

## Acknowledgments of Recent Significant Donations:

- \$100,000: Walmart Associates Choice Program for Sub-Acute Care
- \$5,906: Microsoft Giving Campaign & Matching Gifts, including Mary Snapp, \$656; Margo Day, \$500; & \$952 for Erik Steinfeld's volunteer hours
- \$2,000: The Marcia Paulsell Zech Foundation
- \$1,967: United Way of King County, including Kristina & Ross Heyl, \$366
- \$1,217: The Seattle Foundation through GiveBIG
- \$1,000: Martin & Ann Dirks for Ryther's CONNECTFORKIDS Luncheon
- \$1,000: William Gates, Sr. in memory of Fred Merritt through the Seattle Foundation
- \$856: MacDonald-Miller Facility Solutions through its annual golf tournament
- \$766: Combined Federal Campaign of King County
- \$587: Washington State Employees Combined Fund
- \$510: Trilogy for Kids for Thanksgiving dinners for the cottages
- \$500: American Express Employee Matching Program for Aaron Snyder's volunteer hours
- \$500: Marillyn Largy; Steel Encounters
- \$388: Employee Community Fund of Boeing

## Thank You to Our In-Kind Donors:

- \$7,000: Borders' customers in brand new books
- \$2,640: Seattle Seahawks in game tickets
- \$1,500: Anna Deliganis for a Rokenbok Set
- \$800: Joy Johnson for professional art supplies
- \$800: Wendy Newman for instruments & sheet music
- \$450: Feld Entertainment for Barnum & Bailey Circus tickets for foster families
- \$450: Trilogy for Kids for school supplies & backpacks

Visit our new website & donate securely online:

[www.ryther.org](http://www.ryther.org)

## Ryther is now offering Autism Diagnostics and Assessments

Children are as varied as snowflakes which makes deciding if your child is within the "typical" range of development difficult. All parents occasionally wonder if their child's physical, emotional, cognitive, behavioral and/or social development is "on track." If your child falls within the autism spectrum, his or her development will be impacted. If you notice that your child: struggles with eye contact; plays with only parts of toys; plays with toys differently than other children; has no interest in interacting with other children; exhibits strange or repetitive movements; or, has difficulty communicating, then an Autism Spectrum Disorder diagnostic or assessment may be appropriate as these are some of the signs that a child may not be developing typically.

It is often a difficult and lengthy process for parents to obtain testing and evaluations for their child when Autism Spectrum Disorders are suspected. Ryther clinicians are increasing access to this resource by offering evaluations for Autism Spectrum Disorders for children, teens and young adults.

This testing includes the Autism Disorder Observation Schedule (ADOS), a sophisticated tool that is not always used in testing and can help provide more specific insight into a child's social, emotional and learning development.

The first step is an initial screen to determine whether a full Autism Spectrum Disorder (ASD) evaluation is needed. A psychologist will conduct the screening interview with the parents. A standardized assessment questionnaire will also be administered to assist in determining whether a full assessment is warranted.

If the results of the screening indicate the need for a full assessment, Dr. Rochelle Coffey will contact the parents with information about when the evaluation can begin which is typically within one to two weeks. If a full ASD evaluation is not indicated, she will contact the parents with information about other possible assessment recommendations or resources.



In addition to interviews and observations, Ryther clinicians use a variety of standardized tools to not only diagnose, but also to assess strengths and challenges which will help with treatment planning. Assessment options include: cognitive and academic testing; neuropsychological tools; and, instruments to describe behavioral and emotional concerns.

Evaluation tools available for specific assessment of ASD include: Autism Spectrum Rating Scales (ASRS); Autistic Diagnostic Interview – Revised (ADI-R); Autism Disorder Observation Schedule (ADOS); Child Autism Rating Scale (CARS); Social Communication Questionnaire (SCQ); Gulliam Autism Rating Scale (GARS); and, the Gulliam Asperger's Diagnostic Scale (GADS).

*Dr. Rochelle Coffey provides psychological evaluations for children and adolescents as well as Autism Diagnostics and Assessments for autism and pervasive developmental disorder (PDD) across ages, developmental levels, and language skills.*

For more information, please call 206.517.0234.

## ■ From the Executive Director

Conspiracy theories have become a favorite pastime of many Americans. Most all of them are preposterous and patently ridiculous. The one that comes to mind first is that the United States Government was behind the 9/11 tragedies. Yet it seems that no matter how the alleged facts underlying such theories are proven to be bunk, some people hold on to them vehemently.

There are, however, other conspiracy theories that are less dramatic but just as wrong and perhaps even more dangerous because they aren't so outlandish. One such conspiracy theory is that governmental officials will overstate and overdramatize the effects of severe budget cuts to inspire fear in the public in order to extort more tax dollars from the populace. Like the more dramatic theories, this one has devotees who simply refuse to consider any evidence to the contrary. Often they will say that past budget cuts didn't adversely affect our community in any noticeable way even though dire warnings were given.

The unfortunate fact is that there were indeed serious and adverse effects that occurred as a result of past cuts. They occurred however, in small episodes without the light of public attention and they occurred to the most vulnerable, disadvantaged and

voiceless among us (the already marginalized). If they didn't happen in my neighborhood or with my co-workers, I didn't see them and they didn't happen.

Having dealt with local and State public officials over the past forty years of my career, I can say that I have never seen even the hint of evidence that they fabricate issues to intimidate the voters as it relates to fiscal policy. Mostly, they lack the time, inclination, sophistication and means to plot so successfully. Moreover, being politicians who live under the microscope, they are loathe to be caught and embarrassed by such activity.

