



BAINBRIDGE YOUTH SERVICES

*Helping Kids Thrive
With Support and Skills*



ANNUAL REPORT

2017

ASKBYS.ORG

YEAR OF EXPANSION & POSITIVE CHANGE AT BYS

2017 has been a year of positive transition for Bainbridge Youth Services. We are expanding our free and confidential professional counseling and tutoring programs, continuing to upgrade our website, and offering more career opportunities and job skills for teens. The biggest change, however, is a bittersweet one. After five years as Executive Director of BYS, Marina Cofer-Wildsmith stepped down to allow more time to focus on the changing needs of her family and aging parents. She remains on the BYS board, however, and continues to lend her expertise to help guide the organization’s growth. Cezanne Allen, M.D., who was director of the Healthy Youth Alliance, took over the position Dec. 1.



Marina Cofer-Wildsmith

I am honored and excited to be the new Executive Director of Bainbridge Youth Services. It is a privilege and pleasure for me to work alongside such talented and dedicated counselors staff and volunteers. Together, we have supported community youth for 55 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 like our free tutoring and Summer Internships. The impact YOU have made upon the youth in our community is tremendous! Coming off the heels of being named 2016 nonprofit of the year, Bainbridge Youth Services had another banner year in 2017 thanks to your ongoing support. - Cezanne Allen

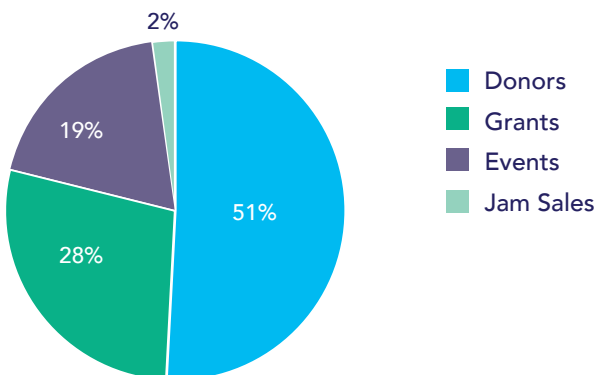


Cezanne Allen

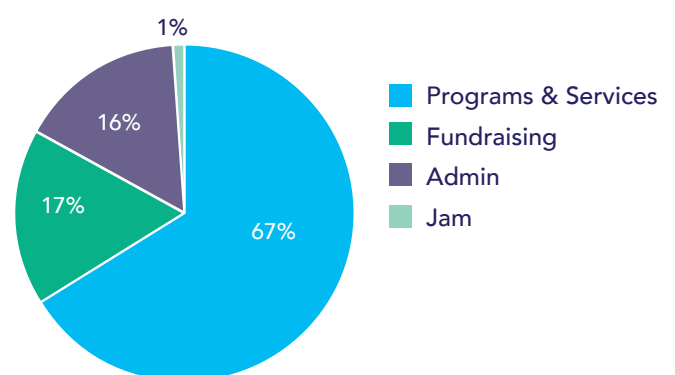
YOU MAKE A DIFFERENCE (EVERY \$100 DONATION EQUALS 1 HOUR OF COUNSELING) YOUR DOLLARS HAVE:

- Provided 4,648.5 hours (2,319 sessions) of free and confidential counseling for Island youth, the most since our inception in 1962, and nearly double last year’s hours.
- Enabled 328 clients (youth and parent/family) to be served through counseling.
- Sponsored community events. We had more than 1,000 participants who ran or walked in our 38th Annual Fourth of July Fun Run, generating funds for counseling programs.
- Recruited 25 employers to provide a paid six-week summer internship to 35 high school students.
- Allowed us to celebrate the Compassionate Acts acts of 160 youth in an annual fall community event.
- Offered training to 300 high school freshmen with team building, stress reduction resources and mentors.
- Helped us educate more than 500 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.
- Continue to fund a new mobile counseling App that can be downloaded for free.

REVENUE JANUARY-DECEMBER 2017: \$369,995



EXPENSES JANUARY-DECEMBER 2017: \$300,239



*Great news! We are thrilled to have had a successful financial year in 2017, which situates us well for our upcoming office move and anticipated \$350,000 in renovation costs. Your support also helped us hire an outreach counselor this fall.

FREE & CONFIDENTIAL COUNSELING

Anxiety. Depression. Academic pressure. Family issues. These are the things our nine professional therapists deal with on almost a daily basis as they counsel local teens and their families.

