CLIENT STORY

Angie knew her self-harming habit was unhealthy, but she couldn't stop

Angie first learned about self-harming from a television show while she was still in middle school. She wanted to see what it felt like, but soon it developed into a habit. She knew her self-harming habits were unhealthy, and she wanted to stop, but she couldn't.

She finally confided in her mother, and after a long and difficult conversation, they decided to seek therapy.

"Coming to therapy at YES was probably the best thing that ever happened to me," said Angie.

Angie started counseling with a YES clinician trained in Dialectical Behavioral Therapy (DBT) and is enrolled in YES' 16-week DBT program, which teaches her scientifically proven skills to regulate her intense feelings and behavior.

Support Others Like Angie

✓ I want to make a gift to support children, youth and families like Angie.

DONATE TODAY!

www.youtheastsideservices.org/donate

Donations made to YES ensure that ALL children, youth, and families in East King County have access to mental health and substance use treatment, psychiatric care, and recovery support; regardless of their ability to pay.
You are extending a lifeline during COVID-19

This past year has been an overwhelming time in the world and our community. With the COVID-19 pandemic and subsequent school closures, children and youth are experiencing an increase in anxiety, isolation, depression, substance use, suicidal thoughts, and challenging family situations.

We at Youth Eastside Services (YES), were amazed by donors like you who gave generously in response to those impacted by the pandemic, ensuring that all children, youth, and families continued to receive the mental health and substance use counseling they needed.

As one donor noted, “I was inspired to give to YES because of the youth who are struggling right now. I want to tell them to hang on; life gets better.”

In 2020, more than 1,500 donors helped over 20,000 children, youth, and families through virtual mental health and substance use counseling services, school-based services, and community-wide educational events and support programs providing a path for all young people to recover, heal and thrive.

A lifeline through virtual technology
In March 2020, when YES had to pivot our annual Invest in Youth Breakfast to be a virtual event, donors stepped up and helped raise more than $960,000,

more than ever before! As our physical locations had to close their doors, these donations helped cover the unexpected costs of implementing new HIPAA-compliant Telehealth technology. Our young clients were able to continue receiving uninterrupted services during a particularly tough time.

A lifeline during school shutdowns
School closures also left many students without access to in-school mental health and substance use support.

In response, one donor, who previously worked as an administrator in the Lake Washington School District, scheduled a recurring monthly gift.

“I saw firsthand the great work YES counselors did at the school and was impressed with how they helped so many students.”

Donors like this have helped fund continued support for students with virtual drop-in counseling, Cognitive Behavioral Therapy or CBT groups, and recovery support groups, at no cost to students.

A lifeline in our community
Virtual technology has also been an effective way to provide community-based programs, like mental wellness programs, to youth and their families. BGLAD, a community-based group supporting LGBTQ+ youth, was able to expand their reach from high school youth to including middle-school-aged youth. One YES donor created a Facebook fundraiser to help even more LGBTQ+ youth during this challenging time.

A lifeline through safe in-person access
This summer, your donations were used to launch our safe reopening of in-person services, in addition to continuing our virtual services. This hybrid model continues and has proven incredibly successful in providing the options to effectively reach more children, youth, and family during this challenging time.

Thank you for demonstrating your commitment to the health and success of our youth!

WHAT WE DO
Youth Eastside Services (YES) is the leading youth-serving behavioral health agency in East King County for children and youth from birth to age 22, and their families. We provide evidence-based mental health counseling, substance use and co-occurring disorders counseling and treatment, early childhood behavioral health services, psychiatric services, and education and prevention programs. No matter what your financial situation is, you can receive help at YES. We accept most insurance plans, Medicaid, and offer a sliding fee scale.
YOUTH AND FAMILY COUNSELING

With your help clients receive both mental health & substance use services at the same time

Around 6 out of 10 people with a substance use disorder also suffer from a mental health condition known as co-occurring disorders. For adolescents, co-occurring disorders can present unique challenges. This may be a teen using alcohol to escape crippling anxiety or a youth struggling with trauma who uses Xanax to numb intense emotions. Even if the youth may not be addicted, substance use may still impact their mind, moods, and physical health. In counseling, it’s important to meet clients where they are and look at everything that impacts their health.

"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," said David W. Downing, YES CEO.

