

MAKING A DIFFERENCE FOR MADRONA



Madrona K-8 School

Making a Difference for Madrona is a collaborative effort launched as a pilot program in the fall of 2008 among Seattle Public Schools, Madrona Middle School staff and THS. THS provides a full-time counselor, stationed on-site at the school throughout the school year. The counselor, Natalie Wonder, MSW, provides assessments, crisis intervention, individual and group counseling, community support, and resource connection to address specific issues identified by students, families, and the school community. Natalie works with students and school staff to help them build skills that they can then immediately use in their school and home environments such as anger management, social and life skills, drug and alcohol prevention and intervention, gang prevention, and grief and loss counseling. She tries to identify and resolve problems at the beginning rather than at the conclusion and helps students become more emotionally stable and less susceptible to dropping out or turning to substance abuse.

Natalie has served approximately 200 of Madrona's 450 students since 2008. The scope of her work can vary greatly; some of the students she sees only a few times to address a specific issue and others she works with on a regular basis. According to Natalie, "there are a fair number of kids in foster care and transitional situations that we support. For many of these kids, I am their one constant." One of the students she helps is a girl who has been in 5 different foster homes during the last year. Natalie has been a steady presence in her life and has been able to provide support for her during a challenging time.

Another Madrona student who is gang-involved was referred to THS for counseling. This student was dealing with his father's severe alcohol abuse and domestic violence. The counselor tried to get the father into alcohol treatment, but he refused. Finally, when the mother left, the father sought treatment – but by then it was too late, and he was given one month to live. THS continues to counsel this student and to talk about his home situation, encouraging him to get out of the gang. As he says, "I don't know what I would do without [my THS counselor]."

For the coming school year, Natalie will be setting up a girl's group counseling session that will focus on body image and social skills. In addition, Anthony Austin, M.Ed, CDPT, will be joining the Madrona program as a part-time parent educator.

For many of these students and teachers, having the outside support from THS is crucial.

To learn more about Making a Difference for Madrona, please contact Mark Buckley at (206) 323-09320 ext. 201 or markb@ths-wa.org.

HOW WELL ARE WE SERVING OUR YOUTH?

During the 2009-2010 year, THS served **more than 950** youth. As a result of THS programs,

- 81% of our youth developed skills that supported positive development
- 72% of our youth with emotional and behavioral issues developed or strengthened their coping skills
- 52% if our youth followed through with their treatment- either abstaining from or reducing drug use
- 56% of participants in the Chance to Change program (ages 18-25) reduced their drug use (or abstained completely) and improved their mental health symptoms

"I don't know what I would do without [my THS counselor]."

-Madrona K-8 student



Editors: Mark Buckley and Rehana Lanewala

ths moving forward

FALL 2010



2010 Alvirita Little Luncheon Raises more than \$68,000!

See inside for details

Helping people regain their health and future

Thank you to the OneFamily Foundation for your \$5,000 investment in the Promoting Early Relationships program!

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Thank you to The Boeing Community Fund of The Boeing Company for your \$40,000 investment in the ENCOMPASS™ program!

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NOTE FROM THE EXECUTIVE DIRECTOR

Norman Johnson



Since 1972, THS has been committed to serving our youth and encouraging them to reach their full potential. Some of our earlier youth programs have included Teen Health Centers at local high schools (1992-1998); the R.E.S.U.L.T.S. Project (1998-2000) that provided counseling and case management to low-income, at-risk elementary school children; and the AFA Male Project (2008 to 2009) that sought to help young African-American males learn leadership and life skills with an emphasis on making positive life decisions.

Currently, our programs designed to help youth include:

- **Making A Difference for Madrona**, which provides a THS counselor onsite at Madrona K-8 to provide assessments, crisis-intervention, individual and group counseling, as well as community support and referrals to address specific issues identified by students, families, and the school community;
- **Chance to Change**, which provides intensive, co-occurring disorder treatment and community reintegration for young adults (18-26) involved in the King County Drug Diversion Court;
- **Raising Our Youth As Leaders (ROYAL)** which provides case management, mentorship, and life skills training as an alternative to detention for moderate to high-risk youth of color in the juvenile justice system;
- **The Pro-Youth Homeless Outreach and Case Management Program**, which helps homeless youth ages 15-22 in Central and South Seattle achieve more stable living situations and connects them with resources for treatment and to meet basic needs;
- **ENCOMPASS™** which provides evidence-based treatment for adolescents and young adults with co-occurring mental health and substance use disorders;
- **The Youth Engagement Program**, which provides outreach services at Franklin and West Seattle High Schools for ethnic and sexual minority youth who are involved with drugs or alcohol, involved in risky behaviors, or involved or at-risk for becoming involved in the juvenile justice system;
- **Keys to Success** which encourages recovery and abstinence from substance use for youth; and
- **The Summer Golf and Tennis Program**, which in 2010 taught 25 youth to play golf and tennis and develop pro-social behaviors.

