

Acknowledgments of Recent Significant Donations:

- From the Ryther League: \$98,000 in unrestricted funds, \$20,400 for the multi-purpose therapy room, \$8,000 in summer activity funds & \$4,674 in clothing funds
- \$56,500: The Anderson Foundation for window installation
- \$50,000: Thomas V. Giddens Jr. Foundation in unrestricted funds
- \$30,000: Wockner Foundation in unrestricted funds
- \$25,000: Jacquie & Michael Casey in unrestricted funds
- \$20,000: David McKinlay Trust for the Sub-Acute Care program
- \$16,500: Northwest Children's Fund in unrestricted funds
- \$10,000: Hess Corporation for electronics & toys for cottages
- \$5,026: Microsoft Giving Campaign & Matching Gifts, including Mary Snapp, \$656 & Margo Day, \$500
- \$5,000: In memory of Mary Dott Gress from her trust
- \$4,620: United Way of King County, including Kristina & Ross Heyl, \$1,289 & Harold & Mary Hill, \$1,000
- \$4,000: Windermere Foundation for Specific Assistance Fund
- \$3,584: Child's Play Charity for video game systems & games
- \$3,000: Beardsley Family Foundation in unrestricted funds; Foss Family Foundation in unrestricted funds
- \$2,500: Blue Nile in unrestricted funds from their Facebook campaign
- \$1,750: The Cobb Foundation in funds for the children
- \$1,010: Crowley Maritime Corporation in unrestricted funds
- \$1,000: Johan & Anne-Marie Masreliez in memory of Barbara Hoffman
- \$618: Washington State Combined Fund Drive

Donate Online:
www.ryther.org



Kids in Motion: Ryther's New After School Group Helps "Garrett" Succeed

"What's the first rule of **Kids in Motion**?" A few children sitting in the circle raise their hands, and one of Ryther's therapists Jason Franklin, MA LMHC CMHS, calls on "Garrett": "Be safe! Don't be crazy and, like, crash into things—respect other's space." Jason and his co-facilitator Susan Prescott, MSW LICSW,

nod in agreement and move on to the second rule. Ryther's **Kids in Motion** (KIM), a new program being offered to children ages 8 to 12 and teen mentors in the community, is a therapeutic group that focuses on developing cooperation, impulse control and concentration. The evidence-informed curriculum incorporates experiential activities, theatre games, exercise and teamwork to build a range of therapeutic skills in a supportive, fun and creative environment.

While KIM can target ADHD symptoms, it really is for any kid who needs extra help with coping skills, relaxation techniques, feelings identification or expression, social skills or communicating.

When Garrett first started KIM, he was very anxious, shy and quiet. His parents were afraid he would get overwhelmed by more rambunctious kids. However, by the time KIM finished, he became a leader. He experienced what being more confident and advocating for himself looked like and learned to tolerate frustration. His mother and teacher both noticed this change in Garrett and attributed it solely to KIM as it was the only program or therapy he participated in. But it didn't feel like therapy to him.

One of the activities that really helped Garrett was "body sculpting"—an exercise where volunteers freeze in space and the other participants label their positions with descriptive words or stories. By recognizing what body language is communicating to others, kids experientially learn to identify feelings and social skills in themselves. These activities work with all different types of learning styles. By seeing what anxiety or shyness looks like in other people, Garrett could work on his own traits.

Ryther therapists Jason and Susan tailored their interactions with Garrett based on goals set with his parents. Jason noted that "Parents always give great feedback. If a child has certain strengths or challenges, we can adapt the program to help each kid succeed. Parents love it."

Whether it's more respect for physical boundaries, increased impulse control, better social skills and self-esteem or another goal, children come out of KIM having fun and being motivated to return each session.

*Ryther offers **Kids in Motion**, developed and facilitated by Jason Franklin, MA LMHC CMHS, in the fall and spring of each year for an hour and fifteen minutes a week for 8 weeks. For more information, call Jason at 206.517.0295.*



Check out our new website appearing in mid-August at www.ryther.org!

Healthy Children. Stronger Families.

