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NOW IN THREE LOCATIONS

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

Thank you donors!

Why it's cool to give back



Trenton with Ryther CEO Lee Grogg

One family's story of thanks

This past summer, Ryther staff received an email from the parent of an Aspiring Youth participant and former Cottage D resident, Trenton. It's not unusual for staff to receive follow up emails or letters from parents with updates on life after Ryther. But what made this email so special was that Trenton wanted to give back to Ryther after his experiences with both programs. His father's note read:

"Every year at our block watch party, Trenton sets up a snow cone stand and gives proceeds to a charity. This year he has chosen Ryther cottages as the place he wants the \$ to go towards. He usually raises between \$50-\$100, so it's not a huge sum but he always feels good about it and we encourage his philanthropy."

Not only did Trenton raise \$60 but he and his father Joe also participated in two public service interviews at Clear Channel Radio. Trenton was candid about being bullied at school and struggling with anxiety. Joe noted that Trenton's acting out due to anxiety and fears are what led his 14 year old to receive treatment in Cottage D for 18 days. Joe felt that "as a family we needed a reboot" and that he felt Ryther would be a safe and appropriate option because "staff understand the kids' challenges and give them the tools to succeed." He said that the biggest change in Trenton has been the ability to talk through what is making him anxious versus acting out. Trenton no longer feels compelled to seek revenge as in the past. He says, "It never solves anything because you'll just be

like them. I've had those issues before." Trenton also says that Ryther helps kids with "tons of counseling" and kids get better.



KUBE 93's DJ SupaSam in studio at Clear Channel Radio with Trenton and his father Joe after the interview

- \$100,000: Estate of Richard M. & Greta P. Noffsinger
 - \$87,600: The Ryther League including \$5,000 for Summer Activities & \$3,000 for clothing
 - \$50,000: Thomas V. Giddens Jr Foundation
 - \$30,000: Wockner Foundation
 - \$17,145: Marilyn Lemman
 - \$15,034: Through United Way of King County, including Anonymous, \$10,000; Harold & Mary Hill, \$1,000; Kristina & Ross Heyl, \$804; Missy & Anthony Johnson, \$452; David & Barbara Herr, \$316; Jennifer & David Shettleroe, \$290; & Edith Larson, \$271
 - \$15,000: David McKinlay Trust
 - \$14,200: NW Children's Fund
 - \$14,200: Through Ride for Ryther, including the Family of John Gonzales, \$500; Sharon Grant, \$500; Stephanie Siu, \$500; & Jody Woodruff, \$500
 - \$12,629: Through The Seattle Foundation's GiveBIG, including the Windermere Foundation, \$1,000; Carol Radovich, \$1,000; Camilla Eckersley, \$750; Sally & Wally Campbell, \$500; Terry & Cornelia Moore, \$500; Brian Regan, \$500; Carol Valdrighi, \$500
 - \$12,137: Through Microsoft Workplace Giving & Matching Gifts, including Mary Snapp, \$2,000; Margo Day, \$1,000; Donna Corey & Jay Peterson, \$600; Jessica Watts, \$462; & Tracey & Chris Arnold, \$300
 - \$10,000: RealNetworks Foundation for Specific Assistance Fund
 - \$10,000: Sylvia Wilks & Nicola Tannion
 - \$5,875: Puget Sound Business Travel Assoc.
 - \$5,000: John & Cristi Ludwig through the Seattle Foundation
 - \$3,000: Premera Blue Cross
 - \$2,110: Through Combined Federal Campaign of King County
 - \$2,067: Through Truist, including Sheryl Hildebrand, \$1,169
 - \$2,000: Beardsley Family Foundation; & The Marcia Paulsell Zech Foundation
 - \$1,700: The Cobb Foundation
 - \$1,354: Washington State Combined Fund Employees
 - \$1,000: The Windermere Foundation; Ernest R. & Audrey M. Turner Foundation
- Thank you to our in-kind donors:
- The F-factor: A fashion workshop for teenage boys, a fashion workshop for young girls & 40 welcome bags
 - Run to Win Sports Camp: camp sessions for Ryther children
 - Windermere Real Estate: Materials, plants & construction for Cottage D's new back patio
 - Dahl Arts Studio: Classes for teenage boys in Cottage B
 - Seattle Police Parking Enforcement: School supplies for children
 - Chihuly Garden & Glass: 50 tickets
 - Seafair Special Tours: 20 passes & lunches
 - Pacific Science Center: 50 passes
 - Wes Ewart: 36 nightlights

We can't do it without YOU

Volunteer Days at Ryther



Ryther got a "Back-to-School" look thanks to Milliman employees. The efficient volunteers cleaned windows, painted a classroom, blew the leaves out of the parking lot and, on top of all that, weeded and raked around Ryther's campus.



