The Johnsons first learned about YES from Executive Director Patti Skelton-McGougan, who they met through a mutual friend. As they got closer to the organization, Kevin says, “it’s an important thing to have YES in our community. That’s why June and I have been strong supporters.”

Their concern for young people has kept them involved with YES for almost 20 years — and it’s become a family endeavor: Their son Michael serves on the YES Ambassadors, a group of young professionals whose activities support YES’ mission and programs.

“Our entire family shares the view that serving others and helping people is important,” June says. “We have a lot of respect for YES.”

When we’ve attended events and heard stories (from YES clients), it opens your eyes to the reality of what happens. It’s easy to go through life and not be aware of the struggles that others are going through,” Kevin says. “It’s an important thing to have YES in our community. That’s why June and I have been strong supporters.”

“Support?” YES’ director of education and prevention services, quietly validates Lisa’s response: “Good job describing what she’s doing.”

Lisa hesitates, and Bui prompts her: “Reflect what she’s saying.”

“Mom, I play,” Anya responds.

“You’re stacking blocks,” Lisa says.

“Where would they turn for support?” YES is there.”

Lisa is learning PRIDE skills — or how to praise, reflect, imitate, describe and enjoy interactions with her daughter. The skills help her build a strong and stable relationship with her child, ensure that her child is meeting key developmental milestones and more. YES hopes to enroll more families in these therapies now that the pilot has concluded.

Lisa’s son Michael serves on the YES Ambassadors, a group of young professionals whose activities support YES’ mission and programs.

“PCIT has demonstrated success in reducing parenting stress, uniform compliance more. Lisa is approaching Anya’s typical behavior with consequences and compassion. What was once carefully scripted is gradually becoming more natural.”

Anya is showing less aggression, and is listening and complying more. Lisa is approaching Anya’s typical behavior with consequences and compassion. What was once carefully scripted is gradually becoming more natural. This is the power of YES’ newly launched Early Childhood Mental Health Program, which includes research-backed therapies such as Parent-Child Interaction Therapy (PCIT) and Promoting First Relationships (PFR). The models are shown to be effective in helping parents understand and regulate their child’s behavior, build a strong and stable relationship with their child, ensure that their child is meeting key developmental milestones and more. YES hopes to enroll more families in these therapies now that the pilot has concluded.

Want to learn more about YES’ other education and prevention programs? Visit: www.youtheastsideservices.org/ed-prev

*Names have been changed to protect privacy.

What the research says:

- Using standardized assessment tools, parents and caregivers report that PCIT improves their child’s overall behavior.
- PCIT has demonstrated success in reducing parenting stress, and even depression.
- Studies show that PFR increases parent/caregiver knowledge of a child’s developmental, social and emotional needs and significantly improves a child’s social ability.

Helping the Youngest Clients Thrive

Success starts at birth for families in YES’ Early Childhood Mental Health Program

In a small room, next to a table piled with figurines, colored blocks and other small toys, Lisa sits on the floor next to her three-year-old daughter, Anya.*

“OK, this is our special time,” Lisa says to Anya. “You can play with any of the toys on this table.”

Anya promptly reaches out and grabs two blocks, stacking them one on top of the other.

“You’re stacking blocks,” Lisa says.

“Any help?” Bui prompts.

Anya promptly reaches out and grabs two more blocks from the table, and places them on top of the first two.

“I’m a tower now,” Anya says proudly.

What the research says:

- Using standardized assessment tools, parents and caregivers report that PCIT improves their child’s overall behavior.
- PCIT has demonstrated success in reducing parenting stress, and even depression.
- Studies show that PFR increases parent/caregiver knowledge of a child’s developmental, social and emotional needs and significantly improves a child’s social ability.

Give the gift of support

Early childhood services are just one example of how YES helps families in need. You can help a parent and child who are struggling. Donate at www.youtheastsideservices.org to give a child a chance to be their best.

What we do

Youth Eastside Services (YES) provides mental health counseling, substance abuse treatment, psychiatric service, and education and prevention services for youth and families in East King County.
Families on the edge get help from YES

An unexpected expense. An illness. A job loss. Life can be uncertain, and for hard-working families with limited resources, these uncertainties can mean the difference between making rent — or being forced to seek emergency shelter.

