

## Filling big holes in life and school for Cottage Kids:

### From Swiss cheese to cheddar cheese!!

*In their own words: An interview with Susan Holmes, Head Teacher, TEC of Residential Consortium.*



*The TEC team above includes teachers, aides & Day Treatment staff.*

Before teaching at the Tarrach Education Center (TEC), Ryther's on-campus K-8 school, I had the privilege of working in the cottages for seven years. Now in my 20th year at TEC, I have a special appreciation of the kids.

A huge lesson I learned early on is that neglect not only damages a child's development, but it also robs them of the normal experiences they should have. So many of my TEC students have been deprived of a general base of knowledge that families typically provide on a daily basis. I remember reading *Twisted Tales* in class to the students and no one was laughing. I asked, "Do you know the story of Cinderella?" To my amazement they didn't, so how could they possibly understand the humor? From that point I realized my job was more than teaching ABCs. It was teaching life and life skills. This is why I say to people that

we turn these kids from Swiss cheese to cheddar, filling knowledge and experience gaps so they can relate to the world on a more equal playing field.

Academic holes occur each time a child moves to a foster home outside their school district because they miss three to four weeks of school. Kids have to learn a new classroom while getting used to a new family, new teachers, and system. In the cottage program they are in class every day unless they are ill. This may be the first time these children have ever been in the same school for an entire school year!

Besides missing out on experience and school days is trauma. When a child is experiencing trauma, learning is disrupted during that time. Immediate needs must be met and they are met to the detriment of learning. The way the brain is designed means that survival

comes first. What works with my students is establishing a relationship with them very early on and working from there. Rapport is as critical to learning as consistency is because these children are on their guard. Once they feel safe they can learn new information.

#### **About TEC:**

TEC is a partnership with Seattle Public Schools, with Ryther responsible for the facility and the SPS providing teachers, aides, and basic supplies. There are five classrooms with six to eight students in each. Classrooms are by age and developmental level.

Ryther's new Day Treatment Program enrolls SPS students from the community with emotional and behavioral supports to address mental health issues that often underlie behavior problems.

## Thank You Holiday Gifts & Meals Donors - You brought warmth and so much joy!

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## Message from Karen Brady, Executive Director/CEO:



I, and others involved with Ryther, are often asked “What is Ryther?” Because of the myriad of services that we provide, it can be difficult to explain exactly what Ryther is to others in just a few words. From assessments to residential treatment services, Ryther provides a continuum of exceptional and innovative

services for 800 children, youth, young adults and their families each month who are struggling with behavioral healthcare issues like depression, anxiety, substance use, and trauma. When a family has been served by one program at Ryther, they may not know that today Ryther services include outpatient therapy for both mental health and substance use, substance use assessments, mental health

evaluations, psychological evaluations, psychiatric services, Aspiring Youth after-school programs and summer camps, day treatment, in-home family reunification services, foster care and, of course, The Cottages – our inpatient care.

What they do know when they come to Ryther is that their child is struggling and they want their struggles to lessen or go away. What they learn about Ryther is that we see their child as a unique being who deserves and will receive exceptional care from a talented and committed staff team. Because of that care, their child learns that they can feel different, that struggling does not have to be a way of life. So, what is Ryther? Ryther is about realizing hope – for a better life for each child, youth and young adult who is struggling to find hope. Thank you for helping us help 800 children, youth, young adults and their families each month find the help and hope they need.

With your help, 2018 will be a Happier New Year for those we serve.

## A word of thanks to our grantors.

Ryther depends upon both individual donations and grants from corporations and foundations to provide the high level of services required to succeed with the children, teens, and families in our care. We are grateful for every grant. Below are just a few of the solicited grants awarded since spring of 2017:

- Anderson Foundation, \$50,000 (Hot water heaters)
- Anonymous, \$50,000 (General Operations)
- Anonymous, \$40,000 (ARC Model)
- Gesner-Johnson Foundation, \$38,038 (boiler/heat pump)
- Thomas V. Giddens Jr. Foundation, \$50,000 (General Operations)
- Oscar T. and Olivann Hokold Foundation, \$25,000 (General Operations)
- M. J. Murdock Charitable Trust, \$300,000 (Capital Campaign)
- Nesholm Family Foundation, \$10,000 (ARC Model)
- Nordstrom, \$10,000 (ARC Model)
- Pacific Hospital PDA, \$150,000 (Crisis Team for Homeless Youth)
- RealNetworks Foundation, \$10,000 (Specific Assistance)
- Windermere Foundation, \$3,000 (Specific Assistance)
- Wockner Foundation, \$20,000 (General Operations)