Ryther's experiential Challenge Course wasn't a "challenge" for Ryan, Swanson & Cleveland, PLLC! As part of United Way of King County's Day of Caring, they weeded, trimmed and pruned the vegetation, restrained a wooden obstacle and even removed buckets of rotting apples.



The energetic members and friends of the Puget Sound Business Travel Association (PSBTA) worked hard in sprucing up and weeding Ryther's entire ten-acre campus.



Ryther is now a Gold Participant on the GuideStar Exchange.

Visit our website to donate securely online:
www.ryther.org

Message From Lee

For the sixth straight year Ryther has continued to grow in terms of the number of seriously disturbed children it serves in its hospital alternative residential (Sub-Acute) cottages. Between July of 2012 and June 2013 Ryther admitted 61 children between the ages of 6 and 14 to this program. All came in with the highest complexity and severity rating as determined by the Department of Social and Health Services (DSHS).

Since Ryther has maintained an annual utilization rate for its beds of 97%+ for the same time period the question could be asked as to how is this possible? The answer is that the Ryther staff is continuing to reduce the length of stay by improving the quality and quantity of treatment services provided thus allowing kids to move to more homelike settings as possible. For the children discharged in this time period, 80% were discharged to less restrictive settings. For about half of these kids that meant a permanent placement, either reunified with their parents, placed with another relative or adopted.

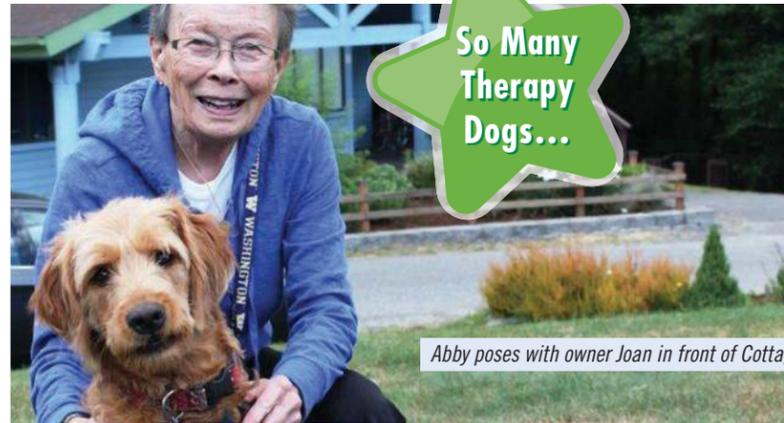
We continue to track the behavioral improvement that we see through different approaches and perspectives. If you are interested in more specific information about how the Ryther children are improving, Ryther's Annual Stakeholder's Report is about to be published. Call (206) 517-0204 to receive your copy.



Lee E. Grogg: Executive Director/CEO

RSVP NOW

for the Business of Caring Luncheon with Maud Daudon, CEO & President of the Seattle Metropolitan Chamber of Commerce, on Tuesday, November 19, 2013 at Sherris@ryther.org.



So Many Therapy Dogs...

Abby poses with owner Joan in front of Cottage B

Now Teens in Cottage B have furry friends, too!

Abbygail, a golden-doodle, along with her owner Joan, are canine therapy pioneers, bringing the benefits of interacting with a therapy dog to the teen boys in Ryther's Co-occurring Inpatient Chemical Dependency program. Kids in the Sub-Acute Treatment program have been working with 13 pairs of furry friends and their owners for a few years, but for Cottage B, this is new.