■ From the Executive Director

As everyone knows we have been working to reduce expenses and to develop new revenue sources. I wish I could tell you that the pressure on us will lessen in the coming months, but it will not. The country's and the State's financial problems are far from over. Even if the economy continues to improve, the government at all levels looks to become increasingly impoverished. Given that governmental funds from the State (excluding Medicaid) accounts for about 65% of our revenue, this situation has serious implications.

Consider this: only 20% of the Federal budget is discretionary non-defense spending. In short, the Federal government has become increasingly hemmed in relative to how it spends its money. Interest payments on the Federal debt amount to 23% of the budget. There aren't many places politicians are willing or even able to cut significantly, and we as a people seem to have a strong aversion to higher taxes and lower benefits. As bad as this may seem, it can get worse. If inflation starts to accelerate, the only weapon the government has to counteract this is the adjustment of interest rates. Suddenly the amount in the budget that has to go to making interest payments starts to expand and this is especially bad news if the economy doesn't expand to match the inflation rate. Worse, this particular strategy also carries the risk of slowing down growth in the economy at large. This is not good for foundations, trusts, individual and corporate donors.

The people of the State of Washington over the past ten years have compounded this problem for endeavors that rely on State funding only as well as efforts that receive some federal support. Our refusal, for example, to pay taxes on soda pop and candy, and our adamant refusal to consider changing a very regressive tax system has been exacerbated by our petulant demand that revenue generating legislation require a super majority to pass. The State of Washington is effectively on a starvation diet. Most people who have known me over the years will confirm that for the most part I am pretty conservative in terms of the size of government. At the same time I also believe in the principle that you get what you pay for.

If government cannot support programs like Ryther and the need is greater than philanthropy can fill there is only one solution to the problem of keeping important organizations like Ryther alive. Ryther must develop other sources of self-generating service revenues including consumer and third party insurance payments. Obviously these revenues will have to carry sufficient profit margin to help pay for the deficits created in other programs. Make no mistake this is a tall order for an organization that has historically been financially joined at the hip with DSHS. We're going to need your help. Stay tuned.



Lee Grogg: Executive Director/CEO

■ COA Again Honors Ryther for Excellence

Recently, the Council on Accreditation (COA) re-accredited Ryther through the year 2015, affirming that Ryther has met a set of international performance and service standards. The value and credibility of COA accreditation are formally recognized in over one hundred distinct instances in forty-four different states. COA has the sponsorship and support of 25 national and international organizations, including the Alliance for Children and Families and Children's Home Society of America. COA only accredits organizations that are meeting best practices both in their administration responsibilities and in the services they provide to their clients. While COA accredits various organizations, its focus is primarily children and family services. Ryther began the year-long process by compiling a self-study to examine all policies and procedures and ensuring that they meet COA standards. The process culminated in a one-week site visit in which COA peer reviewers came to Ryther's campus, studied charts and files, and interviewed staff from departments, clients and families. Ryther's re-accreditation for the next four years was welcome news, but not at all surprising—the peer reviewers reiterated how amazing Ryther's work truly is.



For more information about Council on Accreditation, visit their website at www.COAnet.org.

Ryther is pleased to announce **Linda C. Ford, M.D.** is now accepting child and adolescent psychiatric patients at Ryther. Her focus includes the evaluation and treatment of attentional disorders, anxiety, depressive symptoms and behavioral and relational problems.

Currently President of the Washington State Council of Child and Adolescent Psychiatry, Linda C. Ford, M.D. has been practicing child and adolescent psychiatry since 2001, completing her medical degree and psychiatry residencies at the University of Washington. Contact 206.525.5050 for more information.

■ Thank You to Our In-Kind Donors:

- \$55,000: Taproot Foundation for branding and visuals grant
- \$27,000: Convergent Technologies for new security systems, installation and volunteer day materials
- \$11,400: Hess Corporation for computers, printers, professional installation, toys and games
- \$8,656: Seattle Mariners for tickets
- \$6,800: 5th Avenue Theatre for tickets to *Guys and Dolls*
- \$2,100: Woodland Park Zoo for tickets
- \$1,633: REI Southcenter for 11 high-quality backpacks and jackets

■ Thank You to Our Supporters!



Windermere Real Estate brought 50 volunteers to Ryther for their Community Service Day on June 17th. Volunteers did a complete landscape makeover, creating three small patio garden areas enclosed with a new fence, stained a play structure, cleared out storage and painted Cottage C a beautiful new mural for their sandbox (featured as this issue's masthead).

