



# RYTHER

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2023 & 2024 IMPACT REPORT

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A blue-tinted photograph of a playground. In the background, a child is climbing a wooden structure. In the foreground, a child is swinging on a swing set. The overall scene is a typical outdoor playground setting.

# OUR MISSION

*Ryther provides exceptional therapeutic services to young people who are struggling emotionally and behaviorally so they may find a path to healing and hope.*

# 2023 & 2024

## *Expanding Programs and Supporting Families*

As we reflect on 2023 and 2024, we are proud of the significant strides Ryther has made in expanding programs that address the growing mental health needs of youth and families. The past two years have marked an extraordinary period of growth and development for Ryther, with new programs that provide critical levels of care and support to those we serve.

With the demand for mental health services for children and families at an all-time high, Ryther has responded by enhancing and expanding our offerings to ensure that we reach more individuals than ever before. Our team has worked tirelessly to create programs that meet young people and families precisely where they are, offering specialized levels of care to meet a variety of needs.

These expanded services are not just about addressing mental health crises but are also designed to empower youth and their families with the tools, strategies, and support systems needed to navigate life's challenges with confidence. The positive changes we have seen reinforce our commitment to behavioral health services, making a tangible difference in the lives of those who turn to Ryther for help.

Our commitment to meeting families where they are in their journey has led us to introduce and expand key programs, such as our ***Intensive Outpatient Programs***, ***Partial Hospitalization Programs***, and ***Family Intervention and Restorative Services***. Each of these programs is designed to provide essential, tailored support along Ryther's therapeutic continuum of care, ensuring that every child, adolescent, and family we work with can access services that address their unique needs.

*“The positive changes we have seen reinforce our commitment to behavioral health services, making a tangible difference in the lives of those in need.”*



### ***Intensive Outpatient Programs (Ages 8-18)***

In 2023, Ryther launched two Intensive Outpatient Programs that have been instrumental in bridging the gap between outpatient therapy and residential care. This program is structured to provide more intensive support than weekly therapy but offers the flexibility for clients to remain in their communities. Our Co-Occurring Disorders (COD IOP) focuses on teen substance use disorders and Dialectical Behavioral Therapy (DBT IOP) serves youth with acute mental health needs such as suicidal ideation and self-harm.

### ***Partial Hospitalization Programs (Ages 8-16)***

Building on the success of the Intensive Outpatient Programs, we introduced the Partial Hospitalization Programs in 2024 to serve children and teens needing a higher level of care. Our Eating Disorder (ED PHP) and Neurodiverse-informed Treatment of Anxiety and OCD (NDAO PHP) programs offer a structured, therapeutic setting that supports clients in building coping skills, emotional regulation, and resilience without requiring an inpatient stay.

### ***Family Intervention and Restorative Services (Ages 10-17)***

In the summer of 2024, Ryther added Family Intervention and Restorative Services (FIRS) to support families with adolescents involved in domestic violence incidents. Partnering with community and court-based programs, FIRS provides alternatives to juvenile detention, promoting lasting change within families.

***As we look ahead, our mission remains clear: to provide compassionate, effective, and holistic care to youth and families in need.***

Thanks to the dedication of our team, community partners, and supporters like you, Ryther is well-positioned to continue offering innovative programs and expanding our reach in the years to come!

*“Ryther has responded  
by enhancing and  
expanding our programs  
to ensure that we reach  
more individuals  
than ever before.”*

# SCOPE OF CARE

*At Ryther, we support young people ages 0-26 with needs related to:*

*ADHD  
Anxiety  
Addictive Behaviors  
Autism  
Body Image  
Depression  
Disordered Eating  
Development Disabilities*

*Family & Relationships  
Gender/Sexual Identity  
Health Management  
Houselessness  
Intellectual Disabilities  
LGBTQIA+ Individuals  
Life Transitions  
Motivation/Goal Setting*

*Neurodivergent Traits  
Psychosis  
Stress Management  
Suicidal Thought  
Trauma/PTSD  
Psychiatric Prescribing  
Summer Camps  
Social Skills Groups*



# Continuum of Care

*The Ryther continuum of care is a comprehensive range of services to support youth and families through various stages of mental health needs. From behavioral health services to intensive wraparound support, Ryther's approach allows youth and their families to move up or down in their level of care based on their needs.*



# OUR SERVICES

*Ryther is dedicated to offering our clients the best possible care while continuously enhancing our programs. For over 135 years, our services have adapted to meet the needs of our community.*

## ***Intensive Outpatient Programs***

Our four intensive treatment programs provide robust support for youth with highly acute needs.

