

**BAINBRIDGE YOUTH SERVICES**

# **ANNUAL REPORT 2015**

**HELPING OUR KIDS THROUGH  
COUNSELING AND WELLNESS  
SERVICES SINCE 1962.**



**ASKBYS.ORG**  
**BAINBRIDGEYOUTHSERVICES.ORG**



**BYS BELIEVES:** Youth will **THRIVE** when accessing our counseling services. Youth will **LEARN** when accessing our tutoring services. Youth will be more prepared for the work world through our **CAREER** services. Youth and community will be **CONNECTED** through our programs. Youth will **CONTRIBUTE** to the community and be recognized for their unique gifts.



## **BAINBRIDGE YOUTH SERVICES** **ANNUAL REPORT 2015**

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*As we embark on our 54th year of supporting all community youth, BYS is expanding no-fee counseling, adding job-training opportunities and honoring youth. You can join us by guiding every 10 to 21-year-old on Bainbridge Island to be comfortable accessing support from BYS.*

**- MARINA COFER WILDSMITH, BYS EXECUTIVE DIRECTOR**

# THRIVE



*My counselor saved my life and helped me WORK on being well.*

**- BHS STUDENT**

## FREE AND CONFIDENTIAL COUNSELING

**Depression. Anxiety. Family Conflicts.**

These are just a few of the issues our youth are dealing with and seek counsel for. BYS doubled the number of free and confidential counseling sessions from last year, serving about 250 students with more than 1,500 hours of counseling. Six trained BYS counselors work with youth ages 10-21 – and their families – to listen, support and promote healthy mindsets.

## BYS COUNSELING 4-YEAR TREND

	COUNSELORS	HOURS OF SERVICE
2012	3 PART TIME	1,074
2013	2 PART TIME	938
2014	5 PART TIME	1,328
2015	6 PART TIME	1,544



*BYS was a godsend for my family...to help my son during an extremely difficult period of his life, providing counseling and services I could not.*

**- PARENT OF BYS COUNSELING CLIENT**

# AskBYS.ORG

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*I had struggled with anorexia, depression, a suicide attempt and being sexually assaulted. BYS was a great resource for me.*

**- BHS COUNSELING CLIENT, AGE 17**

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## **PROVIDING A SAFE SPACE FOR ANONYMOUS HELP**

Because some people are more comfortable remaining anonymous and contacting us using the Internet, social media and texting, we launched the askBYS.org website to help youth research issues, reach out to counselors and schedule appointments.

BYS offers Pressure Cooker articles with advice, support and workshops from counselors. We also conduct surveys and share results with the students.



*The pressure to succeed crushes me. It drives kids to extreme perfectionism or the opposite – they stop caring because they can't meet the standards of the community.*

**- BHS STUDENT**

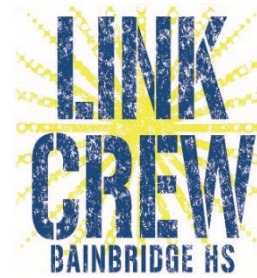
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*It was such a relief to have an older student to help me navigate high school.*

**- BHS 9TH GRADER**



# LEARN

## PEER MENTORING LINK CREW



Along with key high school teachers, BYS helps to ensure that all freshmen are assigned a peer mentor via Link Crew to help guide them through their first year at BHS.



*I'm afraid I am going to fail at BHS. I am afraid I won't get into a good college.*

**- 9TH GRADE BHS STUDENT**



# CAREER



*Getting work experience, and getting paid for it, helped prepare me for college and beyond.*

**- BHS STUDENT**



## SUMMER INTERNSHIPS

BYS supports a six-week, paid internship program for juniors and seniors. In 2015, we had 18 employers and 27 interns. This year, our goal is 25 companies and 30 interns.

*Everyone here at Blue Heron has been impressed with Madi's work ethic and quality of performance ... Madi's performance with us has been exceptional.*

**- NANZ AALUND, BLUE HERON JEWELRY COMPANY**



## ROSE SCHOLARSHIP

We acknowledge and encourage Bainbridge teens to pursue a passion, through the Rose Grant scholarship, which provides awards that fund classes, lessons or tuition.



*I didn't think anyone was noticing my struggles and how hard I worked to get past them.*

**- ROSE SCHOLARSHIP RECIPIENT**



# CONNECT



*Put more emphasis on preparing kids for life, rather than just preparing them for college.*

**- BHS STUDENT**



## HEALTHY YOUTH/ TEEN COUNCIL SUMMITS

BYS is the backbone organization for the Bainbridge Island Healthy Youth Alliance. Through the Alliance, BYS has partnered with community organizations to host five Healthy Youth Summits where youth and adults could converse on how Bainbridge Island can be a healthier community for youth to grow and thrive.

[www.bihealthyyouth.org](http://www.bihealthyyouth.org)



## COMMUNITY PARTNERSHIPS

To achieve our mission, we partner with: Bainbridge Island Rotary Club, National Honor Society, City of Bainbridge Island, Bainbridge Community Foundation, One Call for All, Bainbridge Island School District, Bainbridge Library, Raising Resilience, Coffee Oasis, Boys and Girls Club and Psychology Guild. We offer community service opportunities and volunteer recognition to our students.



