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A quarterly newsletter for the friends, clients, donors and staff of Daybreak

“For whatever reason, I just didn’t care.”

Like many folks with drug and alcohol problems, Aaron’s drug abuse began when he was very young, consuming pot and alcohol at age eleven. His anger was quickly out of control when he was using and abusing and he began fighting both at school and at home, some of it leading to criminal assault charges. He was soon in the juvenile justice system and committing probation violations on a regular basis.

“I entered Daybreak Inpatient when I was 14 and stayed for two months,” said Aaron. “But I was a troublemaker and had no real desire to look at my behaviors and make any changes for the better. So when I was discharged, all my troubles, both at home and in the community, continued and kept getting worse. For whatever reason, I just didn’t care.”

“Lucky to have a second chance”

It wasn’t long before Aaron was arrested in Idaho on several assault charges and began doing time in their juvenile system. After serving part of his sentence he was allowed to re-enter Daybreak Inpatient for a second time to get some more help. “Although I still had a negative attitude,” claimed Aaron, “I knew I was lucky to have a second chance at Daybreak and I began to understand the triggers that always set me off.”

“It’s really been the last two years in Daybreak Outpatient treatment that Aaron has begun to make some progress,” stated JoAnne Mayfield, his primary counselor. “He’s come to terms with his addictions and knows that he must stay clean and sober if he’s going to stay out of trouble.”

Parents Remained Hopeful

“Another thing in Aaron’s favor, throughout the many years of trouble and treatment, has been his family,” continued JoAnne. “His parents and his two brothers have remained supportive and hopeful for the best. His parents, in particular, have participated in group and family therapy sessions and have done all they can to support their son.”

“Daybreak has done a great job with Aaron over

the years,” said Jim, Aaron’s father. “He had some tough issues to deal with as an adolescent and they helped him learn from his mistakes and acquire some useful skills that he can now use to move forward with his life. Aaron has always been very wilful with a strong mindset,” added Jim. “He’s now using these traits in a positive way and is making much better choices for himself.”

“Daybreak worked with us”

“Speaking of Daybreak,” noted Jim, “our family is so grateful that they were willing to work with us financially in getting Aaron the help he needed. At times we didn’t have a lot of money and Daybreak would agree to a plan that we could afford and that would allow us to meet our other family obligations.



Aaron with JoAnne Mayfield, Daybreak counselor

Things really have changed for the better for Aaron. “When I mess up now,” said Aaron, “I take it like a man, whereas before I would mess up and stay that way. I graduated from high school last May with a 3.2, worked two jobs this summer and am registered to attend community college. I have gotten to the point where I really believe I have a healthy mind and a great family and that I can be successful in what I choose to do.”

“It’s now up to me”

“Daybreak and the counselors who have worked with me over the years have made it possible for me to get honest with myself and change my thinking,” concluded Aaron. “It’s up to me to stay committed to my recovery plan and do the things I know are healthy for me.”

**Daybreak
Governing Board**

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Cal Clark, *VP*
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George Jones
Marguerite Matusak

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www.daybreakinfo.org

A Message From Our President, Ed Coker



Ed Coker

I've been associated with Daybreak for the past ten years and I obviously believe in the mission and work of this agency. I've also been deeply impressed by the amount of volunteer time and effort my peers on the Governing Board put into their work. There are many responsibilities in being a board member of a non-profit. We not only oversee and approve the operations of the agency and its executive team, but we serve as the public's representatives making sure that the work Daybreak does with adolescents is ethical, legitimate, results-oriented and worthy of the community's trust and support. Finally, in our roles as board members, we safeguard Daybreak's coveted not-for-profit status and make sure we have the resources, financial and human, to maintain our

"...Mike has a special place in his heart for Daybreak..."

state-of-the-art facilities and programs.

I would like to salute the board's Spokane vice president **Mike Hanson** for the expertise in finance, personnel issues, real estate, and construction that he brings to the board and, more importantly, to Daybreak.



Mike Hanson

His assistance in Daybreak's recent real estate acquisitions has been especially helpful and appreciated. Mike is the Craft Training Administrator at Avista Utilities and has served on the board for many years. Mike has a very deep and special place in his heart for Daybreak and the clients we are all privileged to serve.

To all of our Governing and Advisory Board members, please know how honored I am to serve as your president and to work beside you for the benefit of Daybreak and the communities we serve.

