



celebrating 50 years

# lifeline

## LOOKING BACK

Recently, YES asked Bob Watt, YES Executive Director from 1978 to 1984, to share a significant memory from his time with the organization. Here's what he had to say:



"One of the things that struck me from the beginning was the remarkable quality and quantity of the people who volunteered. They volunteered to answer phones, to sit and talk with the kids — those were "rappers" — and "flyers" who went out into the community to help with emergency situations.

And they volunteered their time as professional counselors. We're talking about some of

the top psychiatrists and therapists in the region. It was a remarkable demonstration of how the community rallied to help our young people.

One of the most memorable stories involves psychiatrist Bob (Robert) Thompson. Not only was he a longtime volunteer psychiatrist, but he also served on the YES board for 39 years.

One night a young woman showed up in the parking lot of the cottage with a loaded gun and threatened to kill herself. Bob, risking life and limb, his career as a psychiatrist and as a husband and father, went out and talked her down. He got that young woman engaged in therapy with him and she stuck with it for three years until she went off to college. A very sad and depressed, high risk, young

Bellevue woman, had her life changed that night, and it was the courage and skill of Bob Thompson that made that happen."

## WHAT WE DO

**Youth Eastside Services (YES)** provides mental health counseling, substance use and co-occurring disorder counseling and treatment, psychiatric services, and education and prevention programs for children, youth and families in East King County.

## SAVE THE DATE

### YES 50th Anniversary Celebration

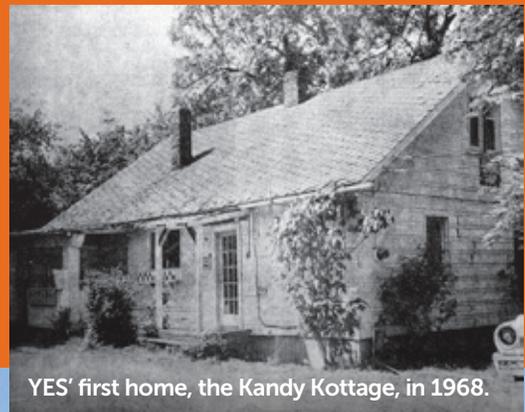
Mark your calendar for Friday, November 2, 2018, when YES invites our community to celebrate 50 years of service for Eastside kids and families.

To learn more about other 50th anniversary activities, please visit:

[www.youtheastideservices.org/celebrating50years/](http://www.youtheastideservices.org/celebrating50years/)

## 50TH ANNIVERSARY

### YES, then and now



YES' first home, the Kandy Kottage, in 1968.



YES' current home opened in 2008.

## INTEGRATED HEALTH CARE FOR STUDENTS

# The Highland Middle School-Based Health Center

The Highland Middle School-Based Health Center opened last fall with the goals of improving teens' school attendance, graduation rates, and achievement, and to put counseling and health services in the midst of student life. The Center is the result of many years of planning and a concerted effort by Youth Eastside Services (YES), International Community Health

Services (ICHS), and the Bellevue School District to provide integrated health care to students within a school community. Funding from the King County Best Starts for Kids Initiative has made this important project possible.

Students have immediate access to certified health providers for treatment of illnesses, injuries and ongoing physical health problems, and behavioral health counseling. The health center also includes a mobile dental clinic. Now students are able to stay up-to-date with well checkups, immunizations, dental cleanings, and counseling, without having to miss school.

*"Following a 10-year national trend, we have seen a specific marked increase in East King County in stress, anxiety, depression and suicidal thoughts among the youth we serve," said David Downing, YES Chief Operating Officer. "Through this partnership at Highland Middle School, we can provide critical support for students with an onsite, full-time and integrated team. It will help prevent and intervene with the many challenges students face today."*

Both the Highland Middle School and the Health Center will transition to a temporary school location for the next two years while the current school building is renovated. The new school will modernize the school facilities and provide a designated space specifically for the onsite health center.



## JOIN A SPECIAL GROUP OF SUPPORTERS

# YES Legacy Society

You are a valued friend of Youth Eastside Services (YES), and we invite you to deepen your commitment by joining a special group of visionary donors who have included YES as a beneficiary of their estate or trust, or made a legacy gift through their retirement plan, a charitable remainder trust, charitable gift annuity, life insurance policy, or other planned giving option.

By remembering YES in this way, you guarantee that YES will continue to be here in the future to assist vulnerable children, youth and families.

**To learn more** about how your future gift can make a meaningful difference to kids and families who need our help, please contact **Madelaine Thompson**, Chief Development Officer, at **425-586-2328** or **madelainet@youtheastideservices.org**.



## RECORD YEAR FOR

# The 2018 Invest in Youth Breakfast

YES donors achieved a record year for the annual fundraising event when over 1200 generous community members contributed more than \$730,000 to support behavioral health care services and programs for East King County children, youth, and their families.

Keynote speaker and New York Times best-selling author, Cheryl Strayed, shared her struggles with drug abuse, grief, and a difficult family situation with the audience, noting that we're all in this together.

"I went on this journey, I struggled with these things, and we all still struggle to always be stronger, better and to improve our life, and we are all proof that you can come out the other side and we all have the capacity to grow."

