

# TODAY



Serving teens and families troubled by alcohol and other drug use, since 1980

## Amanda's Story— The Life Changing Affects of Alcoholism

"I grew up in an alcoholic family with all the problems that go with it," says Amanda, a recent Daybreak graduate. "It made me afraid, but I thought that drinking was the right way to cope with things; and at the same time, I hated what it did to my family. By the age of six, I sensed that most of my family's problems were from alcohol.

"I looked up to my brother and wanted to be like him. He started using pot and alcohol at 13. When I was in sixth grade, I noticed that drugs were all around me. So, I started using because I thought it was cool and was tempted to experiment. By seventh grade, I couldn't go a day without using drugs. I was waking up every day, getting stoned on weed before school, during lunch, and after school! All I could think about was my next hit."

Amanda's father took an important step and filed an "At Risk Youth" petition. "Even though I was on 'At Risk Youth,' I was careless," says Amanda. "Then I started Meth off and on and was in and out of jail, with ankle monitoring and doing community service. I didn't learn from it or hit rock bottom yet and kept repeating the cycle."

Amanda started running away from home. Dropping out of school, she did not see her family for over a year. At the age of 14, Amanda went places she normally wouldn't have gone. Stealing

from people, she went to all lengths to get drugs. "This is where the drugs took me," Amanda said.

In 2003, a friend suggested Amanda enter Daybreak Inpatient services. By this time, she had only two choices: jail or treatment. "They took us to meetings to learn tools for a different way to live, so we didn't have to live a life on drugs. Listening to others at Daybreak encouraged me. I started to think about life." On October 28, 2003, forty-eight days after entering treatment at Daybreak, she completed her program.

However, Amanda still found herself in and out of treatment and fighting to find answers through her Meth use - all the while abusing herself. "I was killing myself. I was losing friends, and my Mom and Dad didn't know what to do with me. I didn't really have a choice - I needed to start living in reality or die."

Appearing in court, the judge told Amanda if she did not get and stay clean, she would have to spend two months in jail or go back into treatment. She chose to return to Daybreak as an Outpatient. She is celebrating her fifth month of being clean and sober.

"Initially Amanda was successful at hiding her use," says Janet Toone, Daybreak Chemical Dependency Counselor. "As she hung out with friends that used, the desire to stay clean was overshadowed by her desire to use. Trying to escape depression and



Amanda (right) and Amanda's Chemical Dependency Counselor, Janet Toone

feelings of abandonment, Amanda looked to drugs to cope. She had a lot of ups and downs before she figured out her sobriety was a lifelong process which only she had control over. Back in school, she struggles to overcome the effects methamphetamine use had on her brain. She is determined to graduate in the ESD 101 re-entry program this year. Amanda now has a goal to be a professional photographer and explore her gifts as a writer. I know with a clean and sober life, Amanda can accomplish her goals."

"I'm very thankful I got to go to Daybreak," says Amanda. "Not everyone gets to go. Now the desire to not use is much greater than to use! When I get tempted, I get busy. I no longer associate with using friends. I speak at Daybreak, telling my story to be an inspiration to others. There is a lot of opportunity in life to be something, and using just makes you nothing!"



# MESSAGES

## Daybreak Governing Board

Mike Hanson, *President*  
Ed Coker, *Immediate Past President*  
Cyrus McLean, *Vice President - Spokane*  
Calvin Clark, MD, *Vice President - Vancouver*  
Marguerite Matusak, *Secretary*  
Malyn Malquist, *Treasurer*  
Ginny Ann Nichols  
Gary J. Smith  
Peter Williams

## Vancouver Advisory Board

Ginny Ann Nichols, *Chair*  
Calvin Clark, MD, *Past Chair*  
Casey Marshall, *Secretary / Treasurer*

Terry Billedeaux	Clancy Kelly
Janey Brammer	Marguerite Matusak
Phillip Brenes, MD	Terry McCarty
Dennis Cole	Jack McFarland, DDS
Mike Day	Dan Morasch, DDS
Dave Dumas	Greg Page
Mary Caye Eiesland	Aaron Schiller
Mike Foister	Joe Sosky
Dan Foster	Jim Tangeman
Donna Haney	Matt Todd
Dru Horenstein	Tom Tucker
Brent Johnson	Ken Webber

