

TODAY

Daybreak

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

The Difficult Road to Recovery

Being “in recovery” is not the victory lap after a race – it is the race itself. Inpatient treatment at Daybreak is the warm-up and technical training, but the biggest challenge is after treatment. A recovering addict has not beaten his addiction. He constantly endeavors against it. For Daybreak graduates, like Scott, the race has just begun.

Scott’s life is a rocky one. His father had substance dependency problems and was kicked out by Scott’s mother, Shelly, when Scott was 6. From that point, Scott became the man of the house. When Shelly developed multiple sclerosis, Scott’s life became only more difficult.

This young man was under tremendous pressure – and he found a release in his friends and the marijuana they offered him. When Scott entered high school, he began to rebel. Scott says, “I started to hang out with the wrong friends and started smoking pot.” When Shelly asked him if he was using, he lied to her. But the affects of it were clear in his behavior. Scott assaulted a friend of his mother’s, which lead to a domestic violence charge.

Eventually Scott was caught smoking marijuana by the police and was sentenced to outpatient treatment and community service, but during his outpatient treatment, Scott continued to get dirty Urinalysis tests and was skipping his sessions or showing up late. His delinquency landed him in juvenile detention until his Probation Officer found an opening at Daybreak.

This move to Daybreak injected hope into the lives of Scott and Shelly. When he entered Daybreak, Scott made an important step in his recovery – he admitted that he was a drug addict. Through group sessions and time with his Daybreak counselor, Avery, he learned the skills and attitudes which would help him overcome his desire to use marijuana. Shelly also came to Daybreak once a week to participate in family counseling. Throughout his treatment, Shelly’s support for Scott encouraged him to stick with the program. He graduated from Daybreak on June 25, 2006.

Avery tells of the positive changes Scott made when he left Daybreak, “Scott was able to leave treatment and immediately get involved in a skills program that would help him stay busy while pursuing a goal of becoming a construction worker. In doing this he was able to make accomplishments and build hope in his life. He got a sponsor, attended 12-Step meetings, and came back to talk with the clients at Daybreak.”

Scott’s recovery has not been easy. Daybreak’s inpatient treatment program does not make these teens invulnerable to relapse. About a month and a half after leaving Daybreak, Scott went back to hang out with his old friends and as a result succumbed to his desire for marijuana. His use was immediately discovered by the police. The judge sentenced him to house arrest for 6 weeks in which he could only go to school and go places with



Scott and his mother Shelly

his mom. Avery explains the reality of relapse, “No person ever fully recovers. Chemical dependency is a brain disease that has no cure. It can only be placed in remission through the absence of drugs. Most people who stay clean are able to do so because they develop a support system.”

Instead of giving up, Scott realizes that this stumble in his recovery is normal and that he can still overcome his addiction by depending on the structure which Avery and Scott’s Probation Officer have put in to place. This structure rests on intensive monitoring from his Probation Officer and Shelly. The plan includes attendance at intensive outpatient treatment and 12-Step meetings and a change of schools and friends. Scott may have tripped in this race, but because of the skills and structure which Daybreak has developed in him and for him, he can get up and continue running.

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Daybreak Administration

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Daybreak Development

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

www.daybreakinfo.org



Dr. Calvin Clark, Governing Board President

In my “other life” as a pediatrician I focused on kids and how they adapted to illness, good health, and environmental challenges. As a volunteer with Daybreak my focus has been on kids whose difficult life struggles have led them to abuse drugs and alcohol; these young people desperately need our attention and assistance in turning their lives around to facilitate healthier and more productive outcomes.

When these kids arrive at Daybreak, regardless of how they get to us, their lives are often broken and in shambles and in need of professional care and treatment. What an awesome responsibility we have to rise to this challenge! To be able to provide the therapy and other tools they need to literally transform their young lives into something purposeful and fulfilling is a great opportunity.