Now, Stephen, with his retired racing dog Hoyt, and Elana, with pint-sized Mitzi, (photo below), join the duo. Even though teens stay an average of 30 days, these weekly canine visits are valuable as well as highly anticipated by clients and volunteers as well as the dogs. Canine therapy goes a long way towards supplementing treatment and reinforcing new interpersonal skills that the boys learn in individual and group sessions. As 16-year-old "Mike" said, "Being with Abby is relaxing and peaceful." Being in a state of calm and mindful of the feelings it evokes allows Mike and the other teens to more effectively participate in treatment.

Joan noticed that with each visit the boys gain a greater sense of accomplishment. While she says that this is her hope, Joan knows that it, indeed, is the case. After 45 minutes of playing ball, teaching Abby to sit, stay and wait, and taking a walk, the teen will have some juice and cookies that Joan provides while he writes in a journal about his experience with Abby. He then shares his thoughts with Joan. Joan says that she has been "amazed and humbled" as she hears from the teens that they feel better about themselves after interacting with Abby. The fact that a volunteer brings his or her kind, interactive and accepting animal to visit gives these teens permission to think "I matter." Once that takes hold in the mind of a 14-year-old boy who has been using drugs or alcohol for a few years, staying clean and sober becomes a lot more attainable.



What's New

- Ryther welcomes Karl Quackenbush of Valve Corporation as Board President and Jason McEvers, founder and owner of CapStone Solutions, Inc and Hugh Matsubayashi of K&L Gates LLP, as Trustees.
- Kristin Miselis, MD MPH joins Linda C. Ford, MD and Elina Durchman, MD as our third child and adolescent psychiatrist.
- New Dialectical Behavior Therapy (DBT) skills groups for teen girls are now available.
- Not your typical IOP (Intensive Outpatient Program) with experiential, DBT skills and psycho-education in Seattle for teens struggling with substance abuse. Call (206) 517-0234 for information.
- Aspiring Youth Social Skills Groups are now enrolling at aspiringyouth.net.
- Watch the Seattle Seahawks Dec. 2nd on ESPN TV for the NFL Hometown Huddle segment at Ryther in partnership with the United Way of King County.

Ryther League NEWS

Our Amazing Ryther League

The Amazing Race for Ryther was a huge success! 13 teams were challenged mentally and physically as they performed a series of tasks that ultimately led them to the final destination with an awards ceremony, BBQ, refreshments and a lot of laughs. One of the stops was at Ryther's Challenge Course. We thank the Off Campus Unit, each of the wonderful teams and the event sponsors: Redmond Athletic Club, Burnstead Construction, Tero Estates and Flying Trout, Windward Real Estate and Norman Nishikawa. Your efforts raised almost \$54,000 for Ryther programs.



One team at Ryther meeting the challenge together

Blue Ridge Unit ReStyle for Ryther keeps giving

It was another great event and evening overlooking Elliot Bay, with friends, food and fantastic fashion finds. There were many raffle baskets and great items including a Lenovo Yoga IIs donated by Microsoft and a vacation in Palm Springs. Thanks to Blue Ridge and all who attended, procured and donated items and clothing. Over \$11,000 was raised including contributions for the fund-a-wish for clothing and shoes for children in Ryther's Sub-Acute Residential Treatment Program. Plus, all left over clothing and accessories will be sold in the ReStyle for Ryther thrift store.



And the lucky winner is...Ryther!

A real thrift store makeover

After 42 years in Ballard, the Ryther League's all volunteer-run thrift store, formerly known as the R-Shoppe, reopened recently with a ribbon cutting ceremony, showing off its new name (ReStyle for Ryther) and look with fresh flooring, paint, lighting, displays and shelving. Much of the work and materials were donated. We thank you! ReStyle for Ryther is located at 5435 Ballard Ave. NW and is open Tues.-Sat. noon to 6pm and Sun. noon to 4pm. To donate, drop off quality used items such as women and men's clothing, shoes, jewelry, home décor items and books to Ryther's main campus, 2400 NE 95th St. from 8am - 7pm, Mon. through Thurs. and 8am - 5pm on Fri. Visit our website at www.ryther.org for items needed and not accepted.

If you are interested in volunteering in the store please email: restyleforrythervolunteers@gmail.com.

ReStyle for Ryther

