



BAINBRIDGE
YOUTH SERVICES

Ignite Hope!

Lighting the Way for a Socially
and Emotionally Healthy Future

ANNUAL REPORT

2018

ASKBYS.ORG

Thank You for Being Champions for Hope

During the adolescent years, youth are faced with constant and dramatic change, both personally and in their relationships with family, peers and teachers. They also live in a fast-paced and increasingly complex world. Now more than ever, they need support for the journey, equipped with life skills to learn from the past, live in the present and have hope for the future.

Thanks to your support, BYS is building pathways to hope, helping youth believe in themselves, believe in others and find strength for their chosen journey.

Why is hope important? Research shows that hope is the best indicator for well-being. It is learnable, sharable and measurable.

Through free counseling, free tutoring and work opportunities, your donations support the inner strengths and outer support youth need for positive outcomes.

We want every youth to know they can count on BYS for support. Our bold goal is that every graduating BISD student will have a strong sense of hope, the mindset that drives resilient behaviors.

I keep a note from a BHS student on my desk as a daily reminder of the power of HOPE and how donors like you help nurture it: "BYS helped me through a really tough time in my life and I am forever grateful for their guidance."

- Cezanne Allen



Your Dollars Support Youth

A freshman is afraid to be in class after a school lockdown and gets support from a BYS counselor. He was able to return to class with tools to cope with stress.

***Your dollars** support the emotional well-being of youth and helped provide 3,992.53 (1,739.5 sessions) of free and confidential counseling for Island youth in 2018.*

An 18-year-old student says she would not have graduated without BYS counseling support. "BYS helped me through a really tough time in my life and I am forever grateful for their guidance."

***Your dollars** enabled that student and 233 other clients (youth and parent/family) to be served through counseling.*

A junior learned life-long skills during his first job experience, inspiring him to open his first bank account and keep working at the company beyond his internship.

***Your dollars** help BYS recruit 25 employers to provide a paid six-week summer internship to 35 high school students.*

A young girl felt left out at lunch, so she came into the BYS office to eat and find comfort.

***Your dollars** helped us educate more than 500 middle school students with BYS information and anxiety reduction tips/tools, and training for 300 high school freshmen with team building, stress reduction resources and mentors.*