Many of these kids have tremendous gifts and talents that lie hidden beneath years of disruptive and outrageous behaviors. It is indeed miraculous to witness a teenager tackle his or her addiction head-on, deal with it honestly and openly, and then move toward a healthier lifestyle. This is our goal as Daybreak supporters.

We take our mission at Daybreak most seriously, always looking to improve our treatment protocols and enhance client outcomes. Our emphasis on quality is a key benchmark at Daybreak. We are well aware that we may only get one chance to work with a particular kid; our process and procedures need to be effective and efficient, to avoid missed opportunities in reversing the addiction in young lives.

We ask all our friends and supporters – that’s YOU who read this newsletter – to join us in this important task; we CANNOT have enough partners in this mission. Thank you.



Greg Page, Vancouver Advisory Board Chair

Since accepting the leadership position of the Daybreak Vancouver Advisory Board, I’ve been thinking about the characteristics of a truly successful nonprofit and looking at Daybreak to see if we match up.

First, I would think, is a *legitimate mission or purpose* for existence within the community. Daybreak’s role of treating teens (and their families) suffering from debilitating drug and alcohol abuse certainly qualifies under this benchmark. This mission drives all of us, staff and volunteers alike.

Next, I might suspect, is *ethically and financially sound* management of the nonprofit. Daybreak is lead by an administrative team the principals of which have been employed for more than 20 of the agency’s 27 history and who have not only surpassed the ethical standards as set by the agency’s Governing Board but, in addition, have delivered an operational performance that is consistently “in the black.” I have friends whose Board service with other nonprofits is consumed with constant worries about either ethics or finances and, in some cases, about both. I’m more than grateful that Daybreak shines brightly in these two areas.

Lastly, a truly successful nonprofit I’m convinced has *dedicated volunteers*, chiefly Board members, that certify the credibility and legitimacy of the agency. “Who’s on the Board?” is the often-heard question when financial appeals and funding requests are made. The Board members are the nonprofit’s “ambassadors” to the community and endorse the agency’s mission and purpose by their presence on the Board. What a delight and comfort it is to be serving with 30 of Vancouver’s most outstanding citizens on our local Daybreak Advisory Board. Getting things done and meeting organizational goals are always challenging tasks for a nonprofit Board, but doing it with capable and talented companions is a personal and professional “plus” I didn’t know I’d appreciate so much.

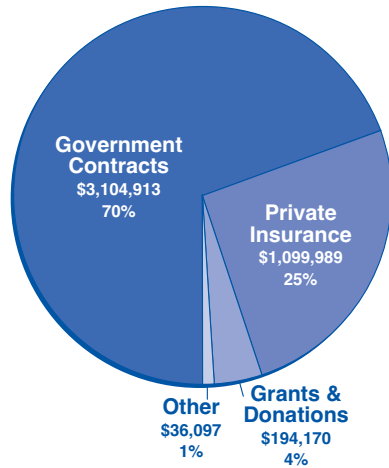
2006

FINANCIAL REPORT

(July 1, 2005 – June 30, 2006)

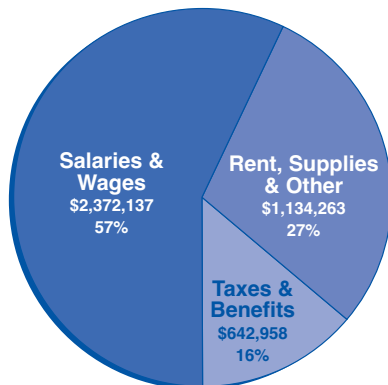
Operating Revenue

\$4,435,169 (total)



