

Thank you donors!

- \$50,000: Connie and Steven Ballmer
- \$10,000: Paul S. Nadler Family Charitable Trust
- \$8,000: Dorris P. Gretz Living Trust
- \$6,200: Trilogy for Kids
- \$5,526: Microsoft Matching Gifts
- \$4,336: The Ryther League Warm Clothing Fund-a-Wish
- \$3,384: New England Novelty
- \$2,000: Tova and Ken Hornung
- \$1,000: Susan Hyde MD and Gary Crowell; Dabney & Jeff Roush; Mary Snapp through Microsoft Workplace Giving; Robert Stark and Karen Franklin
- \$950: Capital Industries through United Way of King County
- \$880: Russell Matching Gifts Program
- \$600: US Government Accountability Office for holiday gifts; Tracy Holmes
- \$524: Rena Ware International
- \$500: AH&T Insurance; Margo Day through Microsoft Workplace Giving; Meg Jandl in memory of Dorothy Jandl; Motorola Solutions Foundation; Allen Wilson through Microsoft Workplace Giving
- \$405: Kristina and Ross Heyl through United Way of King County
- \$374: Combined Federal Campaign of King County
- \$300: Donna Corey and Jay Peterson through Microsoft Workplace Giving; Thomas Pleas
- \$272: Edith Larson through United Way of King County
- \$265: Eric and Michelle Grant through United Way of King County
- \$252: Jessica Watts through Microsoft Workplace Giving
- \$250: Suzanne Hord in memory of Sidney Miller; Christy Reichhelm through Microsoft Workplace Giving; Riley and Daughters, LLC in memory of Barbara Kilborn

Thank you to our In-Kind Donors!

- Leah & Darryl Bernstein: Hairbrushes, combs, and other things for hair
- Cavalia: 50 passes to Odysseo
- Ms. Tanja Draper: Xbox controllers, charger, 15 games
- Tracy Holmes: 26 new coats
- Seattle Musical Theatre: 14 passes
- Seattle Children's Museum: 50 passes
- Ms. Harriet Stephenson: Teddy bears
- Woodland Park Zoo: 100 passes

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



When a passion turns into a Ryther tradition.

Donor Spotlight: Pat and George Palagi

Maybe it's because Pat was a teacher before her children came along and after raising them she taught homebound kids. Or, it could be the many years that George was a math teacher in Montana. But most likely, it was the endless time spent reading books to their own children and their love of learning and reading that led them to be donors of birthday books for the last 10 years at Ryther. After their church's giving project of providing gifts for children during the holidays ended, Pat and George wanted to get involved helping children year-long. Since they both love to read and know how important it is for kids – as George says, “you can't do the math if you can't read the problem.” – they decided to give the gift of reading to children and at the same time, found Ryther.

Children in the Sub-Acute Residential Treatment program with an upcoming birthday get to choose a title or author. Sometimes staff provide the child's interests. Next, Pat and George go to the University Book Store, their favorite. Pat says, “We make it a special day for us by going to the café, having a sandwich and browsing.” We leave hoping the child will like the books and we get plenty of help from the bookstore staff. Pat will never forget the 12 year old who wanted a book about natural makeup. Another memorable request was from a little boy who was fascinated with lizards. He got a book about lizards and many other reptiles. Gifts are wrapped and mailed to Ryther by the store at no charge. They find their way into cottages and appear alongside a custom cake provided by a League unit. Pat said, “We want to give back to community. This is something we can do in our lives. It's an easy way to give back to kids. We want to see them succeed and get a better life.” This story may spark something in all of us to think about how our passions and interests can turn into a gift to our community's most vulnerable citizens. Thank you George, Pat, the Ryther League and all of Ryther's volunteers who have shared their passions and by doing so, have enriched the lives of so many children here. If you have an idea, you can email chriv@ryther.org or call 206.517.0286.

Message From Lee

One of Ryther's important jobs is to educate people about the problems we address here at Ryther. Recently we sponsored some events about Adverse Childhood Experiences. Many still believe that when it comes to behavioral problems of children who have been abused or neglected all they need is love. While we acknowledge that all children need love, early traumatic experiences alter brain chemistry which requires specific treatment, and I don't mean medications.

Another common myth is that teenaged addicts continue using drugs because they are seeking hedonistic pleasure. We now know that addiction is not about the pleasure but the relief of pain and distress arising from the absence of the drug. Kids don't know when they start down the addiction path, they will never really feel good again until they are detoxed and clean. Most adolescent brains are not capable of such risk assessments.

Ryther friends can help dispel the myths surrounding our kids by sharing this information. These myths cause too many people to delay or avoid treatment, or to justify very poor and dangerous public policies.



Lee E. Grogg
Executive Director/CEO



Boys in Cottage B take a hike - a great idea for you and your teen

The lazy days of summer and your teen

We all look forward to, and at the same time, dread the long stretch of summer if we have teens at home. While we are at work, we aren't sure what our kids are up to. The best way to have an enjoyable, safe and relatively drama free summer is to keep communication open and frequent and plan some memorable activities together that your teen will enjoy with you. Allow them to invite a friend or two along some of the time.

Structure is key when school is out, so eating breakfast together can start the day off on a positive and early note. Have a chore list posted with daily and weekly chores that your teen can do so they feel part of the team. Plan outings and trips together and post them on a calendar. If your teen isn't working or going to a structured setting, volunteering is a great option. In setting boundaries, you will need to establish curfew and ask your teen to check in via text or call.

