

# BAINBRIDGE YOUTH SERVICES



HELPING KIDS WHEN AND WHERE THEY NEED IT

---

ANNUAL REPORT

2016



[ASKBYS.ORG](http://ASKBYS.ORG)



## Message from Marina:

This is my fifth year at Bainbridge Youth Services. It continues to be such a privilege and pleasure for me to work alongside such talented and dedicated counselors, staff and volunteers. Together, we have supported community youth for 54 years and we continue to expand our free and confidential counseling services for youth ages 12-21. With your continued support, we can expand our reach and reduce barriers to receiving care as well as grow our other services, such as our free tutoring and Summer Internships.



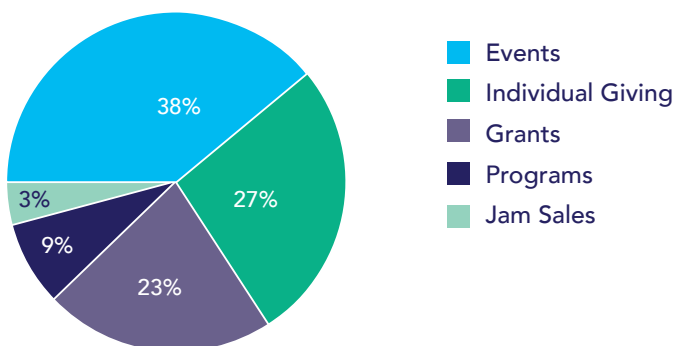
The impact YOU have made upon the youth in our community is phenomenal! Coming off the heels of being named Nonprofit of the Year, Bainbridge Youth Services had another banner year in 2016 thanks to your ongoing support.

### YOUR DOLLARS HAVE:

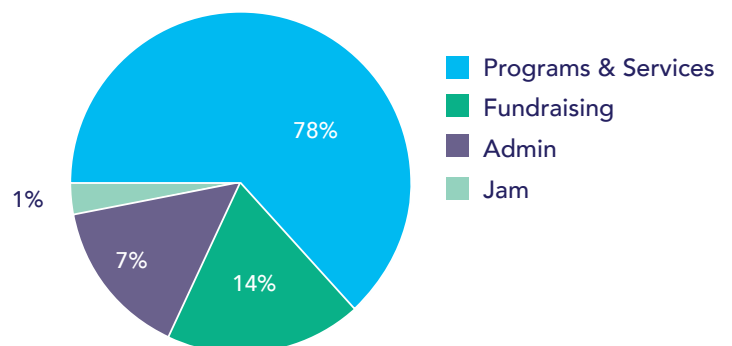
- Provided **2,856 hours of free and confidential counseling** for Island youth, the most since our inception in 1962.
- **Recruited 25 employers** to provide a paid six-week summer **internship to 38 high school students**.
- Allowed us to **celebrate the compassionate acts of 125 youth** in an annual fall community event.
- **Offered training to 330 high school freshmen** with team building, stress reduction resources and mentors.
- **Helped us educate 548 middle school students** with BYS information and anxiety reduction tips/tools.
- Given us the means to host, along with partner agencies, educational training sessions and discussions for parents, educators, health professionals and community leaders through the **Bainbridge Healthy Youth Alliance**.
- **Funded a new mobile counseling App** that can be downloaded for free.
- Sponsored community events. **We had a record 1,026 participants** who ran or walked in our 37th Annual Fourth of July Fun Run.

### FINANCIAL REPORT

REVENUE JANUARY-DECEMBER 2016: \$292,302



EXPENSES JANUARY-DECEMBER 2016: \$283,072



## FREE & CONFIDENTIAL COUNSELING

*Hello, I am 99% sure that I have social anxiety disorder ... I want to get help, because I've heard that social anxiety is totally curable, but I don't know where to start.*

- 13-YEAR OLD FEMALE

*Hi, I've been dealing with depression for three years and I had found a way around it but lately I couldn't because I don't fit in anymore. I stand out like that girl who can't walk or talk...I get picked on in some of my classes and I get these texts and Snapchats that says go back home, you don't belong here, you are just a stupid girl, and people making fun of me. When will it stop? When will I ever feel safe at school again? Will I make it to graduation?*

- 18-YEAR-OLD TEEN

*I have been really depressed lately and been self-harming myself the past three months. My friends are trying to help me but I just isolate myself. I am just dealing with my image. I have lied to everyone I care about just to hide the pain of who I am really am I. How can I fix this before it is too late?*

-18-YEAR-OLD TEEN

**We are here to help.** BYS therapists provide free psychotherapy counseling to local teens and their families.

Each of our eight BYS counselors are tackling these and similar questions posed to them on almost a daily basis. More than 350 students sought help and resources in 2016 – double the previous two years.