Whether solicited or not, grants often begin with a connection between a Ryther stakeholder (donors, referral sources, Board Members, staff, etc.) and a foundation or corporation. If you have a relationship with a funder and would like to make an introduction, please contact Bill Dock, grant writer at Ryther, at [Williamd@Ryther.org](mailto:Williamd@Ryther.org) or 206.517.0203.

## Thank you campus volunteers!

On a rainy November morning, 100 UW Beta Theta Pi fraternity brothers came to Ryther to rid the campus of leaves. Thanks also to; Impinj, Microsoft, and Wright Runstad & Co. who made it possible for the kids to safely enjoy the weeded and cleared Challenge Course and Nature Trail on UWKC Day of Caring.



## A new way to work with traumatized young people.

### Ryther implements ARC model thanks to community support

Ryther's Dr. Skye Camphouse and Dr. Rochelle Coffey with Dr. Margaret Blaustein

As the role of trauma and traumatic stress in the origination of mental health challenges has become clearer, the question “What’s wrong with you?” is being replaced by the more pertinent “What happened to you?” This paradigm shift is intended to provide a more effective pathway to treatment. To this end, Ryther has planned to move the agency under one trauma care model so that we all share a common understanding and language around what trauma is, how it may be expressed and what can be done to mitigate its impact. After researching several models, ARC was chosen by Ryther’s clinical leads as the model that accommodates current evidence-based practices and best fits the work we do at Ryther and the children, youth, young adults and families that we serve.

ARC stands for Attachment, Regulation and Competency. It is “a flexible, components-based intervention developed for children and adolescents who have experienced complex trauma, along with their caregiving systems. ARC’s foundation is built upon four key areas of study: normative childhood development, traumatic stress, attachment, and risk and resilience.”

Studies of ARC Model implementations have produced positive impacts for children similar to those in Ryther’s Cottages:

- Significant reduction in PTSD Symptoms
- Improvement of Child Behavior as measured by the CBCL
- Significant increase in Placement Permanency (from ~40% to 90% in one example)

#### Getting Help:

- **Ryther now accepts Medicaid for Substance Use Disorders** assessments and Level 1 Outpatient Treatment for teens 13-18. Call 206.517.0234.
- Did you know **Ryther’s Cottages provide hospital diversion** for children struggling with mental health, trauma and/or extreme behavioral issues? This 4-6 week treatment may be covered by insurance. Call 206.517.0292 for information.



We will identify outcomes that measure post-traumatic stress symptoms as well as internalizing (e.g. depression, anxiety, etc.) and externalizing symptoms (e.g. aggression, oppositional behaviors, etc.). Measures will be administered within 30 days of intake and again every six months to assess reduction in symptoms and inform discharge planning. We are excited to be able to better quantify successes to our Ryther constituents.

Bringing ARC to Ryther will be a three-year process. We have already begun thanks to a three-year grant from the NW Children’s Fund to implement the model at Ryther. Additionally, Nordstrom and the Nesholm Family Foundation and an anonymous donor have helped fund this effort, as have several individual donors who are supporting the new Frannie Johnson ARC Fund at Ryther.

Dr. Blaustein, one of the creators of ARC, was our trainer in October. Approximately 135 staff as well as the teaching staff at TEC received training. This way, we ensure that we all have a shared understanding of how we will approach and interact with every person coming to the agency seeking help, those who partner with us to do this work and with each other.

This is a big lift but one that is very exciting and one that is essential to make our work more effective.

To learn more, visit <http://arcframework.org/what-is-arc/>



# Thank you sponsors!

Thank you to all of our guests and supporters of Ryther's 2017 Community Fundraising Luncheon. You raised nearly \$238,000 for the Cottage program! Save the date for next year's luncheon on Thursday, September 27, 2018 at the Seattle Sheraton Hotel.



## Triumph Over Trauma

Ryther Luncheon 2017

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# Ryther *voice*

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

