# RYTHER IMPACT REPORT

Delivering exceptional therapeutic services for over 135 years.





COMPETENCY. COMMUNITY. CONNECTION.

# **OUR MESSAGE TO THE COMMUNITY**



On October 19, 2021, leading experts declared a national state of emergency in child and adolescent mental health. That crisis has been evident at Ryther throughout 2022. We receive calls daily from parents who felt desperate to find help for their children who struggled with severe depression, anxiety, substance use, and other behavioral health concerns that resulted in suicidal ideation, self-harm and severe acting out behaviors. While the world began to emerge from the throws of the pandemic, children, youth, and young adults started to display the pandemic's impact on their behavioral health.

Ryther worked to meet this childhood behavioral health crisis by providing services for children along the continuum of needs. After-school groups for neurodivergent young people who struggle to fit in were offered in person and virtually so that children with significant social avoidance and those living remotely could participate. Applied Behavioral Analysis continued to be provided on our campus throughout the pandemic to help young children diagnosed with autism begin to feel successful in navigating the world around them. And our outpatient therapy team met young people where they were – literally – in schools, drop-in centers, group homes, shelters, pediatric clinics, and domestic violence shelters.

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. This principle is centered in our Wraparound with Intensive Services (WISe) work with families with a child with significant behavioral concerns, providing services and supports 24/7/365 days a year. The value is also evident in our Medically Assisted Treatment Program, where in partnership with a physician from Kaiser Permanente, our team meets young people struggling with opioid addiction where they are in King County. 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.

While we continue to bring services to the community to serve children, youth, and young adults with complex and significant needs, we remain steadfast in our efforts to reopen the cottages. Despite the escalating demand, we know that this level of care – community-based inpatient care for children – is in short supply in our community. We have learned that our experience of multiple denials by the Department of Health to proceed with required building modifications is not uncommon. Unfortunately, it is the norm and contributes to a lack of available beds. The growing need in our state for this level of care heightens our commitment to reopening the cottages, and we are confident that we will ultimately be successful.

The reality of working with youth and young adults is that it takes a team. Ryther partners with other agencies, schools, juvenile court, pediatricians, other social service providers, and advocates to best serve those seeking services with us. While they rely on Ryther, we rely on those that believe in and support what we do. Without you, we could not do this work without the community's help. Thank you for helping us make a difference for children and youth experiencing their own behavioral health crisis and struggling to find a path forward.

Executive Director / CFO



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

# **Ryther Theory of Change**



As a part of Ryther's commitment to continuous improvement and dedication to providing our clients with the best possible treatment, Ryther has developed and implemented a Theory of Change, which will serve as a guide for everything we do.

Competency   Community   Connection			
Mı	ulti-Disciplinary	Cross-System Collaboration	
	omprehensive Assessment	Evidence-Based / Research Informed	
Č	Social Justice & Equity	Trauma- Informed	

Ryther's Theory of Change is built upon six key blocks, all of which help us to be clear about who we serve and what we do (pictured in the house model above). If we are successful in incorporating these six elements into every decision, we should see the three outcomes on the roof of the model: Competency, Community, and Connection. In other words, we are working to ensure that every decision we make leads to our clients feeling successful in at least one major life area, having a community to which they feel they belong, and having a secure, safe, and nurturing connection to at least one person in their life.

Ryther's Theory of Change will serve as our road map to the future; every decision can be looked at through this lens. It can be used for large agency decisions as well as smaller decisions that staff make every day. This will allow us as an agency to ensure we are acting in a way that is consistent with our mission and vision statements.

# **OUR IMPACT**



### Thank you to our Donors and Volunteers!

With your support, Ryther can ensure all children and youth will continue to have access to exceptional behavioral healthcare — regardless of a family's ability to pay.









# If you are a young person struggling, Ryther can help.

## WE TREAT YOUNG PEOPLE AGES 0 - 26

### Ryther's Scope of Care



- ADHD -
- Anxiety -
- Addictive behaviors -
  - Autism -
  - Body Image -
  - Depression -
- Disordered Eating -
- Developmental Disabilities -
  - Family & Relationships -
  - Gender/Sexual Identity -
    - Health Management -
  - Intellectual Disabilities -

- Life Transitions -
- LGBTQIA+ Individuals -
- Motivation and Goal Setting -
- Neurodevelopmental Traits -
  - Psychosis -
  - Stress Management -
    - Suicidal thoughts -
      - Trauma/PTSD -
  - Psychiatric Prescribing -
    - Summer Camps -
    - Social Skills Groups -
      - Unhoused Youth -

# **OUR WORK**



Ryther's services have grown and changed in response to community needs in King County for over 138 years.



#### **FAMILY SUPPORT SERVICES**



#### Wraparound with Intensive Services (WISe)

We support families in coordinating mental/physical healthcare for their child who needs a high level of care.

- \* This program requires a time commitment from the youth and family of at least 10.5 hours per month.
- \* Develops an individualized care plan, based on strengths and needs that respect their family culture and norms.
- \* Identifes or provides resources and supports for children, youth, and their families.
- \* Provides CANS (Children Adolescent Needs & Strength) assessment that summarizes important areas related to school, work, home, and relationships.