University Presbyterian Church on May 21st pulled a truckload of weeds, pruned trees, planted flowers, spread bark and landscaped up a storm. Ryther's Therapeutic Family Care staff and families are grateful for the new look!



Convergent Technologies from Bellevue brought over 60 employees and professionals to Ryther's campus on June 10th to donate and install new security systems in all 4 cottages, build a path, exterior sign and shelving, paint our sports pavilion, landscape, refill sandboxes and repaint parking lot and basketball court lines.

The Off Campus League unit hosted their quarterly "R-Salon" on June 26th and brought four stylists from Gene Juarez and Supercuts to get the kids and teens looking great. Afterwards, every child felt special and a bit more confident.



The Knights of Columbus have been providing a 4th of July BBQ and flag ceremony for Ryther children for many years, sharing the meaning of Independence Day, giving the children flags of their own and providing traditional hot dog fare.



Ryther League

The Ryther League continues to inspire and amaze despite a less than stellar philanthropic environment in recent years. In the past few months alone, the League generously donated \$98,000 to support operations, raised \$4,674 for new clothing for the children and teens receiving intensive services, and donated \$8,000 from their Memorial Fund for summer activities. \$20,400 was also raised through the Fund-a-Wish at Sunrise Unit's Bingo de Mayo event for supplies needed for the new multi-purpose therapy room now in development. The Sips & Shoes Unit had a very successful event in June at Ray's Boathouse as did Metropolitan Unit at their annual Garden Party & Plant Sale in Magnolia. Fundraising is just one aspect of the League. The other is less tangible, but just as important or maybe even more so. This is the bond and community that is created among members and is the reason the League will reach its 75th anniversary next year. Birthday cakes, freshly baked cookies, Easter baskets, school supplies and so much more stream into our office most days and weeks of the year. And soon the League will have a bigger presence online. In the meantime, call 206.517.0215 to learn more about the League and joining a truly special group of people committed to the well being of children right here in our community.

To learn about the League's events and how to start or join a Unit, visit www.rytherleague.org.

Ryther

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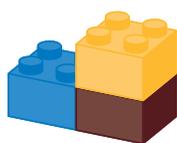
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SPECTRUM

SUMMER 2011



■ Save the Date!

Many Ryther children struggle to form healthy connections with others. Join John Stanton, Clearwire Chairman, and Connect for Kids on November 10, 2011 at the Grand Hyatt Seattle from 11:30 a.m. to 1 p.m. To be a Table Captain, Sponsor or Guest, e-mail clayt@ryther.org.

■ 2011 Drug Strategy Released

Last week, the 2011 National Drug Control Strategy was quietly released in Ohio by Gil Kerlikowske, director of the Office of National Drug Control Policy. The strategy focuses on community-based drug prevention, integrating substance abuse treatment into health care, and, for the first time, includes a focus on three specific populations: active duty military and veterans, college students and women and their children.

About 60 percent of the 140,000 veterans in federal and state prisons have a substance use disorder, and an estimated 375,000 patients in Veterans Administration facilities had a substance use disorder diagnosis in 2007. Substance abuse also affects many of the 756,000 veterans who are homeless.

About 44 percent of full-time college students report binge-drinking in the past 30 days, and 20 percent report past-month use of illegal drugs.

"Drug use affects every sector of society that is vital to a strong America, straining our economy, our health care and criminal justice systems, and endangering the futures of our young people," said Kerlikowske in releasing the policy. "This roadmap to reducing drug use and its consequences will require teamwork and collaboration that draws on the strengths of the prevention, treatment, law enforcement, criminal justice and recovery communities, as well as parents all across America." Go to www.whitehousedrugpolicy.gov/strategy for a full copy of the 2011 strategy.

Ryther provides comprehensive assessments and inpatient treatment (for teen boys) as well as level 1 substance abuse treatment and the new Co-Occurring Program for teens and young adults with both substance use and mental health issues. Call Ryther at 206.517.0234 if you're concerned about your teen.

Article excerpted from July 18, 2011 issue of Alcohol & Drug Abuse Weekly, Volume 23.27.