A Message From Our Vancouver Chair, Cal Clark

We have added the following people to our Advisory Board since our summer newsletter in June: **Janey Brammer** with Horizon Air; **Dennis Cole**, executive director, Clark County Human Services Council; **David Dumas**, realtor, John L. Scott; **Mary Caye Eiesland**, homemaker and community volunteer; **Brent Johnson**, regional sales rep with Nike Golf; **Terry McCarty**, retired sales and marketing manager with Abbott Laboratories; **Jack McFarland**, local dentist; **Aaron Schiller**, management consultant; **Joe Sosky**, sales associate, Bob Bernhardt Commercial Real Estate and **Jeff Thompson**, real estate manager with C.E. John Company.



Cal Clark



Ginny Ann Nichols

We are now meeting on a monthly basis and have begun to form committees where the real work of the board is accomplished. Chairing our new committee, PR/Special Events, is **Ginny Ann Nichols**, who was one of the original people I tapped to be on the Advisory Board. Her service and participation have been most helpful in recruiting new members and in setting the course for this new enterprise. Ginny Ann's career as a realtor with Coldwell Banker-Barbara Sue Seal Properties keeps her very busy, but she still finds time for family and recreation that includes a competitive game of tennis and training for her third marathon. Ginny Ann is a delight and we are so fortunate to have her on the Daybreak 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.

Daybreak Financials (July 1, 2003 - June 30, 2004)

Operating Revenue

\$4,265,029

1%

Other
\$24,300

3%

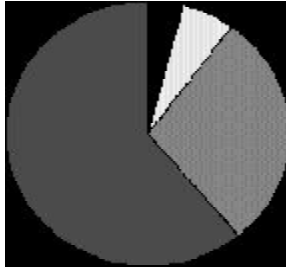
Grants &
Donations
\$124,267

29%

Private
Insurance
\$1,255,915

67%

Government
Contract
\$2,860,547



Operating Expenses

\$4,300,059

16%

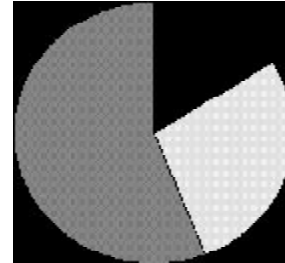
Taxes & Benefits
\$695,476

56%

Salaries
& Wages
\$2,390,913

28%

Rent, supplies
& other
\$1,213,670



Balance Sheet Data

Assets	6/30/04	6/30/03
Cash	\$24,570	\$626,979
Accounts Receivable	\$584,770	\$543,789
Investments & Prepaid Exp.	\$25,234	\$77,295
Land, buildings, equipment	\$1,618,008	\$867,929
Total:	\$2,252,582	\$2,115,992
Liabilities		
Total:	\$358,948	\$186,204
Fund Balance		
Total:	\$1,893,634	\$1,929,788



Program Data

Inpatient	Spokane	Vancouver
Chemical dependency treatment	257	149
Males	141	149
Females	116	0
Secure Crisis Center	344	0
Males	140	0
Females	204	0
Outpatient		
Chemical dependency treatment	479	0
Males	293	0
Females	186	0
Total:	1,080	149

Inpatient Treatment - Spokane & Vancouver

Intensive inpatient programs providing a safe, structured, drug-free environment wherein the patterns of chemical use can be stopped, and an in-depth assessment of the young person's behavioral, academic, and social development can be conducted. Available for youth through Washington, Idaho and Oregon.

Secure Crisis Residential Center - Spokane

Emergency shelter and crisis intervention for runaway youth. A place to assess the needs of the young person and the family, provide family counseling and substance abuse or mental health assessments, and assist the young person and parents in finding other community resources.

Outpatient Treatment - Spokane

Assessment and counseling for youth and parents, helping teens to achieve abstinence from chemical use, improve relations with parents, and take personal responsibility for their decisions. Individual, group and family counseling programs are offered.

These reports are summarized from an audited year-end Financial Statement prepared by an independent accounting firm.

A detailed Financial Statement may be obtained upon request from:

Daybreak, 11707 E. Sprague Avenue, Suite D-4, Spokane Valley, WA 99206

DAYBREAK NEWS

RUNNING FOR DAYBREAK

She did it! Dr. Lisa Stranc Bliss, local Spokane physiatrist, completed the Badwater Ultramarathon in 37 hours and 41 minutes. The race began on July 12 in Death Valley and finished 135 miles later at the 8360 foot trailhead of Mount Whitney. Of the 71 runners to begin, Lisa finished 15th of the 57 who completed the marathon and third among the seven women who entered. Dr. Bliss named Daybreak to receive the pledges made in her support which came to \$2,382.10. Thanks Lisa, for affiliating with Daybreak and congratulations from all of us on your amazing accomplishment.