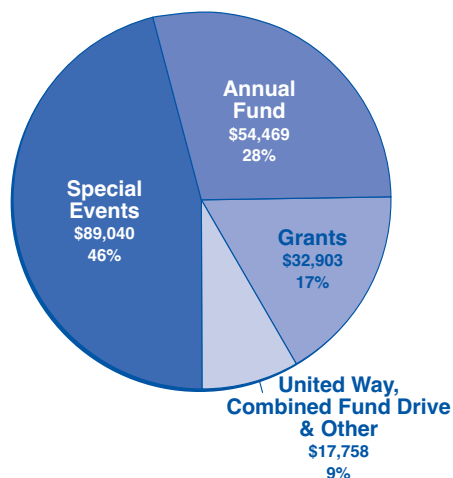
Operating Expenses

\$4,149,358 (total)



Charitable Support

\$194,170 (total)



Balance Sheet Data

Assets	06/30/05	06/30/06
Cash	\$ 24,570	\$ 133,636
Accounts Receivable	587,051	598,157
Land, Buildings & Equipment (net)	1,546,220	1,484,729
Investments & Prepaid Expenses	25,458	14,160
Total	2,292,365	2,643,891
Liabilities	259,801	320,352
Fund Balance	2,032,564	2,323,539
Total Revenue	4,061,970	4,435,169
Total Expense	3,923,016	4,149,358
Net Surplus/(Deficit)	138,954	285,811

Program Data

Inpatient Chemical Dependency Treatment

	Spokane	Vancouver
	296	176
Male	159	176
Female	137	0

Secure Crisis Center

	Spokane	Vancouver
	332	0
Male	149	0
Female	183	0

Outpatient Chemical Dependency Treatment

	Spokane	Vancouver
	384	0
Male	221	0
Female	163	0

Total Number of Youth Served	1,012	176
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Inpatient Treatment

Spokane and Vancouver

Intensive Inpatient treatment programs in Spokane and Vancouver offering 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.

Secure Crisis Residential Center Spokane

An emergency crisis intervention program in Spokane for high-risk runaway teens, providing assessment, family counseling, substance abuse and mental health assessments, and assistance in connecting teens and families with other community resources.

Outpatient Treatment

Spokane

Two Outpatient assessment and counseling offices in Spokane and Spokane Valley where teens can attend individual, group, and family therapy while remaining in the home, school, and community.

All services are offered without regard for race, ethnic heritage, religion, gender, sexual orientation, or handicapping conditions. Financial assistance is available, based upon family income and ability to pay.

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, 2006, from:

Daybreak Youth Services
11711 E Sprague Avenue, Suite D-4
Spokane, WA 99206
www.daybreakinfo.org



Senator Maria Cantwell and Daybreak Executive Director Tim Smith

Senators invite Daybreak to Meth Forum in Washington D.C.

Methamphetamines are increasingly the drug of choice for girls at Daybreak Spokane Inpatient. In 2005 over half of our female clients listed meth as their primary or secondary drug of choice. At a recent Senate Forum on Methamphetamine Problems in Rural Communities, Tim Smith, Daybreak Executive Director, shared these, and other statistics to show that treatment for meth is now a major need in Washington state and that treatment of people addicted to meth is successful.

"Daybreak is unique in that our Inpatient clients come not only from the major cities, but also from remote rural and frontier counties in Washington and Idaho," says Smith. "Being invited to speak to Senators Cantwell, Baucus and Dorgan was a great honor, and it gave us an opportunity to highlight the successes and challenges faced by our youth." The Spokane and Vancouver regions have the highest incidence of meth labs in the state and the consequence is that teens in these areas are at much higher risk for meth use and dependence.

The invitation came from Bob Dingethal, of Senator Cantwell's office in Vancouver, following Bob's recent tour of the Daybreak facility.

Spokane Golf Tournament nets \$20,000 for Treatment Programs

Picture 52 golf carts lined-up end-to-end, a field of 104 golfers and a cloudless blue sky. On July 24th, Daybreak held its first Golf Tournament. Charity-minded golfers traveled from as far as Portland, Oregon, to participate. After players registered and received their goodie-bags and lunches, they found their numbered golf carts and raced to their designated hole for the all-at-once shotgun start.

