

The Alarming Results of the CDC's Youth Risk Behavior Survey

The release of the Center for Disease Control's (CDC) recent Youth Risk Behavior survey showed alarming results, particularly for teenage girls and LGBTQ+ teens.

It found that nearly three in five teenage girls felt persistent sadness in 2021, double the rate of boys, and one in three girls seriously considered attempting suicide.

The survey also showed high levels of assault, depression, and suicidal thoughts among LGBTQ+ youth. More than one in five of these students reported attempting suicide.

These rates of attempted suicide are the highest reported in a decade, reflecting a long-brewing national tragedy.

"The sheer increase in the number of children and youth seeking behavioral health treatment at YES for anxiety and depression is a real concern. What is particularly worrisome is that the symptoms they exhibit are more critical," said David Downing, CEO of YES.

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.

But thanks to your support, youth in East King County are able to access the mental health services they need.

Getting immediate help

When teens are in a crisis, they can't wait for a counseling appointment that may take weeks. They need help immediately.

Thanks to the support from generous people like you, youth can access "drop-in" services at local community and teen centers. YES counselors work with youth to address immediate needs and also help connect teens to community resources and longer-term care.

In response to the needs of our community and the requests of our supporters, YES also offers Open Access, which provides walk-in, same-day assessments.

"Before I sought counseling I was lonely and sad and I had a hard time leaving the house and being with my friends. Accessing services through Open Access was very convenient. We just walked in, asked to see a counselor and they got us in within an hour, and I got a therapist," said YES client, Chloe.

Offering a variety of services

Children, youth and families, especially teen girls and LGBTQ+ youth can find therapy that works for them thanks to your support. One type of therapy doesn't fit everyone's needs, goals and lifestyles, which is why it's important to offer young clients a variety of therapeutic options that fits them best.

After their initial assessment, a Master's-level clinician will work with the client to place them in services that



Thanks to your support youth who have considered suicide can access the critical services they need.

are based on their goals. It could be brief or long-term, 1-to-1 counseling, Dialectical Behavioral Therapy (DBT), YES' LGBTQ+ support group BGLAD, psychiatric help, substance use services and recovery groups, and much more. High-risk clients are also put in touch with a case manager who works with them to make sure they are receiving beneficial care and connecting them to other community resources.

A better chance at recovery

Despite the mental health challenges reported by the CDC, children, youth, and their families in East King County have access to mental health services they desperately need, regardless of their ability to pay, thanks to the generosity of YES donors and the community.

Through direct services at YES' three office locations, licensed mental health counselors in Lake Washington and Bellevue schools, and community-wide education and prevention programs, youth have a better chance at recovery.

STAFF SPOTLIGHT

New Chief Operating Officer Jackie Bui Introduces "the Menu"

YES rang in the New Year with new Chief Operating Officer Jackie Bui. While the role is a new one for Jackie, she has been a YES employee since 1996.

After immigrating to the US with her family at a young age, Jackie became interested in helping bi-cultural children and youth and received a Masters at the University of Washington in Social Work. Soon after, she joined YES and has served in multiple roles, from Youth and Family Therapist, to Director of Community Services and Inclusion

"My commitment to the organization is to lead with integrity, transparency, and accountability and to do everything I can to help the agency achieve its mission and goals while positively impacting our community and promoting a wellness

and productive work environment for employees."

In her new role as Chief Operating Officer, Jackie introduces reframing ways to respond to clients' needs and various opportunities for staff to engage with clients at YES for both clients and staff through an initiative called "the menu."

This new initiative will improve access to services for clients who could choose a variety of services, beyond the traditional 1-to-1 counseling approach. Clients would be able to be supported through group therapies, clients in a crisis may benefit from brief therapy, and those with more intense challenges supported through YES' new WISE program, and be assigned to a care coordinator to provide case management services.

The new initiative also allows counselors to vary the ways



they provide services, and engage with clients. While 1-to-1 therapy with multiple clients may be overwhelming for counselors, "the menu" offers them the opportunity to explore other ways of supporting clients, through their interests and passions, whether that's Dialectical Behavioral Therapy groups, education programs on alcohol and drugs, or anxiety and depression groups.

WATCH THIS EXCLUSIVE INTERVIEW WITH JACKIE

Learn about Jackie, her family's immigration to the US, her long history with YES and her plans to reimagine and transform YES to best face our current and future realities in this exclusive interview with CEO, David W. Downing

youtheastideservices.org/jackiechat

CLIENT STORY

After Staying Silent for Years, Cara Learns to Talk

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 substance use to cope.

In the environment Cara lived in she thought that turning to substances was normal. She felt like she couldn't talk to anyone about her emotions, so she kept it all inside.