If your son or daughter is staying out late, disregarding agreed upon rules, not letting you know where they are or if you observe signs of withdrawing from family activities or friends, you may want to find out what is underlying this behavior. If you have concerns during the summer, Ryther is here to support you. Ryther has expanded its outpatient services with three psychiatrists, three psychologists, several therapists with specialties, as well as drug and alcohol professionals offering assessments and a continuum of treatment. Ryther is in Bellevue and Mukilteo as well as Seattle. Here are some numbers to keep handy if you just want to find out more:

Rachel Barrett, Outpatient Mental Health Supervisor: 206.517.0838

Deanna Seather-Brady: Teen Substance Abuse Program Director: 206.517.0275

Erin Tenney: Intake for calls about psychiatry, psychology, therapy, autism assessments and will also check insurance coverage: 206.517.0234

Every day is a field trip!



ASPIRING YOUTH

Our camps offer exciting choices such as video production, theater, Legos, art, indoor climbing and more. With these incredible enrichment activities as a foundation, our master's level counselors help campers build confidence and connect to new friends.

We serve campers ages 8 and up. Some are shy, some are quirky, some are twice exceptional. Some may have learning disabilities, ADHD or similar traits.

- Nationally accredited summer program
- Dynamic master's level professionals with a 4:1 camper to staff ratio
- Free enrollment meeting and ongoing consultation with clinical coordinators to discuss goals

Seattle, Bellevue, Redmond - www.aspiringyouth.net - 206.517.0241

Getting to Give...

For Felicia, working in the Ryther League's ReStyle for Ryther thrift store is a great way to give back. As she says, "With my work experience in retail, and having the opportunity to meet some of the League members at last December's event, I decided to volunteer in the store as my way of saying thank you for all that Ryther has done to help my family. It has been great getting to know the different League members – they are all so inspiring! I hope to introduce some of my friends to the League and have them accompany me when I volunteer. The store looks amazing and Ballard is such a fun place to work. It's especially great knowing that the money raised will go to help children like my own son."



Felicia enjoying her ReStyle for Ryther shift

Elias' story



Elias and Mom at Ryther

"It feels good. I got my family back."

Elias, age 8, Cottage A

Those were the words Elias used to describe how he felt about the work he did at Ryther. It was a long road for him and his mother as they healed from a chaotic home life that included domestic violence. Elias had reacted with uncontrollable rages before coming to Cottage A but he learned new coping skills, such as deep breathing that he still uses.

His mother Felicia recalls, "Elias was living with an adoptive parent after a series of foster homes. They brought him to Ryther and I had one chance to make this work." She participated in every program, including PCIT (Parent-Child Interaction Therapy) and SAFE Group (Safety Awareness Family Education) for children impacted by domestic violence and non-offending caregivers. Elias' mother now says, "When I look at my son and he's happy, I feel blessed for us as a family. I'm thankful that we had to have this experience at Ryther, because it brought us closer together." You can watch their video "Weathering the Storm" at www.ryther.org.

GiveBIG!

On May 6, 2014, donate to Ryther through the Seattle Foundation (www.seattlefoundation.org) and you will increase your giving power thanks to a stretch pool of funds raised by the Seattle Foundation. Last year, over \$11,000 was raised for the kids at Ryther during this one day, online only event.



What's New

- Support Ryther while shopping at Amazon! The next time you're shopping online, go to smile.amazon.com and .5% of your total purchase price will be donated to Ryther when you designate us as the nonprofit you support. Smile.Amazon.com offers the same great products and prices as Amazon.com.
- If you're a frequent Fred Meyer shopper with a rewards card, you can start earning money for Ryther. Link your card to Ryther at fredmeyer.com/communityrewards and every time you make a purchase, Fred Meyer will make a contribution to Ryther.
- Staff and community supporters are currently training for the third annual Ride for Ryther as part of the Seattle to Portland Bicycle Classic on July 12. Last year this event raised over \$14,000 for Ryther! Check out our Facebook page for updates and photos starting in June.
- Ryther professionals are available to speak at schools, organizations or practices. Contact 206.517.0275 or email deannasb@ryther.org. There is no charge and subjects can range from the adolescent brain and co-occurring disorders to Autism Spectrum Disorders and more.
- Interested in being a foster parent for a Ryther child who is ready? Come to our info session every first Monday of the month at the Seattle campus, 2400 NE 95th St., Seattle, WA 98115 from 6-7pm. Contact heatherp@ryther.org for more information.

RETURN SERVICE REQUESTED



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THREE LOCATIONS TO SERVE YOU

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

Co-founder of ACE Study comes to Seattle.



Ryther was thrilled to have been a co-sponsor in bringing Dr. Robert Anda to Seattle for a series of presentations on the Adverse Childhood Experience (ACE) Study to a varied group of over 300 physicians, case managers, therapists, CASA volunteers, donors and community members. The ACE study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being.

A collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic, this study included more than 17,000 patients and found that as the number of ACEs increase, so does the risk for health problems such as depression, liver disease, suicide attempts, heart disease and early death. On average, the children that receive treatment at Ryther have experienced six ACEs. To learn more about this study, visit www.cdc.gov/ace/index.htm.

Thank you to Coordinated Care and Comprehensive Health Education Foundation for co-sponsoring these events.

