

How you're helping youth avoid accidental overdoses

Cara grew up with a mother who was a drug user. She remembers needles all over the house that she had to clean up. When Cara began to suffer from PTSD and anxiety from her childhood trauma, she turned to drugs to cope.*

"In the environment I was living in, drugs were offered to me freely. Being around my mom, I thought it was normal."

As drug trends have changed over the years, we're seeing more youth turn to drugs like Xanax, OxyContin, and Percocet and purchasing them over social media platforms. But many do not realize these pills could be manufactured with a dangerous drug called Fentanyl.

Fentanyl is a highly potent and dangerous synthetic opioid that is 80-100 times more potent than morphine. As a result, it's a significant cause of accidental overdose for unsuspecting youth.

Thanks to you, Cara has a chance at life.

After an accidental overdose led to a hospital stay, she was referred to YES. Unfortunately, her family couldn't afford the services, but with donations like yours, she could start her recovery.

Your donation also helps youth struggling with substance use by funding education

and intervention programs, screenings for risk factors, and treatment through YES' Road to Recovery Program.

You're providing substance use education.

Thanks to your ongoing support, YES can offer the East King County community free virtual Alcohol and Drug Education Classes (ADEC) for families. The three-hour intervention class teaches youth ages 12-18 and their parents/caregivers about the impact of substance use.

You're providing youth with a safe space.

Through in-school counseling and treatment, you're providing youth with intervention before their drug use escalates. Your support also gives students a safe space to connect with others through groups such as; Recovery Group, Affected Others Group, and Quit Vaping Now.

You're providing screening for risk factors.

You're helping us find youth exposed to drug use risks, through screenings in-school and during their initial assessment at our agency. Youth are asked questions such as - do you know anyone who uses drugs? have you ever been offered drugs? and how do you cope with uncomfortable emotions? - to gauge their potential risk for drug use.

You're providing treatment.

Thanks to your donation, all youth can participate in YES' evidence-based Road



Thanks to you, Cara has a chance at recovery.

to Recovery Program regardless of their ability to pay. The program includes weekly groups in combination with individual counseling with dually-licensed therapists who treat both substance use and underlying mental health challenges.

Your support is making a difference.

Despite rising overdose deaths, there's some important good news regarding opioid misuse. In 2021, rates of nonmedical use by high school seniors had actually fallen by 2%.

But Kristie Neklason, Director of School Based Services at YES, warns not to let our guard down.

"While numbers are down, this crisis hasn't gone away. Fentanyl is still very present, and even one life lost is significant. We need to continue to provide these services so we don't experience a resurgence."

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

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.

SUBSTANCE USE SERVICES

You're helping uncover the person beneath the addiction

In her 30 years of helping teens recover, YES Director of School-Based Services Kristie Neklason's favorite moment has always been meeting the individual underneath the addiction.

"When you lose yourself in drugs, you lose your individuality," she says. "You lose your ability to make a unique contribution to the world."

Providing research proven therapy

Thanks to your generosity and passion for helping youth recover, teens are rediscovering their true selves through a YES treatment program called the Seven Challenges Group. This evidence-based therapy gives youth a safe space to talk about drug use and their motivations.

The program includes reading, journaling, group sessions, and one-to-one counseling.

Research shows that the approach is working.

Providing a spectrum of recovery

Because of you, clients have access to programs all along the substance-use spectrum, from experimentation to dependence. That range of support contributes to YES' nearly 83% success rate in treating clients.

"The feedback I receive the most about is how grateful the participants are for having a safe, nonjudgmental space to talk about their drug use, struggles, and their hopes and dreams. Most often, it isn't about drugs, but rather what they want to accomplish in our community," said Kristie Neklason, Director of School-Based Services.



Thanks to your passion for youth mental health, youth have access to a spectrum of substance use treatment services.

CLIENT STORY

A day in the life of a Seven Challenges group member

The following is an account from one young client about what it is like to attend the weekly Seven Challenges Recovery Group:

From my own personal battles to the tension and hostile environment that is my home life, my anxiety can feel unmanageable. My days consist of using the skills I've learned over the past few years in therapy to just get through the day. Sometimes when I wake up, getting out of bed feels harder than it's ever been before. Using substances would typically be my next step.

But once I show up to group I feel like I can speak my mind without feeling judged. I've really learned to trust the therapists and other group members as I feel like they give helpful insight and can really relate to what you're feeling in that moment.

While journaling in group I reflect on things like what we like about drugs and also what the risks of using substances are.

I really like the way the journals did this since they did it in a way where I didn't feel bad for my actions but I learned a lot of things I would have done differently and was able to identify many, "even better if's".

In discussion, we talk a lot



about how boredom and impulsivity lead to a lot of reckless and risky decisions that move focus away from our goals. What I find most helpful is, the therapist's approach of focusing on what the client wants for their life and their journey. At the end of the day, it's my choice and I control my own life, it's not about what anyone else wants. It makes me feel empowered to take control of my future.

