

Ryther's Canine Volunteers:

A child's best friend!

I always wanted to have a therapy dog and work with children, so I trained Stanley, an Australian Labradoodle. He's too rambunctious for senior centers and there's a wait for places like Ronald McDonald House. Luckily, a handler suggested Ryther and it has been a perfect fit for Stanley and the two kiddos I've seen for the last year. Stanley looks forward to his visits and knows the word "kiddo," because I always ask as we drive to Ryther, "Ready to see your kiddo?"

Today I'll tell you about one of the kiddos, "Steven." His treatment goal was to understand and deal with his own anger. Yet, I never saw any anger problems while he was with Stanley. When we first started, I gave him simple tricks to teach Stanley. Eventually, he had Stanley riding a skateboard and loving it! Stanley loves to run and fetch so I would pitch to Steven, Steven would batt the ball and Stanley was catcher, running and retrieving the ball and dropping it by my feet. I got to be a pretty good pitcher!

Steven wanted to interact with me as well. It started when he asked me if I worked. I said I volunteer for a political campaign. He was very interested and wanted to hear about how elections work. He's a very bright kid. Over time I saw that he was interested in things outside of himself. We also talked a lot about the Seahawks and Mariners. He is such an athletic kid and this summer he got to go to play sports at camp. It was touching how he shared his successes in sports like when he was MVP. I could tell he was so proud.

I love doing this. There is no question that I have seen lots of maturation and growth from both of the kids over the past year. They have shown empathy and nurturing with Stanley and they aren't afraid of being emotionally connected



to this dog. One time, Steven threw the ball and it accidentally hit Stanley. Steven ran over and kept asking "Are you ok? Are you ok?" He was pretty worried.

A few weeks ago, Mallory, Steven's case manager, told me he would be leaving soon for a foster home. Steven told me afterwards and was excited that his new foster family has a dog. I kept my composure when he said, "I'm really gonna miss Stanley." The day before he left

Ryther I gave him a soft baseball bat and nerf ball and a photo of Stanley as well as a "note" from Stanley. It's bittersweet saying goodbye, but that's the point and Stanley and I are so happy to be part of helping these kiddos heal and move on.

Note: If you are interested in bringing your certified therapy dog to Ryther to work with our kiddos, email janelles@ryther.org

Recent Significant Gifts

\$100,908 Ryther League (\$89,000 for Cottage Program, \$6,908 for Mother Ryther's Kitchen Fund, \$5,000 for Summer Funds)

\$50,000 The Seattle Foundation (\$25,000 GiveTogether for general operating, \$10,000 for Group Care Enhancement, \$15,000 Anonymous Donor Advised Grant for General Operating)

\$50,000 Thomas V. Giddens Jr. Foundation (General Operating)

\$40,000 Boeing Employee Community Fund (Restricted for a new phone system)

\$40,000 Costco Wholesale (Cottage Program)

\$20,000 Wockner Foundation (General Operating)

\$16,000 NW Children's Fund (General Operating)

\$15,000 Carl and Eloise Pohlad Family Fund (General Operating)

\$10,000 Puyallup Tribe of Indians (Specific Assistance)

\$8,348 Anonymous (Restricted for a new lawn mower)

\$8,000 Estate of Roderick M. and Rosalyn D. Williams (General Operating)

\$1,000-4,999: Nancy & Richard Alvord, Ray & Edith Aspiro, The Cobb Foundation, Harold & Mary Fran Hill, Mercer Island Women's Club, New England Novelties, Mimi & Gary Schulze, Ryan, Swanson & Cleveland, PLLC,

\$500 - \$999: Margo Day, Denise Clark, Don Clark, Charles Cooper, Lynn and Bruce Gibson, Donna Corey & Jay Peterson, Carole & William Cote, Mary Deaville, Jessica Kaempf, Ric & Candi Mangialardi, Jean Medina, Bo & Susan Peck, Thomas Pleas, Anya & John Rudd, Seattle Storm 50/50 Raffle, Jessica Watts, Jody & John Woodruff

Seattle Foundation GiveBIG

\$3,000: The Bloch Family Foundation, Foss Family Foundation

\$1,000: Don & Hilda Burton, Barbara Fruhling, Eric & Michelle Grant, Julie Marshall, Karl & Michelle Quackenbush