## ***Neurodiverse Services***

Our programs teach social skills to youth with Autism, ADHD, and other neurodiverse traits.

## ***Partial Hospitalization Programs***

Our two distinct programs provide a full day of therapy support for youth with acute needs.

## ***Therapy and Family Services***

Ryther's highly trained clinicians, psychologists, therapists, and social workers are here to help.

## ***Transitional Community Treatment***

Serves unhoused youth experiencing substance use disorders and mental health challenges.

## ***Residential Cottage Programs***

Ryther's residential cottages will reopen in 2025 to provide 24/7 inpatient care to youth.



## Intensive Outpatient Programs

**Co-Occurring Disorders:** Combines experiential methods to support youth with substance use and mental health challenges.

**Dialectical Behavioral Therapy:** Supports youth with acute mental health needs like suicidal ideation and self-harm.

**Eating Disorders:** Treatment for youth transitioning from higher care or for whom outpatient therapy has not improved symptoms.

**Neurodiverse-informed Treatment of Anxiety and OCD:** Focuses on neurodivergent youth with anxiety and OCD.

## Neurodiverse Services

**Aspiring Youth:** Helps children with autism and ADD/ADHD build confidence through social groups and summer camps.

**Delphi Young Adults:** Helps young adults with building connections and exploring career paths through social skills groups.

**Seattle Creator Studio:** Helps teens interested in Creative Arts and STEM pursue tech learning and build confidence.

## Partial Hospitalization Programs

**Eating Disorders:** Full-day treatment for eating disorders through group/individual therapy, meal support, and nutrition guidance.

**Neurodiverse-informed Treatment of Anxiety and OCD:** Full-day treatment for neurodivergent youth with anxiety and OCD.

## Therapy and Family Services

**Behavioral Health Integration:** Ryther therapists collaborate with Seattle clinics to provide short-term therapy for youth and families.

**Family Intervention and Restorative Services:** FIRS program provides alternatives to juvenile detention for domestic violence cases.

**Group Therapy:** Evidence-based group therapy, available virtually or in person, to put learned therapy skills into practice.

**Infant & Early Childhood Mental Health:** Addresses the mental health needs of young children through caregiver-child collaboration.

**Intensive Outpatient Programs:** Four structured treatment programs for mental health and substance use challenges.

**Mental Health Services:** Evidence-based treatments for children and young adults facing challenges like anxiety, depression, and trauma.

**New Journeys/FEP/EPIC:** Comprehensive treatment for youth and young adults that are experiencing their first episode of psychosis.

**Partial Hospitalization Programs:** Ryther's two PHPs for youth facing challenges with eating disorders or anxiety and OCD.

**Psychiatric Providers:** Our Ryther ARNPs provide evaluation and treatment for mental and behavioral health challenges.

**Psychological Assessment:** Psychological assessments are provided to youth when they and their families need these evaluations.

**Residential Cottage Programs:** The cottages will open in 2025 to provide 24/7 inpatient care to youth.

**Substance Use Disorders:** Provides assessments for drugs and alcohol, counseling, groups, and a co-occurring program for youth.

**Wraparound with Intensive Services (WiSe):** For youth requiring a higher level of care or at risk for out-of-home placement.

## Transitional Community Treatment

**Juvenile Detention Mental Health Team:** JJAT provides services to youth who are currently held in the detention center.

**Juvenile Justice Assessment Team:** Provides behavioral health to youth that are in detention awaiting disposition of their case.

**Medication Assisted Treatment:** Helps youth with mental health and substance use disorders by providing housing support, SUD counseling, and more.

**Stepping Stones:** Supports unhoused youth and young adults who have been diagnosed with intellectual or development disabilities.

**Transitional Youth Services:** Provides mental health services to at-risk youth at drop-in and transitional housing centers.

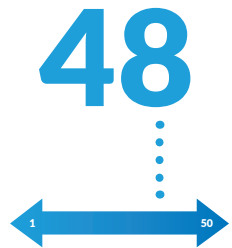
**Youth Support Services:** Provides substance abuse specialists to local agencies through partnerships.

The background of the slide is a photograph of children playing outdoors. In the foreground, a child is jumping with arms raised. To the right, a girl stands looking towards the camera. Other children are visible in the background. The entire image is covered with a semi-transparent blue filter.