## Executive Staff

Tim Smith, *Executive Director*  
Tom Bashwiner, *Development Director*  
Michael Bruch, *Operations Director*  
James Loudermilk, *Spokane Outpatient Director*  
Richard Miles, *Spokane Inpatient Director*  
Mike Ott, *Vancouver Inpatient Director*

## Daybreak Administration

11711 E Sprague, D-4  
Spokane Valley, WA 99206  
509-927-1688 (ph)  
509-927-1851 (fax)

## Daybreak Development

960 E. Third Avenue  
Spokane, WA 99202  
509-444-7033 (ph)  
509 444 7038 (fax)

101 E Eighth Street, Suite 120  
Vancouver, WA 98660  
360-635-4120 (ph)  
360-635-4123 (fax)

[www.daybreakinfo.org](http://www.daybreakinfo.org)



## Mike Hanson, Governing Board President

These are new and exciting times for Daybreak. Our Governing Board now has nine members, three of whom come from Vancouver and represent our operation in that city. We are truly becoming a regional agency. Doing business in two cities instead of just one is presenting us with new opportunities that require careful planning and cautious execution.

Our 27-member Advisory Board in Vancouver continues to recruit people, with a goal of 40 members. Here in Spokane, we have just hired a Development professional with the expectation that the Spokane Advisory Board will be formed soon. The Advisory Boards in both cities will serve as informed advocates for Daybreak, helping us raise our visibility and generate new philanthropic support for the overall Daybreak operation.

Philanthropy is rapidly becoming a core value at Daybreak and promises to become the “third leg” of the stool of our support, along with government contracts and private insurance reimbursement. More and more people are willing to make charitable investments in our work once they realize how important our mission is and how effective the Daybreak staff is in working with teens troubled by alcohol and drug addictions. We have an admirable track record of more than 25 years of service and effective treatment outcomes that are most inviting to those who are seeking places for their philanthropic dollars.

These are growth years for Daybreak, and we want to negotiate them as smartly as we can. In this light, we have begun to discuss a five-year plan that will chart our course and guide our decisions in the coming months and years. We ask you to keep Daybreak in your thoughts and prayers as we advance our important mission into the communities where we have been invited and where we now serve.



## Ginny Ann Nichols, Vancouver Advisory Board Chair

Having been in office only a few weeks now, I realize how much momentum my predecessor, Advisory Board Chair **Cal Clark, MD**, created in the last two years. My job is to keep this momentum going and to add my own personal “touch” to the process.

I am very fortunate to have an outstanding Board and committee chairs to help make this happen. **Janey Brammer** heads the Special Events Committee, which is already at work planning for next spring’s event. **Donna Haney** takes the helm of the Community Liaison Committee, with plans to continue networking efforts to increase awareness and visibility of Daybreak in the community. The Nominating Committee, under the new leadership of **Clancy Kelly**, will continue to identify community members who have a passion for the Daybreak mission and who are willing to become community advocates and generous donors in support of the local Daybreak treatment program.

Lastly, **Jack McFarland, DDS**, assumes the chair of the Planned Giving/Endowment Committee, which is identifying a charitable gift strategy program that guarantees an income stream for donors, while leaving a legacy for their families and the community.

We anticipate another outstanding year on the Daybreak Vancouver Advisory Board!

**Daybreak Mission:** Daybreak is a private non-profit agency that provides drug and alcohol services to adolescents and their families, of all economic and ethnic origins, in hope of achieving the following outcomes: a) long-term abstinence from chemical use, b) solid family and social relationships, and c) personal responsibility for his/her actions.

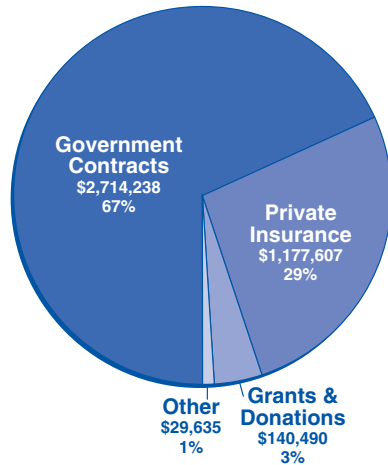
# 2005

# FINANCIAL REPORT

(July 1, 2004 – June 30, 2005)

