

## 2023 Invest in Youth Breakfast TABLE HOST PACKET

Dear Table Host,

On behalf of the YES staff, Board of Trustees, and especially the children, youth, and families in our community, thank you for choosing to be a Table Host at this year's Invest in Youth Breakfast event! The past several years have been particularly challenging for youth, which is why your support at this year's event is so critical!

As a Table Host, you will play a crucial role in the event's success by inviting your friends, family, and colleagues to attend. We aim to raise \$860,000 for young people and their families to receive mental health and substance use treatment they urgently need but can't always afford. Your efforts will extend far beyond the funds we raise, as your guests, whether they are new or familiar to us, will help our YES community strengthen and grow.

Whether you are a first-time Table Host or seasoned veteran, your efforts will help change lives for the better. To support you in this role, we're providing you with this Table Host Guide as a resource. Please let us know if you have any questions or need additional support. We are here to help!

With gratitude,



David W. Downing  
YES, Chief Executive Officer



### ABOUT THE EVENT

**WHAT:** Annual fundraising Breakfast for Youth Eastside Services (YES)

**WHY:** To support children, youth, and families struggling with mental health and substance use challenges

**WHEN:** Thursday, May 11, 2023

**TIME:** Registration 8:00 - 8:30 a.m.  
Program 8:30 - 9:30 a.m.

The YES Invest in Youth Breakfast brings together over 1000 community supporters, civic and business leaders, and mental health advocates with a passion for helping young people and their families.

The event will feature a special message from YES' CEO, David W. Downing, incredible stories from YES clients and staff, and an inspirational conversation with actor, director, voice artist and mental health advocate, Sean Astin, and Elisa Jaffe, former KOMO Newsradio anchor.

### SPECIAL GUEST - SEAN ASTIN



Sean Astin is an American film actor, director, voice artist and producer, best known for his film roles as Samwise Gamgee in the award-winning "Lord of the Rings" trilogy, Mikey Walsh in "The Goonies," the title character of "Rudy," and Bob Newby in Netflix's hit series, "Stranger Things 2."

He is also the author of the New York Times best-selling "There and Back Again," a memoir – co-written with Joe Layden. Astin has worked with several non-profit organizations, as a vocal advocate for literacy, mental health awareness, bi-polar disorder, civic engagement and other issues.

## 2023 Invest in Youth Breakfast ORGANIZATION INFO

### INVEST IN YOUTH MEANS...

4,300

Nearly **4,300 children, teens and family members** receive evidence-based mental health counseling, and substance use and co-occurring disorders treatment annually.

53%

Providing services for all including **53% of YES clients who are youth of color**, with bilingual staff fluent in over 10 different languages.

43

In 2022, YES Behavioral Health Specialists met kids where they were at, in over **43 schools** in the Lake Washington and Bellevue School Districts, ensuring over 1,500 students had easy access to behavioral health services..

43%

Reducing barriers to care based on income for **43% of clients who received financial assistance** in 2022.

180

Providing evidence-based therapies to **180 youth who began their recovery** from substance use

59

Keeping youth safe by providing **59 youth with treatment for their intense emotional challenges** through Dialectical Behavioral Therapy (DBT) Groups.

23

Expanding children's support network for **23 youth who made a new friend** and found guidance through YES' SUCCESS Mentorship Program.

### YOUTH EASTSIDE SERVICES' MISSION

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.

### YOUTH EASTSIDE SERVICES' VISION

We are building toward an Eastside community where every young person feels safe, respected, supported, and has a sense of belonging that empowers them to grow into the person they aspire to be.

### YOUTH EASTSIDE SERVICES' DIVERSITY, EQUITY, INCLUSION

The young people and families we serve are coping with today's most difficult life challenges, generational traumas, systemic oppression, and inequities. We believe that every person deserves equitable opportunities to achieve their goals, and that the strongest communities support those who face the greatest barriers to well-being.

#### DEI IN OUR WORK:

We advocate for a diverse and inclusive work and service environment where people of every age, ethnicity, faith, gender expression, immigration status, perspective, physical or mental ability, race, sexual orientation, size, and every intersectionality can thrive. We will continuously evolve to best support young people and families in ways that acknowledge their experiences and identities and promote healing and well-being.

