

MAKE A DIFFERENCE...

It doesn't take much to make a difference in the lives of individual and families working to overcome substance abuse or mental illness.

For just
\$5
per month

(the price of a latte), over the course of one year you can buy 2 hours of group alcohol, drug and/or mental health counseling.

For just
\$12.50
per month

(the price of one movie ticket), over the course of one year you can buy 2 hours of individual alcohol, drug and/or mental health counseling.

For just
\$40
per month

(the price of dinner for 2), over the course of one year you can buy a month of comprehensive, wraparound counseling and support for one youth and his/her family.

If you would like to make a tax-deductible donation, please go to www.ths-wa.org and click on "Donate."

WE HELP INDIVIDUALS AND FAMILIES

- Who are chemically-dependent
- Who suffer from mental illness
- Who have co-occurring substance abuse and mental illness
- Who are homeless
- Who need help with parenting skills
- Who are pregnant and drug-addicted
- Who are unemployed
- Who are involved in the court system

WE HELP YOUTH

- Who are chemically-dependent
- Who suffer from mental illness
- Who have co-occurring substance abuse and mental illness
- Who are homeless
- Who are gang-involved
- Who are in the juvenile court system
- Who are students at King and Snohomish County schools
- Who have family problems

LOCATIONS

Corporate Office

1116 Summit Avenue
Seattle, WA 98101
(206) 726-4100

Central Youth & Family Services Branch

1901 Martin Luther King Jr. Way S
Seattle, WA 98144
(206) 322-7676

Eastside Branch

1412 140th Place NE
Bellevue, WA 98007
(425) 747-7892

Kent Branch

24823 Pacific Highway S.
Suite 103
Kent, WA 98032
(425) 263-3006

Rainier Branch

5802 Rainier Avenue S.
Seattle, WA 98118
(206) 723-1980

Seneca Branch

1305 Seneca Street
Seattle, WA 98101
(206) 323-0934

Shoreline Branch

16715 Aurora Avenue N, #102
Shoreline, WA 98133
(206) 546-9766

Snohomish-Everett Branch

9930 Evergreen Way
Building Z150
Everett, WA 98204
(425) 347-5121

Summit Branch

1116 Summit Avenue
Seattle, WA 98101
(206) 323-0930

Youth & Family Services- Everett

9930 Evergreen Way
Building Z154
Everett, WA 98204
(425) 263-3006



ths moving forward

WINTER 2011



Fresh start...

Kids from THS' Youth Services Branch enjoy a day in Leavenworth for the Holiday Tree Lighting Ceremony.

2012 to fund low-income adult chemical dependency and mental health treatment!

CITY OF BELLEVUE GRANT

Thank you to the City of Bellevue for their grant of \$75,990 for 2011 and \$78,346 for \$4,950 per year over 2 years to fund services at the Eastside Branch!

CITY OF SAMMAMISH GRANT

Thank you to King County for their grant of \$70,000 to fund a mental health counselor as part of the Juvenile Justice Assessment Team!

KING COUNTY MHCADSD GRANT

Thank you to the City of Seattle for its \$157,970 grant for Network Coordination!

CITY OF SEATTLE YOUTH VIOLENCE PREVENTION INITIATIVE GRANT

Return service requested.

www.ths-wa.org

1116 Summit Avenue
Seattle, WA 98101

THE THERAPEUTIC HEALTH SERVICES



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NOTE FROM THE EXECUTIVE DIRECTOR

Norman Johnson



Welcome to 2011! I hope that you and your loved ones are having a happy and healthy New Year.

Despite the cold and the gloomy Washington weather, this time of year is one of optimism and renewal.

For our participants, this time of year is an opportunity to focus on their recovery from chemical dependency and/or mental illness. The New Year is a chance to wipe the slate clean and begin again, hoping that this year will be even better than the last.

2010 was an eventful year for THS. We opened a new location in Kent to serve youth ages 18-24 in our Chance To Change program, opened the Summit Annex, which houses our pregnancy, parenting and women's services, greatly expanded our youth services and began several new programs including ENCOMPASS™ and the Youth Summer Golf and Tennis Program. In the year to come, we look forward to continuing to meet the needs of the youth, adults and families we serve.

