Co-Occurring Disorders (COD) Counseling and Treatment at YES

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 8.9 million people in the United States have a co-occurring substance use and mental disorder. Traditionally, treatment for drug/alcohol addiction was separate from treatment for mental health issues, and usually delivered at different treatment facilities, using different and potentially conflicting therapies. As a result, many people who use substances do not receive treatment for the underlying causes that may contribute to their addiction, making recovery more difficult.

More recently, research has shown that when mental health and substance use issues are treated simultaneously, people are more successful with long-term recovery. According to the federal agency Substance Abuse and Mental Health Services Administration (SAMHSA), the integration of treatment therapies for mental health and addiction disorders can lower the rate of relapse, reduce the number of suicide attempts and foster long-term abstinence from substance use. Today, SAMHSA promotes co-occurring disorders treatment as the gold standard for individuals assessed with substance use and mental disorders.

At Youth Eastside Services (YES), we understand that part of providing integrated treatment for co-occurring disorders is the use of dually-certified therapists — Master’s-level, licensed therapists who are also certified as Chemical Dependency Professionals (CDPs), including those who conduct initial assessments for youth who access our walk-in services (Open Access). We specifically recruit dually-certified therapists and provide additional trainings for staff.

"With a significant core of our work being done with adolescents, it’s necessary for our clinicians to be dually trained in both mental health and substance use treatment. Teens are more likely to experiment and, unfortunately, many of those with mental health disorders often turn to alcohol or other drugs to self-medicate. “

DAVID DOWNING, Chief Operating Officer with Youth Eastside Services (YES)

Access to co-occurring disorders treatment can be difficult to find, especially for youth. According to the American Journal of Psychiatry, most of the youth with mental health disorders (75-80%) do not receive services. Because of this, it is vitally important that YES continue to provide co-occurring disorders treatment for young people in our community, whether or not they can afford care. We are able to do this through the generosity of our donors, and funders.
MENTAL HEALTH CARE

YES Now Offers Youth Mental Health First Aid Training to the East King County Community

In 2019, YES began offering Youth Mental Health First Aid Training to teach adults how to identify, understand and respond to signs of mental illness and substance use disorders. “Youth struggling with mental health and substance use issues in our community has never been more prevalent than it is now, and we can no longer rely solely on trained professionals to identify students of concern. We need all community members to be trained in what to look for since a mental health or substance use crisis can happen at any time,” said Suzanne Peterson, YES Therapist and Youth Mental Health First Aid Facilitator.

WHAT IS MENTAL HEALTH FIRST AID?
Youth Mental Health First Aid is an 8-hour, certified, evidence-based training program, which introduces participants to risk factors and warning signs of mental health problems in adolescents. The training uses role-playing and simulations to demonstrate how to: assess a mental health crisis; select interventions and provide an initial response; and connect young people to professional, peer, social, and self-help care.

WHAT WILL PARTICIPANTS LEARN?
The training addresses a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. The course discusses the stigma around behavioral health challenges, and the typical and not-so-typical adolescent developmental stages. Participants learn how to support a youth showing signs and symptoms of a mental illness or an emotional crisis by applying a core five-step action plan.

Participants then learn how to apply the action plan in a variety of situations, including when someone is experiencing panic attacks, suicidal thoughts or behaviors, non-suicidal self-injury, acute psychosis (e.g., hallucinations or delusions), overdose or withdrawal from alcohol or drug use, reaction to a traumatic event, and other issues.

WHERE DO I SIGN UP?
Youth Mental Health First Aid Training
Monday, July 22, 2019
9:00 a.m. – 5:30 p.m. at YES Bellevue
You may register online at:
https://www.yeasteastsideservices.org/get-involved/mhfat/
The cost of the course is $75, which includes an extensive 200-page training manual and dinner. YES licensed therapists Suzanne Peterson and Michelle Brode will conduct the training.

Suzanne Peterson, Youth Mental Health First Aid Training Facilitator

Suzanne Peterson is a YES Co-Occurring Disorders Therapist and the Open Access Supervisor, employed at YES since October 2015. Suzanne started her career working as a case manager in the foster care system in Kansas. In 2013, she moved to Seattle where she began work on the Mobile Crisis Team for King County, responding to mental health and substance use crises alongside first responders. After working with adults in that position, Suzanne felt that early prevention and intervention of mental health and substance use concerns in children and adolescents was where she could make the biggest impact.

In addition to co-facilitating the Youth Mental Health First Aid trainings at YES, Suzanne is a dually-licensed therapist specializing in Motivational Interviewing, Cognitive Behavioral Therapy, and Dialectical Behavior Therapy. She currently provides individual and family therapy, clinical supervision for counselors working towards licensure, and manages the Open Access department, YES’ walk-in assessment service.

“The most meaningful part about the work is the humbling experience of witnessing young people making concrete and lasting changes to their lives through the unique challenges they face today,” said Suzanne.
YOUTH AND FAMILY COUNSELING

Anya Learns to Step Out of Her Comfort Zone

Anya, age 17, was fortunate to have a family who understood the benefits of talk therapy. Her older sister was already engaged in therapy at YES when Anya recognized that she was having a hard time handling her anxiety. With the demands of school, and increasing social anxiety, Anya felt less able to push herself beyond her comfort zone, and she began to retreat into solitude.

