



2017: A year of healing & hope **because of you.**

Ryther
Center for Children & Youth

Highlights from 2017



NW Children's Fund awarded Ryther their three-year Evergreen grant (the first agency to be awarded the grant twice) to implement a proven trauma-informed model called the ARC (Attachment, Regulation and Competency) Model. This implementation is taking place across all Ryther programs, impacting the entire agency and increasing effectiveness of treatment among traumatized populations.

- Loft 9 completed a strategic positioning assessment of Ryther, helping to formulate a new mission and vision, and laying a foundation for new website and branding to be launched fourth quarter 2018.
- To improve efficiency, Ryther moved to an electronic admission process in the outpatient department and in the Aspiring Youth Program.
- Ryther received a top-off grant from the MJ Murdock Charitable Trust to help complete the Renew Ryther Capital Campaign.
- Building improvements for 2017 included replacing roofs on Ryther's school building and an off-site building, replacing 5 of 7 water heaters, and replacing the heating/air conditioning units in the conference center,
- In 2017 the Ryther Board created a nominating committee, resulting in the recruitment of six new board members in the first half of 2018.
- Ryther, in cooperation with the Experimental Education Unit (EEU), provided a therapist to support the EEU's summer camp program for young children.
- Ryther began providing Health Home Services, coordinating the care of clients who have both a significant physical and behavioral challenge. Ryther is one of only two agencies providing this service in King County to the pediatric population.
- In cooperation with a Kaiser-run clinic, Ryther-Psychiatrist Linda C. Ford, M.D., began providing weekly services to youth and young adults experiencing homelessness at YouthCare's Orion Center.
- Ryther was awarded a grant from Pacific Hospital PDA to fund staffing for engagement and linkages to behavioral health care services to youth and young adults at YouthCare's housing sites and drop-in centers.
- An Advanced Registered Nurse Practitioner (ARNP) was hired, dividing full-time services between Ryther and partnering agency Atlantic Street Center.
- King County awarded a contract enabling Ryther to provide substance use disorder services for Medicaid-covered youth and young adults.
- The Ryther League's first workplace unit, comprised of employees of Fenwick and West LLP, received their Charter.


Ryther
Center for Children & Youth

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Ryther North | 315 Lincoln Ave, Suite C-1, Mukilteo, WA 98275

Main: 206.525.5050 | www.ryther.org | **Appointments and Information** about services: 206.517.0234

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Dear Friends,

Helping children, youth, young adults and their families find their own path to healing and hope is at the core of Ryther's work. We can only achieve this by striving for excellence and providing an array of services needed and wanted by the community we serve. As an agency that already uses and promotes evidence-based practices to ensure that those services are effective, we are implementing a new trauma care model focused on Attachment, Regulation and Competency (ARC). Implemented agency-wide, the ARC Model is not only foundational to our delivery of treatment but also to every interaction with clients and their families. Initial results have been very positive, and we expect outcomes to improve for our clients for years to come.

We also have expanded our programs and locations where we provide them. Ryther now has more therapists in schools and social service agencies than ever before. We continue to identify and address pressing needs in the community such as youth homelessness and addiction. For example, we have launched a "health home" program, coordinating care for children with both a serious physical health issue and behavioral health care issues.

As we expand our services to serve more than 800 children, youth and young adults each month – regardless of payer, gender identity, sexual orientation, race or ethnicity or place of origin – we do so with the intention that we would want our own families to use these services should they need them.

We can only achieve our goals by being accountable to you, our supporter, for your investment and the confidence you have demonstrated in us. You are a true partner in what happens every day at Ryther, and for that we thank you.

With Gratitude,



Karen Brady
Karen Brady, MSW/MBA
CEO/Executive Director



Karl Quackenbush
Karl Quackenbush
President of the 2017 Ryther
Board of Trustees



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Ryther is licensed and/or certified by the Department of Social and Health Services, Division of Licensed Resources, Division of Behavioral Health and Recovery Services, and is accredited by the Council on Accreditation (COA) through 2019. Ryther was a 2017 United Way of King County grantee agency and is registered with the IRS as a tax-exempt organization having 501(c)(3) status.

The Path to Hope and Healing starts at Ryther.