During the course of play, Daybreak staff and volunteers greeted, thanked and provided cold bottled water to all of the participants. After four wonderful hours on the beautiful Downriver Golf Course, the players were treated to a gourmet steak dinner by chef Raleigh Johnston and an entertaining live auction hosted by television personalities Dave Cotton and Matt Rogers.

At intermission the golf participants heard a moving first-hand story of struggle and success from a Daybreak Inpatient client. The enjoyable first-time event finished profitably for Daybreak, earning \$20,000 for its vital community services. Participants congratulated the tournament volunteers and committee on a great job, stating that it was an "enjoyable...well done...one of the best...first class" event. Daybreak thanks all who participated, especially the many sponsors, auction donors, and those who worked to make the Golf Tournament a success.



Brad Reckord, Representative John Serben, Dino Rossi and Tom Dooley

Thanks to Daybreak 2006 Golf Sponsors

Alpine Mortgage	Gropp Electrical
Atek, Inc.	Hanna & Associates
Animal Eye Clinic	Miller Dental Lab
Aronson-Campbell	Novation, Inc.
Avista Corp	Red Lion Hotels
Carlson Travel	Spokane County Title
Christler Chemical & Plastics	Sterling Savings Bank
Downtown Toyota	United Coatings
Evans, Craven & Lackie	Washington Trust Bank
Gallery Mortgage	Wheatland Bank
Global Credit Union	
Golf For Good	

Community Foundation Grant buys Computers for Treatment facility

A generous grant of \$4,971 from the Children's Trust Fund of the Southwest Washington Community Foundation will purchase 10 "thin client" computer terminals for the clients and staff at the Vancouver Inpatient treatment facility. "We will set up a computer lab for the clients, where we can teach them basic computing skills, such as internet and email, and where they can use educational software to supplement their school activities," says Mike Ott, Vancouver Treatment Director. Counseling staff will also use the system to create electronic clinical records. The thin client technology is more durable and maintenance-free than the aging desktops that we currently have. Thanks again to the Children's Trust Fund for their support of Daybreak.



Daybreak Mission: Daybreak is a private nonprofit 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.



ANNUAL FUND

An Annual Fund to support Daybreak's operating budget, minor capital needs and clients needing financial assistance.



Peter and Victoria Hart Glavin

Glavins Give Generously

"We really believe in the mission and work of Daybreak and find The Annual Fund an attractive way to support the agency's annual operating budget," said Peter. "Like program fees and insurance payments, philanthropy has become the 'third leg of the stool' for Daybreak and a strategic annual revenue source."

Added Victoria, "What could be more appealing than supporting a nonprofit that's committed to helping kids with serious drug and alcohol abuse problems? We've met some of the kids and have personally witnessed the effectiveness of the Daybreak treatment program in the lives of these clients."

"This is a huge issue for our society and our communities of Vancouver and Spokane. We hope others will join with us in supporting this important work."

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!

Investors Founders Faithful Friends

Donate \$5,000+ Annually
Donate \$1,000+ Annually
Donate \$500+ Annually
Donate \$250+ Annually



INVESTORS - \$5,000

Peter & Victoria Hart
Glavin

FOUNDERS - \$14,008

Tom & Donna Bashwiner
Cal & Arlene Clark
L. Jett & Loretta Hoskins
Sandra Kahabka
Kathy Kramer
Long Family Foundation
Mike Ott
Greg & Vicki Page
Courtney & Tony Salvey
Scott Horenstein Law Firm
H. Parker Selby
Tim & Renee Smith
Augie & Gwenn Weitz
William & Karen Yakely