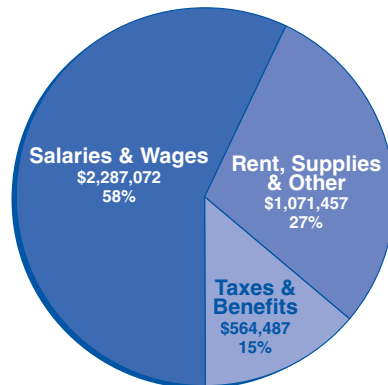
## Operating Revenue

\$4,061,970



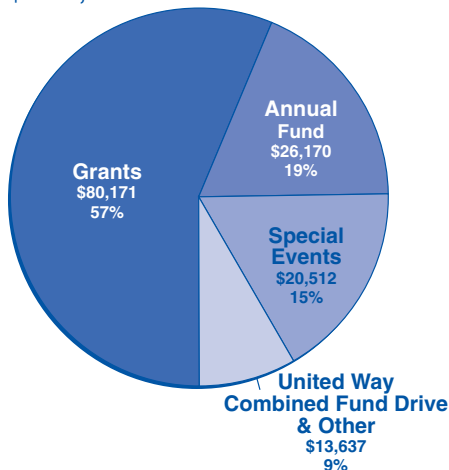
## Operating Expenses

\$3,923,016



## Charitable Support

\$140,490



## Balance Sheet Data

Assets	6/30/04	6/30/05
Cash	\$ 24,570	\$ 133,636
Accounts Receivable	584,770	587,051
Investments & Prepaid Expenses	25,234	25,458
Land, Buildings & Equipment	1,618,008	1,546,220
<b>Total</b>	<b>\$2,252,582</b>	<b>\$2,292,365</b>
<b>Liabilities</b>	<b>358,948</b>	<b>259,801</b>
<b>Fund Balance</b>	<b>\$1,893,634</b>	<b>\$2,032,564</b>

## Program Data

### Inpatient Chemical Dependency Treatment

	Spokane	Vancouver
	278	148
Male	155	148
Female	123	0

### Secure Crisis Center

	Spokane	Vancouver
	330	0
Male	127	0
Female	203	0

### Outpatient Chemical Dependency Treatment

	Spokane	Vancouver
	346	0
Male	208	0
Female	138	0

Total Number of Youth Served	954	148
------------------------------	-----	-----

## Inpatient Treatment – Spokane & Vancouver

Intensive inpatient sites in Spokane and Vancouver offering treatment in safe, structured, drug-free environments wherein the patterns of chemical use can be stopped and in-depth assessments of the behavioral, academic and social development of the young people can be conducted. Services are available for teens throughout Washington, Oregon and Idaho.

## Secure Crisis Residential Center – Spokane

An emergency shelter and crisis intervention site in Spokane for runaway teens, providing needs-assessment of the teens and their families, family counseling and substance abuse or mental health assessments and assistance in connecting teens and families with other community support resources available to help them.

## Outpatient Treatment – Spokane

Two assessment and counseling sites in Spokane to help teens achieve abstinence from chemical use, improve relations with their parents and take personal responsibility for their own decisions. Individual, group and family counseling programs are offered.

These reports are subject to an audited year-end financial statement prepared by the independent accounting firm, Moss Adams, LLP. A detailed financial statement may be obtained upon request after October 31, 2005, from:

Daybreak Youth Services  
11711 E Sprague Avenue, Suite D-4  
Spokane, WA 99206



## 'Mom' Touches Thousands

One member of the Daybreak family put her own special spin on the old cliché, "The way to a man's heart is through his stomach." Sandy O'Grady began her Daybreak journey in Food Service in Spokane some 20 years ago, endearing herself to the kids in treatment and to the staff as *Mom*, *friend*, and in the more recent years, *Grandma*.

A deep sense of knowing she could make a difference is what kept Sandy at Daybreak for so many years. Throughout her service, Sandy touched the hearts and stomachs of thousands of young men and women with her warm, giving personality and her wonderful home cooking.

Respectfulness was a requirement in her dining room, and it was rewarded with a welcoming family atmosphere that fostered trust and compassion. This was a new concept to many who passed through her dining hall, having never experienced a family mealtime until coming to Daybreak. It's a concept she hopes they carried with them as they completed their treatment and returned home to build better lives for themselves. A note from "one of her kids," a graduation announcement, a call or a visit were all welcome confirmations to Sandy that her contribution to their recovery and wellness extended far beyond putting food on the table.

