

You're Supporting Youth and Families with Intensive Needs

Thanks to your support, YES is able to expand and introduce a new program starting this fall.

Wraparound with Intensive Services, or WISe, is designed to provide intensive support and services to assist youth and families in achieving wellness and safety, and to strengthen communities. WISe uses a team-based approach to providing services, and is available to youth under age 21 who are eligible for Medicaid. The goal of WISe is for eligible youth to live and thrive in their homes and communities, as well as to avoid or reduce costly and disruptive out-of-home placements.

Clients participate in the WISe program for an average of about 14 months. When they leave, families are more resilient and more confident in advocating for their needs. They are also more confident to in using their gifts, talent's and interests, as stepping stones towards wellbeing.

Helping youth in multiple systems

Many of these young clients have experienced hospitalizations for suicide attempts, residential treatment programs, juvenile justice system, special education programs, CPS and foster care systems, and are at high risk of dropping out of school or being incarcerated. It not only helps youth



Thanks to you, youth and families managing multiple care systems have a place to feel understood.

through the standard therapeutic process but also helps provide the opportunities they need to thrive.

"A client I previously worked with showed interest in swimming," said YES WISe Therapist Melissa Konrat. "So the whole care team worked together to get them into a local program. They not only learned important skills athletically but also gave them the confidence to be successful in their treatment."

Helping families recover

This "wraparound" support of serving the entire family, versus just the youth in need, is the basis around the program.

The program helps families in a way that standard one-to-one therapy may not be able to do. The WISe program provides families with resources for their basic needs, homelessness prevention, transportation issues, and help getting their child into community programs or clubs. It helps the whole family channel their energies toward things that are helpful, healthy, and restorative.

Providing a team approach

Each enrolled family is assigned a team of YES staff to give them the best chance at success. This team includes a care coordinator who organizes and manages the collaboration between the team and family and provides community-based resources, a family support partner who is a parent with lived experience that can offer the parent/caregiver guidance, a youth partner who supports the youth's engagement and advocates for their voice, a Master's Level Therapist who provides treatment that builds on the youth's and family's strengths and culture, and also, if needed, a YES psychiatrist who provides help with medication management.

Providing hope for the future

"Donor support helps provide this early intervention program that gives youth a chance at a successful adult life. They provide youth a place of understanding and a place where their voice is heard," said Jackie Bui, Director of Community Based Services.

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.

AGENCY-BASED PROGRAM

You're Providing Parents and Caregivers Peer Support

Thanks to your support, this last spring YES was able to offer additional support to parents and caregivers whose children are enrolled in the Dialectical Behavioral Therapy (DBT) program.

The DBT Parent Support and Education group was created to give parents and caregivers the opportunity to learn the same skills at their child in order to support skill development, and to apply the skills for their own well-being.

Over the course of four monthly sessions, parents and caregivers review the four DBT skills modules (Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness), and also cover parent-specific topics such as "relational mindfulness," setting and maintaining effective limits, and communicating effectively through moments of intense emotion."

One parent shared:

"We appreciated that YES offered the group sessions for parents. It was helpful to hear and understand some of the vocabulary and exercises the kids learned and when they used certain clinical words, it was helpful to understand what they were trying to communicate."



Your support is helping provide parents and caregivers the support they need to help their children recover.

Caregivers also found understanding through the peer support model of the group. They validated each others' experiences as together they processed their challenges and triumphs in caring for their teens.

Because of your donations, parents were able to work collaboratively with their child's therapist, practice learned skills at home, and find peer support for themselves. This resulted in the families experiencing quicker progress and success, and feeling more hopeful and empowered.

You Helped Jordan Find Recovery

At the age of 16, Jordan* found himself at a crossroads.

"I had to choose whether I was going to continue down the path of becoming a criminal, or whether I'd become a responsible adult."

Jordan had a chaotic childhood, which led him to develop severe anxiety. At 13 years old, he turned to drugs and alcohol to cope. In eighth grade, he was arrested and expelled from school. The judge ordered Jordan to seek services for his substance use and he quickly completed his required hours and headed off to a new school.

Unfortunately, the new school was an unsupportive environment and it wasn't long before Jordan started experiencing panic attacks. His family decided to transfer him to a different school where he met a YES school-based therapist.

He appreciated the Dialectical

Behavioral Therapy (DBT) skills his counselor shared to help him control his anxiety.

"She would tell me to fill a pan, or bucket, with ice-cold water and put my face in it when I was beginning to panic. Surprisingly, that worked really well."

Jordan eventually dropped out of high school to pursue his GED and was able to continue working with his counselor at the YES Bellevue location. Jordan also began seeing YES' onsite psychiatrist. Working together with his counselor and psychiatrist Jordan was diagnosed with Bipolar II disorder. Once on the right treatment plan, Jordan was finally able to focus on getting sober and staying healthy and continued to work on his recovery through YES' Life in Recovery Group.

Jordan enrolled at Lake Washington Technical College, pursuing a physical therapist degree, while also working a full-time job. He is proud of how far he



Thanks to you, Jordan now has hope for his future.

has come and what he has been able to accomplish.