Sooner or later continued cuts to public services will be felt by everyone, not just the marginalized. The question is whether or not we will be able to repair the damage. At this time I am convinced that two things are certain; one is that people albeit possibly invisible to most citizens will suffer seriously. The other is nonprofit organizations serving the poor and sick or other public interests will be hurt with many going out of business altogether.



Lee Grogg: Executive Director/CEO

## ■ Ryther's Co-Occurring Program: "Becca" breaks free of addiction and finds she can succeed



15-year-old "Becca" completed inpatient treatment for a dependency on multiple drugs and stepped down to **Ryther's Co-Occurring Program**, an outpatient program for teens with both a substance use and mental health disorder. With a prior diagnosis of ADHD, she was making progress at Ryther in therapy. But her toxicology results, which are monitored as part of the program, showed that she had not stopped using drugs. Her therapist at Ryther, **Dr. Cristina Sanders**, discussed how Becca was not being honest with her or her family. This led to a lot of open dialogue with her family during subsequent sessions. Dr. Sanders employed evidence-based Motivational Interviewing to confirm with Becca that change was necessary in her life when it came to getting what she wanted and that the use of drugs was counterproductive. This helped support the positive behavioral changes

Becca was making and served to increase her insight into her behaviors. Dr. Sanders involved the entire family, using psycho-education with her parents to help them support Becca. She is a healthy teen now and is planning on college when earlier she wasn't even sure she would graduate high school. She talks about being much happier in all areas of her life. Before Ryther, she feared never breaking her negative patterns, but now she's been setting her own boundaries and succeeding. Becca has made changes in her life that she said would never have happened without Ryther.

*For more information about Ryther's Co-Occurring Program to treat teens and young adults for both mental health and substance use issues, contact Cristina Sanders, PsyD, LMHC, CDP, at 206.517.0307, or to make an appointment for an assessment, call 206.517.0234.*

Ryther is pleased to welcome L. Elina Durchman, M.D., Child and Adolescent Psychiatrist, who is now accepting child and adolescent patients along with Linda Ford, M.D. Dr. Durchman's focus includes the evaluation and treatment of attentional disorders, anxiety, depressive symptoms, substance abuse as well as behavioral and relational problems.

## ■ Thank You to Our Supporters!

### Two Microsoft groups at Ryther for United Way of King County's Day of Caring:

Talent with a brush for hallways and the Family Center. These much-used areas by staff, families and clients alike are now refreshed.



A green thumb was in play as volunteers painted, spread bark, washed vans, weeded and scaled back blackberry bushes leaving our 10-acre campus looking great and ready for winter!



What a great team of builders! **J.E. Dunn Construction** raised money and then raised the roof with a new storage shed for one of our cottages. It looks like it has always been on campus.

**Milliman** washed vans, weeded gardens and trimmed hedges. It was a great makeover just before school!



## League News

The Ryther League has been busy with many events and projects, including the Whidbey Island Mardi



Unit with its successful "Journey to the End of the Rainbow" auction and dinner as well as Blue Ridge Unit's second annual Restyle for Ryther, raising funds and



fashion sense with the sale of current and vintage women's clothing and accessories. UW's Beta Theta Pi Fraternity, the League's youngest and strongest unit, brought 100 energetic volunteers to Ryther for painting, landscaping, digging and heavy lifting on a rainy Sunday morning.

December will bring festive events, such as the all-League Holiday Luncheon and the Noel Unit's Holiday Luncheon. It's also not too early to think about attending the Off Campus Unit's Hearts for Hope Auction and Dinner Dance on February 11th. Stay up to date with these events and more by visiting the League page on [ryther.org](http://ryther.org) and the Ryther League's **Facebook** page.

# Ryther

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## Ryther Voice

This is the new name for our quarterly newsletter. It's the same as the blog post section of the new [ryther.org](http://ryther.org) website. We hope to give voice to the important work of Ryther's children, staff, supporters and volunteers. Ryther is also now on facebook at [www.facebook.com/followryther](http://www.facebook.com/followryther).

### ■ You can still RSVP Today!

Join John Stanton, Clearwire's Executive Chairman of the Board, and Connect for Kids on November 10, 2011 at the Grand Hyatt Seattle from 11:30 a.m. to 1 p.m. To RSVP before Nov. 7th, email [clayt@ryther.org](mailto:clayt@ryther.org) or call 206.517.0286.

### ■ Because Kids Don't Come with a Manual

*It's Back-to-Basics with New Parenting Program*

Ryther's new **Back-to-Basics** series offers parents and caregivers a six week course in reinforcing a positive and healthy home life that nurtures the development of responsible young adults. Classes are on Monday evenings at our Lake City Campus. Check out the Back-to-Basics curriculum below. Groups are ongoing and you can join anytime.

- Session 1: Parent Power** – Understanding the Family System, Recognizing Traits in a Healthy Family, Establishing Authority as Parent
- Session 2: "Shut Up and Listen to Me"** – Communicating Effectively with Children at all Stages, Expressing and Communicating Feelings and Emotions
- Session 3: Don't Pop Your Cork** – Dealing with Anger, Helping Children Learn to Manage and Resolve Conflict Peacefully
- Session 4: We Can Do It** – Building and Nurturing Self-Esteem in Children and in Parents
- Session 5: "SOS...My Kids Won't Mind Me"** – Choosing Effective Discipline Techniques, Giving Children Responsibility for Themselves
- Session 6: "I'm Stressed"** – Dealing with Stress in the Family

To register, please call 206.517.0234. Cost is \$60 for six sessions.