# 2023 Invest in Youth Breakfast

## HOW TO BE A TABLE HOST

### HOW DO I SERVE AS A TABLE HOST?

Tables seat 8 people, so invite 7 guests to join you, who you know will be inspired by YES's work and would be willing to make a minimum donation of \$200 at the event. Table Hosts may choose to co-host a table with someone else, with the goal being to fill the table.

### TIPS ON INVITING GUESTS

Think about people you know who would be interested in supporting the well-being of children, youth, and families in our community! Maybe consider people whose causes you've supported and share your passion for making our community a place where our youth feel supported and empowered. Sharing your personal reasons for why you support YES can be powerful!

### SUGGESTED TIMELINE

#### START NOW:

**Identify potential guests**

Make a list of who may have an interest in supporting YES: family, friends, colleagues, business associates, members of clubs or groups, etc. **To fill a table of 8, you may need to identify at least 20-25 potential guests.**

#### MARCH-APRIL:

**Begin inviting guests**

- Use a personal touch. Invite guests in the way that works best for your relationship with them: email, phone, or a personal visit.
- On the next page we provide **email templates** that you can easily copy and personalize. Send the email invitation as soon as possible!

**Register your guests**

You can [register all your guests at once](#) or have [them register for themselves](#).

- If more than 8 guests confirm, we can seat a maximum of 10 people at your table or seat even more overflow guests at a neighboring table.
- **If you need additional help with registration, please contact Marie Schlagel (she/they) at [Marie.schlagel@youtheastideservices.org](mailto:Marie.schlagel@youtheastideservices.org) or 425.586.2326**

#### MAY 5<sup>TH</sup>:

**Registration deadline**

Tables that are not full by March 5<sup>th</sup> will be combined with neighboring tables. Guests registered after the deadline will be seated where space is available.

#### MAY 9<sup>TH</sup>:

**Re-confirm with all your guests**

Call/email your guests the week before the event to remind them. **If you have any changes, please contact Marie Schlagel at [Marie.schlagel@youtheastideservices.org](mailto:Marie.schlagel@youtheastideservices.org) or 425.586.2326**

#### MAY 11<sup>TH</sup>:

**Arrive at The Meydenbauer Center by 8 a.m.**

Check-in, get your name tag, a cup of coffee, and be ready to welcome your guests.

- During the program, one of YES' Trustees will make the "ask" which will let people know the appropriate time to make a donation, and how to make it.

#### AFTER THE EVENT:

**Thank your guests!**

A quick phone call, email, or thank-you note will be greatly appreciated after the event. An email template is provided in the toolkit.

### MORE QUESTIONS?

Contact Marie Schlagel at [Marie.schlagel@youtheastideservices.org](mailto:Marie.schlagel@youtheastideservices.org) or 425.586.2326

# 2023 Invest in Youth Breakfast TEMPLATES

*The templates below are intended to help make inviting guests to the Breakfast simple and seamless. You can either copy and paste our templates, or create your own personalized messages – it's up to you!*

## EMAIL INVITATION TEMPLATE

Dear <NAME>,

I am reaching out with a very important request! I hope you will join me on a very special day, **Thursday, May 11, 2023, from 8:30-9:30am for YES' Invest in Youth Breakfast** to support children, youth, and families struggling with mental health and/or substance use challenges. I am a Table Host and would love to have you join me at my table.

The Breakfast brings together community supporters, civic and business leaders with a passion for helping young people and their families, this year featuring actor and mental health advocate, Sean Astin!

I support YES because <INSET TEXT ON WHY YOU SUPPORT YES>.

While there is **no cost to attend** the breakfast, there will be an opportunity to donate during the event. The suggested minimum donation is \$200 per person.

Please reserve your seat at my table by registering here [youtheastideservices.org/invest](http://youtheastideservices.org/invest). If you have any problems registering, please contact Marie Schlagel at [Marie.schlagel@youtheastideservices.org](mailto:Marie.schlagel@youtheastideservices.org) or 425.586.2326

I hope you will join me at this very important event!

<SALUTATION>,  
<YOUR NAME>

## EMAIL GUEST CONFIRMATION

Dear <NAME>,

I am so glad that you can join me for YES' Invest in Youth Breakfast to support children, youth and families struggling with mental health and/or substance use issues. Mark your calendar for Thursday, March 11, 2023 at the Meydenbauer Center in Bellevue.