“When I first started, I didn’t really know what I was doing, so I mostly just ranted about stuff. But just having someone to talk to helped me begin to feel much better, and much more comfortable. Therapy has helped me realize that I already knew how to handle my anxieties, and I just had to build the confidence to trust myself,” said Anya.

Today, Anya is very proud that she took the initiative to seek support for her anxiety issues. Since starting Youth & Family Mental Health Counseling at YES four years ago, Anya has learned to think about where her anxiety stems from, and how to push her to achieve the goals she set for herself.

ACCESSING SERVICES

No appointment is needed to receive a behavioral health assessment at YES. Visit Open Access during summer hours Tuesdays and Thursdays, 12 – 4 p.m., at the YES Bellevue location. Please call ahead at 425-747-4937 if your child is under the age of five, if you live outside of Bellevue, Kirkland or Redmond, if you need an interpreter, or you would like to schedule an appointment outside of Open Access hours.

ANNUAL MEETING

YES honors Community Award recipients

MR. DONNIE IVAN began volunteering at YES in 2011. Since then he has given over 150 hours of handyman service. Donnie and his wife have also been longtime donors, and love hosting and attending many YES social and fundraising events.

ROBERT VASEN FOUNDATION is dedicated to continuing the spirit, values, and activities of Robert Vasen by fostering action within the community. The foundation supports the Dialectical Behavioral Therapy program, which offers individual therapy and an intensive DBT skills group to help teens manage emotions and reduce self-harm behaviors.

BELLEVUE FIREFIGHTERS COMMUNITY SUPPORT FOUNDATION has supported YES since 2003. For the past 15 years, the foundation has donated backpacks filled with school supplies to kids in the YES SUCCESS Mentoring program, provided food for several annual SUCCESS celebration dinners, and since 2004, made several families’ holiday seasons brighter through their support of our Adopt-a-Family program.

2019 INVEST IN YOUTH BREAKFAST

Look How Much Good a Gift to YES Can Do!

With the help of nearly 1,000 generous donors and sponsors, with a passion for helping young people in crisis, on March 21 YES raised over $785,000 at our annual breakfast, surpassing our goal of $760,000!

Through the heartfelt stories of YES clients, volunteers, and therapists, guests were inspired to support behavioral health care services and programs.

Donations from the breakfast will support low/no-cost mental health care, and substance use and co-occurring disorder counseling and treatment for children, youth and families, as well as education and prevention programs throughout our community.

“By supporting YES, you are changing the world, one child and youth at a time. And for that, I offer you my deepest, heartfelt thanks.”

— YES Chief Executive Officer
Patti Skelton-McGougan

MISSED THE EVENT?

See the event wrap-up at: www.youtheastsideservices.org/breakfast

MULTIPLY YOUR IMPACT WITH WORKPLACE GIFT MATCHING

Many companies help employees make a positive impact on their communities by offering gift matching. Contact your employer’s human resources office to find out if your company matches donations.

WITH GRATITUDE

“Thank you for your service” to our departing trustees:

Swapna Hiray
Director of Channel Sales and Licensing, Intellectual Ventures

Chris Katzmar Holmes
Retired Senior Vice President Human Resources & Administration, Symetra Financial

Robert Wuflestad
Chief Strategist, Light Business Development Group (BDG)
CELEBRATING 20 YEARS OF PARTNERSHIP

Steve Miller & Pam Cowan

Steve Miller and Pam Cowan were introduced to YES more than 20 years ago. At the time, they were raising their kids in the Bellevue schools and Steve was just beginning his term on the Bellevue School Board.

Steve quickly came to understand that the classroom can’t serve all of a young person’s needs, particularly if a student is navigating complex family dynamics. YES became a natural and critical partner for the schools at that time, providing both professional case management and volunteer mentors for students.

YES is proud to call Steve and Pam our partners for more than 20 years. CEO Patti Skelton-McGougan said, “Steve and Pam have deep roots in this community and inherently understand the needs we see today. They are wonderfully generous with both their financial gifts to youth and families, as well as their guidance and counsel to me and our executive team.”

When Steve visits YES’ Bellevue office, he always takes a moment to glance behind the reception desk, where a whiteboard displays the current list of languages in which YES counselors can offer services. Steve and Pam are both immigration attorneys. They believe our community’s diversity makes us vibrant and that YES’ ability to serve families in their language of choice puts YES ahead of the curve.

“There are lots of organizations asking for support to help kids,” said Steve. “We choose to give when we know the decision makers of that organization are talented, dedicated, and insightful.”

The latest reason why Steve and Pam are excited to be YES partners? Open Access, YES’ walk-in services for new clients. “That’s priceless,” said Pam. “Kids are tricky and they can spiral very quickly. You have to get to them right away.”

Innovations like Open Access, in-school services, and culturally competent staff are all possible in our community because of longtime partners like Steve and Pam. We are deeply grateful for all those who helped build YES into the comprehensive community resource it is today.