Dear Friends:

Thank you. It is because of you that YES reached this historic milestone. Over the past 50 years, what began as a modest volunteer effort to give teens a safe place to “rap” with caring adults, is today a comprehensive behavioral health agency annually serving thousands of children, youth and family members across the Eastside.

2017 marked yet another step forward in YES meeting critical community needs. Our talented and committed professionals provided mental health counseling, and substance use and co-occurring disorder counseling and treatment, to nearly 7,000 young people and their families.

We are helping even more kids and families through Open Access, our new intake process that immediately responds to urgent requests for assistance. And we continue to help every person who comes to our doors, even when they cannot afford to pay for services.

*It’s all about meeting today’s needs by carefully matching our services to the type and severity of issues kids are facing.*

Your generosity makes everything we do possible. We are immensely grateful for your support, and we’ll continue to honor your investment by making the most efficient use of your gifts in order to achieve the greatest impact in the lives of children and youth.

Sincerely,

Linda Reichenbach  
Patti Skelton-McGougan  
President, YES Board of Trustees  
YES Chief Executive Officer
**YES Programs and Services**

- **2017**
  - YES served nearly 7,000 children, teens, and family members.
  - Latino Youth and Family Services served 156 youth and 23 Latino mothers.
  - The Latino Youth and Family Services served 141 youth benefited from psychiatric services.
  - Our Homelessness Prevention Initiative (funded through the Best Starts for Kids Initiative) helped keep 98 families housed.

**YES Client Demographics**

- In the past year, we have seen a **33% increase** in the number of youth, and their family members, seeking services.
- More than **60%** of our clients reported low income.
- **33%** of our clients reported Hispanic/Latino ethnicity.

**Eastside Youth Mental Health**

- 1 in 4 6th and 8th graders report being bullied in the past month.
- 1 in 5 high school seniors have used marijuana in the past 30 days.
- 1 in 3 high school seniors have experienced depression in the past year.
- 1 in 5 10th graders have seriously considered suicide.

**2017 Financials**

**Revenue**

- Government Fees & Grants $2,768,407
- Contributions & Special Events $1,506,941
- Program Service Fees $513,849
- Investment Income $312,599
- Donated Services & Facilities $202,848
- United Way $102,500
- Total Revenue $5,407,144

**Expenses**

- Youth & Family Mental Health Counseling $2,099,003
- Substance Use & Co-occurring Disorder Services $1,326,707
- Outreach/Prevention/Community Education $663,606
- Administration $639,110
- Fundraising $685,730
- Total Expenses $5,414,156

**Total Assets** $10,925,825
**Total Liabilities** $211,144
**Total Net Assets** $10,714,681
YES Client Mirsa, Three Years Later

In 2015, Mirsa, then 19, shared her story for The Seattle Times’ Fund for the Needy Campaign. In high school, Mirsa was referred to YES by her school counselor for help working through childhood sexual abuse which caused her to self-harm. Then, when her son Daniel was born, she continued to participate with YES through the Healthy Start Program, now known as the Early Childhood Behavioral Health Program.

With the support of her family, her boyfriend, his family, and the Healthy Start program at YES, Mirsa graduated from Sammamish High School with a 3.0 GPA. With a full scholarship, she went on to pursue her passion in Early Childhood Education at Trinity College. Now, three years later, we followed up with Mirsa.

Mirsa graduated Trinity College in 2016, a year early, with an Early Childhood Education degree. She is currently a teacher’s assistant at Natural Start Preschool in Bellevue, and hopes to join the Bellevue School District as a full-time teacher this fall. A year ago she married her long-time boyfriend and high-school sweetheart, Alex, who recently graduated with his bachelor’s degree in psychology. He said that he hopes to help others, similar to how YES helped his wife.

Nine months ago, Mirsa and her husband Alex welcomed a daughter, Ari. Their son Danny, now six years old, will be starting kindergarten in the fall. He loves going to school and seeing his friends. Today, Mirsa says she feels good about herself, and she feels more confident in her role as an early childhood educator. She still uses many of the therapy tools YES taught her and she says they have become second nature.