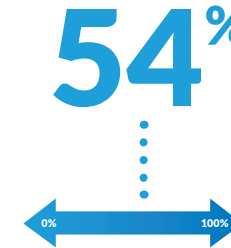
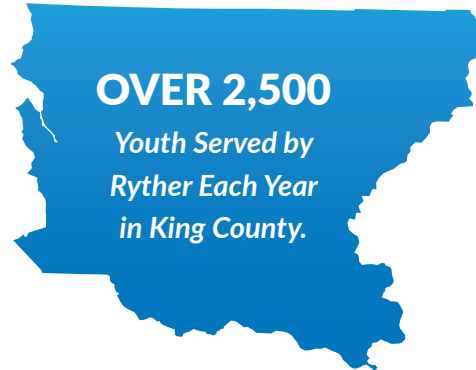
# OUR IMPACT

*Ryther positively impacts the community by providing essential mental health services, empowering youth and families to overcome challenges, and fostering healthier, more resilient communities.*

# Youth Mental Health Crisis in Washington



Washington State  
**Ranks 48th** in the  
country for having  
a higher prevalence  
of youth mental  
health challenges.



**54%** of Washington  
youth with mental  
health challenges did  
not receive treatment  
or counseling in the  
past year.

**47%** of WA youth are  
eligible and enrolled in  
medicaid.

**46%** of WA youth with severe  
depression receive some  
consistent treatment.

**23%** of WA youth are  
experiencing severe  
major depression.

**52%** of WA LGBTQ+ youth  
reported experiencing  
symptoms of depression.

**75%** of teens feel social media  
negatively impacts their  
mental health.

**40%** of WA youth reported  
not having a trusted  
adult they can turn to.

**63,000**

are reported to have a  
substance use disorder.

**611,376**

meet the criteria for  
flourishing in mental health.

**85,000**

have seriously considered  
suicide in the past year.

**22,000**

with private insurance did  
not cover mental health.

A blue-tinted photograph of several children running across a grassy area in front of a long, single-story building with multiple windows. The children are in motion, and the overall scene conveys a sense of energy and youth.

# OUR STORIES

*Every day, the incredible youth at Ryther inspire us with their resilience and courage, reminding us that their stories of growth and hope deserve to be shared and celebrated.*

# Toby's Story

## *Seven Challenges Outpatient Group*

From an early age, Toby faced significant struggles. Diagnosed with ADHD, anxiety, and depression since preschool, he found school and home life challenging as he grew up. By freshman year, Toby's struggles took a turn as he picked up smoking, which quickly escalated into a cycle of addiction.

In search of healing, Toby attended two treatment programs, including residential treatment in Montana, where he spent 14 months learning to prioritize his health and well-being. This experience helped him gain new perspectives and graduate from the program with renewed determination. However, adjusting back into family life proved difficult, and Toby sought further support by joining Ryther for individual therapy sessions.

During this time, Toby began a relationship that brought him joy but also tested his resolve. Unfortunately, he experienced a relapse, leading to an overdose. Toby was introduced to the Seven Challenges therapy group, which is a part of Ryther's comprehensive wraparound services to address deeper issues.

With the support of Ryther's dedicated team, Toby successfully graduated high school and is now pursuing college. His journey highlights the transformative power of Ryther's programs and the impact of a truly collaborative approach to youth behavioral health. Toby's resilience shines as a reminder of the hope and healing that's possible, no matter how challenging the path may seem.





# Christina's Story

## *Partial Hospitalization (PHP) for Eating Disorder Recovery*

Christina had been navigating the complex world of eating disorder treatment for over three years, moving through different levels of care as she searched for stability and hope. By the time she reached our PHP program, she had already stepped down from a residential program but despite her progress, she wrestled with a sense of loss, and the dream of a “normal” life seemed out of reach.

However, Christina's determination sparked a shift. Despite these hurdles, she completed the PHP program in seven weeks—exactly within the typical time frame. Not only that, she made enough progress to skip the Intensive Outpatient Program (IOP) entirely, transitioning straight to Mental Health Outpatient.

Christina grew stronger in her ability to advocate for her recovery and to take bold, independent steps forward. Her mom, too, began to see her progress with renewed faith, and together, watched as she regained more of her sense of self. There were, of course, ups and downs, but they were no longer derailing—they were simply part of the journey.

