



## A MESSAGE FROM THE EXECUTIVE DIRECTOR

At Ryther, we work to meet the childhood behavioral health crisis by providing services for children along the continuum of needs. Reducing barriers for children, youth, and young adults to receive the therapies proven to work for complicated depression, anxiety, and other behavioral health concerns has always been a value at Ryther. The behavioral healthcare needs of the young people in our community are significant, and Ryther is there to help those with some of the most critical needs.

On our journey to reopening our Residential Treatment Program, **Ryther has successfully launched three programs to address the gaps in youth behavioral and mental health care:** Juvenile Detention, Intensive Outpatient, and Partial Hospitalization Program (PHP) for Eating Disorder Recovery.

**While there are plenty of organizations that provide general mental health services, there are only six Intensive Outpatient Programs (IOP) and Partial Hospitalization Programs (PHP) in the Puget Sound Region.** Ryther's IOP and PHP programs will occur in the only facility with a 9-acre campus designed for kids that includes a challenge course, nature walk and other experiential methods with the supports needed for youth to rise with resilience and hope for the future.

**Please help spread the word** to families and providers with young people struggling with substance use, eating disorders, emotional challenges or suicidal thoughts who would benefit from these structured programs. Read on for a brief overview of our new programs or visit our website at [ryther.org/services](https://ryther.org/services). Thank you all for your support. We could not do this work without you!

— **Karen Brady**  
Executive Director/CEO

## NEW PROGRAMS AT RYTHER

### Juvenile Detention

Ryther clinicians, working within the King County juvenile detention center, will provide various services to youth currently held in the detention center. Bringing a lens of trauma recovery and equity, the Ryther staff will provide assessments, individual therapy, crisis intervention, group therapy, family support as appropriate, community re-integration planning, consulting with health clinic staff and training for juvenile detention staff.

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### Intensive Outpatient

#### Dialectical Behavior Therapy (DBT IOP):

Serves youth ages 13-18. This program is a good fit for youth with acute mental health needs who are experiencing suicidal ideation, self-harm, school avoidance/failure, chronic interpersonal deficits, and low self-worth or have a history of hospitalization or residential treatment.

#### Co-Occurring Intensive Outpatient (COD IOP):

Serves youth ages 13-18. This program uses our challenge course and other experiential methods to aid in skill-building for adolescents with substance use disorders and mental health issues. This group combines motivational interviewing techniques, harm reduction strategies and cognitive behavioral therapy to build connection and community among youth and their families.

#### Eating Disorder Intensive Outpatient (ED IOP):

Serves youth ages 12-18. This program provides individualized treatment for youth diagnosed with an eating disorder and is either stepping down from a higher level of care or for whom traditional outpatient therapy has not improved symptoms significantly. Ryther's ED IOP utilizes components of Family Based Therapy (FBT) in combination with Enhanced Cognitive Behavior Therapy (CBT-E).

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### Partial Hospitalization Program (PHP)

Ryther's Partial Hospitalization Program (PHP) for Eating Disorder Recovery focuses on treating restrictive eating disorders requiring intensive intervention for youth ages 8-16. The treatment team at Ryther includes youth, caregiver(s), therapist, nurse practitioner, psychologist, case manager, and behavior specialist. Additionally, we partner with Seattle Children's Eating Disorder Recovery Program to meet the physical health care and nutritional needs of the youth.



### NEURODIVERSENW '23

We are incredibly excited to share the amazing outcomes from our NeurodiverseNW '23 event on May 20th. Our community showed up and demonstrated a resounding belief in the potential of our youth to drive authentic change to support our shared vision for a more inclusive space for the Neurodiverse community.

Together we raised over **\$62,000** during the event, double our fundraising total from last year. It is an achievement that speaks volumes about your dedication, generosity, and unwavering commitment to the well-being of our neurodivergent youth. We at Ryther and Aspiring Youth are profoundly grateful for your invaluable support.

