

## Your Commitment to Supporting a Diverse Community

*Your continued support helps ensure equal access to mental health and substance use services by providing multi-lingual and culturally sensitive treatment, creating a safe space for diverse students to be themselves, and influencing organizational efforts to advance racial equity.*

### Reflecting a multi-cultural community

It is a key part of YES' mission and current strategic plan to represent and mirror the full diversity of our community through hiring practices that ensure a staff with a diversity of language and cultural capacity.

We focus on recruiting and hiring staff who are bilingual, and we currently have 16 staff with language capacity in Spanish, Mandarin, Cantonese, Japanese, Vietnamese, Farsi, Persian, Gujarati, Hindi, and Korean.

**When Antonio\*, 9, was grieving the loss of his older sister, his mother reached out to YES specifically for a Spanish speaking counselor. This allowed the whole family to participate in Antonio's recovery, and the culturally-sensitive approach made her feel more "tranquilo" or stable.**



**Thanks to you, diverse students have a safe space to be themselves.**

### Providing a space to be "you"

Thanks to your contributions culturally diverse students in Lake Washington and Bellevue high schools have a safe space to be themselves.

In 2021 you helped expand support, to the Latinx student community in Sammamish, Redmond and, new last year, Juanita. YES is also partnering with Juanita High School's African-American Student Advocacy Program (AASAP), in response to our community's need for more support of BIPOC youth.

Also thanks to your donations in 2021 BGLAD, YES' support group for LGBTQIA+ youth, was expanded to include a group for middle school students, and offer both in-person and virtual weekly support, at no cost to youth and families.

These groups continue to offer critical support to youth today with staff facilitators who are specialists in the area of gender identity, racial equity, and are

also certified in co-occurring disorders, able to treat both mental health and substance use challenges.

### YES stands with you

Diversity, equity and inclusion are important to our community. YES stands in solidarity in support of social justice and ending systemic racism.

YES stands with you and continues to be

a voice of advocacy in our community to promote and support positive change.

**"Within YES, we are committed to a continuous deep dive in this important work, striving to be the best organization to optimally impact and serve our diverse community of children, youth, and families," said David Downing, CEO of YES.**

### SPECIAL VIDEO MESSAGE FROM CEO DAVID DOWNING

Learn more about how your support is helping advance diversity, equity and inclusion work at YES.

Visit [youtheastsideservices.org/diversity](https://youtheastsideservices.org/diversity)

### 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.

## COMMUNITY-BASED PROGRAM

# You're Providing Our Community With No Cost Drug and Alcohol Education for the Whole Family

Your support means YES is able to offer the East King County community free virtual Alcohol and Drug Education Classes (ADEC) for families. The three hour intervention class teaches both youth ages 12-18 and their parents/caregivers about the impact of substance use, including nicotine, alcohol, cannabis and others.

The class is unique because the information that is shared comes directly from trends in the local school districts and communities. This provides immediate feedback and response to trends, challenges, and warnings.

**"Hearing the students' honestly describe their experiences using drugs and alcohol and how they felt after they were caught, was more powerful than reading statistics in a research study," said a mother who recently attended ADEC."**

ADEC provides parents with the information they need to feel prepared to have these difficult conversations with their children, and to approach them with compassion, options for support, and next steps they can take together.

Your continued support can help break the cycle of addiction by offering these prevention and education programs throughout our community.



***Your continued support is helping break the cycle of addiction in our community.***

"When we are able to give these tools and skills to youth and their parents/caregivers, they can continue to have these important conversations in their homes, which promote youth making healthier independent choices," said Andrea Frost, Substance Use Education and Prevention Coordinator and ADEC Facilitator.

***Prevention and education programs like ADEC are made possible through the generosity of supporters like you. Thank you for demonstrating your commitment to the health and success of our community.***

## CLIENT STORY

### Mother of a four-year-old son becomes desperate for help

Meryl\* was exhausted. Her four-year-old son was having another meltdown. He averaged multiple major meltdowns a week. He wasn't listening, he talked back, he whined whenever he didn't get his way. His preschool teachers were frustrated and his education was at risk. Meryl became desperate for help.

That's when she reached out to YES and learned about Parent Child Interaction Therapy (PCIT). PCIT is a research-based program for families with children 2-7 years old. It uses a specialized room at the YES Crossroads location with a one-way mirror. A YES therapist observes the interaction between parent and child and offers feedback through an ear-piece.

**"PCIT has made an incredible positive impact on our household," said Meryl. "I have learned to effectively communicate, positively reinforce and provide efficient discipline with much more control. I would recommend this program from the rooftops!"**

These days Meryl's son experiences maybe one meltdown a week which she confidently handles. Her son is proud to come home from school and brag about his good behavior.



***Thanks to you, Meryl created a closer bond with her son, and became more confident in her parenting.***

Evidence-based therapeutic programs such as PCIT can be expensive. At YES even families who otherwise would not be able to afford these service can access much needed support.

**Thanks to your support Meryl is able to create a closer bond with her son, and become more confident in her parenting, so both parent and child can thrive..**

\* While the client story told here is true, the name, image, and identifying information have been changed to protect the privacy of the client.



