



A MESSAGE FROM THE EXECUTIVE DIRECTOR

The first half of 2024 has been a thrilling period of growth and innovation at Ryther! While we eagerly anticipate the completion of work on the cottages to advance in our licensing process, we've already begun building a comprehensive continuum of care. This range of services spans from general outpatient therapy to the most intensive inpatient therapy.

In May, we proudly launched a partial hospitalization program for young people battling eating disorders. This program offers therapy 4-5 days a week for 7-9 hours each day. Additionally, we're gearing up to start a second partial hospitalization program for young people with anxiety, including those who are neurodiverse. Both of these programs will be com-

plemented by adjacent intensive outpatient programs, where youth will attend three, three-hour groups weekly, alongside individual and family therapy. We anticipate opening these intensive outpatient programs within the next few months.

Our efforts don't stop there! We have also initiated and expanded an intensive outpatient program for young people facing substance use issues alongside co-occurring conditions like depression or anxiety. This program uniquely combines experiential therapy with the evidence-based Seven Challenges therapy, effectively engaging youth who are often resistant to traditional treatment methods.

We're equally excited to announce that we've been selected to operate the **Family Intervention and Restorative Services (FIRS) Center**. This court diversion program offers short-term, 24-hour services to young people involved in aggressive and destructive behaviors at home. The program not only provides respite for the young person and their family but also helps address conflicts and foster a more harmonious home environment. Ryther began its involvement with this impactful program on July 1st.

This is an exciting time at Ryther, and we want to thank you for helping us make these programs available to our community!

— **Karen Brady**
Executive Director/CEO

CAMINO FOR KIDS!

A Unique and Heartfelt Fundraiser

This Fall, Robin Bennett, former Ryther staff member, will embark on the legendary 500-mile Camino Frances pilgrimage from France to Spain. This journey, walked for over 1,000 years, attracts people worldwide seeking challenge, adventure, spiritual connection, or a chance to meet others.

Robin's trek is a fundraiser for the Ryther League and a tribute to the journeys of the youth at Ryther. She acknowledges that her path, though challenging, pales in comparison to the struggles the youth face as they work through their barriers. A highlight of her journey will be the **Cruz de Ferro**, where

pilgrims leave stones as symbols of emotional burdens or in remembrance of someone special. Robin will carry a stone in honor of Ryther's children and youth. Follow Robin's inspiring journey on our social media and website for weekly updates!

Facebook



Instagram



LinkedIn





UNVEILING CREATIVITY

Thanks to the transformative AIGA LINK Program and the talented mural artist Tori Shao, we're thrilled to unveil Ryther's newest artistic gem on campus. This vibrant addition, crafted with the collaborative efforts of students, volunteers, and our community, beautifully captures the healing essence of Ryther's nature trail—a vital space for sensory and therapeutic activities.

To get involved at Ryther, visit ryther.org/get-involved.



KING 5 NEWS FEATURE

Be sure to catch our feature on King 5 news, where we delve into how this mural has not only beautified our campus but also fostered a stronger sense of community and why youth mental health is important.

Scan the QR Code to
watch the interview!



YOUTH MENTAL HEALTH ADVOCATES



Ryther had the distinct honor of welcoming our dedicated District 46 legislators to our campus!

Senator Valdez, Representative Pollet, and Representative Farivar, who are passionate advocates for the well-being of children, youth, young adults, and their families, visited to see firsthand the impact of their work. Their commitment, interest, and responsiveness are truly inspiring. We deeply appreciate their efforts to enhance our community and improve the lives of those we serve.

Curious about what makes Ryther special? We'd love to show you around our incredible campus. Schedule a tour today! ryther.org/campus-tour



VOLUNTEER SPOTLIGHT

Sarah Bakken — James King Roofing



Mental Health Awareness Month wrapped up with a spectacular event for volunteers!

Sarah Bakken, Business Account Manager for James King Roofing, rallied a powerhouse team of over fifty volunteers, including ten businesses, friends, family, clients, and colleagues, to make an impact on Ryther's campus.

Reflecting on the event's success and huge volunteer turnout for the year, Sarah shared:

“

I was so humbled by the responsiveness of everyone wanting to do their part. A small part, in appreciation for the hard work that Ryther puts in to make so many children, teens, and young adults lives better everyday.

Join the Ryther community and make a difference by contacting us today to explore current volunteer opportunities! Go to ryther.org/volunteer.



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

MEET RYTHER'S PARTIAL HOSPITALIZATION TEAM!

We're thrilled to introduce our fantastic PHP staff members, who bring a wealth of talent, creativity, and enthusiasm to Ryther's new Partial Hospitalization Programs for Eating Disorders and Anxiety and OCD. They're here to inspire, uplift, and make a real difference in the lives of young people! For more information about our new PHP program, visit ryther.org/partial-hospitalization.



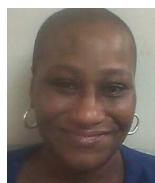
Marqué Moody

Program Supervisor
Eating Disorders



Cailin Lanier

Therapist
Eating Disorders



Liz Morrison

Behavior Specialist
Eating Disorders



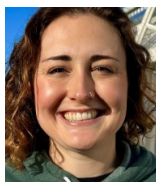
Nicole Bailey

Behavior Specialist
Eating Disorders



Mary Hamren

Registered Dietitian
Eating Disorders



Dylan Strnad

Program Supervisor
Anxiety & OCD



Bella Springer

Therapist
Anxiety & OCD

WE'RE
HIRING



Join our dynamic team and be a part of something extraordinary. Check out our latest job openings and apply today!

ryther.org/careers



RYTHER

VOICE | SUMMER 2024

2400 NE 95th Street
Seattle, WA 98115-2426



GIVE TODAY!

ryther.org/donate

206.525.5050

RISE WITH **RYTHER**

2024 ANNUAL LUNCHEON

Thursday, October 24 | Sheraton Grand Hotel | 11:00am – 1:00pm