*Thank you, thank you (BYS) for all the work that you do*

**- MEGAN CRAMER, BOYS AND GIRLS CLUB**



# CONTRIBUTE



*I am struck by the true heart and soul of each of those kids and humbled at how each of them has found a way to embrace something personally meaningful especially during a time of life that can be just a little more “me-centric.” Thank you for all you do.*

**- ANDIE MACKIN**



## COMPASSIONATE ACTION AWARDS

Each November, BYS honors more than 100 youth for their acts of service, integrity, courage and environmental stewardship that have benefited others. Youth are nominated September through October by community members other than parents or family.



*BYS believes it is important in our fast-paced, competitive and conflict-ridden world to recognize excellence of character, particularly acts of generosity, courage, integrity and stewardship.*

**- MARINA COFER WILDSMITH, BYS EXECUTIVE DIRECTOR**







# WHY BYS MATTERS

School. Sports. Extracurricular activities. Struggles at home. Struggles with friends. Growing up has always been difficult, but now more than ever, many teens are living in a pressure cooker.

As a result, many are facing heavy issues: [Depression](#), [Anxiety](#), [Suicidal thoughts](#), [Abuse](#), [Eating Disorders](#), [Family/Peer conflict](#). BYS is a safe haven for teens to release their steam and learn coping skills in order to help them live a healthy and balanced life. And it's a place parents and family members can get advice and help in supporting their kids.

Founded in 1962 by parents, teachers and community members who wanted to provide more for students, BYS is leading the way to providing curcial services to local teens.

[BYS is the only agency in the county providing free mental health counseling to 10 to 21-year-olds.](#)

Located right on the high school campus, BYS works closely with the school district, teen leaders, and parents to ensure students have access to mental health care and other services.

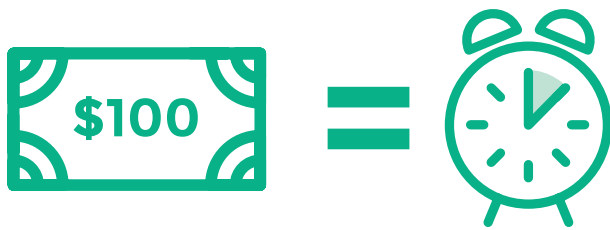


*BYS saved my life. I was in a dark place when I started at BYS. A friend recommended that I go see Tara. I could talk to her about everything ... I am now the person I want to be and am ready to grow even more as I leave BHS to pursue my passions.*

**- BHS GRADUATE**

# YOUR DOLLARS AT WORK

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Every \$100 donation equals one hour of counseling.

## LOCAL EVENTS/FUNDRAISERS

Your dollars help support BYS local community events to promote, raise awareness and funds. Our two biggest fundraisers are the **4TH OF JULY FUN RUN**, which attracts about 1,000 participants each year and our **FALL BREAKFAST**, which had more than 200 people in attendance.







*The Fourth of July Fun Run is developing into one of the premier running events of the West Sound. This event has now become the largest of its kind in Kitsap County during the summer months.*

**- BYS FUN RUN FINISH LINE COORDINATOR GREG CHAPMAN**

## FOURTH OF JULY FUN RUN

For 37 years, BYS has hosted this annual 5K, 1 mile and Kids Dash event, which brings families together and provides funding for our programs. With nearly 1,000 participants, this has become a premier running event and a popular family friendly community tradition.

[www.bifunrun.com](http://www.bifunrun.com)

## BYS FUN RUN 5-YEAR TREND

	1M	5K	KIDS	TOTAL
2011	93	391	30	514
2012	118	481	40	639
2013	110	547	40	697
2014	196	671	45	912
2015	211	630	75	916

## BYS BREAKFAST TRENDS



**+ 200 %**

## FALL BREAKFAST

One of our biggest fundraisers is the October BYS Breakfast with insightful speakers. Last year's event drew more than 220 participants who heard from BYS counselors and experts on teen issues. One of our speakers, Suniya Luthar, PhD., suggested that youth in upper middle class communities with well-educated parent populations similar to Bainbridge Island counter intuitively are at higher risk for substance abuse, anxiety and depression than other communities. By working together, she said, we can foster positive change.