Dr. Bliss

DAYBREAK DEVELOPMENT

Vancouver Advisory Board member **Jim Tangeman** has been tapped to chair the newly organized **PR/Community Liaison Committee** of the board. Jim and his fellow committee members are designing a plan to increase awareness of Daybreak's services in Vancouver by several outreach activities that include tours of Daybreak's Vancouver treatment facility, soliciting invitations to speak before civic and fraternal organizations, partnering with other youth-serving groups, and establishing strong ties with the local, state and federal offices of our elected officials. Among the new ideas is a "training" for board members that would equip them to handle the invitations for speaking and special presentations. Jim's committee will meet monthly for the time being while it sorts out its plan and defines its proposed activities.



Jim Tangeman

WASHINGTON DC TRIP UPDATE

Participants in a Robert Wood Johnson Foundation grant program, including Daybreak, traveled to Washington, D.C. this summer to visit their respective Congressional delegations. In addition to visits with Washington's senators Patty Murray and Maria Cantwell, the Daybreak team enjoyed sessions with



Senator Cantwell was kind enough to pose with Daybreak's representatives after a good session.

representatives Brian Baird and George Nethercutt and representative Butch Otter from Idaho. Daybreak was represented by Ed Coker, Governing Board President, Marguerite Matusak, Governing and Advisory Board member, and Tim Smith, Executive



Ed Coker, Congressman Brian Baird, Marguerite Matusak and Tim Smith

Director. The purpose of the program was to instruct non-profits in how to make the most of their visits with their elected representatives as well as some of the basic protocols in approaching members of Congress. The three-day program was highly beneficial and resulted in several follow-up visits back home with some of the members.

CLIMB A MOUNTAIN RUN - SPOKANE

The **2004 Mountain Run**, held Saturday, July 10th was another outstanding success producing a record net profit of **\$15,217!** The proceeds have been directed to the Daybreak Scholarship Program. There were 302 runners, some entered individually and others on relay teams in multiple categories. The team of **Ralph's Nightmare** completed the 34.3 mile run (from Riverfront Park to Mount Spokane Summit) in 3 hours: 24 minutes: 19 seconds for the Run's "best of the day." They were just 14 seconds off the record 3:24:05 set in 1997! In the "female master team" category, the **Seasoned Slugs** posted a new record of 4:35:28. Also setting a Run record this year was **Jacqueline Van Allen** in the "solo female masters" category with a time of 5:10:20. Congratulations to all the runners and winners who participated this year. A special thanks also goes out to all the businesses that contributed cash and in-kind donations. In particular, the Run would like to recognize **Hoffman Contractors, Inc.**, as the sole "summit" sponsor (\$1,000) and **Brix Pallet Co., Inc.**, **Itronix Corporation** and **Pathology Associates Medical Laboratory** as "resort" sponsors (\$750-\$999). "fire station" sponsors (\$300-\$500) were **Covico, Inc.**, **Runners Soul Spokane, Inc.**, and **Avista Corporation**. "clock tower" sponsors (\$100-\$250) included **Premera Blue Cross**, **Spokane Seed Company**, **Simplot (Jacklin Seed)**, **Inland Imaging**, **Empire Glass**, **Safeway Supply, Inc.**, **Sterling Savings**, **12 Seasons Landscaping**, **Bank of America**, and **Coffman Engineers, Inc.** The Scholarship Program helps families meet some of the expenses of Daybreak treatment when other resources are not available.



Ralph's Nightmare



The Daybreak ANNUAL FUND

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



Founders donate \$1,000 annually

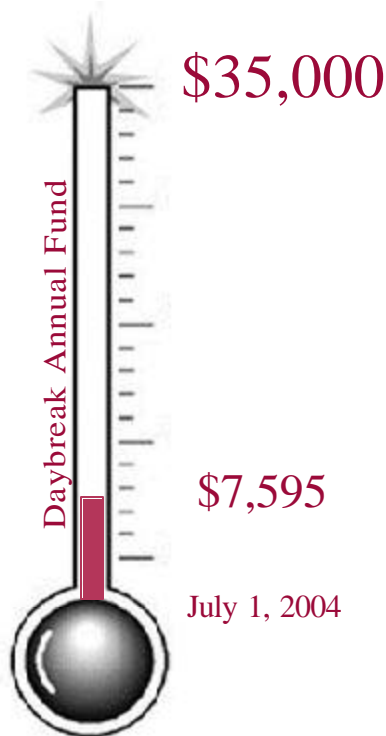
Faithful donate \$500 annually

Friends donate \$250 annually

JULY 2004 - JUNE 2005

The Daybreak Annual Fund has been launched and the early returns are noted herein. Like most other non-profit organizations, Daybreak's operating margins are thin (see financials on page three), usually posting either a narrow gain or loss for the year.

