



A MESSAGE FROM THE EXECUTIVE DIRECTOR

If our journey to reopen our cottages was a chapter book, the first chapter might be the longest, most tedious, circuitous, and frustrating chapter in the book. After three and a half years and four separate submissions of documents, in November we finally received permission from the Department of Health Construction Review Services (DoH – CRS) to move forward with somewhat minor building modifications that must be done to comply with licensing requirements. Unfortunately, although it may involve other twists and turns in the plot, this chapter could be written by many other agencies in this State. This first step in obtaining a Residential Treatment Facility (RTF) License is arduous in the State of Washington.

We are on to a new chapter that has wonderful surprises and a lot of activity. An angel donor provided Ryther with a gift that covers all the building modification expenses for

each of the three cottages! It is an extraordinary gift to Ryther and to the community that needs the residential treatment services we will be opening. We have a wonderful project manager who is working with the contractors to complete the required work as quickly as possible. When the work is completed, the cottages will be refreshed and available to children and youth who need this scarce level of care. However, I am getting ahead of myself and skipping to the end of the book. There are several other chapters to go that include final approval of the construction work by the DoH, an approval by the State's Fire Marshal, and approval of our policies and procedures by DoH.

While we look forward to finishing this book, we continue to move on with our other “stories” – opening our co-occurring intensive outpatient program for youth with both mental health and a substance use concerns, restarting our dialectical behavioral intensive outpatient program for youth with behaviors that interfere with important parts of their lives, and initiating a partial hospitalization program for young people struggling with eating disorders. We could not have “written this book” without the support of the community. We thank you for being an essential part of helping us begin these critically needed services and continue the programs we provide to over 2,000 young people each year.

— **Karen Brady**
Executive Director/CEO

HOLIDAY GIVING

Thank you to everyone who participated in Ryther's holiday giving! We are grateful for your support of Ryther families in need through Winter Gifts, Annual Appeal, Giving Tuesday, and in-kind gift donations that continue to bring healing and hope.

Your investment supports the creation of more Ryther programs and our ability to serve the youth in our community who need it most. If you are interested in making an impact, you can make a gift today at ryther.org/give.



RYTHER ANNUAL LUNCHEON

Ryther celebrated "Rise with Ryther" at the Sheraton Grand Hotel in Seattle to bring awareness to the youth mental health crisis facing the children, youth, and young adults in our community.

With your support, Ryther raised over \$350,000 to expand Ryther programs! As part of the Ryther community, you are helping young people rise with resilience, hope and a chance to heal so they may look forward to the future.

Missed the Luncheon? Scan the QR Codes to watch the stories from Ryther youth below!



RISE WITH RYTHER

*Youth Mental
Health Crisis*



TOBY'S STORY

*Seven Challenges
Outpatient Group*



RYTHER YOUTH

*What does it mean to
Rise with Ryther?*

Superhero Sponsors

Karl and Michelle Quackenbush

Champion Sponsors

Fox Rothschild LLP, Leonard and Kristin Weber, Lynn and
Bruce Gibson Family Foundation

Advocate Sponsors

Amazon, The Butlin Kearly Family, Evergreen Home Loans,
Fenwick & West, Ken Hornung and Alicia Rivera,
Kim and Lori Kaiser, Ryan, Swanson & Cleveland,
Principal Asset Management

Mentor Sponsors

AHT Insurance, ASI Wealth Management, Dr. Nicola Tannion
and Sylvia Wilks, Eric and Alissa Tanaka, Grace and Ronan
O'Loan, K&L Gates, Kaiser Permanente, North Creek Roofing,
The Partners Group, Seattle Children's, Shook, Hardy & Bacon,
Spratt Asset Advisory Services, Tulalip Cares, Vine Dahlen

RYTHER CAMPUS TOUR

Ryther is a hidden gem in North Seattle. Visit our campus and learn more about our youth mental health programming!

Our 9-acre campus includes cottages for residential treatment, a school, two large recreational areas, a nature trail, and a challenge course, all of which are places where youth can embark on their journey to healing and recovery.

"I'm so glad I took my recent tour of Ryther. Seeing the housing and services open to youth on campus was great. Also, I enjoyed hearing about the day programs that Ryther offers for kids in our community." - Kari, community member

To sign up for a tour of Ryther's 9-acre campus, visit our website at ryther.org/campus-tour or email events@ryther.org.

UPCOMING RYTHER EVENTS

"Treatment Approaches in the Intensive Services Setting"

March 1, 2024 | 12:30-2:00pm | Ryther Campus

This panel will overview treatment approaches and considerations in Intensive Outpatient and Partial Hospitalization settings. A great opportunity for providers and stakeholders to learn more about this vital service approach for kids and teens. **Panelists:** *Dr. Larissa Mancil, Ryther director of clinical operations, Anne Krier, Manager of IOP Services, Dr. Robin Ballard, private practice psychologist and former Ryther clinician.*

This training provides free CEUs for clinicians and educators. For more information or to RSVP, contact benw@ryther.org.

"Ribbon Cutting Ceremony and Accessibility Celebration"

April 3, 2024 | 6:30-8:00pm | Ryther Campus

Ryther client alum, Charlie Howe, advocated for city funding to improve accessibility from Lake City Way to the Ryther campus. Join Charlie, former City Council President Debora Juarez, and other community leaders in celebrating the successful advocacy effort that led to a \$500k sidewalk construction that improves access for Ryther families, staff, and neighbors!

We hope you can join us. The ribbon cutting will be followed by a reception with light refreshments. For more information or to RSVP, contact benw@ryther.org.

CLIENT SPOTLIGHT

We were delighted to work with Margot, a 4-year-old outpatient therapy client, to create the artwork for our holiday appeal. She created a paper collage featuring a "cozy gingerbread house with a snowman." We hope you enjoyed her creativity as much as we did!

Margot's mother, Jenna, shared about Margot's journey at Ryther:

"Margot began therapy at Ryther when she was 3, and the care she receives is geared toward her developmental age. As Margot navigates some really difficult things beyond her control in the outside world, she can count on the consistency of her therapist and her appointments. Coming from a background in community mental health, I know that this can be challenging, and I really value this. This program is exceptional."



NEW PROGRAM!

Ryther's new **Center for Learning and Vocational Development** is an opportunity for adult students who are looking for an internship or practicum learning experience to gain the core skills needed to succeed in their chosen fields.

Ryther uses "Learning Pathways" to help interns meet their degree program requirements while advancing their expertise in a particular subject. Current Pathways offered include Dialectical Behavior, Disordered Eating (Inpatient), Family Systems and Parenting,

Infant/Early Childhood Mental Health, Juvenile Justice Systems, Neurodiverse Youth, Psychosis and Severe Mental Illness, Substance Use and Co-Occurring Disorders, Therapeutic Creative Arts, and Unhoused/Houseless Youth.

Interns with an Associate's, Bachelor's, or Master's enrolled in a relevant educational degree program are welcome to apply. For more information about our innovative and highly flexible program, go to ryther.org/learning.

RYTHER

VOICE | WINTER 2024

2400 NE 95th Street
Seattle, WA 98115-2426



GIVE TODAY!

ryther.org/donate

206.525.5050

LIKE AND FOLLOW US ON SOCIAL MEDIA!



@FollowRyther



@RytherVoice



@RytherTube



@Ryther

— AND —

CHECK OUT RYTHER'S BLOG TO SEE THE LATEST NEWS!
ryther.org/stories