

Donors as Lifelines: Your Support is Preventing Suicide

"Ian was the most self assured confident lovely 14 year old. I was the luckiest mom for the 14 years we had him. Losing a child to suicide, it's just so hard to breathe," said Stacie who lost her son to suicide six years ago.



Ian lost his life to suicide at just 14 years-old. Your support is ensuring youth have other options.

Youth suicide is a devastating and alarming issue that affects communities around the world. The loss of young lives due to suicide has profound and long-lasting impacts on families, friends, and society as a whole. However, amid this crisis, there is hope in the form of generous donors like you who are stepping up to make a difference. Your support is playing a crucial role in preventing youth suicide, offering a lifeline to those in need.

What your funding is providing

One of the primary ways you are making an impact in preventing youth suicide is by providing financial support to fund mental health programs. These programs play a critical role in identifying and addressing the underlying issues that contribute to suicidal thoughts and behaviors among

young people. By funding counseling services, therapy sessions, and mental health awareness campaigns, you're enabling YES to reach out to at-risk youth and provide them with the help they desperately need.

Being where the kids are

Thanks to your donations you're helping address the need for accessible mental health support. YES is able to provide mental health and substance use services where kids are at, in the East King County community, in schools and teen centers.

By funding educational programs within the community, you're helping reduce the stigma surrounding mental health and promote early intervention. Empowering young people with the knowledge and tools to recognize the signs of distress in themselves and their peers, ensuring that they know where to seek help, before the issues become critical.

"I really think its important for kids to understand the services that Youth Eastside Services provides. Because as a 14-year-old, if Ian had known

about it, but was afraid of talking to me or his dad, this could be a place for him to come and say 'Hey I don't want to tell my family, but I know I don't want to feel this way anymore," said Stacie.

It takes a village

Many of our supporters act as catalysts for collaborations and partnerships involved in preventing youth suicide. By bringing together mental health professionals, educators, community organizations, and

policymakers, you're helping foster a comprehensive and integrated approach to tackling this issue. Thanks to you we can share resources, expertise, and best practices, leading to more impactful and sustainable solutions.

That's where you come in

No parent should ever have to go through the experience Stacie had. No child should ever think suicide is their only option.

Youth suicide is a tragic and complex issue, but with your support, we are witnessing a growing movement to prevent these devastating losses. Your contributions towards mental health services, increased access to support from professionals, education programs, and collaborations are making a tangible difference in the lives of young people.

However, the effort is far from over, and continued support is crucial. Together, we can create a world where every young person feels heard, supported, and valued, ultimately reducing the incidence of youth suicide and building a brighter future for generations to come.

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.

INVEST IN YOUTH BREAKFAST

2023 Invest in Youth Breakfast Best One Yet

YES' 2023 Invest in Youth Breakfast was a fantastic event filled with tears, laughs, inspiration, hope, and potatoes. This year's event was our best ever, and we are thrilled to announce that **we have raised \$970,243** for the event, allowing us to help even more youth to recover, heal, and thrive!

Over 700 hundred attendees had the opportunity to hear inspirational stories of recovery from YES clients Liv and Lily. They learned about the devastating risks of suicide and how to support youth who may be struggling with suicidal thoughts in the premier of the new short film "Ask the Question." They heard about the growing needs for youth mental health in our community from YES' CEO, David W. Downing, and of course, listened to the highly anticipated fireside chat with Elisa Jaffe, former KOMO News anchor, and Lord of the Rings actor, Sean Astin.

Thank you to our generous supporters who continually show up to support children, youth and families struggling with mental health and substance use challenges. You are truly making a difference in the lives of young people.



WATCH A RECORDING OF THE 2023 INVEST IN YOUTH BREAKFAST

Did you miss the event? Well, you don't have to miss out! Don't miss the highly anticipated fireside chat with actor Sean Astin, inspirational stories from YES clients and more.

Visit youthesideservices.org/breakfast to watch.

CLIENT STORY

You Helped Vaya Rediscover a Love of Music

Amidst the isolation and uncertainty of the pandemic, Vaya* turned to running as a means to cope. However, fate took an unexpected turn when an unfortunate injury forced her to give up running, leaving her feeling lost and depressed.

"I lost the motivation to do anything. I would just stay in my room. I was really unmotivated to do anything else, and I started getting bad grades at school," said Vaya.

Witnessing the impact on their daughter, Vaya's parents enrolled her in therapy at YES.

