

Acknowledgments of recent significant donations:

Recent gifts from the Ryther Child Center League: \$102,500 in unrestricted funds, \$27,225 for the Family Center, \$3,760 for Shoes, & \$3,226 for clothing

\$58,500: Murdock Charitable Trust

\$50,875: Jacquie & Michael Casey for capital & program support of 360° model

\$50,000: Thomas V. Giddens Jr. Foundation

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\$15,541: Microsoft Giving Campaign & Matching Gifts, including

Mary Snapp, \$1,250; Margo Day, \$1,000; Kim Saunders, \$500; Donna Corey, \$400; Erik Steinfeld, \$335; Corley Hughes, \$250; \$2,239 for volunteer hours from Erik Steinfeld, Steve Porter, Carrie Read & Felicia Guity

\$10,500: Patrick Kerney for Cottage B new Fitness Center

\$7,356: United Way of King County, including Mortenson Construction, \$1,018; David Herr, \$500; Clyde & Karen Summerville, \$500; Karl & Michelle Quackenbush, \$452; Eric Grant, \$447; Jennifer & David Shettleroe, \$420; The Polyclinic, \$329; Steven Haluschak, \$288; Mary Lou Reslock, \$283; & Daron Vchulek, \$254

\$5,000: Steven & Connie Ballmer

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\$1,000: St. Therese School & Students

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Donate online at: www.ryther.org

PCIT – An Evidence-Based Therapy Many Parents Will Appreciate

Interview with Kathy Connelly, LICSW Ryther Child Center Outpatient Services Director

What is PCIT?

Parent-Child Interaction Therapy (PCIT) succeeds in helping parents learn how to restructure their interactions with their children and establish more positive and effective approaches. It emphasizes working on the relationship between parent and child. It is one of the most researched interventions for families with young children and the overall results are extremely positive. PCIT has been found to be effective for families whose children, between the ages of 3 and 7, are exhibiting oppositional, aggressive, or acting out behaviors. Frequently, it's the kids who seem to say no all the time and have problems at school or child care. It employs elements of family systems, learning theory, and traditional play therapy.

How does it work?

The premise is for the parent to learn to ignore behaviors that aren't dangerous and praise the behaviors they want to see more of. This typical 12 week therapy has three elements. First, there is an assessment over two sessions. Next, there is Child-Directed Interaction over 5 weeks, where the therapist views the parent and child playing through a one-way mirror and the parent wears a device in their ear. The therapist is able to talk to the parent from behind the "mirror" and coaches the parent on what to say to the child. The parent learns how to give lots of praise and reinforcement as the child plays with simple toys that inspire imaginative play such as Lincoln Logs, doll houses, cooking sets, blocks, etc.

What are the specific skills learned by parents?

The parent works on PRIDE skills which include: Praise, Reinforce, Imitate and Describe the child's behavior, as well as exhibit Enthusiasm about the child's positive behavior. This interaction shows the child that a parent is paying attention and that the parent cares about what the child is doing. The parent learns to cut down on commands which increases the child's self-confidence and greatly improves the bond between parent and child.

What happens next?

Once the relationship has progressed, it is time for the last element over the remaining 5 weeks, which is Parent-Directed Interaction, where the therapist helps the parent give effective commands and provide appropriate consequences. Because the overall quality of the parent-child relationship is positive and the child wants to please the parent, when a parent gives a time out, the intervention is more effective. We ask the parents to do homework 5 minutes a day and to find a spot at home, get out a few toys and focus on positive interactions, feedback and play. The child gets used to the idea that there will be a time to do this each day. When the parent says, "You can either put your shoes on or take a time out" the child will usually make a choice that will work out the best. Once there is a solid relationship at home and compliance, positive behaviors usually translate to other settings. When the program concludes, the therapist and family go on an outing where new skills can be tested in a setting that has been difficult and where new PCIT skills can be used.

How did Ryther get involved with PCIT?

Ryther has been selected as a study site by the University of Oklahoma to help them assess what types of supervision work best for this therapy. They provide consultation and will give Ryther therapists live supervision via webcam during sessions over the course of one year. All staff training and equipment has been provided by the University.

