

You're Rebuilding Grieving Hearts

When Liv, 16, experienced her sister's death due to gun violence, she thought that dealing with grief would follow five linear steps. Instead she learned that grief is a mix of intense emotions offering no clear path.

"People would tell me that everything would get better, but after months of only feeling worse, I didn't think it ever would."

Grief can manifest from many different life challenges. While the death of a loved one is tragic, navigating the complexities of addiction within the family or braving the uncertainties of transitioning into adulthood can also leave deep emotional scars.

Donations towards Youth Eastside Services plays a crucial role in helping provide the mental health support necessary for youth experiencing grief, to begin to heal.

HONORING A LOVED ONE

Antonio, was nine years old when he lost a hero. His older sister Kelly, died after a hard-fought battle with Hodgkin's Lymphoma.

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.

Connecting to a YES counselor was as simple as walking through the door at YES. Your support has made it possible to provide same-day assessments through Open Access providing immediate access to support systems to families like Antonio's.



Your support gave nine-year-old Antonio a way to memorialize his sister.

In the first few weeks at YES, Antonio and his counselor created a "memorial box" where Antonio could write notes any time he thought of his sister and store them in the box. But the box was just the beginning.

Thanks to a YES counselor trained and certified in evidence-based therapies, Antonio learned to identify his intense emotions and use the skills he learned in therapy to cope.

ADDICTION AND LOSS

The grieving process for those who have a family member with addiction challenges can be isolating and complex.

"When one person in the family system has a substance use problem, it impacts everyone, especially the kids," said Noble, YES counselor and facilitator of the Affected Others Group.

However, thanks to donors' generous support, YES has established a lifeline for these youth through an Affected Others Group.

This group provides a safe and

non-judgmental space where participants share their stories, emotions, and struggles with others who understand their unique challenges.

Facilitated by co-occurring disorders counselors trained in both mental health and substance use therapies, Affected Others groups equip participants

with coping strategies to navigate the complexities of their grief.

TRANSITION AND GRIEF

From the loss of self, safety, family support, friends, and routines, transitioning into adulthood can also create the experience of grief for young adults. YES recognizes the unique needs of these young adults by serving youth up to the age of 22.

Thanks to the generosity of donors, YES can provide personalized mental health services that address the challenges and uncertainties inherent in this transition. From identity exploration, to navigating academic and career choices, YES empowers young adults to rebuild and redefine their lives on the foundations of resilience and recovery.

FROM GRIEF TO RECOVERY

Your support inspires change, helping youth find the pathway from grief to recovery, and from uncertainty to a future filled with hope. You have ensured that youth, with the support of YES, emerge stronger, more resilient, and capable of rebuilding their grieving hearts.

INSIDE YES

You're Providing a Space Where We Belong

Thanks to the community's inspirational support, YES strives to foster a work environment where every individual is treated with respect, pride, and dignity. At the core of this dedication lies the Diversity Advisory Team (DAT), a volunteer group of staff ensuring that the workplace not only values diversity but actively nurtures a culture of respect among staff.

YES recognizes the importance of representation and diverse perspectives in creating an inclusive workplace. The Diversity Advisory Team is a guiding force, offering insights and strategies to weave a rich tapestry of backgrounds and experiences into the organization's fabric.

"After the pandemic we recognized a new generation of workers seeking a safe place to build their careers, where they can be part of the community, a part of something bigger," said Jackie Bui, Chief Operations Officer at YES.

By prioritizing respect and diversity, YES transforms our work environment. We ensure that the services



Thanks to community support YES' Diversity Advisory Team staff have a place to belong.

provided to the community are imbued with a deep understanding of the diverse needs and backgrounds of the individuals we serve.

Through the collaborative efforts of the Diversity Advisory Team and the unwavering support of YES supporters, YES' impact is amplified, creating a ripple effect of positive change throughout the community. Together, as we continue to champion respect, pride, and dignity, it not only sets a standard for the present, but also paves the way for a future where inclusivity and compassion thrive.

To learn more about how together we're supporting a diverse community and providing a space for all, watch YES' video "The Many Colors of YES" at youtheastideservices.org/videos.

CLIENT STORY

You Took Ariel Seriously

In middle school, Ariel began experiencing debilitating headaches, leading her to miss many school days. The initial response from medical professionals was less than supportive, diagnosing Ariel with depression, causing her to feel unheard and misunderstood.

"No one believed I was having these constant, painful headaches. Everyone thought I was making it up so I didn't have to go to school."

