



Frequently Asked Questions

Chemical Dependency Inpatient Program

How do I get admitted into the program?

To be placed on our waitlist, we must receive a copy of the application, a chemical dependency assessment that recommends inpatient treatment, a physical and a negative TB test from within the last 6 months, and immunization records. Also, a handwritten letter or paragraph by the child stating why he needs to come to treatment and what he hopes to get out of treatment. These items may be faxed, mailed or hand delivered. Sometimes face to face interviews may be requested by Ryther before admission.

Once all the above information is received, the child is placed on the waitlist for the next available bed. Due to the nature of our variable length of stay program, the wait time varies. Please call the admission coordinator for current wait list times. When a bed does become available, the admissions coordinator will call to set up an intake appointment with you.

What happens when I get a bed date?

Intake appointments take about 2 hours and are scheduled mornings and early afternoons on Monday-Fridays. They include an overview of the program, paperwork, and a client assessment.

How long is the Inpatient Program?

Ryther is a variable length of stay program, and treatment is tailored to each client. The length of time a client stays in treatment is dependent upon the client's behavior, compliance, personal participation/involvement and willingness to address problems.

What should the client pack?

- 1-2 week supply of clothing, including underwear, socks, pants, shorts and shirts
- A seasonal jacket
- Exercise clothes (we have Physical Education daily and hike weekly rain or shine!)
- Swim shorts
- Running shoes/athletic shoes
- Toiletries (toothpaste, shampoo, soap or body wash, lotion and non-aerosol deodorant). We prefer new and unopened products so they haven't been tampered with. Please note that alcohol cannot be listed in the first 3 ingredients of any cosmetic product.
- Bath towels and washcloths (2)
- Sheets and pillow (optional)
- 30-day supply of any prescription medications. All medications must be bubble-packed upon arrival.

What isn't allowed in treatment?

- Clothing that has sexually suggestive slogans or any explicit language
- Drug-related Clothing/Jewelry/Posters subject to staff discretion
- All tobacco products and nicotine patches or nicotine gum
- Stereo/Radio/TV/Cassette Decks/Tapes/CDs/ Video Games
- Incense
- Aerosol Products or magic markers
- Any toiletries with alcohol in the first 3 ingredients cannot be accepted

- Anything that can obviously be used as a weapon
- Sweets/candy/snacks
- Any outside food
- Cellular phones, beepers, alarm clocks
- Mirrors
- Money – everything is provided
- Perfume or cologne

What does a typical day look like?

Clients are expected to be up at 7 a.m. for breakfast and chores. There are groups in the mornings and afternoons that alternate with free time and recreation time. Clients help to prepare and clean up meals and do their own laundry. Evening activities vary from AA/NA meetings, clean and sober fun nights, family visitations, and self-help groups.

Inpatient Chemical Dependency Treatment at Ryther is based on a phase system, designed to focus on self-responsibility. The treatment work and expectations for any specific client are related to the phase he is on, in addition to his individualized needs.

What is the 'Experiential' Program?

Experiential learning is an action-oriented way to teach. It helps participants understand the way they approach problems, interact with others, communicate, and take risks. These groups may include activities on Ryther's Challenge Course, which does involve low and high rope activities.

What does the counseling or therapy look like?

Each client is assigned a case manager and a chemical dependency counselor. The case manager is a master's level or higher therapist who conducts weekly family and individual therapy. The chemical dependency counselors work with the client on a day-to-day basis in regards to his behavior, cravings, drug education and identification of triggers.

What is expected of the family?

Ryther stresses family involvement as we believe it is paramount to a child's success and ability to stay clean. Visitation times are on Wednesday evenings and Saturday mornings. Weekly passes may be earned by clients as they advance through the program. Families are encouraged to spend time together off campus during these passes and are required to attend an AA/NA meeting together for one hour of the pass.

What about if the client has medications?

Approved medications must be blister packed by a pharmacy prior to admission, and the client must bring a month's worth supply of that medication with him to his intake appointment. We do prohibit certain medications due to their sedative/stimulant effect. If you have questions regarding prohibited medications, please contact the admissions coordinator.

Will the client be able to get school credits while he is here?

The program works with the Seattle School District to obtain credit for each client.

Who can the client talk to while he is in treatment?

Clients are only to have contact with family while they are in treatment. We encourage clients to focus on themselves and their family while they are in treatment.

Can the client use tobacco/nicotine while in treatment?

Ryther is a smoke-free campus. Clients are required to abstain from tobacco while in treatment.