If you are interested in PCIT for your family, contact Kathy Connelly, Outpatient Services Director at 206.517.0260. Private pay/insurance is accepted and evening appointments are available.

From the Executive Director



The well being of children in the Child Welfare system often seems very much like the weather in that a lot of people like to talk about it but no one seems to be able to do anything about it. This statement is not intended to be pejorative in terms of current office holders or public policy makers. Rather the intractability of some of the problems in Child Welfare whether in Washington or any of the other forty-nine States has more to do with some of the frailties and problems of human beings and human society.

Despite being a social worker, I have never fully subscribed to the belief that we are just the products of our gene pool and society without personal responsibility. That being said, I think it has been demonstrated time and again that poverty, ignorance, prejudice and addiction produce a host of bad outcomes. Moreover, we live in a society where these evils often trap not just one person but multiple generations. The really troubling part can often be that we can see a situation where problems are being re-created for a family and we remain powerless, because we also, thankfully, live in a free society that values and protects personal liberty. Moreover, the opposite of a free society does not guarantee in the slightest that these persistent social problems are any more easily solved if solved at all.

All this is not intended to say we should just accept that children and families will continue to suffer these seemingly intractable problems. Rather we must keep giving our best efforts while avoid being seduced by a utopian notion of achieving perfection. That notion of achievable perfection leads to short sighted and often ill conceived actions and reactions. We owe the children and families more.

A handwritten signature in black ink, appearing to read "Lee Grogg".

Lee Grogg: Executive Director/CEO

A Win-Win Partnership for Young Adults with Asperger's and the Ryther Child Center League R-Shoppe.



Carolyn at the R-Shoppe, now part of the team

This year, Ryther launched a new transition program within its Aspiring Youth Program for young adults – Delphi Resources. Delphi Resources is a support program where college-age students with Asperger Syndrome, ADHD and similar developmental traits gain the skills necessary to achieve success in academic, social and life endeavors. Many of these teens graduate from high school where they and their parents have benefited greatly from a strong support system. Negative patterns, including spending too much time online and social isolation can develop for these individuals.

Without ongoing exposure to people and activities, anxiety can increase when the sporadic opportunities to become socially engaged arise. Parents are also looking for answers that will help them support their son or daughter through their unique transition to adulthood. One way to support these older teens and young adults is to help them gain meaningful work experience, so they can build their resume and have a way to keep

their hard earned social skills sharp. Ben Wahl, Program Director, notes that these individuals are loyal and honest, and are often willing to do tasks others find too mundane. Delphi Resources staff members help students build independence skills that will help them pursue new endeavors such as employment. But, as many know, it is hard to land that first job without prior work experience. With the growing need for workers at the R-Shoppe, the Ryther League's all volunteer-run quality thrift store in Ballard, a new partnership has been formed with Delphi Resources. It began with one Delphi Resources student, Carolyn, who let it be known that she "wanted a job and a commitment." While participating in the Delphi Resources winter camp session she began volunteering at the R-Shoppe and continues today. She remarked that this opportunity is giving her "a better sense of what it's like in the real world, as far as a job is concerned." This has been such a positive experience for all involved that a group of Delphi Resources students as well as staff are currently being trained at the R-Shoppe and will have their own regular work shift soon. In addition, a group of involved community members and parents have formed Delphi Career Connections; the group creates a network of local employment opportunities. If you know of employment opportunities in the Seattle metro area or for more information, contact Ben Wahl, Program Director, at 206.517.0222. Also visit www.aspiringyouth.net.

Thank You to Our In-Kind Donors:

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| \$55,000: The Taproot Foundation for Branding and Key Messaging Service Grant | \$1,000: Office Depot Foundation in backpacks and school supplies |
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| \$2,000: Rebuilding Together Seattle and Copiers Northwest for volunteer day materials | \$418: UW Medical Center for night lights |
| \$1,960: The Seattle Aquarium for tickets | \$400: AT&T for new summer pajamas |
| \$1,320: Seattle Mariners for tickets | \$400: Connections Group for new art supplies |



The Ryther League is taking a deserved summer break after a whirlwind of activities...although kids will still enjoy birthday cakes, cookies, art projects and haircuts over the next couple of months. The League's many successful events this year included the Hearts for Hope Dinner Dance & Auction, Bingo de Mayo, the Magnolia Garden Party, Rose Revival and the Annual Spring Luncheon, where the League presented its semiannual donation of \$102,500 and new slate of officers for 2010/2011. If you would like to learn about starting a unit at work or with neighbors or friends, or joining an existing unit, visit rytherleague.org.