May 19, 2022 | 8:30-9:30 AM

MEYDENBAUER CENTER, BELLEVUE, WA



**ANNUAL FUNDRAISER**

# Reach Out Your Hands on May 19 for the Invest in Youth Breakfast

Join Youth Eastside Services (YES) for its annual fundraising event the Invest in Youth Breakfast on May 19, 2022, in person at the Meydenbauer Center in Bellevue at 8:30 a.m.

Come together for an inspiring morning as we reach out our hands to support children, youth, and families struggling with mental health and substance use challenges and honor Mental Health Awareness Month.



The event will feature incredible stories from YES clients and an inspirational conversation with mental health advocate, host of *Speak Your Mind* Podcast, and Center for Seattle's NHL Hockey team, Riley Sheahan.

With your help, we will raise \$800,000 to provide counseling and treatment, for anyone seeking help, regardless of their ability to pay.



**REGISTER TODAY!**

**[YOUTHEASTSIDESERVICES.ORG/INVESTINYOUTH](http://YOUTHEASTSIDESERVICES.ORG/INVESTINYOUTH)**

*This is YES' annual fundraising event benefiting children, youth and families. There is no cost to attend, but there is a suggested minimum donation of \$200.*

**CHAMPIONS FOR YOUTH**

# Inspire Others

YES' Champions for Youth Giving Circle is an exclusive opportunity to recognize a compassionate community that supports youth mental health with gifts of \$1,000 or more.

**All Giving Circle gifts or pledges received by April 30, 2022, will be used as a dollar-for-dollar match incentive at our May 19th Invest in Youth event for donors that make a gift of \$500 or more.**

We hope that by being part of the Champions for Youth Giving Circle, you will provide inspiration for our community to make a deeper investment in the mental health of children, youth, and their families.

*If you're interested in joining this generous group of caring community members please contact Lisa Hay, Chief Advancement Officer at 485-586-2328 or at [lisah@youtheastideservices.org](mailto:lisah@youtheastideservices.org).*

**MONTHLY GIVING**

# Ensuring Reliable Mental HealthCare Through Monthly Support

Many children, youth and families in East King County rely on your support to receive reliable access to mental health and substance use services. Thanks to YES supporters who give monthly, families can trust that access to these services will be there for them, if they need them.

Many donors who give to YES discover that giving monthly is the most convenient and effective way to provide consistent help to our community. One donor said,

**"I'm trying to give in a way that secures YES' income. I still give single donations when I can, but I'm hoping that even something as small as \$10 a month helps with a stable bottom line. Something to count on."**

By donating the cost of a cup of coffee each month, supporters give children and youth access to much needed services regardless of their ability to pay.

"My mom was glad we found YES because I could go even if we couldn't afford it," said one young client who received counseling services after experiencing traumatic nightmares.

"For the first time, I have hope for my future," said another young client who came to YES from the criminal justice system and is now in recovery from substance use.

With your donation you can ensure children and youth have the resources they need to live a happy and healthy life.

To schedule your monthly donation today visit [youtheastideservices.org/donate](http://youtheastideservices.org/donate) and select the recurring donation option.



**EASY-PEASY**

With one click your donation is set to process automatically every month



**PEACE-OF-MIND**

Provides reassurance that support is there when children, youth or families need it



**BUGET-FRIENDLY**

Even small, affordable monthly donations add up to make a big impact

**PHONE**  
425-747-4937

**EMAIL**  
info@youtheastideservices.org

**WEBSITE**  
www.youtheastideservices.org

### LOCATIONS

YES serves the Bellevue, Kirkland, Redmond and Sammamish communities, and provides on-site services to 50+ elementary, middle and high schools, and teen/community centers in the Bellevue and Lake Washington School Districts.

**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



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.

### MAKE AN IMPACT TODAY!

## Increase in Need for Mental Health Services

**More and more youth are experiencing worsening depression, anxiety, and substance use challenges** requiring critical mental health and substance use intervention, and we're having a hard time keeping up.

The ongoing impact of the pandemic is making it difficult for youth to cope, recover and access help as demand for services is increasing drastically.

A student on YES' Youth Advisory Council observed:

**"A lot of teenagers slipped back into bad habits with all of their time during quarantine, and because they were isolated for so long, many developed severely intrusive thoughts that resulted in some teenagers to develop new insecurities."**

Without immediate care, the lives of youth could be at risk.



***Youth need your help accessing group support as need for services increases.***

Youth need your help!

With your donation today you can **provide young people with access to mental health services by expanding YES' Dialectical Behavioral Therapy (DBT) Groups** to serve more youth.

These young people will learn the skills they need to cope and keep themselves safe.

Please scan the QR code below, visit us online, or use the remit envelope inside this newsletter and make your donation today!

### HELP YOUTH ACCESS SERVICES

Yes, I'd like to donate to support youth struggling with their mental health by helping expand YES' DBT Services!



**DONATE TODAY!**

**[youtheastideservices.org/donate](https://youtheastideservices.org/donate)**

*We are so grateful you care about the mental health of children and youth and that you are taking action to help expand access to services!*