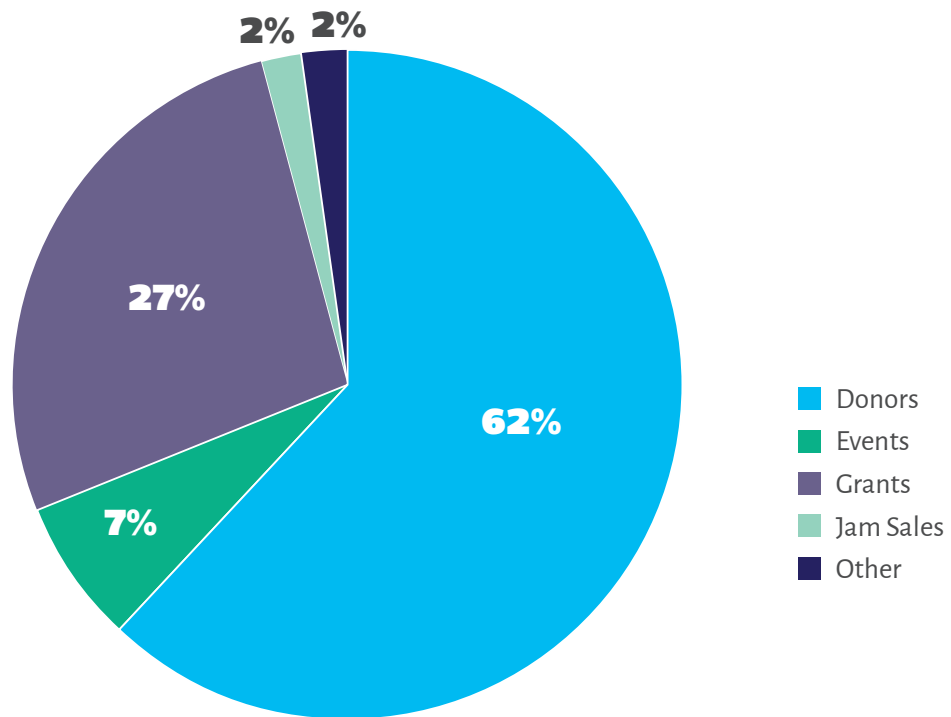
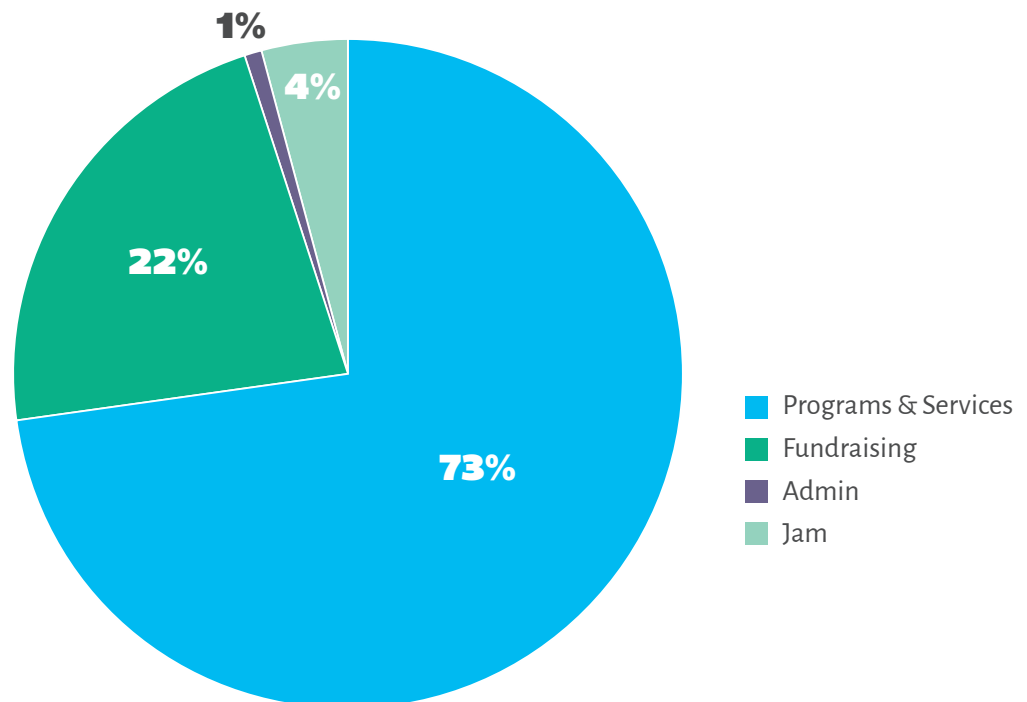
Several students who attended a BYS sponsored film and panel discussion on teen anxiety stopped by our office sharing how much the event helped them and opened family conversations.

***Your dollars** have 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.*



BYS Youth Board Members (from left) Ali Spence, Cruz Strom and Kate Trevino-Yoson show their appreciation to our donors.



REVENUE JANUARY-DECEMBER 2018: \$459,878**EXPENDITURES JANUARY-DECEMBER 2018: \$332,447**

Great news! We are thrilled to have had a successful financial year in 2018, 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

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

Throughout 2018, we continued to focus on building strong internal clinical system improvements, creating a clinical handbook to promote best practices and implementing client-centered appointment procedures. Our counselors served approximately 1,500 youth directly through counseling, outreach presentations, Link Crew, peer tutoring, "Brain Breaks," summer internships and more. We served approximately 2,000 adults directly through adult outreach activities we offered. Indirectly, we affected approximately 11,000 residents through our awareness building activities and newspaper articles.

COUNSELING HIGHLIGHTS OF 2018:

- Increased our counseling staff to keep up with demand for our services
- Hired an outreach counselor who sees students at Sakai, Woodward and Eagle Harbor High School. The other counselors see students within Bainbridge High School.
- Increased the number of counselors who work two or more days a week at BYS, offering students more flexibility in scheduling options
- Trained front desk staff on new scheduling procedures so students can walk in, make a request and leave with an appointment time and date.
- Began a needs assessment to explore how we can better meet the needs of local adolescents

Demand for counseling continues to climb, and in 2018, we saw a rise in the severity and complexity of issues our youth are facing:



Healthy Youth Alliance Teen Council Gratitude Wall Project

WHAT STUDENTS ARE SAYING:

"BYS gave me an outlet during a dark time in my life. It provided a space where I could talk through life's struggles, ask questions I couldn't normally ask, and rationalize the emotions that were weighing me down."