Anxiety and depression are consistently at the top the list of issues teens are dealing with – followed by struggles with substance use, academic stress, grief/loss, eating issues, cutting and family relationships.

# Snapshot of 2016 **BYS COUNSELING**

**WHO WE ARE:** BYS has eight part-time counselors.



**Asako Matsuura, PhD,** director of clinical services, is a WA licensed clinical psychologist.



**Courtney Oliver, LMHC,** is a WA licensed mental health and chemical dependency professional with more than 10 years in



**Carole Kant, PhD,** a retired psychologist from Emory University. Courtney



**Giselle Macfarlane, LLMFT,** began community mental health clinical work in 2013



**Diane Sabo, MA, LMHC,** received her Bachelor's degree in Psychology from the University of Washington and my Master's in Marriage and Family Therapy from Chapman University.



**Spencer Byl, Intern Therapist** graduated with a bachelor's degree from Carroll College in Helena MT, in 2012.

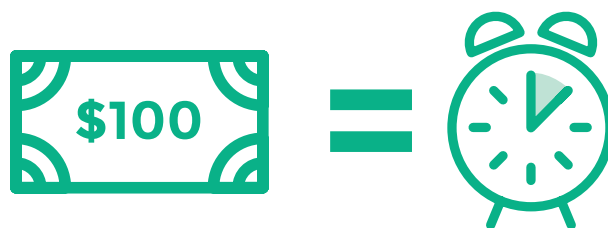


**Courtney Peck** received Bachelor's and Master's Degrees from Brigham Young University in Family Science and Instructional Psychology.



**Nicole Hayford,** a sexual assault coordinator for Naval Base Kitsap, is an intern therapist.

**DID YOU KNOW?** Every \$100 donation check this equals one hour of professional counseling for students.



Every \$100 donation equals one hour of counseling.





## Who We Serve:

In 2016, BYS Counselors served more than 300 students ages 12 to 21 with one-to-one free and confidential professional counseling. In addition, our counselors consulted with and provided resources to 53 people. In the last three years, total client hours have more than doubled, from 1,328 in 2014 to 2,856 for 2016.

**HOW TO REACH US:** askBYS.org is a website where a youth or parent can ask a question to a doctor or counselor, make an appointment with a BYS counselor for a one to one session or access a variety of resources. Parents often arrange appointment requests for their children through our online appointment request form.

**DID YOU KNOW?** The askBYS Mobile App was created by students in the BHS AP Computer Science class for use by their peers. It was completed by September 2016.



Search Topics:

Real Stories

Make an appointment

Ask a counselor

Ask a doctor

## OUR NEW ASKBYS MOBILE APP 2.0 IS NOW AVAILABLE!

With the askBYS app you can:

- Make an appointment request with a BYS therapist (we are located in Bainbridge Island, WA).
- Ask questions to BYS therapists and medical doctors.
- Read questions posed by other teens and answers given by BYS and BI Doctors.
- Connect with our Facebook and Twitter accounts (askBYSorg) and askBYS Calendar.

Follow the links at the left, to download the Apple iPhone or Android version to your mobile device.



## FREE BYS TUTORING PROGRAM

Private tutoring rates have skyrocketed as have the number of students needing the service. That's why the **Free BYS Tutoring Program** is so popular.

In the 2015-2016 school year, BYS provided free tutoring to:

- Nearly **50 students** from elementary school to high school.
- **84 Senior Citizens** received free technology tutoring.
- Total hours provided: **536**

In partnership with the National Honor Society, we recruit honor students to tutor youth and peers throughout the school year. More than 60 student tutors offer assistance in everything from Japanese, Calculus, AP classes, etc.

## HEALTHY YOUTH ALLIANCE

As the backbone organization of the Healthy Youth Alliance, BYS is building partnerships across our island to prioritize healthy youth. Using the Compass Advantage model created by Marilyn Price Mitchell, PhD, the Alliance is educating parents, business leaders, government leaders etc. on how to build eight internal assets in our youth for healthier results.