THS never pauses in its efforts to provide the best possible programs, incentives and services for youth, adults and families needing help with the issues that surround chemical dependency and mental health challenges. We are continually looking for cutting-edge, promising treatments for our clients, both today and in the future. Thank you for your continued support of our work.

We want your feedback! Please write to info@ths-wa.org with any questions, comments or suggestions.

"For 38 years, Therapeutic Health Services has 'pushed the envelope' in its pursuit of innovative, continuously improving treatment methods."

-Norman O. Johnson, Executive Director

BOARD PROFILE

Carolyn Barge

Carolyn is one of THS' newest board members, joining us in June. One of the reasons that she chose to get involved with THS was because of her experience working with families that have been affected by substance abuse. During her more than 30 years of experience as a school counselor, she worked relentlessly to promote programs designed to enhance education programs for all students, including meeting the needs of at-risk and special needs student populations. She has worked throughout North America and also in Guatemala. She says, "I really appreciate the opportunity to be involved in THS in a way that can use my skills and experience as a school counselor."

Carolyn has also worked with the Washington State, Office of Superintendent of Public Instruction (OSPI) and the State Board for Community Colleges Education (SBCCE) in the development of a comprehensive national K-14 Career Counseling and Guidance program. Most recently, Carolyn served as a Community Volunteer on the Executive Board of the Multicultural Alumni Partnership, a part of the University of Washington Alumni Association. Currently, she is a Commissioner on the Tukwila Equity and Diversity Commission.

Carolyn is excited to become involved in the ENCOMPASS program because she believes the program's **"comprehensive approach of supporting families and communities is impactful in a positive way. It's the wave of the future for treatment. You can't treat substance abuse without treating the mental aspect and working closely with the families."**



Carolyn Barge
Board member since
June, 2010.

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2010 ALVIRITA LITTLE AWARD LUNCHEON RAISES MORE THAN \$68,000!

On Wednesday, September 22nd, approximately 350 people attended the 2010 Annual Alvirita Little Award Luncheon at The Grand Hyatt in downtown Seattle. Thanks to the generosity of our sponsors and guests, THS raised more than \$68,000 that went right to work helping underserved, at-risk youth and young adults who are affected by chemical dependence and/or mental health disorders.

Created by THS' Board of Directors in 1988, the Alvirita Little Award honors an individual or organization that has contributed continuously and selflessly to children, youth, adults, and families at-risk in our community, especially those affected by chemical dependency and mental illness. The award is named in memory of Alvirita Little (May 25, 1913-June 24, 2006), who contributed over 50 years of professional and volunteer service in support of youth and families in the Greater Puget Sound Region.

Emceed by Joyce Taylor, co-anchor of KING 5 Morning News, our program included a video highlighting THS' program, Making a Difference for Madrona. With this unique program, THS places a full-time counselor in Seattle's Madrona K-8 School to aid students and their families with the multi-systemic problems associated with chemical dependency and/or mental health issues both in school and at home. This year's award was presented to Phil Smart, Sr., a noted entrepreneur, philanthropist and community volunteer who has helped youth and families for over 50 years. Among his many accolades are awards from the YMCA, the Boy Scouts and Seattle Children's Hospital. The award was presented by one of Alvirita Little's children, Harold Booker, vice president of THS' board of directors.

During our luncheon, Mr. Smart encouraged each guest to consider how they might use some of their free time to help improve the world around them. He believes that since we have 24 hours in a day with 8 hours for work and 8 hours for sleep, we should dedicate at least a portion of the remaining 8 hours to volunteering to help the hurt, the hungry, the homeless, the unemployed, the young, the old, the illiterate, and those who are chemically dependent.

Thank you to everyone who helped to make our annual luncheon a huge success! Planning will begin soon for the 2011 luncheon, so if you're interested in getting involved, please contact Mark Buckley at (206) 323-0930 ext. 201 or at markb@ths-wa.org.

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The 2010 Alvirita Little Award recipient is Phil Smart, Sr., who was a close friend of Alvirita's for many years. Phil has been a volunteer at Seattle Children's Hospital since 1961, and has also been involved with the Boy Scouts and Seattle Rotary. He has received countless awards for community service including from the YMCA, Boy Scouts and Seattle Children's Hospital. Phil is also a public speaker who encourages us all to volunteer.