Today, Christina, her mom, and our team at Ryther are immensely proud of the transformation she has achieved in such a short time. After three years of facing challenges, Christina has found a way forward, and her story is a testament to the power of resilience and the importance of trust, both in oneself and in the care that supports recovery.



# Ella's Story

## *Co-Occurring Disorder Intensive Outpatient (COD IOP)*

Ella's high school years were tough. Each day, she felt a deep sense of emptiness, struggling to understand her place in the world. She put on a brave face, pretending to be happy, but inside, she was spiraling. Therapy hadn't seemed to help, and she had been admitted to the hospital, but nothing seemed to make the feelings go away. Eventually, she turned to substances, hoping they might fill the void and give her a sense of relief.

Then came a turning point. Ella's best friend came to her, worried and scared she might lose her and that she didn't know how she'd get through without her. Hearing this, Ella realized she didn't want to lose the people who cared about her and decided it was time to reach out for help.

When Ella came to Ryther, things weren't easy. She struggled with reducing her usage and felt uncertain if she would graduate high school. But as she slowly began to get more involved in Ryther's Co-Occurring Disorder IOP, her outlook shifted. Ryther became the bridge she needed offering the flexibility to stabilize without needing to leave her family or her community.

Now, with the support of Ryther's program, Ella has regained control of her life, rediscovered her passions, and has begun college courses with a plan to study nursing. Ella's story serves as a reminder that even in the darkest times, there is always hope for healing and transformation.







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*Ryther supports individuals and families in a therapeutic setting,  
yet the environment is comfortable.*

*I loved seeing the campus and feeling closer to the hard work and  
valuable role Ryther has in our community.*

*I'm incredibly grateful for all that Ryther has offered.  
Daily life no longer seemed so daunting.*

# COMMUNITY IMPACT

*Thank you to all of our supporters! Your generosity ensures all children and youth have access to exceptional behavioral healthcare, regardless of a family's ability to pay.*



# Gavin Muller

## Community Advisory Board (CAB) Member

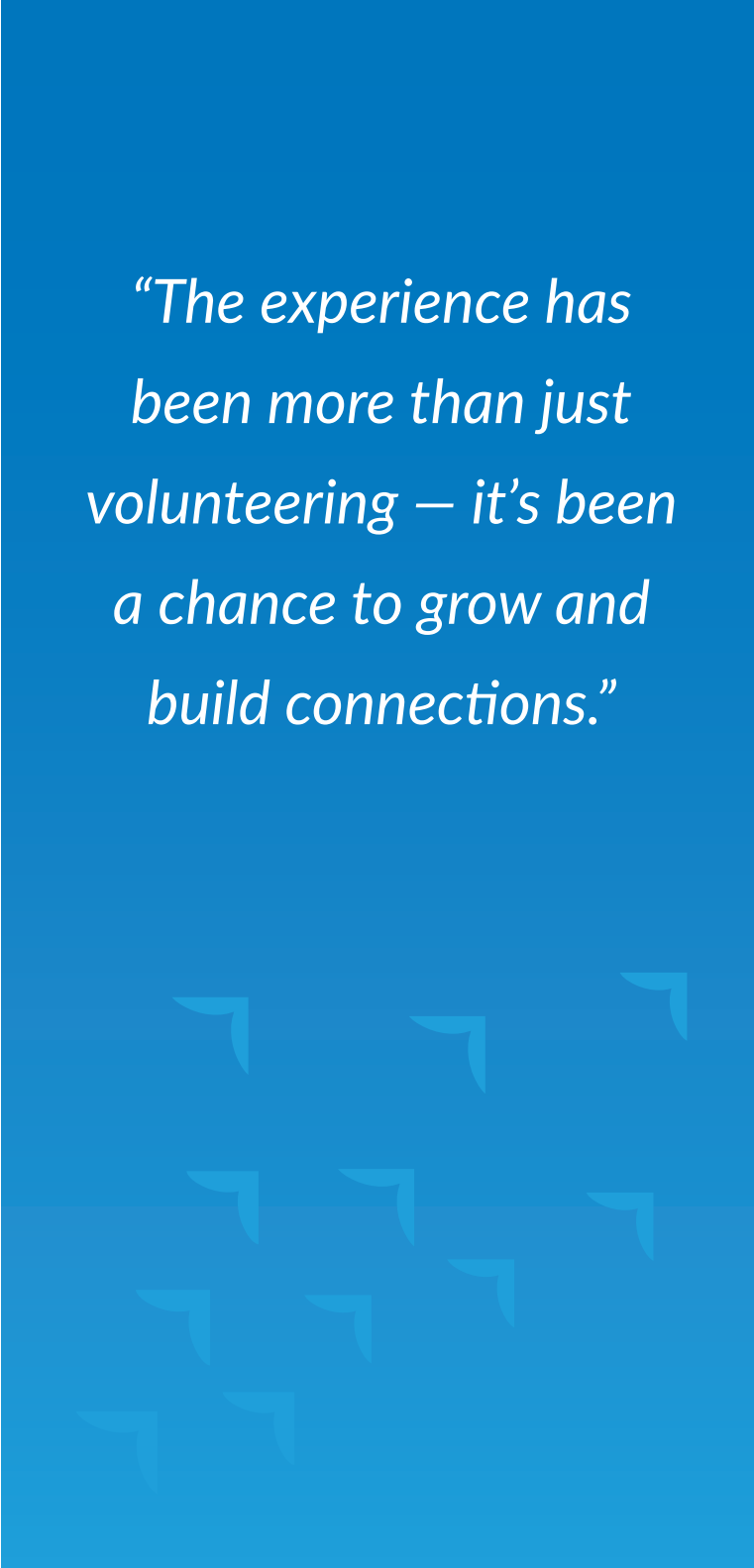
Gavin's connection with Ryther started in a simple way—just a few hours here and there doing landscaping and gardening through his job. While volunteering, Gavin noticed the care and compassion that went into every part of the organization, and Ryther's mission resonated deeply with him.