These funds will be instrumental in extending our reach and enhancing our impact. Our core mission is to expand our programs and camps to serve more youth. Thanks to your generosity, we can continue doing what we do best — helping young people rise with resilience and hope.

Until our next event, we invite you to stay connected, stay informed, and keep championing our cause. Together, we can continue making a significant difference in the lives of our youth. [aspiringyouth.net](https://aspiringyouth.net) | [neurodiverse.com](https://neurodiverse.com)



### RYTHER LEAGUE LUNCHEON

We want to thank the Ryther League for their support and their generous donation to Ryther of **\$75,000** on May 11th at the League's Annual Spring Luncheon. Between the Calico Unit's silent auction, the Cosmopolitan Unit's jewelry sale, cookbook sales, and the "Ask," the League raised an additional **\$3,327** at the event!

Ollie awards went to Fay Kelley of the Fenwick and West unit, Carol Homko of the Cosmopolitan Unit and Mary Johnson, now 101 years of age of the Sand Point Unit, who has volunteered in various ways for the League for 70 years!



Thank you all for your support and we hope to see you at the next League event later this year! [ryther.org/league](https://ryther.org/league)

## HELPING YOUNG PEOPLE FIND A PATH TO HEALING AND HOPE IS WHAT WE DO.

### VEHICLE DONATIONS

***Ryther now makes donations of cars, trucks, recreational vehicles, boats or property easy!***

Our new vehicle donation program offers free pick-ups for all types of donated vehicles, whether running or not. **"Donate for Charity"** manages vehicle donations that significantly enable

donors to contribute to their nonprofit of choice. Their nationwide car donation program maximizes the size of contributions and the amount of your tax deduction.

For more information on how to donate a vehicle to Ryther, visit our website at: [ryther.org/give](https://ryther.org/give).



## JOIN THE Mother **RYTHER** *Legacy Society*

Mother Ryther Legacy Society Members like Sally and Wally Campbell have this to say about why they chose to leave a gift in their estate to Ryther:

*"Ryther is the gold standard organization. We hope our gift helps Ryther to continue giving hope in our community to the children who need it most."*



To learn more or to request our Mother Ryther Legacy Brochure, visit our website at: [ryther.org/planned-giving](https://ryther.org/planned-giving) or email Donna Verretto at [donnav@ryther.org](mailto:donnav@ryther.org).

## Meet Ryther's New Board Members!



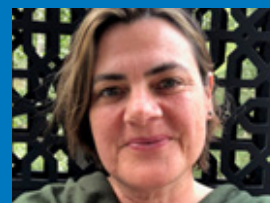
**KASHI ARORA, MPH**  
*Appointed April 2023*

Kashi leads the Seattle Children's Hospital team to assess the mental and behavioral health needs of children in the Washington, Alaska, Montana, and Idaho regions.



**AUGUSTA BUTLIN**  
*Appointed October 2022*

Augusta has been at Valve Corporation for over 15 years and brings leadership skills in long-term opportunity planning, community outreach, consulting, and product development.



**NICKY TANNION, PH.D**  
*Appointed April 2023*

Nicky is a loss, trauma, and grief counselor, teacher, and researcher with broad corporate and non-corporate networks within the local and national LGBTQI+ community.

## VOLUNTEERS

Thank you, Ryther volunteers!

We are grateful for your time and generosity in support of the youth in our community. With summer kicking off, there will be plenty of individual and corporate volunteer opportunities for those who want to lend a hand on our campus or volunteer at our Aspiring Youth Summer Camps.

If you are interested in volunteering for Ryther, please email us at: [vunteer@ryther.org](mailto:vunteer@ryther.org).





# RYTHER

VOICE | SUMMER 2023

2400 NE 95th Street  
Seattle, WA 98115-2426



**GIVE TODAY!**

[ryther.org/donate](https://ryther.org/donate)

206.525.5050

RISE WITH **RYTHER** | 2023 ANNUAL LUNCHEON

*Save the Date | Thursday, October 19th | Sheraton Grand Hotel*