

The Transformative Impact of Supporting Community-Based Behavioral Health

In behavioral health, nonprofit community-based organizations like Youth Eastside Services (YES) are necessary in addressing the unmet needs of a vulnerable community, particularly youth facing mental health and substance use challenges. Our work is only made possible thanks to donors like you and your dedication to accessibility, diversity, integrated care and support for youth and families left behind by for-profit providers.

Increasing Accessibility

Through your support and partnership, we have reduced barriers to accessing behavioral health services by strategically placing YES staff throughout the community. Unlike providers who may be limited to a single office location with restrictive hours, YES is able to prioritize accessibility by meeting youth where they are in three different office locations and in over 50 schools in the Lake Washington and Bellevue



School Districts, and in local teen and community centers.

Therapies Tailored to the Individual

Our donors have recognized the importance of providing a range of evidence-based therapies like Dialectical Behavioral Therapy, Parent-Child Interaction Therapy, The Seven Challenges Group, and others, tailored to serve the community's diverse needs. By employing a team of counselors with varied backgrounds, language and cultural capacities, and expertise, YES can provide therapies based on the individual challenges and goals of each client, providing the best possible chance at success.

Diverse and Sensitive Services

In our diverse and multicultural community, language can be a significant barrier to accessing mental health services. By supporting a diverse staff, you're ensuring that YES can serve youth and families in nine languages with an awareness of culturally sensitive approaches.

Our donors play a crucial role in fostering diversity and sensitivity within our counseling team, allowing for a more comprehensive, inclusive, and safe approach to mental health support.

Healthcare Integration

Healthcare integration is a cornerstone of nonprofit behavioral health organizations, reflecting an understanding that mental health is interconnected with other aspects of an individual's life. This fosters a collaborative and comprehensive approach to services.

Having counselors work with a young person's family, school, coach and community, fosters an environment where recovery from mental health and substance use challenges becomes more attainable and success rates are higher.

Serving the Overlooked

Children and youth who experience acute mental health challenges and require financial assistance, experience increased challenges when seeking behavioral health services. Your support ensures that we can extend our programs to youth who might otherwise be left behind, focusing on those who need help the most rather than selecting based on financial ability.

Filling the Funding Gap

Reimbursement limitations in the behavioral health sector abound, and nonprofits must navigate these challenges to provide quality care. This is where the crucial role of donors comes into play. Contributions from individuals, organizations, and partnerships help bridge the funding gap, allowing nonprofits like YES to continue serving the most vulnerable in our community.

Thank you for making a lasting difference in the lives of those we serve.

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.



EMPOWERING YOUTH PODCAST

Hear YES CEO, David W. Downing talk more about the impact of supporting community-based behavioral health organizations and about youth mental health trends in the recent Healthcare Executives Insights Podcast.

Visit youtheastsideservices.org/healthcarepodcast to watch.

YOUTH AND FAMILY COUNSELING

Families Find Success Through DBT

Thanks to the support of generous donors, YES' Dialectical Behavioral Therapy (DBT) Skills Group has introduced a new multi-family format which opens the group to include not just the clients themselves, but their family members as well. This marks a significant stride in youth mental health care, improving the chances of long-lasting recovery.

The inclusion of parents and guardians in the DBT skills group is a game-changer for young clients on their journey to recovery. By involving family members, YES aims to create a supportive environment where clients can thrive. Through shared learning experiences, families gain valuable insights and tools to navigate challenges together.

TAKE A VIRTUAL DBT COURSE

Join YES counselors in creating a toolbox full of helpful mental health skills to use in everyday life, in this pre-recorded 16-week (episode) web series.

Visit youtheastsideservices.org/dbtwebseries to watch.

By practicing DBT skills together, families forge stronger bonds and develop effective communication strategies, both essential for navigating the complexities of mental health

Donors' contributions have made it possible for YES to reimagine our services, ensuring that young clients not only receive individualized support but also benefit from the collective strength of their families. This collaborative approach fosters deeper understanding and empathy within family dynamics, laying a solid foundation for sustained progress and success.

challenges. The ripple effects of this support extend far beyond the therapy room, positively impacting their relationships.

Through the generosity of donors like you, YES continues to pioneer innovative approaches to mental health care, empowering youth and their families to build brighter futures together. This initiative underscores the organization's commitment to ensuring that no one faces mental health challenges alone.

"Studies show that having families involved in learning skills with their teenagers helps both the teens learn and integrate the skills better at home, and also helps parents have the skills to cope with the distress of having a teenager who is struggling with their mental health," says Liz Ludwig, YES Youth and Family Counselor and DBT Skills Group Facilitator.