Curious to understand more, Gavin began exploring the broader field of mental health and learning about residential treatment in Washington. This interest led him to join Ryther's Community Advisory Board (CAB), where he could directly support Ryther's mission in a new way. As a CAB member, he plays an active role in helping Ryther communicate clearly and effectively with families, making sure materials are accessible and easy to understand.

Through his role, Gavin also advocates for bringing the voices of people with lived experience into policy discussions. He's passionate about making sure that real stories—especially those of families impacted by mental health challenges—inform the decisions that shape the services they rely on.

Gavin describes Ryther as an “oasis,” a safe, inclusive space where people are welcomed without judgment. For him, the experience has been more than just volunteering—it's been a chance to grow and build connections. He's proud to be part of a community that supports people through every step of their mental health journey, and he believes organizations like Ryther are essential to building a healthier, more compassionate world.

*“The experience has been more than just volunteering — it's been a chance to grow and build connections.”*







# WHAT'S NEXT?

*In 2025, Ryther will expand its continuum of care by reopening the cottages, a form of residential treatment, by offering a safe and therapeutic environment for youth to heal and grow.*



# The Cottages

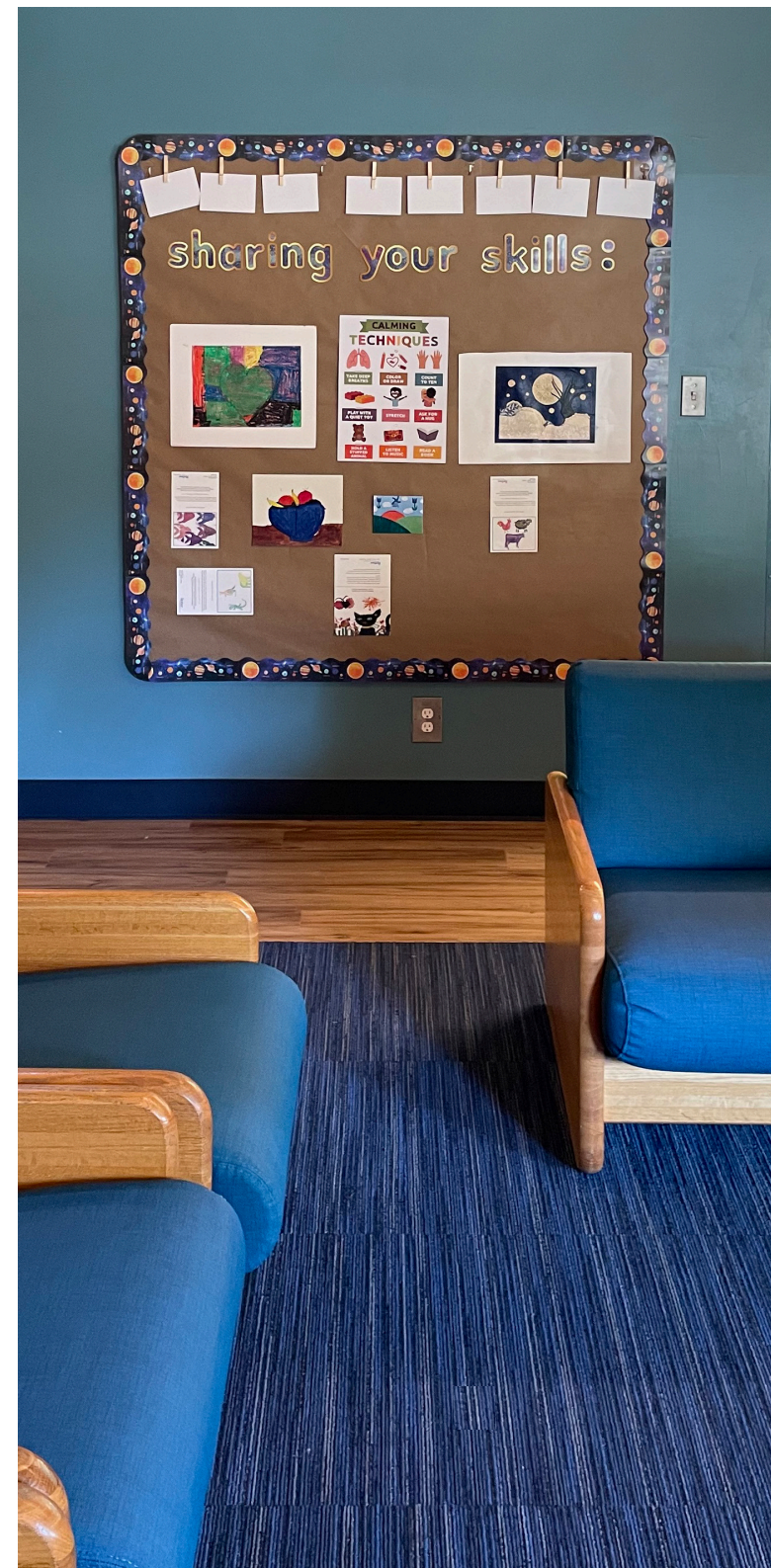
## *Residential Treatment for Healing and Growth*

We're thrilled to share that our "cottage program" will reopen in 2025, now that renovations are complete and our license has been approved. The cottages will provide a warm and welcoming home for young people facing acute mental health challenges. Each resident will receive personalized care, including therapy, life skills training, and fun activities, all designed to help them heal and grow.