Our mission is to provide exceptional therapeutic services to young people who are struggling emotionally and behaviorally so they may find a path to healing and hope. We do this through an array of services, treating more than 800 children, youth and young adults each month.



The Cottages (Inpatient Treatment) are for children ages 6-14 with mental health challenges as well as emotional and behavioral problems due to trauma including severe abuse and/or neglect. Group, family, and individual therapy with evidence-based practices are incorporated as well as parent-coaching.

Therapeutic Family Care Program provides foster parent licensing and training, therapeutic foster care and in-home wrap-around support.

Outpatient Treatment Programs for young people ages 2-24 and their families:



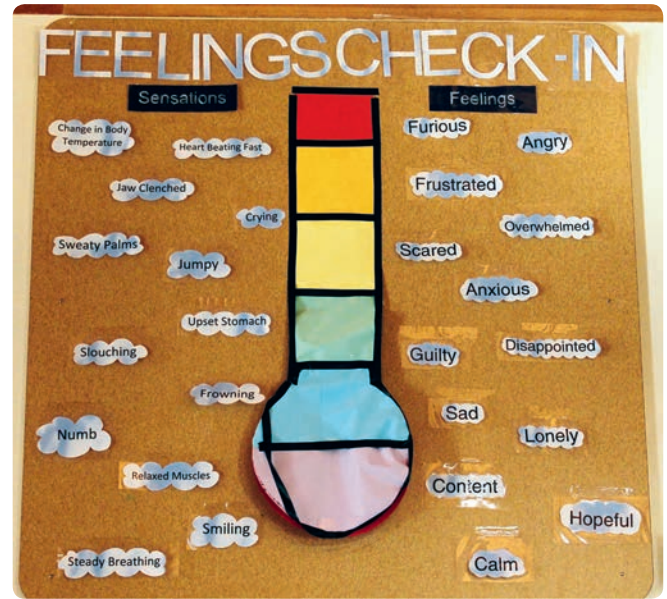
- | Mental health services using evidence-based therapies, parent support groups, social skills groups, DBT skills groups, and emotion regulations groups
- | Psychiatry
- | Substance Use Disorder services comprising assessments, co-occurring treatment and outpatient counseling for teens 13-18
- | Transitional Youth Services bringing mental health services to vulnerable and at-risk youth and young adults experiencing homelessness. Ryther clinicians work on-site at local drop-in centers and transitional living centers
- | The Health Homes Program, helping families and youth to effectively manage physical health and behavioral healthcare needs through partnering with providers, care coordination/case management, and connecting with appropriate referrals
- | Group Care Enhancement providing substance abuse specialists to local agencies through partnerships to meet the needs of at-risk teens and young adults

Aspiring Youth hosts summer camps and year round social skills groups for youth with Autism Spectrum Disorders/ADHD, as well as early intervention/coaching for teens and their parents.

You helped many children, teens and young adults heal in 2017.

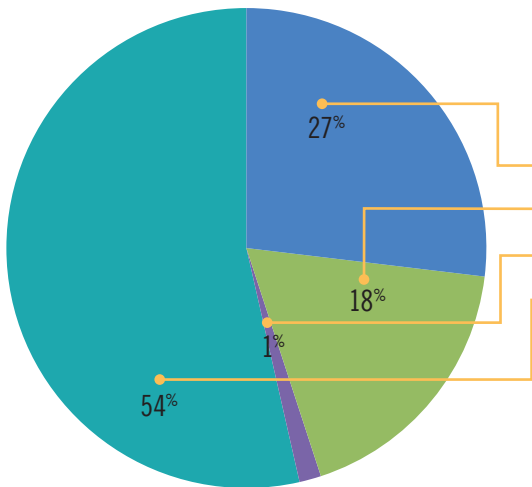
Youth served by program:

Ryther Programs	Clients Served
The Cottage Program	74
Therapeutic Foster Care	11
Outpatient Mental Health Treatment	1192
Substance Use Disorder Treatment	
Assessments	63
Co-Occurring Treatment	20
Outpatient Treatment	31
Group Care Enhancement	292
GCE Juvenile Justice Assessment Team	127
Transitional Youth Services	94
Day Treatment	4
Aspiring Youth	445