BYS is here to help. Our counselors provide free psychotherapy and professional services in forms of consultations, referrals and outreach work with the community. Five of our nine part-time counselors hold master's level or higher counseling degrees.



Demand for counseling continues to climb, and in 2017, we saw a rise in the severity and complexity of issues our youth are facing:

In October, a 15-year-old Bainbridge High School student died by suicide. BYS provided counseling support as part of the crisis intervention team. We instituted walk-in hours for students who needed immediate support for four days after the event, and organized a grief support group for friends of the student.

In November, a well-known local father and his 14-year-old son were killed in a DUI hit and run over the Thanksgiving break. BYS again increased our walk-in support services.

In November, reports of a gunman at the high school led to a systemwide school lockdown. The threat was later found to be false, yet students were still impacted by this traumatic event.

In December, BYS hosted a suicide prevention talk for parents and students.

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 2017 **BYS COUNSELING**

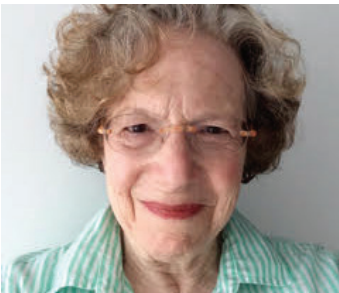
WHO WE ARE: BYS has 10 part-time counselors.



Asako Matsuura, Ph.D.
BYS Director of Clinical Services, (until Aug. 1, 2017).



Courtney Oliver, LMHC,
Director of Clinical Services (as of Aug. 1, 2017), is a WA licensed mental health and chemical dependency professional with more than 10 years in the field.



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



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 Master's in Marriage and Family Therapy from Chapman.



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.



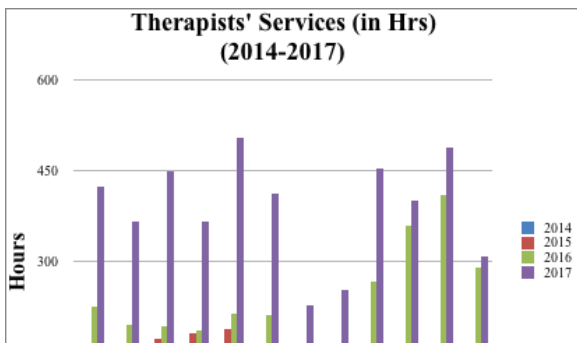
Erin Earle, received her bachelor's degree from Lewis and Clark College in 1992 and is currently pursuing her master's degree in psychology.



Erika Dorsey, worked in the mental health field for 20+ years. Bachelor's degree in Psychology from Wayne State University and master's in counseling Antioch University.



Shelby Evans, received her bachelor's degree from the University of Texas, Austin and is pursuing her master's in Counseling from Brandman University.



THERAPIST SERVICE HOURS PROVIDED FOR CLIENTS*:

- 2012: 1,074
- 2013: 938
- 2014: 1,699
- 2015: 1,354
- 2016: 2,856.2
- 2017: 4,648.5

**all professional activities, including direct therapy, consultation, outreach, reports, meetings, etc.*



Who We Serve: In 2017, BYS Counselors served 328 students ages 12 to 21 and their families with one-to-one free and confidential professional counseling.

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

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.



FREE BYS TUTORING PROGRAM

As private tutoring rates have skyrocketed, more and more teens and tweens are coming to BYS for FREE peer tutoring. Even elementary school students are seeking help with classwork.

2017 BYS TUTORING BY THE NUMBERS:

- 123 students from grades 1-12 received free tutoring.
- 45 students volunteers as Peer Tutors (tutored academic subjects for other students).
- 21 students provided 84 hours of tech tutoring to senior citizens.
- 768 tutoring sessions.
- 550 total hours provided.

In partnership with the National Honor Society, we recruit honor students to tutor youth and peers throughout the school year.

NEW BYS DEVELOPMENTS

MONTHLY NEWSLETTER

In January, BYS launched an online monthly newsletter with a mailing to nearly 1,500 people. The newsletter highlights BYS programs, upcoming events and counseling updates.

ADVERSE CHILDHOOD EXPERIENCES (ACES) AWARENESS

BYS helped present professional development training on the potential lifelong impact of early childhood toxic stress on social/emotional and physical health and ways to increase resilience. More than 300 adults on Bainbridge Island attended the event.