***This program is an important part of Ryther's Continuum of Care, ensuring that young people have access to the support they need.***

Our dedicated team is excited to welcome Ryther youth into these cozy spaces, where they'll receive the exceptional therapeutic services they need on campus 24/7. As we prepare for the opening, we are committed to building a caring community that truly makes a difference in the lives of those we serve.

At Ryther, we believe that every child deserves a safe place to thrive. With our new residential cottage programs, we look forward to empowering young people on their journey to recovery and helping them develop the skills they need for a brighter future. Together, we'll create a supportive environment that encourages healing and growth for everyone involved.





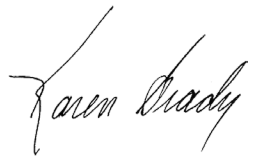
# ***With Gratitude***

Reflecting on 2023 and 2024, we're filled with gratitude for our incredible supporters and dedicated partners who made each impactful moment possible. We are thankful to everyone who has championed our mission and continues to support our work with such generosity.

Through the years, our community has played a vital role in empowering the lives of young people and families, creating brighter futures and lasting change. Thank you for standing with us, for making a meaningful impact, and for helping us conclude 2023 and 2024 on a high note.

***With your support, we look forward to an even brighter 2025!***

Karen Brady  
Executive Director/CEO

A handwritten signature in black ink that reads "Karen Brady". The signature is written in a cursive, flowing style.



“

*If we seize this moment, step up for our children and their families in their moment of need, and lead with inclusion, kindness, and respect, we can lay the foundation for a healthier, more resilient, and more fulfilled nation.*

- Dr. Vivek H. Murthy, Surgeon General of the United States



# STAY CONNECTED

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