THS is constantly searching for more effective ways of treating the people we serve. Thank you all for your support of THS and our programs. We are all part of the solution, and we truly appreciate your continued commitment to the well-being of our community.

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

"I thought I'd never stop drinking again but as a result of hard work and the classes and counseling I receive from [my THS counselor], I've been able to reach not only goals in being sober but with my personal life goals as well."

-Former THS Client

BOARD PROFILE

Ethan Van Eck

One of THS' newest board members is Ethan Van Eck. Ethan has a long-standing interest in mental health and substance abuse treatment, stemming from his brother's life-long struggle with mental illness and addiction. During the 1960s, he spent time in the Peace Corps in Malaysia and Honduras, which was a formative experience that solidified his interest in healthcare. When he returned to the U.S., he attended the University of Michigan and graduated with a Masters in Public Health.

Ethan has served as a health manager in governmental and private health organizations for more than 40 years. He spent time in Oregon working in local county public health and for the Governor's Office of Rural Health in the late '70s and early 80s. He served as the Director of Health and Social Services for the Kodiak Native Association and Indian Health Service in Alaska and as the administrator for the Providence Family Medical Clinic. Ethan recently retired from the Seattle-King County Health Department as Operations Manager of ten Public Health Centers.

Ethan is glad to be a board member at THS because during his years working in healthcare, "it became clear that real healthcare is integrated and has a big behavioral health component. I was intrigued by THS because it treats mental health and substance abuse together."

Ethan's goals while on the Board of Directors are help to develop a strong Board of Directors, work to create a new strategic plan for the future of THS and increase the impact of THS services. He believes that **"THS can be the go-to organization for the big healthcare groups who need mental health and substance abuse treatment."**



Ethan Van Eck
Board member since
June, 2010

VOLUNTEER PROFILE

Amanda Peiffer

One of our new volunteers at THS is Amanda. Amanda works in the Corporate Office and provides invaluable help with office work, such as mailings and putting together brochures.

When she is not volunteering with THS, Amanda works as a receptionist for BMW and is finishing her Associates degree in Nutrition. Originally from California, she has also lived in Oregon and Italy before settling back in Washington State.

Amanda says that the reason she chose to volunteer at THS is because "I've been very fortunate with things in my life and I wanted to give back. I've lost friends to accidents and overdoses and wanted to help out with something that I believe in strongly."

Amanda spends much of her spare time volunteering. During the 2010 holiday season, in addition to volunteering at THS, she has also volunteered with the Dorothy Day House, the Jingle Bell Arthritis Walk, the Redmond Light Show (which benefited Toys for Tots, Northwest Harvest, King County Parks and the Teddy Bear Patrol), and the Wonderland Holiday Carousel (which benefits Treehouse).

THS is grateful for the support and assistance of volunteers like Amanda. If you're interested in volunteering, please contact Rehana Lanewala at rehanal@ths-wa.org or by phone at (206) 323-0930 ext. 278.



Amanda Peiffer, THS volunteer
since October, 2010

Board of Directors

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Harold G. Booker, *Vice President*
Earl Richardson, *Treasurer*
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Tamera Brandt, CPA
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Kelby Fletcher
Mark M. Hough
Carolina Jurgensen
Karen Shiveley
Ethan Van Eck, MPH

Therapeutic Health Services is designated by the Internal Revenue Service as a 501(C)(3) nonprofit organization, EIN 91-0882971. All contributions are tax-deductible within the limit of the law.

"I want to thank you. [...] You offer me and others like me a chance at a life that perhaps we never dared hope to have, and you do it with grace. That, in itself, has made me feel blessed again."

-Former THS Client



WOODLAND PARK ZOO



SEATTLE AQUARIUM



WOODLAND PARK ZOO DONATION

Thank you to the Woodland Park Zoo for their donation of zoo tickets to our youth programs!

SEATTLE AQUARIUM DONATION

Thank you to Seattle Aquarium for their donation of 100 tickets to our youth programs!

MUCKLESHOOT INDIAN TRIBE SPONSORSHIP

Thank you to the Muckleshoot Tribe for its benefactor level sponsorship of the 2010 Alvirita Little Award Luncheon!