\$500 - \$999: Greg Barrett, Carolyn & Charles Burkland, Marty & Ann Dirks, Mary Fischer, Sabrina & Bill Friend, Sharon Grant & Steve Ghan, Jessica Hermsen, My Lam, Janet and Tony Landers, Terry & Cornelia Moore, Brian Mount & Melissa Wu, Julie Stocker

Workplace Giving

\$6,229 Microsoft Giving Campaign & Matching Gifts Program

\$3,805 Russell Investments

\$2,464 United Way of King County (AT&T, Costco, Group Health, UPS)

\$1,208 Combined Federal Campaign of King County

\$1,042 Employees of Washington State Combined Fund

\$1,016 Boeing Employee Community Fund

\$921 Liberty Mutual Insurance Workplace Giving Program

Thank you donors! There are more donors than we can list. All will be in the 2016 Annual Report.

Message from Karen Brady, Executive Director/CEO:



Ryther is an exceptional agency. Although it is over 130 years old, Ryther remains vibrant and nimble while providing extraordinary care for children and youth with complicated behavioral health needs, as well as their families. This ability to adapt to an ever-changing environment without compromising quality is especially

important to us, those we serve and our partners. The vigorous policy and practice shifts related to integrating physical health care and behavioral health care is bringing a sea change for any individual or entity involved in health and well-being. Ryther is not immune to the transition and consequently is in the process of modifying, enhancing and adding services that are critical to responding to and excelling in that inevitable tidal wave of change. The following are a few of the initiatives we have undertaken recently to remain relevant, solidify our position of succeeding with some of the most complex children and youth and maintain our standards of care.

Earlier this year, we restructured the inpatient Cottage Program to include a new clinical director, Dr. Camphouse. A psychologist with a specialty in neurodevelopment and trauma, she will help us shape the treatment in the cottages so that we are providing evidenced-based interventions that are proven to work with the children and youth we serve. In August, we welcomed Dr. Gandhi, a child psychiatrist, to our Bellevue office; and this month, we welcomed Lisa Chui, ARNP to our main campus. Both work with Ryther two days a week but extend our psychiatric services to families who need it. Over the summer we added a new manager for our outpatient co-occurring program, David Flack who is both a licensed therapist and a Chemical Dependency Professional. These individuals join an already outstanding team of clinicians who will help transition Ryther into the new integrated health care world without compromising the quality of the services we offer. There are more initiatives in the works and I will keep you abreast of these as they unfold. Thank you for your confidence and your support. Together we can change a child and in doing so, change outcomes for so many lives that touch that child.

Ryther's Aspiring Youth Program:

Happy 10th Anniversary!

Over the past ten years, Ryther's Aspiring Youth Program has grown and is now the largest provider in the region for social skills groups and therapeutic summer programs for young people who are quirky, shy, have Autism or are "Autism Adjacent." We have also provided countless hours of individual and family support. And, this year, we have expanded services geographically to Renton and Bainbridge Island.

To better serve our community, we are excited to launch "The Activity League" beginning this fall. We will offer our social skills group members even more ways to connect with friends and build healthy lifestyles. The fall schedule includes a Running Club and Kickball!

Yet, our most robust step to expand services in the near future will be within the Delphi Young Adults program. Several years ago, our leadership team noticed that as our students aged out of high school, there was a true lack of services for them. This is one area where the Autism and foster care populations share a similar experience. We currently provide individual coaching to help young adults with Autism (and similar traits) navigate community college, employment and independent living. But we often have young adults who do not have any social contact, with the exception of a once-per-week meeting with their coach. Through Delphi Young Adults, we will be creating social activities, employment support and even solutions for housing.

It has been a great ten years for Ryther's Aspiring Youth Program and we are looking forward to the next ten years. To learn more visit www.aspiringyouth.net or call 206.517.0241.



Overcoming barriers to mental health treatment.

We're treating kids & youth where they are.

Interview with Rachel Barrett, Ryther's new Chief of Clinical Services.

There are exciting changes with who we are serving, what we are offering as well as where we are meeting our clients. Ryther is expanding on all fronts because the need is great. A recent NPR story noted "Up to one in five kids living in the U.S. shows signs or symptoms of a mental health disorder in a given year." And, due to the many barriers preventing treatment, "nearly 80 percent — who need mental health services won't get them."