*The event was incredibly inspiring and truthful...We had no idea how powerful this morning would be and we learned so much...  
What an informative and deep awareness your event was!*

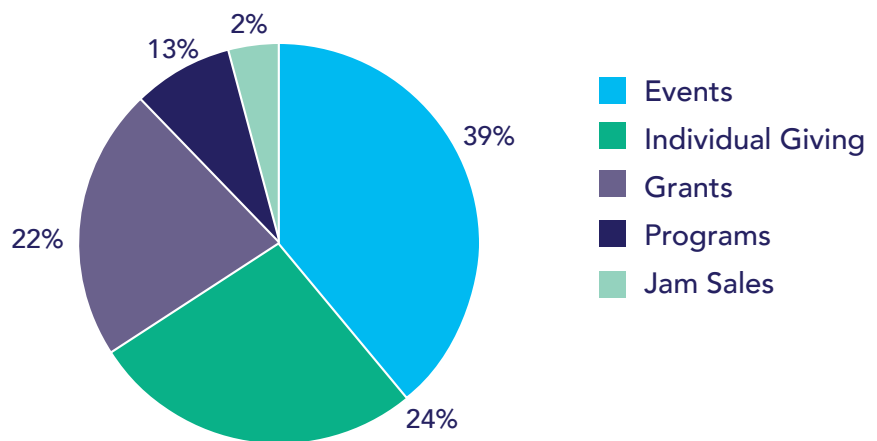
**- A BREAKFAST PARTICIPANT**



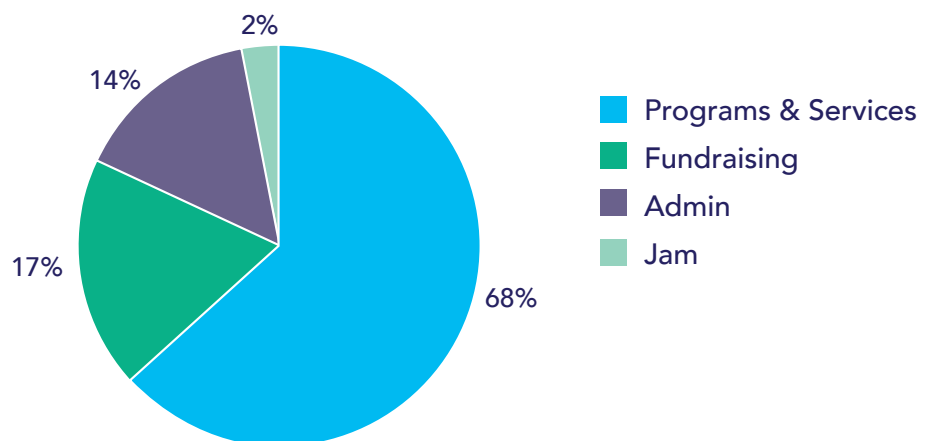
# BYS FINANCIAL SUMMARY

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## REVENUE 2015



## EXPENSES 2015

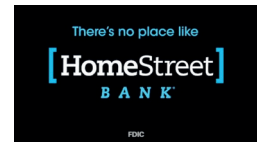




# THANK YOU TO OUR GENEROUS 2015 SPONSORS



RBC Wealth Management\*



Ames Family Foundation



# MEET OUR TEAM



From left to right (top row) is: Kelly Deis, Ann Livengood (outgoing member), Allen Ferris, Jillian Worth, Kirk Godtfredsen, Bob Linz. (Bottom row) is Tom McCloskey, Marina Cofer Wildsmith and Beckey Anderson

## BOARD MEMBERS:

Tom McCloskey, *President*

Kelly Deis, *Treasurer*

Bob Linz, *Past President*

Paulina Bredy, *Secretary*

Allen Ferris

Kirk Godtfredsen

Jillian Worth, M.D.

Beckey Anderson

Shannon Dierickx

Dr. Will Gibson

Isabel Barjesteh, *Youth Advisor*



Marina Cofer  
Wildsmith,  
*Executive  
Director*



Fiona Stanton,  
*Program &  
Social Media  
Coordinator*

## OUR COUNSELORS:



Asako  
Matsuura,  
*Ph.D, Clinical  
Psychologist,  
Director of  
Clinical Services*



James  
Manuguid, MA  
LMHCA



Giselle  
Macfarlane,  
MA,  
LMFTA, MHP



Diane Sabo,  
MA, LMHC



Courtney  
Oliver, LMHC



Nicole  
Hayford,  
*Counseling  
Intern*



# HOW YOU CAN HELP

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GET INVOLVED // VOLUNTEER  
BECOME A DONOR // BE A MENTOR



## WAYS TO DONATE TO BYS

**1. You can make a donation to Bainbridge Youth Services now,** using any major credit card. Simply click the button at the right to get started!

[MAKE A DONATION](#)

**2. Go to [www.bainbridgeyouthservices.org](http://www.bainbridgeyouthservices.org)** and click on the donate button on the top navigation to give using Pay Pal

**3. You can send a check made out to BYS** PO Box 11173, Bainbridge Island, WA 98110

**4. When ordering goods on Amazon.com,** first go to their AmazonSmile page and select BYS as a charity recipient. Then, place your order as normal. As you check out, you will be told which items qualify for gifts to be sent to your charity by Amazon.

**5. BYS participates in ONE CALL FOR ALL,** an island-wide fundraising effort for local non-profit organizations. Click here to donate through One Call for All.

**6. JAMS SALES are a tasty way to support BYS activities.** Bainbridge Youth Service jams are made and packaged in Washington and sell for \$6 a jar at Town & Country Market, Winslow.

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## CONTACT INFO

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