YES’ strategic plan looks to the future of mental health care

15% or nearly 700 youth and their family members. That’s how many more individuals are receiving mental health counseling and substance abuse prevention and treatment services from YES than in 2009.

To ensure community needs are being met not just now, but far into the future, YES developed—and in October 2015, the YES Board of Trustees approved—a strategic plan to guide the agency’s growth from 2016 to 2020.

Many exciting changes are already taking place:

Enhance psychiatric services
THEN: YES had a single, part-time, on-site psychiatrist.
NOW: YES has two on-site psychiatric roles: a psychiatric mental health nurse practitioner and a child/adolescent psychiatrist, who collaborate with YES counselors to support client recovery.

Provide infant/toddler services and strengthen parent-child services
THEN: YES served ages 6 to 22.
NOW: In January 2017, YES will roll out its early childhood mental health services that support children and families starting at birth. The services employ evidence-based practices such as Parent-Child Interaction Therapy (PCIT) and Promoting First Relationships (PFR) to help parents increase positive interactions with their children, as well as ensure that they’re meeting developmental milestones.

Increase school- and community-based services
THEN: YES worked across 40 partner sites in the Lake Washington and Bellevue school districts.
NOW: YES works across more than 70 partner sites in the Lake Washington and Bellevue school districts, as well as teen centers, community centers and other locations.

Improve how YES connects with communities
THEN: YES’ current website was designed in 2005.
NOW: YES’ new website is in the design process and is expected to launch this fall.

Want to learn more about where YES is headed? You can view the full strategic plan on our website, www.youtheastsideservices.org.

WELCOME

Dr. Ellika McGuire

YES has hired a new psychiatrist who will work with counselors to provide clients with high-quality, on-site psychiatric services and medication management.

Dr. Ellika McGuire, MD, attended Brown University and Vanderbilt University. She completed an internship in pediatrics at Seattle Children’s before transitioning to the field of psychiatry. She completed her adult psychiatry training at the University of Washington, and then returned to Seattle Children’s to complete a two-year fellowship in child and adolescent psychiatry.

McGuire is trained in both Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). She has been working in the Co-Occurring Disorders Clinic at Seattle Children’s for the past year. Her interests include mood and anxiety disorders, LGBTQ issues, and cultural psychiatry.

WHAT WE DO

Youth Eastside Services (YES) provides mental health counseling, substance abuse treatment, and education and prevention services for youth and families in East King County.
LATINO YOUTH MENTOR

Alondra

Alondra was presented with YES’ Youth Recognition Award on May 24 at YES’ Annual Meeting.

As an incoming Interlake High School senior, one of Alondra’s leadership goals is to establish deeper relationships between Latino groups from across the Eastside—including schools that are traditionally rivals—to bring the Latino community together.

As a member of YES’ Latino H.E.A.T. program, she brought students together this summer to work on applying for scholarships. Latino H.E.A.T (Hispanos En Acción Together) is a student leadership, community service and cultural empowerment program for Latino students at Sammamish High School.

When she’s not mentoring her peers, you’ll find Alondra in drill team practice, tutoring students through the VIBES Mentor Tutor Program in the Bellevue School District, visiting family in California, or prepping for the ACT.

LATINO RIGHTS ADVOCATE

Jenni

Jenni won the Youth Volunteer of the Year Award from the Alliance of Eastside Agencies (AEA). She was presented with the award on June 1 at AEA’s annual luncheon.

When Jenni said goodbye to her father at an airport in Mexico in 2009, she didn’t know if she’d ever see him again. At the time, both of Jenni’s parents were undocumented. Fortunately, Jenni was reunited with him after just a few months, but many children in similar situations aren’t so lucky.

Now, she’s made it her mission to humanize the issue of immigration reform. And in 2013, at the age of 16, she did just that when she made national headlines for confronting then House Speaker John Boehner regarding his plans to tackle the issue.

“She encourages Latino youth involvement in the community [and reminds them] that this is their community,” says YES Latino Youth & Family Support Specialist Jose Gomez, who nominated Jenni for AEA’s Youth Volunteer of the Year award together with his colleague, Latino Programs Co-Coordinator Tina Morales. “She’s proven her leadership, caring and compassion for community work. She goes beyond to help others.”

She’s continued to use her story and energy as a member of YES’ Latinos Unidos group, an afterschool program at Redmond High School (RHS) for Latino youth and their families. The program focuses on strengthening cultural and community ties through leadership development, mentorship, community service, and honoring and celebrating Latino culture.

As a member of Latinos Unidos, Jenni has made a big impact: educating immigrants about their rights, mentoring Latino youth, and dedicating time to community service.

Jenni graduated from RHS in June 2015, but still continues to support Latinos Unidos. She’s also a top student at Cascadia College.

“"The moment she speaks about the things she believes in, students listen."”