Barriers may include family finances, geographic proximity/transportation, hours, not recognizing symptoms, the stubborn stigma surrounding mental illness, a parent's shame or guilt, and the idea that talking to a therapist won't really help.

We have therapists already seeing children at Sandpoint Elementary, Roosevelt High School, the UW EEU, and we are in talks with additional schools. Our clinicians are also at YouthCare, Woodinville Treatment Facility, Brettler Place, Sandpoint Family Housing and New Beginnings Transitional Housing. We are also working to forge collaborations to serve homeless and addicted youth by adding a new program called Young Adult Services. We

are expanding our co-occurring substance abuse and mental health program with the hire of David Flack and we are hoping to expand outpatient chemical dependency services soon to serve more low income youth on an outpatient basis.

Over time, Ryther has become known as both capable and willing to help children and teens with the most complex and challenging behaviors and diagnoses. Our reputation is being cemented as the "go-to" place to treat and hold higher end kids and families. We will continue to extend services to those who wouldn't traditionally show up in an outpatient setting, so we will be in more schools and more homeless youth shelters. Ryther continues to often be the referral of choice for children coming out of inpatient psychiatric care or experiencing frequent visits to ER's for mental health emergencies.

Ryther is also involved with training educators and helping them deal with issues like school refusal as well as providing oversight training for evidence-based therapies that can be adapted to a shorter duration. There will be more updates in the next few months and we will keep you apprised. Call 206.517.0234 to learn more.



Mental Health Outpatient Management Team:
Jessica Ortiz, Rachel Barrett, Stuart Brewster,
Jessica Glover

You helped enrich Cottage Program kids' lives.

Thank you for sharing and caring!

Businesses, individuals, League members, volunteers and staff all showed up this summer, bringing kindness and fun, as well as needed school supplies and items for children receiving treatment in our Cottage Program. League pool parties, haircuts, cakes and cookies, staffs' Sports Day, Milliman's Water Works, the new School Supply "Store," and Haili's birthday parties for each child all help build critically needed self-esteem and self-worth among kids who, before coming to Ryther, felt abandoned, unwanted and disposable. Having "failed" in an average of nine homes or placements before Ryther only reinforces the sense of shame and guilt. We want you, our Ryther Community, to know that *all of your contributions* of time, talent and resources make a huge difference in the quality of life for the children here. You are showing them, that indeed, they are worthy! We could not do the hard work with these children without the joys of childhood that you make possible for them. Thank you!



RETURN SERVICE REQUESTED



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Follow us on twitter at twitter.com/rythervoice

What's New?

Giving Help:

- **Shop Nov. 5 at glassybaby U Village** and 10% of sales will support Ryther's Cottage and Therapeutic Foster Care programs. Or, call in your order at 206.274.4683 to the store. The votives and drinkers make lovely holiday gifts!
- **RSVP for Ryther's Annual Luncheon, *Healing Hearts-Healing Homes on Nov. 17 at the Seattle Marriott Waterfront.*** Keynote Speaker Laura Porter will discuss impact of Adverse Childhood Experiences. We also welcome Jean Enersen as our Mistress of Ceremonies. Call Austin Kellogg at 206.517.0204 or email austink@ryther.org to reserve your seat.
- **Help provide Holiday meals** by getting together with friends, family or co-workers to put together Thanksgiving and Holiday meal bags or baskets. Contact janelles@ryther.org.

Double your impact and leave your mark at Ryther!

Thanks to an anonymous donor, your donation to the Campaign to Renew Ryther will be matched up to \$200,000! Also, gifts of \$500 or more will Pave the Way to Healing with a personalized brick acknowledgment. Honor, memorialize, provide inspiration or have your name(s) engraved! Contact Austin at 206.517.0204 or austink@ryther.org for more information. Deadline for bricks is Oct. 31st.

Getting Help:

- **Concerned about your teen and substance use?** Ryther offers a one-time, free 45-minute consultation for parents to explore common symptoms of substance-related problems, discuss if Ryther would be a good fit for services, and address common concerns about the treatment process, including what to do if your teen refuses to engage. Seattle only. Call 206.517.0234.