CLIENT STORY

Building a Deeper Connection with DBT

When Tina's* daughter encountered difficulties managing her emotions, navigating social interactions, and understanding her identity, her teacher referred her to the school's YES counselor. Recognizing the potential benefits of learning new social emotional skills through Dialectical Behavioral Therapy (DBT), the counselor recommended YES' DBT Skills group and encouraged Tina to join her daughter in the newly formatted Multi-Family Group.

"I was excited to join my daughter and learn more about DBT and skills which would also help me be a better parent."

The DBT group created a supportive environment where they could learn, practice, and discuss new skills together. Quickly they both began to recognize the benefits. One of Tina's favorite skills so far is the idea of two truths being able to coexist alongside each other, allowing them to validate each other's feelings while maintaining their own perspectives.



Your support of YES' DBT Program has enabled Tina and her daughter to build a stronger relationship

"When we have difficult conversations, we'll bring our DBT workbooks to the table with us, and it helps us work through our conflicts."

Looking back on their time with YES' DBT skills group, Tina couldn't help but feel incredibly thankful for the support and resources that allowed her and her daughter to dive into this transformative journey. Thanks to YES and generous donors, they not only gained valuable tools for dealing with life's ups and downs but also felt a deeper connection and understanding between them as mother and daughter.

* 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

Donors Share Why They Champion Youth Mental Health and Support YES

JENNIE & LARRY RUSH



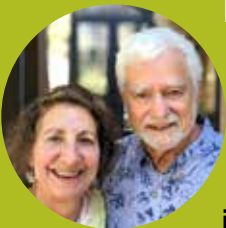
When Jennie and Larry were young, they both had family members who struggled with addiction and mental health issues. They agree that, "We could have benefited from the types of services YES offers." With six grandchildren ranging from ages 3 1/2 to 20, they are well aware of the challenges kids face these days. Jennie and Larry believe, **"YES has never been more relevant."**

ALPA PARIKH



As someone who has lived in India, Kenya, England and now the USA, YES stood out to Alpa for being a source of support for children and families of all backgrounds. **"As a parent, it is comforting to know that YES is an invaluable resource and partner to everyone in the local community and schools, regardless of their race or ability to pay for services."**

RICH & JAFFRIE WAGNER



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 behavioral health care in the region for years to come. **"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."**

DRS. LORENA SHIH & TOM WALSH



Dr. Shih sees in her practice everyday that children are experiencing adverse childhood events in ways we couldn't imagine, causing them to carry immense burdens and stress.. **"We donate to YES because it's an investment in children's' futures. We both have friends and family members who have been affected by mental illness. For us, it's imperative to support YES and their mission to be a lifeline to support kids through challenges of emotional distress, substance abuse and violence."**

ANDRÉE CHICHA



As a lawyer, Andrée focused on estate planning, and regularly asked her clients whether they had considered including charitable giving in their plan. "It is so easy to do," said Andrée, just by changing the wording in your will or adding a codicil. By supporting YES, Andrée wanted to leave a legacy of hope for young people and their families. For her, it's quite simple, **"The youth today are our future tomorrow."**



TAX SAVING TIP

GIVE YOUR IRA TO YES

If you are age 70.5 or older and direct your Individual Retirement Account (IRA) distribution to go directly to YES, you will avoid paying any taxes on that distribution

- Every dollar sent directly to YES is a dollar not taxed.
- Normally, your entire Required Minimum Distribution (RMD) from your IRA is treated as income and taxed unless you send all or part of it to a nonprofit like YES.
- You do not need to itemize your tax deductions to receive this tax-saving benefit.

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

ANNUAL FUNDRAISING EVENT

Join Seattle Wide Receiver Tyler Lockett at the 2024 Invest In Youth Breakfast

Come together for an inspirational morning at YES' Invest in Youth Breakfast on May 9 at 8 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." David W. Downing, CEO.

This year the breakfast will feature incredible stories from YES clients, a reflection from CEO David W. Downing, and an inspirational fireside chat with Elisa Jaffe and keynote guest, Seattle wide receiver Tyler Lockett.

Lockett, who has been vocal about his experience with anxiety and depression, will join Invest in Youth attendees and share his story of strength and resilience, to inspire children and youth currently on their own road to recovery.



*Invite your friends and family to join you as a table host and **meet keynote guest Tyler Lockett.***



REGISTER TODAY!

youteastsideservices.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.



YOUTH EASTSIDE SERVICES

999 164th Ave NE
Bellevue, WA 98008

PHONE

425-747-4937

WEBSITE

youteastsideservices.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 STATEMENT

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.