#### **NEURODIVERSE SERVICES**



#### **Applied Behavior Analysis**

We provide camps, social skills groups, and therapy for youth with neurodivergent traits.

#### **Aspiring Youth**

We provide camps, social skills groups, and therapy for youth with neurodivergent traits.

#### **Delphi Young Adults**

We provide services for neurodivergent young adults who are looking for careers, stable housing, and social groups.

#### **Seattle Creator Studio**

We provide social groups for teens with diverse learning styles who are interested in Creative Arts and STEM.



**Care Continuum:** Ryther's services offer a therapeutic continuum of care from behavioral health to intensive wraparound supports for the entire family.



#### THERAPY AND COUNSELING



#### **Intensive Outpatient**

We serve youth with acute mental health needs deemed medically necessary including substance use disroders.

#### **Outpatient Therapy**

We provide individual, group, and family therapy for youth, and young adults. Care is normally at client's home.

#### **Substance Use**

We provide services to address teens using drugs or alcohol and their families, as well as mental health issues.

#### Mental Health

We use evidence based treatments for children, youth, and young adults struggling with anxiety, depression, ADHD, trauma, self-harm, and more.



#### TRANSITIONAL COMMUNITY TREATMENT



#### **Juvenile Justice Assessment**

We assess King County Youth who have been arrested for crimes with mental health and substance use disorders.

#### **Medically Assisted Treatment**

We assist youth and young adults experiencing houselessness with mental health/substance use disorders.

#### **New Journeys / First Episode Psychosis**

We focus on providing comprehensive treatment to youth experiencing their first episode of psychosis.

#### **Transitional Youth / Youth Support Services**

We provide mental health services, drop-in centers and substance abuse specialists for houseless at-risk youth.

# **OUR LOCATION**



## Ryther goes where other providers don't.

Ryther's staff is found wherever young people are; in schools, on the street, at shelters, on rope challenge courses, or in offices. Youth meet with staff in an environment that works best for them.









# **Ryther Client Testimonials**



"Ryther offered hope where there was none."

- Parent of a Ryther Client

"Working with WISe changed my life completely. I went from feeling like I was drowning in anxiety and having no idea how to manage the tasks I needed to complete, to having a little team around me that supported me and helped me realize that it's the small steps that matter. I recommend wise to absolutely anyone who is considering it."

- TYS WISe Client

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

- Parent of a Ryther Client

"I appreciate you [Ryther Staff] grinding on me to be better and stop doing drugs and seeing the young man in me that I didn't at the time. Even After I wouldn't listen to anybody. you still tried over and over. I'm not 34 with 3 kids and a happy family and finally seeing things you were trying to help me avoid. Life is beautiful now that I have been sober and breaking the cycle of abuse."

- Former Ryther Client







The four-year-old girl held up her stuffed cat while hiding her face at her mother's side. I had seen this cat before, *Princess Kitty*, on video. We had been doing Child-Parent Psychotherapy for half a year, but we could finally meet in person now that Covid restrictions were lifted.

"Hi, Princess Kitty! Do you want to come meet Ruff-ruff?"

**Ruff-ruff** is the stuffed dog Allie named, which had also only been seen on video. Princess Kitty nodded, and Mom shuffled the girl along.

When we got in my office, I held up Ruff-ruff and said quietly in "his" deep voice, "I think Allie is feeling shy. That's ok. We can get to know each other better now that we can be all together."

Princess Kitty and Ruff-ruff played a little, and Allie felt more comfortable. She could play dollhouse and act out the disagreements between her Mom and Dad. Allie's mother validated her feelings and experience and reminded her she was safe now. This experience of being able to play out, sometimes in themes and sometimes explicitly, to their understanding and comforting caregiver is the heart of Child Parent Psychotherapy.

When Alie graduated from therapy, she was getting ready to start kindergarten. Her tantrums had gone away, and while Princess Kitty came to every therapy session, after a while, Allie didn't need her to talk to me anymore. She didn't need to play about the fighting anymore, either. Allie had found the strength to stand up to her dad and tell him she didn't like it when he talked badly about her mom, and he had stopped. She was no longer wetting her bed and returned to independent skills, such as dressing herself daily.

By intervening early with Allie and all our infant/early childhood clients, we can restore their healthy development, improve their caregiver's parenting and attunement skills, and prevent more deep-seated and difficult-to-treat disorders later in life.

# **OUR ORGANIZATION**



1885

Olive Ryther took in the four children of a neighbor, promising the woman on her deathbed that these children would be raised as her own. These were the first of many children and women that would be cared for by Mother Ryther.

1941

The focus of the organization changed upon Mother Ryther's death in 1934 based on the needs of the community. What was originally called the Ryther Home became Ryther Child Center, serving children with severe emotional and behavioral issues.

2022

Today, Ryther provides outpatient mental health programs to help young people who are struggling with mental illness, trauma, ADHD, substance use, houselessness, and autism spectrum disorders.