Jose Gomez

Scan the code or visit https://youtu.be/MDAH1s8aP08 to see Latino Youth & Family Support Specialist Jose Gomez talk about Jenni.
CHARISMATIC TEACHER

Mason

Mason was presented with YES’ Youth Recognition Award on May 24 at YES’ Annual Meeting.

With his upbeat smile and friendly demeanor, you’d never know that Mason has struggled with depression, anxiety and self-harm for years—but as he says, appearances can be deceiving.

Mason was already seeing a therapist when he came to YES to participate in Dialectical Behavioral Therapy (DBT) skills classes, which teach teens emotional regulation, distress tolerance, interpersonal effectiveness and mindfulness. At first, he wasn’t interested in or excited about the classes, but now he’s one of DBT’s biggest advocates.

And with the skills he learned, he’s been able to cope with tough situations—and most importantly, stay free of self-harm for nearly a year. Mason will be a senior in high school this year, and hopes to someday become a teacher or therapist.

“I tell all my friends about DBT, it’s the greatest program ever.”

Mason

YOUNG LEADER

Owen

Owen was presented with YES’ Youth Recognition Award on May 24 at YES’ Annual Meeting.

Owen first came to YES when he was in first grade for anxiety and behavior issues related to past trauma in his life. He set a goal for himself to change his behavior, and because of his commitment and hard work, he’s been successful. Now a fourth-grader at Redmond Elementary, he’s a leader and helper in his classroom. He loves making others laugh, and enjoys soccer and other sports. He’s a proud big brother to his one-year-old brother, and helps his mother all the time. Owen’s counselor, Olga Lopez, describes him as, “a confident, positive and caring individual.”

Support us? YES you can!

Want to help make a difference in the lives of youth in your community? Now there are even more ways to support the young people in our care:

Support a teen dealing with addiction

You can help motivate young people to make healthy choices. Positive reinforcement is part of YES’ substance use treatment strategy, and you can help us encourage clients who have just reached a major milestone—like staying clean for 60 days or building a better relationship with their families—with a gift card.

Just a $5 gift card for Starbucks, Chipotle, iTunes or the movies can make a teen feel supported and celebrated for their accomplishments. Gift cards can be dropped off or mailed to YES’ Bellevue location (Attn: Fund Development Coordinator, 999 164th Ave. N.E., Bellevue, WA 98008) or purchased through Amazon by visiting http://bit.ly/supportateen. You can also make a cash, check or credit card donation and designate it to be used for client gift cards.

AmazonSmile

Whenever you shop on Amazon, start at http://smile.amazon.com. Make sure “Youth Eastside Services” is your selected charity, and YES will receive 0.5% of the total cost of your purchase.

eBay for Charity

When you sell items on eBay, you can select to have some or all of the proceeds go directly to YES. Learn more at http://charity.ebay.com/for-nonprofits/.

SAVE THE DATE

March 22, 2017
7:30-8:45 a.m.
Meydenbauer Center, Bellevue

Please make plans to join us at our annual fundraiser! You’ll hear inspiring stories from youth who we’ve helped, plus learn what YES has accomplished in the past year. Keep an eye on youtheastsideservices.org for more details.

WELCOME

Jerome Hewlett

YES welcomed a new Trustee to its board in June: Jerome Hewlett, Vice President, Intellectual Ventures.

See a full list of YES’ Board of Trustees members at youtheastsideservices.org.
Noble Erickson was 19 years old when she started seeing a YES counselor because she felt depressed. That interaction left her with a strong impression about how invaluable counseling can be for youth—and a desire to make it into a career. Now, 17 years later, she’s helping teens who are struggling just like she was.

While studying psychology as an undergrad, Erickson never lost her connection to YES: She volunteered in the intake office, and interviewed counselors and YES’ HR Director, Marian Tillman, about the use of therapy animals. As her love for psychology continued to grow, tragedies like the shooting at Columbine High School also shaped her desire to support young people. She went on to earn a Master’s in Mental Health and Addiction from Lewis and Clark College.

She enjoys working with youth, especially teens, because they’re “already in the process of changing,” and she sees part of her role as “encouraging them to change in healthy ways.” She loves giving young people space to be genuine, and sets an example for them by being genuine herself.

Her schedule at YES takes her from Lake Washington Technical Institute, to YES’ office in Kirkland, to YES’ Bellevue location where she co-facilitates the 7 Challenges group—which helps teens consider the impacts of their substance use and make thoughtful choices. The memories of clients who have overcome major difficulties keep her passionately committed to her busy schedule.

She recalls a bright, stylish young woman who she counseled at Eastlake High School. At home, the girl was struggling with abusive parents, anxiety, depression and substance abuse. The girl eventually went on to become a successful college student, but Erickson has never forgotten how deceiving appearances can be.

“Life continues to remind me that this is exactly what I should be doing,” she says.