Donations are always required to accomplish things outside of the operating budget - things that really make a difference for the clients and the organization (see minor capital needs this page).



Founders

Tom & Donna Bashwiner
Arlene & Cal Clark
Ed & Gloria Coker
Mike Ott
Tim & Renee Smith

Faithful

Jim & Stacy Loudermilk
William & Karen Yakely

Friends

Larry & Marilou Cassidy
Richard & Julie Miles
Greg & Vicki Page
Francine Smith

Others

Dennis & Nola Koesel
Tim Leavitt
Bob & Char Mills
Jerry Reeser
Donald & Deanda Roberts
Robert Small
Tracy Varner
Kevin & Victoria Fairham-Wheeler



Tim Smith
Executive Director

*"We invite...all members
of the community to contribute
to our work..."*

Minor Capital Needs

- Arts & crafts supplies
- Sports equipment
- Video camera & conferencing equipment
- Computers & software for our clients
- Musical instruments
- Kitchen equipment
- Laundry equipment
- Materials for our "community garden"
- Wardrobe cabinets (56)

**We share Daybreak's values and mission
and choose to support the Annual Fund as**

Founder **Faithful** **Friend** **Other**

Please apply our donation as follows:

Operating needs Capital needs Client assistance Unrestricted

Our contribution will be paid as follows:

\$ _____ \$ _____ \$ _____
Now December 2004 June 2005

Name(s):

Address:

Please clip and mail to: Daybreak Development, 101 E. Eighth St., Suite 120, Vancouver, WA 98660

One Agency - Two Cities

VANCOUVER LOCATIONS

Daybreak Inpatient

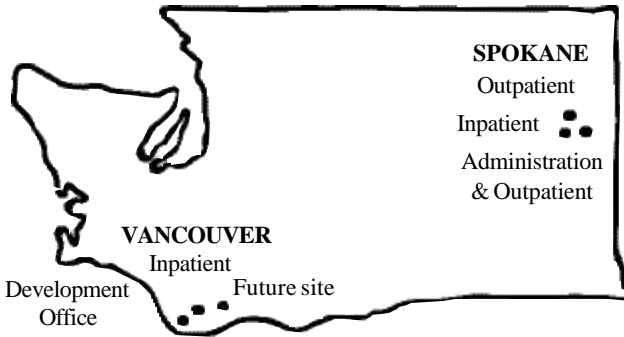
2924 Falk Road
Vancouver, WA 98661
360-750-9588

Daybreak Development

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

Future site: Inpatient & Outpatient

3217 NE 112th
Vancouver, WA



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

Services in Vancouver: Inpatient program for chemical dependency treatment (16 beds) for boys only (12-17)

SPOKANE LOCATIONS

Daybreak Administration & Outpatient

11707 E. Sprague, D-4
Spokane Valley, WA 99206
509-927-1688
509-927-1991

Daybreak Outpatient

960 E. 3rd Avenue
Spokane, WA 99202
509-444-7033

Daybreak Inpatient

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

Development Brochure

The Vancouver Advisory Board's Planned Giving /Endowment Committee, chaired by **Dan Foster**, CPA and financial advisor, has created a new brochure for donors and friends of Daybreak.



Dan Foster

The title is *Charitable Strategies Benefiting Donors & Daybreak* and invites people to consider a variety of giving plans that benefit the donor's family as well as Daybreak. "These strategies are very popular with donors because they allow them to direct their assets to family members first and then to the charity or charities of their choice," said Foster. "The tax savings from

these strategies can be enormous," added Foster, "as donors stay in control of the planning process. By supporting local charities, these philanthropists can have a major impact on the community's quality of life."

Contact Daybreak Development at **360-635-4120** or email tbowen@daybreakinfo.org for your free copy of the new brochure!

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 of Spokane

What a legacy you could leave!



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



CHARITABLE STRATEGIES

BENEFITING

DONORS & DAYBREAK



Daybreak Development
101 E. Eighth Street, Suite 120
Vancouver, WA 98660
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Daybreak of Spokane

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