FAITHFUL - \$4,190

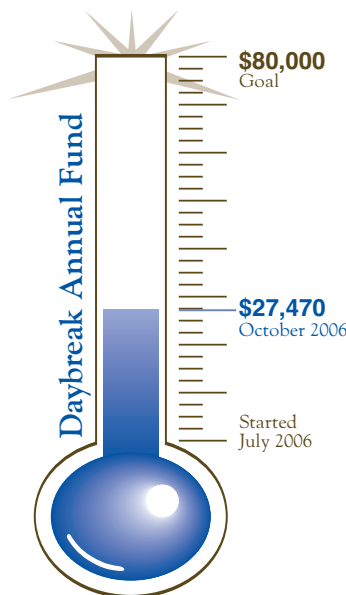
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JH Kelly LLC
Clancy & Tracy Reilly
Kelly
John & Ginny Ann
Nichols
Pat Struckman

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Dr. Gerald Bader
Mark & Anne Berestoff
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Chuck & Helene Cusack
Gordon & Kaye Goheen
Bob & Tammy Kellar
Dennis & Nola Koesel
Marguerite Matusak
Richard & Julie Miles
Dr. Juan Rivera

OTHERS - \$1,251

Jim & Karen Bakke
Ada Brown
Ann Bump
Joyce & Charles Carter
Community Health Partners
Gloria Coppock
Denis & Mary Goodwin
Dr. Stephen Miller
Robert & Charlotte Mills
Joanna Nelson
Red Lion CAREs
Red Lion Corporation



July 2006 to June 2007

The proceeds from our Annual Fund enable us to support our treatment programs in ways that go beyond our limited budgets and respond to staff who often have special requests as they provide therapy to our teenage boys and girls. The Annual Fund also allows us to offer partial scholarships to those families who cannot afford the full cost of their son's or daughter's stay at one of our facilities.

Our mission of therapeutic intervention into the lives of teens suffering from debilitating drug and alcohol abuse is as challenging and intense today as it was 27 years ago when Daybreak opened its doors in Spokane. We very much appreciate the support we receive from our friends and donors who, by their gifts and involvement, become partners with us in this important work in the community.

The Annual Fund is the heart and soul of support for every nonprofit 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

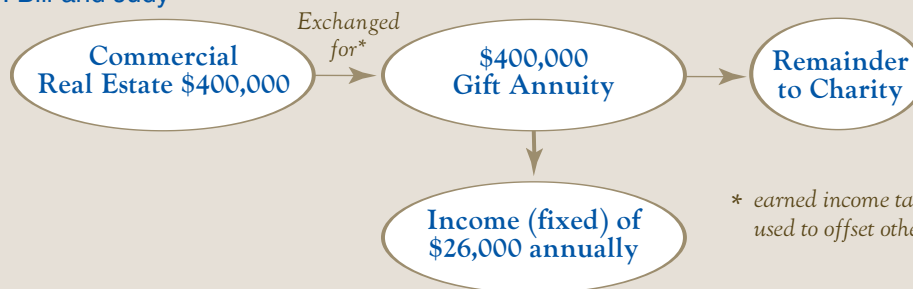
When a Gift Annuity Makes Great Sense

They had made a good investment, in fact, a great investment. Bill and Judy had purchased a lot zoned commercial when they were in their 40's for \$40,000. Now in their mid 70's, their lot was recently appraised at \$400,000! A superb asset indeed but one that's not producing any income. Bill and Judy, fully retired, want to know how they might convert their "treasure" into a supplemental income stream.

Bill and Judy's real estate agent Nancy suggests exchanging the property for a two-life charitable gift annuity. The annuity would pay Bill and Judy \$26,000 annually (guaranteed fixed income payments) as long as either of them is living. They would also earn a current income tax deduction of \$168,171. Instead of owing a hefty capital gains tax at the time of transfer, the tax would be due in installments over the life of the annuity.

Too good to be true? Call Daybreak's Senior Development Counsel Tom Bashwiner at 360-635-4120 for a confidential discussion of how a charitable strategy might work with your real estate or other valuable asset. Tom is currently teaching Using *Charitable Strategies to Sell Real Estate*, a three clock-hour class, to real estate professionals in Spokane and Vancouver.

Example: Bill and Judy



* earned income tax deduction of \$168,171 used to offset other income

Daybreak Youth Services

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