*"We can't thank our community enough for standing up for families. Our children are our future, and it's only through our collective efforts that they'll succeed."*

— YES Chief Executive Officer  
Patti Skelton-McGougan

Other speakers included Dr. Lorena Shih (a YES trustee) and CEO

Dr. Glenn Lux of Allegro Pediatrics, current trustee Phil Kasin and former trustee (and Phil's mother) Cindy Kasin, and two YES clients. Dennis Bounds, retired KING TV news anchor, emceed the event for a second year.

The event also kicked off YES' 50th anniversary, featuring a video celebrating the agency's 50 years of service to Eastside families.

Donations will support low/no-cost mental health counseling and substance use and co-occurring disorder counseling and treatment for families in need, as well as education and prevention programs, throughout our community.

## Missed the event?

See the event wrap-up at [www.youtheastideservices.org/breakfast](http://www.youtheastideservices.org/breakfast)



## WITH GRATITUDE

Thank you for your service to our departing trustees

**Andrée Chicha**  
Retired: Hanson Baker  
Ludlow Drumheller P.S.

**Michele Herman**  
CEO of Early Stage Health  
and Founder of JusTech Law

## 2018 INVEST IN YOUTH BREAKFAST SPEAKER

# Zoey's Journey

Our 2018 Invest in Youth Breakfast featured Zoey's journey through YES counseling and our Dialectical Behavioral Therapy (DBT) skills group.



Zoey, who prefers gender neutral pronouns, started out their speech by asking the audience to take a deep breath in and out with them. They explained that two years ago, "pre-therapy Zoey" never would have thought to take a moment to breathe and manage their emotions like that.

Zoey has borderline personality disorder. They described that "every feeling that was in pastel paint would become a neon attack on my senses." They attempted to find ways to cope with food, art, and a more positive outlook. When nothing helped, Zoey decided to try therapy. Their therapist Sarah introduced them to the DBT program at YES. The DBT Skills Group helped Zoey learn acceptance, helpful distraction, and a chance to practice their leadership skills.

Zoey found a passion for speaking about mental health issues. They are part of a program that goes into classrooms to teach queer youth how to get the healthcare they deserve and need.

*"This is post-therapy Zoey. I'm doing my best with the skills I've acquired and working on building more. I speak often in front of large crowds, which pre-therapy Zoey would have been absolutely freaking out about, but I've only cried once over this — that's pretty impressive."*

## To view Zoey's complete speech,

please visit our YouTube page at [www.youtube.com/user/YESBellevue](http://www.youtube.com/user/YESBellevue)

## COMMUNITY AWARDS

# YES honors Community Award recipients at Annual Meeting

**ROBIN WALKER**, a well-known and respected designer and programmer, has been at Valve Software since 1998. He has been a generous supporter of YES for 10 years, including several years as a Champion Matching Pool donor, and four years as a Success Mentor.

**THE KING COUNTY GOVERNMENT** is YES' longest-running source of support, starting in the 1970s. With recent funding through Best Starts for Kids grants, YES has worked to prevent homelessness, provide mental health counseling in a school-based integrated health clinic, and continue the BGLAD program for area LGBTQ+ youth.

**PHONE**  
425-747-4937

**EMAIL**  
info@youtheastideservices.org

**WEBSITE**  
www.youtheastideservices.org

## LOCATIONS

YES provides specially trained counselors in 50+ elementary, middle and high schools and teen/community centers in the Bellevue and Lake Washington School Districts, in three office locations, and in private homes.

**YES Bellevue** (main office)  
999 164th Ave NE  
Bellevue, WA 98008

**YES Kirkland**  
11829 97th Ave NE  
Kirkland, WA 98034

**YES Redmond**  
15600 Redmond Way, #102  
Redmond, WA 98052

**CrossPath**  
550 222nd Pl SE  
Sammamish, WA 98074



999 164th Ave NE  
Bellevue, WA 98008

## MISSION

**Youth Eastside Services (YES)** is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.

## OUR HEROES

# Peter & Carol Burger

"Why don't you come back in and talk a bit?" asked Peter Burger.

It was the mid-1970s and Peter was a volunteer Assistant Shift Leader at the YES Drop-In Center. He knew that the boy who was walking out the door was contemplating suicide. Peter

brought him back in. He helped him get through a dark time.

Peter's wife Carol says, "Even today, Peter is really good with kids. He talks their language." To this, Peter cracks a joke about how he's really just a kid himself. But YES knows it's a gift he's shared with our community for decades.

Throughout the 1970s,

Peter took shifts at the drop-in center to lend an ear to teens. He was later promoted to "Crisis Flyer." One night a week, Peter and a fellow "Flyer" would respond to calls from teens or parents experiencing a moment of crisis.



"We talked to parents and explained that their teenager was normal," Peter said. "We would mediate a lot of these moments when parents panicked and things escalated." Peter often had to support the parents with issues that they weren't familiar with, and connect them to resources.

While Peter was using his gifts to engage with teens, Carol was busy developing a system for YES to track and report volunteer hours.

Peter and Carol always found it important to support the younger generation. As a result of their service at YES, they decided to become foster parents. They say the support at YES—including counseling for both their foster child and them—made it a positive experience.

Peter and Carol say they continue to support YES because it has kept up with the community as it has changed.

YES is grateful to Peter, Carol and all the volunteers who helped YES become the invaluable community resource it is today!

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*"YES had a very small paid staff in the early years. Without people like Peter and Carol, we could not have built the foundation that allowed YES to be such a great resource."*

— Bob Watt, former YES Executive Director

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