As Sandy ends her journey at Daybreak and retires, she leaves with the knowledge that her efforts to open the eyes of these young men and women to another, safer way of life, not only reinforced the value of solid family and social relationships, but was also an integral part of the overall treatment program at Daybreak Spokane.

### Camas-Washougal Rotary Club Foundation Grant



Daybreak is the recent recipient of a \$2,500 grant from the Camas-Washougal Rotary Club Foundation "to help with scholarships and special recreational and educational items," thanks to the efforts of Dan Foster, a Camas-Washougal Rotary Club officer and member of the Daybreak Advisory Board, who presented the grant request to the Rotary Foundation.

"Teenage drug and alcohol abuse is such a major issue in our society that we are fortunate to have an agency like Daybreak here in Southwest Washington," said Rotary President Betsy Stephens when she shared news about the grant. "We are very happy to support Daybreak's work with youth who are battling their addictions and struggling to live clean and sober lives."

*Thanks* to a grant of \$5,000 from the Children's Trust Fund, held within the Community Foundation for Southwest Washington, and an allocation from the 2004-05 Daybreak Annual Fund, the Vancouver Facility Renewal Project is now complete! The almost \$9,000 makeover includes new carpeting throughout most of the Falk Road facility and a new interior paint job made possible by a gift-in-kind from the local Rhodda Paint Store. "The place was looking pretty shabby," said Mike Ott, treatment director. "The renewal enhances our effort to create a safe, drug-free, respectful environment for our clients."



Please consider naming Daybreak as a charitable beneficiary of your Will, Living Trust, IRA or other Pension Plan.

Our tax-exempt ID number is: **91-1083936**. Our legal name is: **Daybreak Youth Services**. *What a legacy you could leave!*

## Long-Time Commitment to Daybreak Valued



**Richard St. John** tutors weekly at the Daybreak Inpatient School Program.

Richard (Dick) and Pat St. John have been generous contributors to the Daybreak Annual Fund ever since Dick, a successful patent attorney in Spokane, joined the Daybreak Governing Board in 1990.

Dick brought a thoughtful and consistent influence to the Board. "He really saved Daybreak in 1997," says Tim Smith, Daybreak Executive Director. "Daybreak desperately needed a larger inpatient facility. Dick was well respected in the community and made some very important calls which opened the doors to our use of the current, 40-bed facility in the medical district of Spokane." This boost enabled Daybreak to increase its services, improve its financial position, and move ahead into a new period of service to the Spokane community.

Although Dick retired from the Governing Board in 2000, the St. Johns' commitment to Daybreak remains strong. Through their thoughtful financial support to the Annual Fund and Dick's weekly tutoring sessions at the Daybreak Inpatient School Program, the St. Johns have continued to be an important and valued part of Daybreak's efforts to serve the families of this region who have children troubled by drug and alcohol addiction.

- Founders**    Donate \$1,000 Annually
- Faithful**    Donate \$500 Annually
- Friends**    Donate \$250 Annually



The Daybreak Annual Fund is off to a great start for the 2005-06 year. Leading the way have been commitments from the Daybreak staff that exceed even last year's generosity. Not to be outdone, members from both the Daybreak Governing Board and the Vancouver Advisory Board have begun making their pledges and contributions, lifting the Fund to its current total of \$15,991. With strong support from the "Daybreak Family," the campaign now shifts to Daybreak's friends and supporters in the communities of Spokane and Vancouver. The goal is \$50,000 and, when reached, will be allocated among Daybreak's current needs and for scholarships awarded to some of its client families.

### FOUNDERS - \$11,000

Tom & Donna Bashwiner  
 Dr. Cal and Arlene Clark  
 Ron & Karen Grey  
 Steve & JoMarie Hansen Fund  
 Held within the Community Foundation  
 Mike & Stevie Hanson  
 Kathy Kramer  
 Jack & Stephanie McFarland  
 Malyn & Georgia Malquist  
 Mike Ott  
 Tim & Renee Smith