Now, with funding from King County’s Best Starts for Kids, YES is addressing homelessness at its most critical stage — before it begins. YES’ Youth and Family Homelessness Prevention Initiative helps families on the edge with flexible funding to prevent homelessness, as well as support and resources to maintain or obtain permanent housing — and to address the causes of housing instability.

The initiative is already impacting local lives: From January to March 2017, YES helped 18 families avoid homelessness. Learn more about YES’ other education and prevention programs: www.youtheastsidesservices.org/healthy-communities

PREVENTING YOUTH AND FAMILY HOMELESSNESS

Investing in Youth

With your help, we raised more than $650,000 at this year’s Invest in Youth Breakfast to help Eastside families heal from devastating issues such as depression, substance abuse, trauma and more.

More than 1,000 generous attendees came out on March 22 to hear inspiring stories from youth who have overcome obstacles — and to enjoy the company of other philanthropists and community leaders.

Featured speakers included renowned early childhood researcher Dr. Patricia Kuhl, retired KING 5 TV news anchor Dennis Bounds, Warm 106.9 radio personality and mental health advocate Shellie Hart, local restaurateurs and community advocates John and Debbie Howie, plus youth speakers from YES.

The funds raised will support low/no-cost mental health care and substance abuse treatment for families in need — as well as education and prevention services.

Missed the event? See the event wrap-up and make a gift to support our work: www.youtheastsidesservices.org/breakfast

“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 Executive Director Patti Shelton-McGougan

HONORING School Partners

Lake Washington and Bellevue school districts were honored at YES’ Annual Meeting for their commitment to student well-being. In partnership with administration and staff, YES provides on-site mental health, substance abuse treatment, and other forms of social-emotional support and interventions at more than 60 schools across the districts.

WITH YOUR HELP...
**SUMMER 2017**

**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 responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.

**DONOR PROFILE**

Kevin & June Johnson

For Starbucks CEO Kevin Johnson and his wife, June, family comes first. As residents of the area for more than two decades, they’ve put down deep roots that keep them committed to their community. Since 1999, that commitment has included supporting Youth Eastside Services.

“When we’ve attended events and heard stories [from YES clients], it opens your eyes to the reality of what happens. It’s easy to go through life and not be aware of the struggles that others are going through,” Kevin says. “It’s an important thing to have YES in our community. That’s why June and I have been strong supporters.”

Their concern for young people has kept them involved with YES for almost 20 years — and it’s become a family endeavor: Their son Michael serves on the YES Ambassadors, a group of young professionals whose activities support YES’ mission and programs.

“Our entire family shares the view that serving others and helping people is important,” June says. “We have a lot of respect for YES.”

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**Helping the Youngest Clients Thrive**

Success starts at birth for families in YES’ Early Childhood Mental Health Program

In a small room, next to a table piled with figurines, colored blocks and other small toys, Lisa sits on the floor next to her three-year-old daughter, Anya. “OK, this is our special time,” Lisa says to Anya. “You can play with any of the toys on this table.”

Anya promptly reaches out and grabs two blocks, stacking them on top of the other.

“You’re stacking blocks!,” Lisa says.

In the background, Jackie Bui, YES’ director of education and prevention services, quietly validates Lisa’s response: “Good job describing what she’s doing.”

Lisa hesitates, and Bui prompts her: “Reflect what she’s saying.”

Lisa says to Anya, “You can play with any of the toys on this table.”

“OK, this is our special time,” Lisa tells Anya. “You can play with any of the toys on this table.”

Any plucks two more blocks from the table, and places them on top of the first two.


Lisa says to Anya, “Yes, you built a tower!”

The two develop a loving, nurturing bond — and at home, Lisa has noticed a shift in Anya’s behavior.

Lisa is learning PRIDE skills — or how to praise, reflect, imitate, describe and enjoy interactions with her daughter. The skills are helping the two develop a more loving, nurturing bond — and at home, Lisa has noticed a shift in Anya’s behavior.

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**WHAT WE DO**

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**YES for young professionals**

Interested in learning more about the YES Ambassadors group? Contact Brooke Wiley at brookew@youtheastsideservices.org or 425-586-2326.

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**PHONE**

425-747-4937

**LOCATIONS**

YES serves more than 70 locations across East King County, including three offices, schools in the Lake Washington and Bellevue school districts, teen centers, and community centers.

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