Vaya's counselor proved to be a guiding light, encouraging her to explore different areas of her life that she might find joy in. Vaya rediscovered a long-forgotten passion - music, more specifically, jazz guitar.



Thanks to donors, Vaya's therapy at YES helped her pursue a future in jazz guitar.

Through therapy and music, Vaya began to discover a way to process her emotions and gained a sense of self-awareness.

"I'm a lot happier overall. More self aware. I know how to cope better. And I'm not as like hard on myself if I get down."

Encouraged by her therapist and through the support of her family, Vaya became motivated to further her love of jazz guitar, recently performing at the Lionel Hampton Festival in Idaho and at the Paramount Theater in Seattle with her school. These experiences have inspired Vaya to pursue music as a career.

Vaya's journey shows the remarkable potential of therapy and the arts. That, even in the face of adversity, there are always avenues to be explored. Through her determination and the support of her loved ones and her therapist Vaya has embraced a newfound sense of purpose and fulfillment.

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

DONOR SPOTLIGHT

Rich Wagner - Giving Today and Tomorrow

Thirty-five years ago, Rich Wagner came to YES and saw the counseling rooms filled with clients waiting to be seen. He also saw a comfortable setting where everyone felt welcome and safe. He knew that this organization would be a leader in behavior health care in the region for years to come.

Rich has proudly served on "a truly great" board for the past 25 years. He gives what he can to support the growing operations at YES and also has provided for YES in his estate.

"YES will continue to be important to the community in the future, so it is important to give from our estate to help them grow."

Rich and Jaffrie have made YES a beneficiary of their retirement plan, knowing the great impact their planned gift will have on the continued growth and development of YES' programs and community outreach. In recognition of their estate gift, Rich and Jaffrie qualify as members of the YES Legacy Society.



Legacy donors Rich and Jaffrie.

BE LIKE RICH & JAFFRIE

Join the Legacy Society



If you have provided for YES in your estate (e.g., will, living trust, retirement plan, life insurance policy or life income plan), you are entitled to membership in the YES Legacy Society.

Members are:

- Listed as a Legacy Society member in the Annual Report (unless you choose to be listed as anonymous).
- Invited to receive annual insider updates.
- Invited to personal tax-saving meetings with experts.

Please inform Lisa Hay at Lisa.Hay@youtheastsideservices.org if you are eligible to be a member or would like information on how to best support YES through your estate plan.

Your participation may inspire others to similarly join you in supporting YES through their estate plan!



TAX SAVING TIP

DONATE YOUR RETIREMENT PLAN TO SUPPORT CHILDREN, YOUTH & FAMILIES

Retirement Plans are Worth 100% to YES and (as little as) 25% to Your Heirs.

By giving your retirement plan to YES, 100% of the retirement plan assets will be used to support YES' mission;

In contrast, if your heirs inherit your retirement plan, they will pay income tax every time they receive a distribution from the plan.

This inheritance also may also be subject to Washington state and federal inheritance taxes. In the top tax-paying bracket, nearly 75% of the retirement plan may be used to pay income and estate taxes.

Check with your personal financial or tax adviser to assess how these ideas may apply to your circumstances.

YOUR SUPPORT IS NEEDED

This Summer, Middle School Students Need a Place to Thrive

Middle school students facing challenging emotional or family situations often lack the resources and support they need to thrive, especially in summer. That's why YES, offers a free summer camp specifically designed to empower these students.

However, to make this camp a reality, YES relies on generous donations. Through structured group sessions facilitated by experienced YES therapists, students learn coping skills and effective communication strategies.

"Donations to YES ensure that every deserving student can attend the camp without financial burden, making a direct impact on their lives," said facilitator Cory Lane.



Donations ensure that middle school students can attend a free summer camp.

Attending the camp provides these young people respite from their daily struggles, allowing them to discover their potential, form lasting friendships, and embrace new perspectives. By donating to YES and supporting the free summer camp you can be a catalyst for change, offering these students a chance to build a brighter future and become the best versions of themselves.

HELP A MIDDLE SCHOOL STUDENT

Yes, I'd like to donate to support middle school students who need a place to thrive this summer



DONATE TODAY!

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!

YES

YOUTH EASTSIDE SERVICES

999 164th Ave NE
Bellevue, WA 98008

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

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.

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.

DIVERSITY, EQUITY, INCLUSION & BELONGING

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.