At YES, we understand that treating the whole person requires the use of dually-certified therapists — Masters-level, licensed therapists who are also certified as Substance Use Disorder Professionals (SUDP). We specifically recruit dually-certified therapists and provide additional staff training.

Hiring dually-licensed clinicians and providing additional training is expensive. Still thanks to you, young clients can receive the best, research-proven therapies to give them a better chance at long-term recovery, lower the rate of relapse, and reduce the number of suicide attempts.

STAFF SPOTLIGHT

Co-Occurring disorders Supervisor A.G. Noble, LMHC, SUPD

Noble was 19 years old when she started seeing a YES counselor for help with depression. That interaction left a strong impression about how invaluable counseling can be for youth – and a desire to make it her career. Now, 22 years later, she’s helping those who are struggling like she was.

While studying psychology as an undergraduate student, tragedies like the shooting at Columbine High School further 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.

Since the beginning, Noble has enjoyed working with teens and has found their resilience and willingness to change inspiring.

"Teenagers are all about changing, they are changing every day, and it makes a difference to encourage them to change in healthier ways."

At YES, Noble has seen an increase in teen substance use during the pandemic.

"The allure to use substances is so much stronger now. It’s a fast way to control how you feel, and during this time, we have less control than ever."

Noble herself shares that during the pandemic, she’s had to remind herself to be patient. She’s found comfort through journaling and developing new ways to connect with others socially.

A SPECIAL VIDEO JUST FOR YOU!
Learn more about YES’ Co-Occurring Disorders Treatment from Supervisor A.G. Noble by watching this informal video.
Visit youtheastsideservices.org/CoOccurringVideo
ANNUAL FUNDRAISER

Celebrate the superpowers of our young people at the Invest in Youth Fundraiser

Grab your superhero capes for a night of inspiration and hope as we honor Mental Health Awareness Month and celebrate the resilient superpowers of YES clients.

This virtual event will feature incredible stories from our young clients, a reflection on the challenges facing our community from CEO David W. Downing, and an inspirational message from keynote speaker Mike Veny.

This is an online fundraising event benefiting children, youth, and families struggling with mental health and substance use. There is no cost to attend, but there is a suggested donation of $200.

REGISTER TODAY!
youtheastsideservices.org/investinyouth

ONGOING GIFT CARD DRIVE

Gift cards needed during this challenging year

For many years, donors have provided gift cards during the holiday season to help support YES client families who may benefit from additional resources to purchase anything from holiday gifts for their children, groceries, paying bills or school supplies.

During the recent holidays, 67 YES families received over $15,000 in gift cards!

With an uptick in families needing resources after such a challenging year, the gift card program will run year-round. To do so, we will need more gift cards to support the client families in need.

If you would like to donate to the gift card drive, and for directions on how to do so, please visit our website at youtheastsideservices.org/gift-card-drive.

DONOR SPOTLIGHT

Message from Linda Reichenbach, YES Trustee and Champions for Youth Giving Circle member

I was introduced to YES in 1997 when I was invited to their annual fundraising event, the Invest in Youth Breakfast. I continued to support YES’ annual event, and in 2006, I was asked to serve on the Invest in Youth Breakfast Committee to help fundraise for the organization. Saying “yes” to Youth Eastside Services was an easy decision.

We had one teenager and two soon-to-be teenagers at the time, and I was already very passionate about access to mental health services. I was aware of the increasing challenges of growing up in today’s world and knew YES was there to meet those needs for youth in our community.

In 2011 I joined the YES Board of Trustees and continued to serve on the Breakfast Committee and as a Table Captain ever since. My husband Steve also serves as a Table Captain at YES’ annual event.

In addition to serving on the Board of Trustees and as a Table Captain, my husband and I are also members of YES’ Champions for Youth Giving Circle. Being part of the Giving Circle is important to our family because of our shared mental health experiences.

I do not know where I would be without receiving the counseling I did as a young person. Fast forward to being a parent: our family has benefited greatly from the counseling that our family members have received.

Supporting an organization like YES, which serves families and youth regardless of their ability to pay, is integral to who we are as a family.

BECOME A YOUTH GIVING CIRCLE MEMBER

To learn more about the Giving Circle, contact Lisa Hay, Chief Advancement Officer at 425-586-2328 or lisah@youtheastsideservices.org.