When it became too much for her, she made an attempt to take her own life. It was when she was recovering in the hospital that a friend noticed the severity of Cara's mental health struggles. Because Cara and her family couldn't afford mental health services, Cara was referred to YES.

At first, counseling was hard on

Cara. She had lied and hid her emotions for so long that being honest felt unnatural to her. But the counselor kept showing up, kept listening, and talking to her, and it became easier and easier for Cara.

"I learned it's ok to have feelings and to talk about them. I've been quiet for so long, that now it feels good to talk."

Cara enrolled in YES' Dialectical Behavioral Therapy for her recovery from long-time drug use. There she made amazing friends who were on the same journey of recovery that she was.

Today Cara feels strong in her recovery. While she still struggles,



Thanks to donors, Cara was able to access services regardless of her ability to pay.

she understands that having emotions is natural, and that she can talk to someone about it. She looks forward to therapy, and to continuing to talk.

* 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 FUNDRAISING EVENT

A Film About Suicide Prevention

According to the Washington's Healthy Youth Survey, suicide is the second leading cause of death in the state of Washington for youth 10-24 years old.

There has been a 37% increase in suicide and self harm among adolescents between 2019 to 2021. It's a recent spike in a much longer trend.

Youth suicide is a serious issue, and it's one we need to discuss, frequently, because lives depend on it.

In an upcoming video produced by YES and SparkWorks Media, we put faces to what these statistics really mean. How it affects mothers, sisters, clinicians and students. It discusses how necessary it is to talk to youth about suicide, and how to do it. And it also shows hope. The work of students in schools in fighting stigma around mental health. Turning life changing moments into positive change and becoming better supporters to others through the challenges we experience.

Join us at the Invest in Youth Breakfast, on May 11 at 8:30 a.m. at the Meydenbauer center, to see the premier of YES' film "Ask the Question."



Learn about the youth suicide crisis in YES' upcoming film.

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+.

All Giving Circle gifts or pledges received by April 30, 2023, will be used as a dollar-for-dollar match incentive at our May 11th 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 425-586-2328 or at lisa.hay@youtheastideservices.org.

DONOR SPOTLIGHT

Lynn Withrow and Jim Farmer Help Families Find Services

Lynn Withrow and Jim Farmer are passionate advocates for youth and families in East King County. As long-time YES supporters, they've generously invested both their time and financial resources because they believe all families should be able to access comprehensive behavioral health services.

When Lynn and Jim first started attending the Invest in Youth Fundraiser in 1994, they noticed that there wasn't a clear roadmap for treating mental health. Many in the community didn't know where to turn.

"YES answered a lot of questions in our community. I was able to point several families towards the mental health care they needed," said Lynn.

When Lynn was asked to join the board in 2001 it was an easy decision. She and Jim enjoyed introducing several friends and family members to the amazing work that YES does at the annual Invest in Youth fundraiser and also helping others find the care they needed for their children.



Lynn Withrow and husband Jim Farmer found passion in introducing others to YES' mission and services.

These days, as former board member and longtime donors, Lynn and Jim think it's more important now than ever to continue to support YES' mission to help children, youth and families regardless of their ability to pay.

"These kids have it more difficult today, to be different in today's world. We need to continue to help them as much as we can," said Lynn.

PHONE
425-747-4937

WEBSITE
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) 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.

ANNUAL FUNDRAISING EVENT

Join YES and Actor Sean Astin at the Invest In Youth Breakfast

Come together for an inspirational morning at YES' Invest in Youth Breakfast on May 11 at 8:30 a.m. at the Meydenbauer Center in Bellevue. **Join us to support children, youth, and families struggling with mental health and substance use challenges** and celebrate Mental Health Awareness Month.

"It is so inspiring to be in a room with so many in our community who share the commitment to children, youth, and families. In our Dialectical Behavioral Therapy (DBT) groups, the phrase 'creating a life worth living' is often used, and only together are we able to help youth and families do just that," said David W. Downing, CEO of Youth Eastside Services.

This year the breakfast will feature incredible stories from YES clients, a reflection on the challenges of youth from CEO David W. Downing, and an inspirational fireside chat with Elisa Jaffe and keynote guest, actor Sean Astin.

Keynote guest, Sean Astin, is best known to movie fans for his roles in the "Goonies," "Rudy," "Lord of the Rings," and most recently "Stranger Things 2." He's also the son of award-winning actress Patty Duke, who suffered from bipolar disorder and became a mental health advocate, a role that Astin has continued.



Invite your friends and family to join you as a table host and get a chance to meet keynote guest Sean Astin.



REGISTER TODAY!

youtheastideservices.org/breakfast

While there is no cost to attend, we suggest a minimum donation of \$200. With your help, we will raise \$1,000,000 to provide counseling and treatment to anyone seeking help, regardless of their ability to pay. If you are unable to attend, please support youth by making a donation.