"Being in high school can be hard, I like that BYS is in the high school and I can just get advice when needed."

"BYS has great counselors that are very knowledgeable, understanding and compassionate."

WHAT PARENTS ARE SAYING:

"BYS helped my son when he was struggling with depression. Since BYS he has gained more confidence and skills on how to navigate his emotions."

"The BYS counselor was able to connect with my daughter in ways no one else was able to do. The BYS counselor really advocated for my daughter and helped me with new tools on how to parent."

Anxiety and depressive symptoms are consistently the most common symptoms we see in teens that seek support. These symptoms are often accompanied by struggles with substance abuse, academic stress, grief/loss, cutting and family and peer relationships.

Academic pressure is a contributing factor.

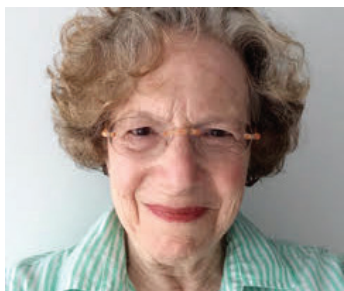
Family issues continued to be a common theme all year, whether fueled by communication challenges, arguments about rules and boundaries, or sibling conflict.

Snapshot of BYS Counseling

BYS HAS EIGHT PART-TIME COUNSELORS.



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



SPENCER BYL, Intern Therapist graduated with a bachelor's degree from Carroll College in Helena MT,



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



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.

BYS Free Tutoring Program

The BYS offices are often bustling with tutoring sessions as our Think Tank Tutoring program has become part of the cultural fabric of the high school. Even elementary school students are seeking help from BYS with their classwork.

BYS has offered FREE peer tutoring for primary and secondary students for years, but more teens and tweens are coming to BYS to not only receive help with their classwork, but to give it to others. Many have reported how impactful it is on them to help another person with their schoolwork.

We recruit students, including honoring students, to tutor youth and peers throughout the school year.

Our tutors often come multiple days a week to tutor a peer or group of fellow students, often picking up an area of interest, such as chemistry or a language. In addition to providing a service to the community, volunteer tutors receive community service hours.

Teen Tech Tutoring, in which teens assist senior citizens with their tech devices, also grew in popularity this year when more Woodward students participated in the weekly program at the Senior Center.

2018 BYS TUTORING BY THE NUMBERS:

666
total hours
provided.

47 students
volunteer as Peer
Tutors (tutored academic
subjects for other
students).

132 students
from grades
1-12 received free
tutoring.

24 students
provided **205**
hours of tech
tutoring to senior
citizens.

879
tutoring
sessions.

WHAT STUDENTS ARE SAYING:

"I got help, comfort and (academic) success from tutoring."

"I not only got better grades but also a better understanding of the math and better ability to study."

"After I started with a tutor, my grades went up and I learned how to be more organized."

WHAT PARENTS SAY:

"Thanks to you (the tutor) and BYS, our family, on a very fixed income, has been able to support our son the way he needs in order to succeed."

WHAT TUTORS SAY:

"I love meeting new students, especially in different grades, reviewing material from past classes and feeling accomplished when I help someone, and they understand something that they didn't."

"I want to help people learn in a good, supportive way. I struggled (with school) and never really got that."



BYS Summer Internship Program

6-8 WEEK SUMMER INTERNSHIP/MENTORSHIP JUNE – AUGUST

This year we expanded the internship experience by incorporating a workshop on design-thinking skills. Rotary's support of the "Designing Your Life" workshop for interns helped youth explore future career possibilities and learn creative problem-solving tools. This workshop was a joint partnership of BYS, BI Metro Parks and Recreation and Rotary Club. Twenty-two employers and 32 BHS students participated in the BYS six-week Summer Internship Program. The internship/mentorship program, a partnership with Rotary Club of Bainbridge Island, runs June through August depending on the company.

