Bellevue office at 14715 Bel-Red Road, Building G, Suite 100, Bellevue, WA 98007 is now accepting new clients with availability for evening and Saturday appointments.

## Ryther Voice

Fall 2012

### ■ A lesser known Ryther program expands to serve more at-risk youth



#### Interview with Noel Gomez, CDP

*Ryther's Group Care Enhancement program served nearly 800 teens last year, providing Chemical Dependency Professionals to local sites in King County. Noel Gomez, CDP joined John Ohta, CDP who works at Orion Center and University District Youth Center and Gary Hothi, CDP, who works with Juvenile Rehabilitation Administration in the King County parole office,*

*at a new site as part of the Juvenile Justice Assessment Team at the Juvenile Justice Center in Seattle.*

#### What's your role at the Juvenile Justice Center?

I see adolescents when they come through the intake unit after they are arrested for a crime. I am one of the first people they meet with. First, I will conduct an initial Global Appraisal of Individual Needs (GAIN) Short Screen

with every teen that is arrested in King County. I ask questions about their drug or alcohol use and mental health, such as: "When's the last time you had significant problems feeling sad, depressed or hopeless about the future?" This takes about a half hour and I see about 25-40 kids a week.

This GAIN Short Screen determines the need for any additional services such as a full GAIN or a substance abuse or mental health assessment or psychological assessment. While Gary Hothi sees teens when they're already at or have been through Juvenile Rehabilitation Administration, I get to see them after the first time they are arrested. So I see teens from all walks of life at the very beginning of their involvement with the court system. The goal is to get them mental health and/or substance abuse help if they need it. I screen youths who normally wouldn't have gotten any kind of assessment at all and many of them at this point want help but just don't know how to ask for it or where to find it. It's incredibly important to help them before there is a downward spiral. The fact is that 80% of teens with a substance abuse problem are also struggling with some kind of mental health issue. Many teens reach the court system by committing crimes to get drugs. The screen will catch these kids and provide direction for what types of evaluations and help they may need, if any.