Something that I take away from the group is that you really are not alone in this. There are so many others who are in this with you.

When I told my friend, "I can't do this," they said, "I know you feel like YOU can't do this, but I hope you know that WE can do this."

Not only was that the best advice and reassurance I've ever gotten, that's also how this group makes me feel.

When I leave the group I feel tired but usually at least a little better than before. There are tons of friendly faces there that never fail to make group fun. I keep coming back to the group because I feel like I need accountability and the space to think about my use and where I want to go from here.

Experiences like these are made possible through the generosity of donors like you. You provide over 5,000 children, youth, and families with a chance of recovery every year, regardless of their ability to pay. Thank you for providing young people with hope for a better tomorrow.



Invest in Youth
BREAKFAST

IN PERSON

MAY 11, 2023

At Meydenbauer Center



MAKING AN IMPACT

How to help families this holiday season

Sponsor a family by donating gift cards

YES' year-long gift card drive helps YES families experiencing challenging times purchase basic needs. We currently have families who need your help! **Email Marie Schlagel at MarieS@youtheastideservices.org to sign up.**

Donate to YES' End-of-Year Campaign

Send your critical year-end gift by midnight, December 31st to provide children and youth a chance to recover, heal and thrive. **Visit youtheastideservices.org/donate to make your gift today.**

Donate stock

By donating shares of stock owned for at least one year, you may (not can!) receive the same deduction as you would for a cash donation and/or avoid potential capital gains tax. **Consult your tax advisor** to see if this type of gift is right for you.

Honor someone with a gift in their name

Making a donation in someone's name is a special way to recognize someone important and help a young person who's struggling. A special tribute card, drawn by a YES client, will be sent in recognition of your generous gift to the recipient of your donation. **Visit youtheastideservices.org/donate**



There are many ways you can help children, youth and families this season, one that is right for you.

Gather a community of support

Invite your friends, family and coworkers to join you in support of children, youth and families by hosting a fundraiser. Workplace event, holiday party, birthday celebration, the ideas are endless! If you'd like to learn how you can take action and gather a community in support of youth mental health **contact Angela Chapman at angelac@youtheastideservices.org.**

Purchase gifts using Amazon Smile

Amazon will donate 0.5% of the price of all your Amazon purchases. **Simply shop on Amazon using the link smile.amazon.com and chose Youth Eastside Services.**

DONOR SPOTLIGHT

A friend's suicide motivated Cortny to support youth mental health

Mental health became a priority for Cortny Bourbonnais (she/her) shortly after high school graduation when she lost a childhood friend to suicide.

"This was my first experience with suicide, but I could not understand how this happy-go-lucky guy I grew up with had chosen to end his own life."

Cortny grew up seeing YES' impact on the East King County community. When she was invited to attend YES' Invest in Youth Breakfast, she learned more about our community's mental health crisis. In 2015, Cortny joined YES' Young Ambassadors group and dove into fundraising efforts.

Witnessing the impact of her friend's

untreated mental health conditions made Cortny understand how critical mental healthcare is, especially for young people. She believes youth need the necessary coping skills for life's challenges and to receive early intervention for more severe conditions. Then they have a chance to grow and reach their full potential.

Now, Cortny is a YES Board of Trustees member and serves on the Board Development Committee. Through her passion and hard work, she ensures that children and youth can access quality mental health services, regardless of their ability to pay.

"Children and youth are our future," Cortny said. "I want everyone in our community to have the opportunity to reach their full potential, and supporting mental health is so critical for this."



Cortny and partner Tim believe children should have the opportunity to reach their full potential.

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WEBSITE
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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.

SPONSOR A YES FAMILY

Your help is urgently needed!

We are out of gift cards for children, youth, and families!

As prices on rent, food, and gas continue to soar, more YES families are experiencing hardships.

YES' year-long gift card drive helps YES families who are experiencing challenging times and struggling to provide school supplies, food, and other necessities.

But without gift cards we have no way to support them! **That's where we need your help!**

You can help these families:

- » A mother with a recently absent spouse cannot afford basic needs for her children due to the loss of a second income.
- » A young client needs new clothes for interviews, as they look for employment.
- » As gas prices rise, a family must choose between transportation or food.

You can directly support these families by becoming a gift card sponsor and provide them with basic needs.



Directly help a family who must choose between transportation or food.

As a gift card sponsor, you commit to donating gift cards in \$25 or \$50 increments to local stores, which will help families during this particularly challenging time.

YES, I'LL HELP A FAMILY WITH A GIFT CARD!



I want to become a gift card sponsor and support youth and families afford basic needs.

GIVE TODAY!

youtheastideservices.org/giftcards

Or contact Marie Schlagel at marie.schlagel@youtheastideservices.org