Other ways the Alliance is building partnerships include:

**Story Share:** This Healthy Youth Alliance project last year was a partnership between the Senior Center, Rotary Club and teens. Twenty-five seniors and 25 teens were paired and interviewed each other eight times over the course of 10 weeks. Each pair recorded their answers to thoughtful questions about life experiences when internal assets were being developed. Those answers will be shared in next year's State of our Youth Progress report.

**Parent Education:** Alliance partner, Raising Resilience hosted two speakers that the Alliance and BYS helped promote:

- a. Julie Lythcott-Haims, the author of *How to Raise an Adult* present in February to 450+ parents and to 105 youth the following day at BHS during zero period.
- b. Michele Borba, author of *The Unselfie*, spoke about empathy to 185 adults. An Empathy Pledge card and askBYS were provided as resources for parents.

## HEALTHY YOUTH SUMMIT

Identifying kindness values for the high school campus and when interacting with parents was the focus of April's 5th Annual Healthy Youth Summit. In cooperation with the Alliance, the summit included 46 adults and 35 teens.

Those kindness values were expressed in forms of quotes from famous people and BHS students are featured in the photos. All four academic buildings at BHS now have eight kindness value banners hanging.

We also launched a social media youth outreach campaign featuring the eight internal assets listed in Compass Advantage.

The first biannual State of our Youth report called "Beyond the Report Card: Cultivating What Matters" was sent out to 3,100 Bainbridge Island School District households in October.

# YOUR DOLLARS AT WORK

## HIGHLIGHTS OF THE YEAR

One of the biggest block parties of the year was the **37th Annual BYS Grand Ole Fourth of July Fun Run**, which had record 1,026 participants. Fun Run Art Contest winner Matthew Derry's first-prize design was featured on all Fun Run posters, T-shirts and other promotional items.

**The Unspoken Life of Teens** was the theme of the October **BYS Benefit Breakfast**.

More than 200 community members gathered at Wing Point Country Club where BYS Board Member Dr. Jillian Worth and BYS Counselor Mark Travis, LFMCA, walked the audience through a day in the life of Bainbridge youth. askBYS.org materials were presented to all attendees. Student speakers kicked off the talk by sharing stories of youth in need.

Bainbridge Island Police Chief Matthew Hamner and BYS Board Member Bob Linz were on hand to honor more than 100 community youth during November's **BYS Compassionate Action Awards**. The 14th-annual awards ceremony was held Nov. 20 at Bethany Lutheran. Last year, there were 125 students honored from more than a dozen non-profit organizations. Also greeting each student were Mayor Val Tollefson, BISD Superintendent Peter Bang-Knudsen.

BYS Executive Director Marina Cofer Wildsmith received the Bainbridge Island Chamber of Commerce's coveted **Chairman's Choice Award for 2016**.

Twenty-five employers and 38 BHS students participated in the BYS six-week **Summer Internship Program**. The internship/mentorship program ran July 11- Aug. 19.

Sponsored by BYS, Link Crew is a Career and Technical Education course at BHS and a Club designed to help incoming freshmen have an easier transition to high school. In August, BYS hosted **Spartan Start Up Day** for 350 incoming freshmen at BHS. Our 50 Link Leaders had all freshman assigned into "crews" that they each led in a 1/2 day of team building and school tours.



*My summer internship has allowed me to learn and develop medical knowledge that I will utilize in my career, whether it is in dentistry or medicine. Both are interrelated, which allows me to learn and see different perspectives. I have been able to focus and learn about hygiene and oral health; two things that have contributed to developing a deeper passion for health. I am very grateful for this opportunity to work with Dr. Wicklund and Wicklund Dental to expand my knowledge and help guide me to pursue a career in medicine.*

- PAULINA BREDY AUGUST 2016





# Thank You TO OUR GENEROUS 2016 SPONSORS



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*

## WAYS YOU CAN DONATE TO BYS:

1. You can donate to Bainbridge Youth Services now, using any major credit card. Simply click here!
2. Go to [www.askbys.org](http://www.askbys.org) and click on the donate button.
3. You can send a check made out to BYS PO Box 11173, Bainbridge Island, WA, 98110
4. BYS participates in ONE CALL FOR ALL, an island-wide fundraising effort for local nonprofit organizations.
5. Jam sales are a tasty way to support BYS activities. BYS jams are made and packaged in Washington and sell for \$6 a jar at Town & Country Market, Winslow.



### BYS MAIN OFFICE

9330 High School Road, Bldg. 100 Rm 103  
Bainbridge Island, WA, 98110

206 842-9675 | [www.askbys.org](http://www.askbys.org)