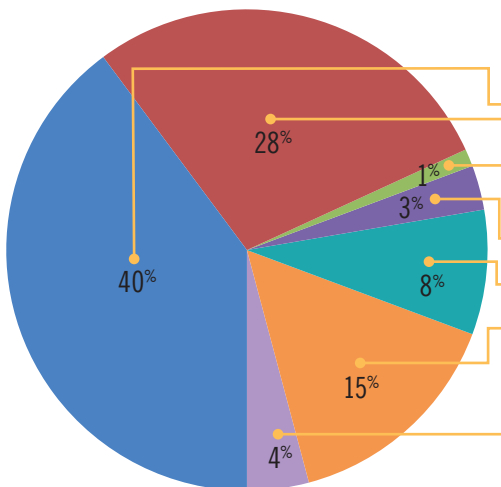
2017 Financial Summary

Public Support & Revenue



Donations, Ryther League, Bequests, Endowment Income	\$2,903,138
Program Service Fees	\$1,950,928
Investment Income & Others	\$158,367
Government Grants & Contracts	\$5,781,001
Total Public Support & Revenues	\$10,793,434

Expenditures



Sub-Acute Residential Care	\$4,559,107
Mental Health Outpatient Services	\$3,243,784
Group Care Enhancement	\$133,594
Therapeutic Family Care & Foster Care	\$342,935
Aspiring Youth	\$959,379
Management & General	\$1,736,450
Fundraising	\$475,363
Total Expenditures	\$11,450,612

The 2017 financial records of Ryther were audited by Vine Dahlen PLLC and conducted in accordance with generally accepted auditing standards. Copies of the report are available upon request by calling Ryther at 206.517.0215

“Alone we can do so little, together we can do so much.”

Helen Keller

In 2017, Ryther was fortunate to have over 528 volunteers contributing 2,266 volunteer hours.

We greatly appreciate all of our volunteers! Ryther thanks the following organizations:

Beta Theta Pi, Blue Ridge Unit, Fenwick & West LLP, the F-factor, Impinj, Junior League of Seattle, King & Oliaison, Knights of Columbus, Liberty Mutual, Microsoft, MoxiWorks, Partners Group, Premera, Quackenbush and Friends, RMR Group, Starbucks, Symetra, Trilogy for Kids, Arboretum TWIGS, UC Denver Metropolitan Unit, UPS, UWKC Emerging Leaders, WPIG of Seattle, and Wright Runstad & Company.

We also thank and acknowledge the immense difference the following volunteers have made in the lives of the children in the cottages through volunteering as Best Buddies, therapeutic canine handlers and special activities leads. We also thank all of our four-legged friends who provided unconditional love.



MoxiWorks



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Fenwick & West Carnival



Ryther League Board 2017



League members host pool party

The Ryther League keeps inspiring hope!

The Ryther League has been an integral part of supporting the cottages and all children receiving services at Ryther since 1937. Critical funds are raised by the individual units or groups through imaginative and successful events, sales and the ReStyle for Ryther Ballard thrift store. Volunteering directly with the children is growing among members, with pool parties, carnivals, Halloween and Holiday events as well as the Kids' Holiday Store. The decades-old tradition of bringing touches of home continues with home baked cookies, custom birthday cakes, Easter baskets and quilts. Now, summer beach bags, welcome bags and school supplies are also provided by the League.



Ryther League Marion Baer Holiday Store for kids in cottages



Off Campus Unit gets creative with fundraising

Thank you 2017 Luncheon sponsors and supporters!

We are grateful to our sponsors, table captains and guests of Ryther's Triumph over Trauma luncheon. Many thanks also to speakers Lisa MacKay and Colleen Calkins and to Master of Ceremonies Dr. Michael Freeman. Together, your support is now giving children in the cottages the chance to heal and look forward to a happy and productive life.



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Some of Ryther's outpatient clinicians

2017 In-Kind Donors

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Gifts were made to Ryther in memory of:

Alice Goodfellow
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Betty McCurdy
Beverly Sprague
Beverly Travis Sprague
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Dennis McHugo
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Sue Sumioka
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The Ryther Luncheon

The following people were memorialized or honored through contributions given to the Ryther Child Center League in 2017. These add to the Memorial Fund, providing summer activities for children at Ryther.

In Memory of:

Alison Clements
Anne Hamlin
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Bob Bauer
David Sugden
Edward Stewart
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Katy, Kristian & Marty Burkland
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