Feeling SAFE

Ryther's new Safety, Awareness and Family Education (SAFE) domestic violence group recently completed its first 12 week session, thanks to a grant from the Weyerhaeuser Family Foundation. Children in the sub-acute residential care program who were exposed to domestic violence, along with the non-offending parent, participated. Sessions include two groups – one group of children and one of adults – with the adults reviewing what the children will be discussing and then learning how they can support their child after the class.

The focus for parents is to gain a good understanding of the impact domestic violence has on their child, while children receive educational and emotional support about their experiences. Children are given the opportunity to share their memories and feelings with their parents for the first time in many cases. The all too common silence that pervades domestic violence is broken. "I had no idea my child was aware of so much," stated one mother. At times, moms sadly faced the reality that their children were adversely

affected by the tense and sometimes scary and violent sights and sounds in their homes. SAFE gave them the opportunity to strengthen and repair their relationship with their child.

As the group progressed, staff and counselors noticed that parents were better equipped to listen, ask questions, and assure their child that they are able to keep them safe. Many parents voiced the desire to stop the cycle of violence in their families. Children made steps in their own healing by understanding how violence makes them feel or behave, how to talk about this with their parent, and understanding that they have rights such as the rights to be children, cared for, and protected from abuse and neglect. Ryther is engaging families more in proven and innovative ways and will continue to do so in the future.

A big heartfelt "Thank You" goes out to UPS, Starbucks & Rebuilding Together Seattle volunteers who contributed their valuable time at Ryther.



Volunteers from UPS came to weed and beautify Ryther's campus



Starbucks volunteers spruced up the grounds of Cottage A



Rebuilding Together Seattle gave our campus a makeover with over 55 volunteers

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SAMHSA Report Details Teen Drug Use on an Average Day

Volume 22 Number 22, June 7, 2010

The Substance Abuse and Mental Health Services Administration (SAMHSA) issued a startling report giving a snapshot of what abusable substances adolescents aged 12-17 are consuming on an average day. Here are the results: 508,000 drink alcohol, 641,000 use illicit drugs, and more than 1 million smoke cigarettes. Among the report's major findings is that on any given day during 2008, 563,000 adolescents used marijuana, nearly 37,000 used inhalants, 24,000 used hallucinogens, 16,000 used cocaine and 2,800 used heroin. "This report is a wake-up call about the extent to which our nation's youth engage in risky behavior by using illegal and potentially dangerous substances every day," said SAMHSA Administrator Pamela S. Hyde, J.D. "Parents, families and people working in the public health and public safety professions can prevent substance abuse and promote emotional health. In the long run our efforts can improve health status and lower costs to families, businesses and governments." The report also shows how many adolescents used illegal substances for the first time. On an average day in 2008: Approximately 7,500 adolescents drank alcohol for the first time; 4,360 adolescents used an illicit drug for the first time; Around 3,900 adolescents smoked cigarettes for the first time; Nearly 3,700 adolescents used marijuana for the first time; and Approximately 2,500 adolescents abused pain relievers for the first time. In addition, the report also highlights how many people under age 18 were receiving treatment for a substance abuse problem during an average day in 2008. These numbers included: Over 76,000 in outpatient treatment; More than 9,000 in non-hospital residential treatment; and over 700 in hospital inpatient treatment. Go to www.oas.samhsa.gov/2k10/185/185TypicalDay.htm for the full report.



Patrick Kerney, former Seahawk, speaks to the teen boys in Ryther's inpatient substance abuse program during the opening of the new PK's Gym, which he funded in memory of his brother who fell in the line of duty as a police officer. Patrick let the boys know that working out helped him to focus his energies in the right direction during his teen years.



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