### OTHERS - \$889

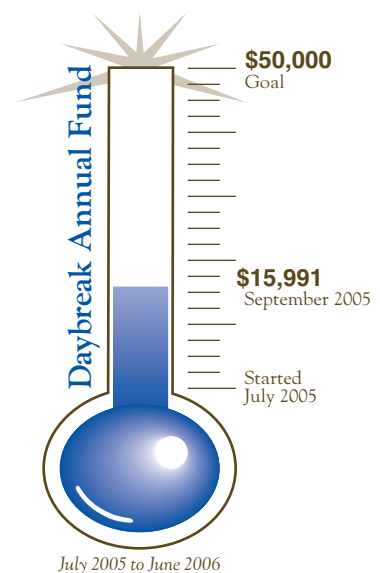
Dr. Samuel and Marjorie Beall  
 Mark Berestoff  
 Charles Cusack  
 Harry & Inge Hendron  
 Dennis & Nola Koesel  
 Jo Nelson  
 Gerald L. Reeser  
 Safeco (Matching Gift)  
 Vancouver Lions Club  
 Tracy Varner

### FAITHFUL - \$3,100

Linda Clark  
 Dan & Elaine Foster  
 The Scott Horenstein Law Firm  
 Clancy Kelly & Tracy Reilly-Kelly  
 Jim & Stacy Loudermilk  
 John & Ginny Ann Nichols

### FRIENDS - \$1,002

Tom & Janey Brammer  
 Michael & Teresa Bruch  
 Richard & Julie Miles  
 Greg & Vicki Page



*The Annual Fund is the heart and soul of support for every non-profit that serves its community. We salute our donors to date and ask the rest of our friends to consider a gift that makes a difference to the Annual Fund. Thank you!*

# ONE AGENCY TWO CITIES

## Services in Vancouver:

- Inpatient program for chemical dependency treatment (16 beds) for boys only (ages 12 to 17)

### Daybreak Inpatient

2924 Falk Road  
Vancouver, WA 98661  
360-750-9588

### Daybreak Development

101 E. Eighth St., Ste. 120  
Vancouver, WA 98660  
360-635-4120

### Future Site: Inpatient and Outpatient

3217 NE 112th  
Vancouver, WA 98682



## Services in Spokane:

- Two outpatient offices for substance abuse counseling for boys and girls (ages 12 to 18)
- Secure Crisis Residential Center (5 beds) for girls and boys (ages 12 to 17)
- Inpatient program for chemical dependency treatment (34 beds) for boys and girls (ages 12 to 17)

### Daybreak Administration and Outpatient

11711 E. Sprague, D-4  
Spokane Valley, WA 99206  
509-927-1688, 509-927-1991

### Daybreak Outpatient

960 E. Third Avenue  
Spokane, WA 99202  
509-444-7033

### Daybreak Inpatient

628 S. Cowley  
Spokane, WA 99202  
509-624-3227

## New Brochure Helps Seniors Accomplish Giving Goals



*"Many seniors have spent their lives accumulating assets to be certain that they will be comfortable in their retirement. At the same time, many of these same seniors have the desire to "give something back" to their community and would adopt plans to do so if they could somehow gift the assets, yet keep the income during their retirement years. Several popular gift strategies are available to accomplish this goal for seniors."*

Contact Tom Bashwiner in the Daybreak Development Office (360-635-4120) for a confidential illustration.

This quote is from the new brochure, "5 Gift Strategies (Plus a Bonus Idea) for Seniors," funded in part by a grant from the Community Foundation for Southwest Washington.

Seniors are using strategies like these "5" to convert assets such as appreciated real estate into income streams for life and then leaving the remainder to charities like Daybreak as the family's legacy gift to the community. Jack McFarland, DDS, who chairs the Board's Planned Giving/Endowment Committee, says: "I especially like Strategy 3 where you've purchased this property years ago and now, in retirement, you want it to produce some income but don't want to pay the capital gains tax in a sale. This strategy neutralizes the tax and, between cash in hand and a gift annuity, keeps the entire investment working for you

while you're alive.

"We hope seniors who see this will want to learn more about these plans and will request a copy of the brochure from our Development Office," notes Jack. "We also have an interesting presentation that could serve as the program for a seniors' group or other organization. People feel very strongly about their legacy to their children and to their community," adds Jack, "making these strategies an attractive option to accomplish these personal goals."



Jack McFarland, DDS

## Daybreak Youth Services

11711 E. Sprague, D-4  
Spokane Valley, WA 99206

Non-Profit  
U.S. Postage  
PAID  
Ridgefield, WA  
Permit No. 94