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:

STATE OF YOUTH REPORT: The second Beyond the Report Card: Cultivating What Matters report was mailed to 2,365 families in the Bainbridge Island School District. The Healthy Youth Survey data introduces the mission, vision and goals of the Bainbridge Healthy Youth Alliance. The State of our Youth report was launched in 2016.

PARENT EDUCATION: The Alliance supported Raising Resilience to host Clay Roberts speaking about social and emotional well-being. More than 150 parents attended the “What Kids Really Need to Succeed” presentation.



YOUR DOLLARS AT WORK

HIGHLIGHTS OF THE YEAR

JANUARY

BYS teamed up with the Bainbridge Island School District, Bainbridge Healthy Youth Alliance, Raising Resilience and Rotary Club of Bainbridge Island to offer a **panel discussion -- What's the Harm? -- on Substance Use and Abuse**, featuring local and national experts. More than 300 people came out to hear the panel.



MAY

Thanks to your generous donations, BYS was able to award monetary prizes to winners of the **2017 Fun Run Art Contest**. All four winners attended the BHS Spring Arts Festival and were recognized for their creative work.

JULY

One of the biggest block parties of the year was the **38th Annual BYS Grand Ole Fourth of July Fun Run**, which had record 1,125 participants. Runners and walkers from ages 1 to 85 and from as far away as Peru and Spain, came out for the annual tradition, which was the biggest since BYS first hosted the event 38 years ago.



From left to right, BHS students: Grace Campbell, Gene Ellerby, Theo Prentice and Harper Cosby

More than 70 volunteers put in countless hours on the Fun Run with the cooperation of the Bainbridge City Council, the Chamber of Commerce, Bainbridge Police and Fire Departments, Parks and Recreation District and dozens of local businesses. The real winners of the event are Bainbridge Island youth.

All proceeds – more than \$71,000 in registrations and sponsorships -- benefit Bainbridge Youth Services, which provides free and confidential counseling, job training, scholarships and more for youth ages 10 to 21.

AUGUST

Preparing Freshman

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.



Summer Internship Program - 6-week summer internship/mentorship July 11-Aug. 19 Twenty-five employers and 35 BHS students participated in the BYS six-week Summer Internship Program. The internship/mentorship program, a partnership with Rotary Club of Bainbridge Island, ran July 11- Aug. 19.

What the interns say:

“Thank you for changing my life!”

“I am much more confident in my work-related abilities now that I know I can handle a full-time job.”

What the employers say:

“This was a really great experience for us. We really enjoyed our intern.”

“Thank you BYS for giving us such great workers.”

SEPTEMBER

BYS teams up with the Taste of Lynwood Association to host a community outreach **“Baker Hill Challenge”** event. Winners were crowned Kings and Queens of Baker Hill. The event helped spread awareness of BYS to the community.



NOVEMBER

Bainbridge Island Police Chief Matthew Hamner and other dignitaries and school officials were on hand to honor 160 community youth during November’s BYS Compassionate Action Awards. The 16th-annual awards ceremony, held Nov. 19 at Grace Church, honors students who give of themselves in a spirit of generosity and kindness.

The students were being honored from more than a dozen nonprofit organizations and were congratulated by Bainbridge Island Police Chief Matthew Hamner, Mayor Val Tollefson and BHS Principal Kristen Haizlip.

It never ceases to amaze me to see the acts of compassion and generous hearts of our community youth who do so much to make our community and world a better place in which to live.

– BYS Executive Director Cezanne Allen



Thank You TO OUR GENEROUS 2016 SPONSORS



WINDERMERE REAL ESTATE/BI, INC.



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Tom McCloskey, *President*

Bob Linz, *Past President*

Kelly Deis, *Treasurer*

Stephanie Dalton, *Secretary*

Allen Ferris

Jillian Worth, M.D.

Becky Anderson

Shannon Dierickx

Dr. Will Gibson

Isabel Barjesteh, Ali Spence, Kate Yosen,
Youth Advisors



Marina Cofer
Wildsmith,
*Executive
Director
through
November*



Cezanne Allen,
*Executive
Director
beginning
December 1*



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 the button at the right to get started: askBYS.org.
2. Go to 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.



**BAINBRIDGE
YOUTH SERVICES**

askBYS.org

BYS MAIN OFFICE

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Bainbridge Island, WA, 98110

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