

**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

NEWS FROM YES • FALL 2018



#### 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.

#### YES LEGACY SOCIETY

### Jennie and Larry Rush

Jennie and Larry Rush recently joined the YES Legacy Society. We are so proud to have their lasting partnership on behalf of local youth and families!

Both Jennie and Larry actively seek to help kids in our community. Jennie started serving as a YES Trustee in 2008 and Larry previously served as a YES SUCCESS Mentor. Plus, they've led Girl Scout troops, coached youth sports, and supported local youth in foster care.

When Jennie and Larry were young, they both had family members who struggled with addiction and mental health issues. They agree, "We could have benefitted from the types of services YES offers."

*With six grandchildren ranging from ages 3 1/2 to 20, they are well aware of the challenges kids face these days. Jennie and Larry believe "YES has never been more relevant."*

Their bequest to YES demonstrates their unwavering support of local youth and families. By making their planned gift public, they hope to encourage others to consider their own legacy for local youth and families.



YES Legacy Society members Jennie and Larry Rush

#### LEARN MORE

To learn more about making a planned gift to YES, contact Madelaine Thompson, Chief Development Officer, at [MadelainT@youtheastideservices.org](mailto:MadelainT@youtheastideservices.org).

#### BEHAVIORAL HEALTH SERVICES

### YES Open Access decreases wait times for young people in crisis

To address the increase in mental health and substance use issues, Youth Eastside Services (YES) has been working to reduce barriers to accessing immediate care. In 2016, YES' average time to assessment for new clients was eight business days, and Master's-level therapists were often too busy to take assessment appointments. To reduce these wait times, YES launched a pilot project called Open Access in August of 2017.

Open Access offers walk-in, same-day assessments conducted by Master's-level therapists, who are also dually-certified as Chemical Dependency Professionals. YES clients now receive a mental health and/or substance use assessment, are assigned to a clinician, and schedule their first counseling appointment, all in the same day.

The success of Open Access is apparent every afternoon, as our lobby fills with youth and parents requesting appointments. We consistently assess four to five new clients per day, four days a week. Largely due to this new intake model, in 2017 YES experienced a 33% increase in clients accessing behavioral health services.

*"We heard from parents and the community that they wanted quicker access to behavioral health services," says Patti Skelton-McGougan, YES' Chief Executive Officer. "We're excited to be able to better meet the needs of the families we serve."*

The new intake model has been funded in part by a generous \$75,000 grant from Premera Blue Cross' Social Impact Grant Program.

#### 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.



#### OPEN ACCESS

### Walk-In assessments for mental health and substance use disorders

Open Access serves children, teens, and young adults from birth to age 22 and their families on a first-come, first-served basis.

**Monday – Thursday, Noon – 4 p.m.**

999 164th Avenue NE, Bellevue WA 98008

Please bring a photo ID, your insurance card, and proof of income (if sliding fee scale is needed).

**Please call ahead at 425.747.4937 if:**

- Your child is age five or under
- You need an interpreter (at least two business days in advance to schedule)
- You live outside of the cities of Bellevue, Kirkland, Redmond, or Sammamish
- You want to make an appointment outside of Open Access hours

## HELPING SCHOOLS HELP STUDENTS

# Behavioral health screenings in local middle schools

This fall, YES is partnering with the Lake Washington and Bellevue School Districts to introduce a universal mental health and substance use screening in local middle schools. The research-based program, Screening, Brief Intervention, and Referral to Treatment (SBIRT), is an innovative model that helps schools intervene early when substance use or mental health challenges interfere with a student's ability to succeed. It was launched in response to the increasing number of Eastside youth who attempted to take their own lives.

The initial launch of the screening will be conducted throughout the seventh grade in thirteen local middle schools. For about ten minutes, students will take a research-based, teen-friendly, web-based survey called "Check Yourself" that helps YES and school counseling staff identify students who might

be at risk for, or currently experiencing, a behavioral health concern. The goal is not only to identify those who are in critical need, but also those students who typically "look fine." The screening will assess the severity of behavioral health issues and identify the appropriate level of treatment, whether it's in-school programs, or, for those needing more extensive treatment, referrals to outside counseling services.

Funding for the service comes from a three-year grant from King County's Best Start for Kids Initiative and other local mental health levies. YES is working to secure additional federal funding through a SAMHSA grant to expand the service into other grades and at more schools.

You can read more about SBIRT and the most recent media coverage on our website, <http://www.youtheastideservices.org/sbirt/>.