"I now know that not everything has to be perfect; I don't have to do everything right away. I can take my time and know that everything will figure itself out."

"For the first time, I have hope for my future."

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

ANNUAL FUNDRAISER

Over \$813,000 Was Given to Support Children and Youth

The 2022 Invest in Youth Breakfast was a fantastic event filled with inspiration and hope! It was wonderful to gather again in person with over 400 guests and hundreds more who joined virtually.

Attendees enjoyed an inspiring conversation between Elisa Jaffe and Riley Sheahan, Center for Seattle's NHL Hockey Team, about how he dealt with substance use and mental health challenges at a young age. Attendees also learned who YES CEO David Downing's guardian angels are, and heard from sixteen year old YES client Lily. Did you miss the event? Well, you don't have to miss out! Just visit youtheastideservices.org/investinyouth to watch the recording.

Thanks to a community of supporters, **over \$813,000 was raised** to help more than 5,420 children, youth, and families access critical mental health and substance use services, regardless of their ability to pay, surpassing our goal of \$800,000! Thank you for your amazing support!



Thank you for making the return of 2022 Invest in Youth Breakfast the best one yet

DID YOU MISS THE EVENT? NO WORRIES!

Watch the recorded event that many called "The best one yet!"

YOUTHEASTSIDESERVICES.ORG/INVESTINYOUTH



WAYS TO GIVE

Corporate Sponsors Making an Impact

YES would never be able to offer the breath of support for children and youth struggling with mental health and substance use challenges if it weren't for the generosity of local and national corporations.

2022 Invest in Youth sponsor and 13 year supporter Nintendo of America is proud to continually support the youth in the area they live, work, and play.

"By supporting YES, together we are proud to help improve the lives of over 5,420 children and youth."

With the increase in demand for behavioral health services in our community, and worldwide, making a corporate gift now not only has tax benefits, but creates a positive change for youth.

Ask your place of work today about their corporate giving programs, and take action to provide youth in our community a hope for a better future.

Learn how your company can help make a positive impact in the lives of children, youth, and families by contacting Angela Chapman at angelac@youtheastideservices.org.

DONOR SPOTLIGHT

The Pick Family Gives Back

Ten years ago, Brenda and Chris Pick realized they need help with family challenges and decided to seek support from a local therapist. Fortunately, during that same month, they saw information about YES' counseling services in a local school newsletter and decided to reach out.

YES, provided access to a counselor who made a positive impact with training in Dialectical Behavioral Therapy (DBT). DBT, helps people develop healthy ways to deal with stress, regulate emotions, and improve relationships with others. For the Pick family, it meant they had a toolkit they could use to navigate difficult emotions during challenging family situations. To this day, they still implement one of the coping skills shared by the YES therapist, in which they hold an ice cube during heated moments to change moods and create calm.



Brenda and Chris Pick recognize how important mental health services are for families who can't afford to pay.

The Pick family recognized how important the access to a therapist and training in these skills was for them and for many people in our community. As a family who received help when they needed it most, the Pick's wanted to help those who otherwise wouldn't be able to afford these evidence-based therapies, to have the same opportunity, and have chosen to contribute to YES every year.

Brenda and Chris believe that supporting YES and the youth of our community is more important now than ever,

"Our kids need support and donating to YES is a great way to support all the kids in our community. But to help more kids, we need to provide more support," says Brenda. "Especially with all the struggles nation-wide, mental health issues are critical right now."

The Pick family believe that contributing to YES is an action we all can take at a local level, to support our youth today and ensure a healthier tomorrow.

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) helps youth reach their full potential, strengthens families, and advocates for a safe, caring, and equitable community through behavioral health support, expert intervention, outreach, and education.

AGENCY-BASED PROGRAM

Create Supportive Relationships with Youth

You can make a significant impact in the life of a child by applying to become a YES SUCCESS Mentor! We have youth waiting to be matched, particularly boys who are looking for a male mentor.

Many of the youth are from single-parent families, struggling emotionally and academically, and could really benefit from the extra guidance of another caring, non-judgmental adult.

Mentors must be 21 years or older and must commit to 2-4 hours a week. Mentors receive quality training, weekly support and encouragement. SUCCESS welcomes mentors who are young professionals, retirees or are people who have raised a family and want to give back.



Make a significant impact in the life of a child by becoming a SUCCESS mentor.

"My impact has been being an adult he can trust; someone he feels he can come to if he needs help. He has a little more stability in his life," said George a SUCCESS Mentor.

Your engagement with YES ensures that local children and youth continue to receive high-quality behavioral health services and support programs. Volunteering, donating, attending an event — there are so many ways you can help youth and families in our community.

Many of our programs like SUCCESS Mentoring are only made possible by generous donations from supporters like you. If you cannot volunteer your time, please make a donation to YES today to support the SUCCESS Program and children and youth who need guidance from a trusted adult.

HELP YOUTH FIND GUIDANCE



Yes, I'd like to create a lasting relationship and be a supportive adult to a young person in need.



APPLY TODAY!

youtheastideservices.org/success

If you cannot become a mentor, consider donating to YES to support the SUCCESS Program at youtheastideservices.org/donate