WHAT THE INTERNS SAY:

"This internship changed my life! I didn't want the particular internship that I got but I found that I loved it. I got to see and experience lots of different aspects of the business, got to be hands on and have found my life's path through the internship."

"The Life Design workshop opened up my eyes to many futures and gave me the skills I need to pursue them. It taught me how to use my own skills and the help of peers to overcome current and future problems... I truly feel that I have evolved as a student, daughter, and friend from the classes. After each session, I would go home and talk with my dad about what I learned and how amazing it is to reflect on the mindset for "design thinking". I am so fortunate to have had the opportunity to grow as a person. This course gives students the opportunity to enhance life skills needed for each step of life."

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."



BHS Student Kyle Hammer is a "farm boy" for the day working the raspberry fields.

Your Dollars At Work

HIGHLIGHTS OF THE YEAR:

We have had a year full of unexpected cooperative relationships:

- The Rotary Club and BI Parks and Recreation collaborated with us on a workshop called Design Your Life
- Bainbridge High School and BYS put on a new orientation for freshmen parents at the beginning of the school year.
- BYS and Olympic Education School District partnered on a Youth Mental Health First Aid all day training for non-mental health professionals.
- BYS partnered with the BHS Cross Country team to provide stress coping skills to the team.
- BYS is a co-chair in the 33-member Alliance for Youth, along with Kidimu.



MAY

Thanks to your generous donations, BYS was able to award monetary prizes to winners of the **2018 Fun Run Art Contest**. BYS Board President Tom McCloskey awarded cash prizes to the 4th of July Fun Run Art Contest at the May 10th **Bainbridge High School Spring Arts Festival**. BHS student Molly Buck (far right) received \$100 for her first-prize tennis shoe design. Freshman Chloe Alvarez (center) received \$75 for her second-place design and Harrison Wilkinson Bennett (left) was awarded \$50 for third place.



JULY

BYS hosted the **39th Annual Fourth of July Fun Run**—a family friendly community tradition. We had a record 1,209 participants, generating funds for counseling programs. Runners and walkers from ages nine months to 82 and from as far away as Hong Kong, Thailand, Belgium, Germany and Scotland, came out for the annual event, which was the biggest since BYS first hosted the Fun Run 39 years ago.



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.





SEPTEMBER

Community Awareness

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.

Freshman Parent Coffee

More than 100 parents of incoming freshman

students attended the first annual BYS Freshman Parent Coffee. We hosted the event with the high school to give anxious parents tips on how to help their children make the transition from middle school to high school.

“It’s scary,” says Lisa Brisson, who moved to Bainbridge Island with her husband and two kids from New York last year. “When you have a kid going into a new school in general, and especially going into high school, it kind of feels a little bit like a black hole because you don’t know what to expect regarding school expectations and or the level of pressure.”



OCTOBER

More than 200 people attended our October **BYS Ignite Hope** breakfast fundraiser. We are so grateful to this community and the support you give our youth. Our keynote speaker was Chan Hellman, and our two youth speakers were Amelia Hall and Katie Yoson.

NOVEMBER

The **BYS Compassionate Action Celebration** was held November 15 at Bethany Lutheran Church. Above, left, BHS Junior Abby Sullivan performs. At right, BHS Senior Nina Davis is honored for her charitable work by BYS President Tom McCloskey, Deputy Police Chief Jeffrey Horn and BYS Board Member Warren Read. Nina also was one of the speakers and sang during the 17th annual celebration.

More than 70 youth were honored for their compassionate deeds in the community. “Our aim is for nominees to more fully understand the positive impact they have had on you or those around you,” says BYS Executive Director Cezanne Allen. “We want to celebrate youth who ignite hope by going above and beyond what is required or expected in school, jobs, activities, and relationships with others in the community.”



Thank You

TO OUR GENEROUS 2018 SPONSORS



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“From supporting emotional health through free and confidential counseling to facilitating summer internships, BYS helps our students grow the skills they need for life.”

– Peter Bang Knudsen, EdD, Bainbridge Island School District Superintendent

“BYS gave me my daughter back”

– Mom from BHS class of 2020

“Bainbridge Youth Services saved my life”

– Kirsten, BHS class of 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.

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 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

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