FAMILY SUPPORT SERVICES IN 2022

8%



NEURODIVERSE SERVICES

IN 2022

**17**%



THERAPY AND COUNSELING

IN 2022

**50**%



TRANSITIONAL COMMUNITY
TREATMENT

IN 2022

**25**%



# OVER 2,500 CLIENTS SERVED IN 2022



**AGES: 0-5** 

**5**%



AGES: 6-10

**17**%



AGFS: 11-15

30%



AGES: 16-20

34%



AGES: 21+

14%

# **THERAPY AND COUNSELING IN 2022**

21,269

**TOTAL Therapy Hours**  8,906

**INDIVIDUAL Therapy Sessions**  1,223

**GROUP Therapy Sessions** 

## **ASPIRING YOUTH IN 2022**

632 **Clients Served** 

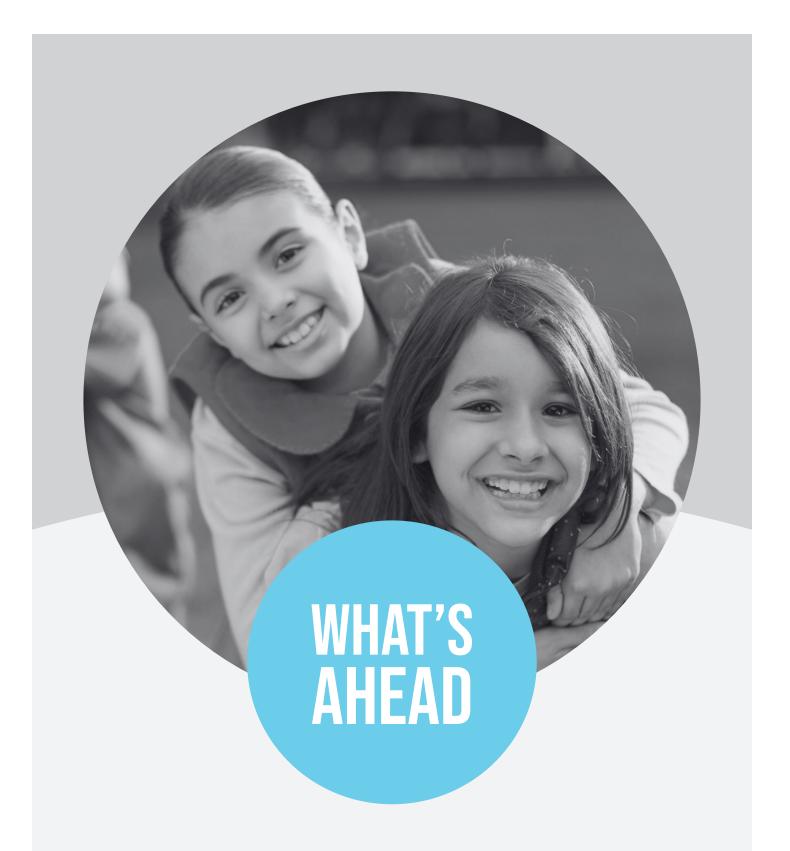
140 **Groups Held** 

## **WISE SCHOOL DISTRICTS**



**5 KING COUNTY DISTRICTS** 

Served by Wraparound Intensive Services (WISe) in 2022



Ryther's work is needed now more than ever. Our children are facing a national crisis in mental and behavioral health. Ryther is responding to these crises by opening new programs for young people requiring specialized care and addressing workforce challenges.

# Responding to Community Needs



#### **Residential Treatment Program**

For over two years, Ryther has been working to obtain an RTF license that is necessary to open three new specialized Residential Treatment Programs:

- **Eating Disorders:** Treats 8-16-year-olds who are struggling with a restrictive eating disorder, as well as their families. We will use Family-Based Treatment (FBT) and Cognitive Behavioral Therapy (CBT) to help clients find a path to recovery.
- **Behavioral Health:** Treats 6-14-year-olds who are experiencing an acute behavioral health crisis. The program will serve youth living with a mood, thought, or trauma disorder. This program will integrate Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT) to support clients, and their families, in achieving their treatment goals.
- **Neurodevelopmental:** Treats children, ages 6-14, who are diagnosed with Autism, ADHD, or anxiety and are experiencing significant challenges in their daily lives. We will use an integration of Cognitive Behavioral Therapy (CBT), Social Thinking Curriculum, and Applied Behavioral Analysis (ABA) to support clients, and their families, in achieving their treatment goals.

#### **Juvenile Detention Program**

Ryther clinicians, working within the King County juvenile detention center, provide a variety of services to youth who are 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 reintegration planning, consulting with health clinic staff and training for juvenile detention staff.

#### **Workforce Challenges**

As with most non-profit behavioral health organizations in Washington State, we also face challenges in delivering, sustaining, and advancing children's services due to an inadequate number of behavior health care professionals. In order to continue to fill this gap, Ryther has increased staff wages to compete with industry standard levels, created more positions, and continue to address burnout.

# RISE WITH RYTHER

#### FOLLOW US ON SOCIAL MEDIA!









## - AND

# VISIT RYTHER'S CAMPUS FOR A TOUR! development@ryther.org

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GIVE



**RYTHER LEAGUE** 



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