The Breakfast program will start at 8:30 a.m., but please arrive at 8:00 a.m. and I will be there to welcome you and help you find your name tag. I will also send a reminder five days before the event with parking and other logistical information. Looking forward to sharing this special event with you!

<SALUTATION>,  
<YOUR NAME>

# 2023 Invest in Youth Breakfast TEMPLATES

## EMAIL GUEST REGRETS

Dear <NAME>,

I'm sorry you won't be able to join me at the annual Invest in Youth Breakfast benefiting Youth Eastside Services (YES). You will be missed!

A gift to YES will ensure that local children, youth and their families have access to mental health and substance use services, regardless of their ability to pay. Please consider making a gift today (link to YES' Donate page). You can list my name as the Table Host when making your gift.

If you'd like to learn more about YES and how they support young people in our community, let's meet up and chat.

Thank you for your consideration, and again, I'm sorry to miss you in May.

<SALUTATION>,  
<YOUR NAME>

## SAMPLE SOCIAL MEDIA POSTS

Join me in supporting children, youth, and their families who are struggling with mental health and substance use challenges. I'm calling on my friends, family, and others to please join me at my table @youtheastsideservices annual benefit Invest in Youth Breakfast on May 11. Message me for details! #2023investinyouth

Are you free for breakfast on May 11? Join me at my table at @youtheastsideservice annual Invest in Youth Breakfast. Enjoy powerful stories from youth recovering from mental health challenges and participate in a conversation with mental health advocate and Lord of the Rings actor Sean Astin. Message me for details?

Do you ever wish there was more you could do to help youth struggling with mental health? You can take action on May 11th and join me at my table at @youtheastsideservices Invest in Youth Breakfast. Let's give youth hope for a better tomorrow, together. Message me for details.

Youth mental health was declared a national emergency. Take action with me to help children and youth recover by joining me at my table on May 11 at @youtheastsideservices Invest in Youth Breakfast. Message me for details.



# 2023 Invest in Youth Breakfast HELPFUL LINKS

## IMPORTANT LINKS




### LINKS TO REGISTRATION FORMS:

- Register as a guest: <https://www.youtheastideservices.org/bkregister>
- Sign up to be a Table Host: <https://www.youtheastideservices.org/get-involved/investinyouth>
- Table Host registration of guests: <https://www.youtheastideservices.org/guestregistration>
- Inspire donations by becoming a Champions for Youth Giving Circle Member: <https://www.youtheastideservices.org/champion>

### LINKS TO WEBPAGES/INFORMATION PACKETS:

- Event webpage: <https://www.youtheastideservices.org/investinyouth/>
- What is a Host Captain FAQ: <https://www.youtheastideservices.org/get-involved/investinyouth>
- Table Host packet after registration: <https://www.youtheastideservices.org/tablehostpacket>
- Sponsorship opportunities: <https://www.youtheastideservices.org/sponsorshippacket>
- Donation page: <https://www.youtheastideservices.org/bkdonation>
- Blog posts related to the breakfast: <https://www.youtheastideservices.org/category/events/breakfast/>
- Sean Astin and his mother Patty Duke on Great Day Houston: <https://www.youtube.com/watch?v=iq1l5rcOafY>

## YES SOCIAL MEDIA ACCOUNTS

-  <https://www.facebook.com/YouthEastsideServices/>       <https://www.linkedin.com/company/762045/>
-  [https://www.instagram.com/youth\\_eastside\\_services/](https://www.instagram.com/youth_eastside_services/)

## CONTACT INFORMATION

Marie Schlagel  
*Event Manager, registration, table host  
information, donations*  
[marie.schlagel@youtheastideservices.org](mailto:marie.schlagel@youtheastideservices.org)  
425-586-2319

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425-586-2322

# 2023 Invest in Youth Breakfast PROMOTIONAL IMAGES

## HEADER IMAGE



## PROMOTIONAL IMAGE



## SOCIAL MEDIA IMAGE



## EMAIL SIGNATURE

*Lidia Harding (she/her)*  
Marketing & Community Relations Manager  
425-586-2322

## JOIN ME ON MAY 11TH!