“I don’t think I’d be here without the support I got through YES. It’s hard when you’re a teenager. I think back at the mental state; I was in such a bad place. I’m so grateful for YES. The treatment that I got helped me gain a different perspective in life,” Mirsa said.

Yana Finds Support at Bellevue’s Teen Center, The Club

Yana’s school work, relationships and emotional health were negatively affected by her mother’s struggle with alcohol use. “Between bullies at school and the criticism from my mom, I started losing a lot of confidence. I started to believe everything everyone else was saying,” Yana, a senior at Sammamish High School, has been attending the Bellevue Boys & Girls Club ever since she was a little girl, but it wasn’t until she started to get involved with the Club’s teen center that she saw the biggest benefit Caleb Nixson, a YES therapist who provides services at local community and teen centers, invited Yana to talk with him.

“Sometimes I’d be in Caleb’s office for hours. Just talking to him helped lift all the weight off my shoulders. He helped build up my confidence and after a while I started to find my purpose.”

Yana soon discovered her passion for helping others. Every weekend, and every week in the summer, she finds opportunities to volunteer in the community. She also joined her school’s Keystone Leadership civic group and was recognized with the Governor’s Community Service Award for having over 700 volunteer hours.

Her favorite volunteer activity is doing outreach work to other teens. “I try to help bring people in and teach them about services The Club offers. I try and get more people involved. These days, our teens’ mental health isn’t the greatest. But having YES at The Club and in schools is a great way to make a positive impact and I want more teens to know those services are there for them,” Yana says.

In the future, Yana sees herself doing “what the YES counselors do,” and she wants to pursue a future in clinical or social work. “The YES counseling services at The Club really impacted me and now I want to impact others in the same positive way.”

Alex’s Progress Honored at the YES Annual Meeting

As a younger boy, Alex was diagnosed with intermittent explosive disorder and was referred to YES through his school over two years ago. This month Alex graduates from his therapy, and was recently honored for his impressive progress at the agency’s Annual Meeting in May.

Lencsi, Alex’s counselor, was impressed by how mature Alex was. “I simply helped him realize that he’s in control of his actions, and empowered him to make the right decisions.”

Over the past year, Lencsi has worked with Alex to improve his self-esteem, regulate his emotions through Cognitive Behavioral Therapy (CBT) training, and work on his social skills. Alex has also benefited greatly from YES’ integrated psychiatric services, and was able to focus better by managing his attention deficit disorder.

Alex’s mom and dad, immigrants from Mexico, were also able to benefit from family therapy and Lencsi’s bilingual skills. The opportunity empowered Alex’s parents to step more effectively into their parental roles and grow together with Alex.

“It’s been an absolute joy to work with Alex, and a pleasure to involve his family,” said Lencsi.

Rebecca Succeeds Through Hard Work

In the past six months, Rebecca has shown a tremendous amount of commitment and growth in her therapy,” said Molly, YES Youth & Family Counselor.

After experiencing a traumatic assault, Rebecca started to show symptoms of PTSD and was having trouble focusing in school. Her friends, one of whom is a client at YES, noticed and encouraged her to seek therapy.

Rebecca struggled at first, recounting the event and moving past her trauma, but because of her tenacious nature, it wasn’t long before Rebecca started to see improvements. Her counselor Molly described Rebecca as “one of those model clients.” She practiced everything that was recommended, and she was a role model for others in the Dialectical Behavioral Therapy (DBT) Skills Group.

Rebecca liked therapy to having a gym membership, in the sense that the results are all about the work you put in.

“Having a gym membership is one thing, but only by using that gym membership is the way you’ll succeed and get that summer bod. Both going to the gym and therapy is hard work, but you need to work the exercises if you hope to get better.”

Today, Rebecca has re-engaged in school and is a mentor to fourth and fifth-graders at her church. She is also an aspiring rapper and has been recording an EP with her friends at the Redmond Firehouse.
Thank you to our generous donors in 2017. We are grateful for every gift!