A once extroverted and talkative child, she withdrew into herself, shutting out the world as her pleas for help fell on deaf ears.

Feeling alone and unsupported, Ariel entered an emotionally abusive relationship, where her illness and fragility were further exploited to dehumanize and isolate her.

In her junior year of high school, Ariel was referred to a neurologist who diagnosed her with chronic migraines. The neurologist also recommended Ariel to a counselor at Youth Eastside Services, marking the beginning of a profound transformation.

Finally, someone took Ariel seriously. In counseling, she found validation, a listening ear, and the belief that her struggles were real. The weight of unspoken trauma lifted as she courageously shared her challenges.

Opening up in therapy became the key to unlocking hope. Ariel ended her abusive relationship, learned to listen to herself, accept hard truths, and advocate for her well-being. What once seemed impossible—attending a whole week of school—became a reality.



Thanks to donors, Ariel found a counselor who believed her.

Last year, Ariel graduated, not just with a diploma but with a newfound strength and resilience.

"I learned that I can have a future. I can do things. I'm able to have a life beyond all this."

Ariel's story is a beacon of hope, a reminder that with the right support and belief, individuals can navigate the darkest corners of their lives and emerge into the light of recovery.



Invest in Youth
BREAKFAST

MAY 9, 2024

At Meydenbauer Center



DONOR SPOTLIGHT

Mary Lynne Poole Knows the Importance of Giving

At the invitation of her son and daughter-in-law, Mary Lynne Poole moved to Bellevue from Rhode Island in 2001. As the owner of a small database development firm, she needed to establish a reputation in Bellevue, and she learned about YES from her daughter-in-law Janet Levinger, who continues to be a supporter.



From the artwork in YES' lobby to stock donations Mary Lynn Poole has been a longtime advocate of youth.

From 2001 to 2014, Mary Lynne volunteered her time, beginning with the development of a YES database to managing daily operations and records. Initially a member of the YES tech team of staff and volunteers, she was soon leading the group, which also included several members from Social Venture Partners - retired Microsoft techies also wanting to give back.

"I was very pleased and honored to be trusted with working on the tools that run the YES business and to be a part of the YES team for so many years."

Mary Lynne also brought her creative talents to design the 42-foot long "Yes Parade" art that proudly hangs

high on the wall of the Bellevue office building. When she saw the beautiful architecture of YES' new building, she wanted to help enhance the space to make it more child friendly. Inspired by a book titled "Big Art", and with the support of eight volunteers, Mary Lynne led this two-year project to make the modular pieces in her home studio before the installation in 2011.

In addition to giving her time and talent, Mary Lynne also knows the importance of

giving her treasure.

"I think it is important to help people when they are young so they can get healthy as they grow up. I was happy to give my services to YES as well as make financial gifts. I am grateful to have received gifts of stock from my grandparents when I was younger, which I can now give to YES. Giving low basis stock that is valued at a much higher value, allows me to make larger gifts and avoid paying capital gains taxes."



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@youth-eastsideservices.org if you are eligible to be a member or would like information on how to best support YES through your estate plan.

TAX SAVING TIP

DONATE YOUR APPRECIATED STOCKS

By giving to charity appreciated stock that you have held for over one-year, you will never have to pay long-term capital gains taxes on the increase in value of your stock.

Here's an example:

- You purchased shares of stock for \$100/share in 2020 and that share is now worth \$1,000/share;
- If you sell the stock and give the proceeds to YES, you will owe income tax on the \$900 increase of every share you sell;
- For every share of stock that you give to YES, you will never be required to pay tax on the \$900 increase in value; and
- You will also be entitled to an income tax charitable deduction of \$1,000 when you give the stock to YES.

MAKE AN IMPACT

How to help families this holiday season

DONATE 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!

Visit youtheastideservices.org/giftcards

DONATE TO THE END-OF-THE-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

Be like Mary Lynne Poole and donate shares of stock that you have owned for at least one year. By giving this way, you avoid paying taxes on the increased value of the stock. Consult your tax advisor.

HONOR A LOVED ONE WITH A GIFT

Making a donation in someone's name is a special way to recognize them 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 honoree of your donation. Visit youtheastideservices.org/donate



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 **Becca Holbrook** at beccah@youtheastideservices.org.

SUPPORT YOUTH THIS HOLIDAY SEASON

Yes, I'd like to donate to support children, youth, and families struggling with mental health challenges



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.