## YES STAFF PROFILE

### Michelle Brode



Michelle Brode has always known she wanted to major in psychology, but it wasn't until she worked for her university's crisis phone line that she found her passion working with youth in crisis. Michelle joined YES last year as an in-school Behavioral Health Specialist, and continues crisis work by conducting suicide risk assessments in the Lake Washington School District.

This school year, Michelle will be at

Rose Hill and Kirkland Middle Schools. She will provide one-to-one counseling for students, offer presentations on topics such as grief and loss, suicide prevention, and the risks of vaping, and will organize recovery groups within the school environment.

She will also provide suicide risk assessments throughout the Lake Washington School District. When school staff recognize a student is at risk for suicide or self-harm, they will contact YES. Michelle will immediately go to the school to conduct an assessment, and recommend the best next step.

Michelle's favorite part of her job is seeing youth connect with their strengths, grow their coping skills, and learn to independently manage challenges.

*Michelle can't emphasize enough just how important a role parents or caregivers play, "It's important for parents to know that kids are living in a different world than we grew up in. Adolescence is hard. Maintaining a warm, open, relationship with your child is really difficult and extremely worthwhile."*

YES periodically provides educational opportunities for parents, like our recent 13 Reasons Why events. To receive information about upcoming events, please subscribe to our mailing list, or follow us on social media.

## SUICIDE RISK ASSESSMENT

YES contracts with the Lake Washington School District to immediately respond when staff at elementary, middle, or choice schools are concerned that a student is suicidal. On-call suicide risk assessment staff immediately respond and determine whether there is a mild to high risk. If the risk is mild, they offer a referral to local counseling services. If the risk is high, they instruct the parents to take the student to the hospital.

YES staff uses a standardized suicide risk assessment tool, and they include parents, the student and school staff in developing safety plans. Most often, YES staff are able to deescalate the situation and avoid sending the student to the hospital.

## OVERCOMING OBSTACLES

# Jazmine overcomes depression and anxiety thanks to YES

When Jazmine returned to YES in the summer of 2016, she was feeling depressed, and thinking about suicide and self-harm. She had already started experimenting with drugs to cope with a difficult family life. When school started in the fall, she struggled with motivation and started skipping regularly. For the first time, her straight-A GPA was flagging. Then she was in a car accident and developed a severe phobia related to cars, to the extent that she struggled with panic attacks just walking through the school parking lot.

But Jazmine's motivation to work through her issues was strong, and she began to regularly attend therapy knowing there had to be a solution. Working with her YES counselor, Noble, she learned to monitor her anxiety, and to manage the symptoms with both cognitive and movement techniques. Her counselor helped her learn about healthy boundaries. She coached her on how to set those boundaries in ways that helped her deal with stress at home without damaging her family relationships.

After some time, Jazmine was able to stop using drugs, and regained her love for school and learning. With education about mental health and careful coaching, she was able to work through her car-related phobia, to the point where she even took a couple of driving lessons with friends.

Jazmine graduated high school this past June. She was accepted at the University of Portland where she will attend this fall on a partial scholarship to pursue her passion in environmental science.

*"I've always imagined living a dream life, but I never thought I'd actually get to. It's scary but also really exciting, and I feel unstoppable," said Jazmine.*

Her counselor Noble has been honored to work with Jazmine over the past couple years, "She's inspired me with how much work she's put in to 'getting better.' When her depression and anxiety tried to overwhelm her and make her feel powerless, she pushed through, worked her skills, and reminded me of the importance of the work we do at YES."



## SAVE-THE-DATE

# 2019 Invest in Youth Breakfast

It's never too early to make plans to join us at YES' most anticipated event of the year, the *Invest in Youth* Breakfast. Hear from clients who have overcome significant personal challenges, be inspired by our keynote speaker, and enjoy a catered breakfast in the company of nearly 1,000 community leaders who care about the future of our youth.

**Give us a call** if you'd like to know how exciting and fulfilling it is to be a table captain and/or breakfast sponsor. Contact Angela Chapman at **425.586.2326** or at [AngelaC@youtheastideservices.org](mailto:AngelaC@youtheastideservices.org).



**Wednesday, March 20, 2019**

Meydenbauer Convention Center, Bellevue

**Co-Chairs:** Sandy Torrey and Carmen Halstrom

## SUPPORT YES FAMILIES

# Workplace Giving

Fall is the time when workplace giving campaigns gear up in many local organizations. If your employer provides this program, you can support YES by designating all or part of your workplace giving to Youth Eastside Services. Your support will help provide care for low income families who can't afford it, and assist underfunded early intervention prevention and educational programs.

If you have any questions, or need documentation of your contribution, contact Angela Chapman at [AngelaC@youtheastideservices.org](mailto:AngelaC@youtheastideservices.org) or at **425-586-2326**.

