



Emerging Stronger Amid Change

BAINBRIDGE YOUTH SERVICES

2019 ANNUAL REPORT



A Message from Cezanne

In simplest terms, 2019 was a year of change and new beginnings for BYS.

While numbers alone don't tell a story, I'm excited to share a few highlights with you: Through BYS, more than **1,000 students** enjoyed barrier-free access to support and strength-building programs, while **454 adults and parents** learned how to better support the young people in their lives – for free. In addition, **600 students** responded to our needs assessment, providing staff with a wealth of valuable feedback which we used to fine-tune existing programs and develop some new ones.

Our donors are the reason so many young lives change for the better. BYS would not exist without the generosity of this community. Your support translates into the powerful transformation we witness again and again. **Here is one anecdote from a BYS counselor:**

"I have a client whom I've been working with since January. He came in very depressed and

suicidal. In our work together he was able to identify the causes of some of these feelings and to begin to take more ownership of his life. He slowly made small changes which turned into big changes – eating better, working out, reaching out to friends when depression set in, and at our last session he told me he actually feels happy now and for the first time in his life, he is hopeful about his future."

Looking back, the major event for 2019 was the two-part move into our permanent home. Our "little yellow house" across from the Aquatic Center incorporates ample student input. This warm and welcoming space offers increased privacy as well as flexibility for student programming.

Another major milestone was the approval and presentation of our updated Strategic Plan which clarifies that BYS is in the business of fostering hope in young people. We

define hope as "the belief that your future can be better and brighter than today and that you play a role in making it so." **All of our programs are pathways to higher levels of hope.** This was confirmed when student evaluations showed that "most of the time" BYS programs support the attitudes and behaviors that lead to high levels of hope, a proxy indicator for well-being.

We listened to our students. As a result of feedback, BYS introduced several new programs this year: *Lead from Within*, *Pizzas of Advice* lunch gatherings, *Tail Wag Tuesdays* therapy dog visits and *This I Know* monthly article in the BI Review.

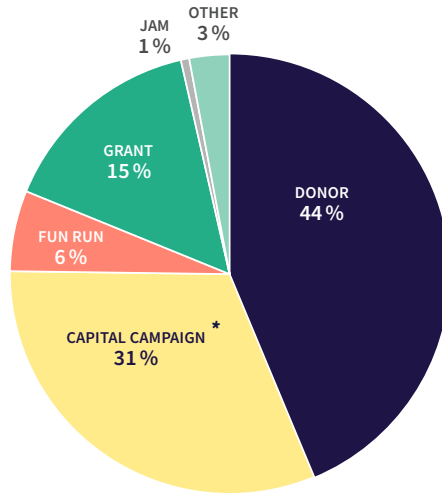
Keep reading to learn more about how donors impacted youth in 2019!

Cezanne

Cezanne Allen, BYS Executive Director

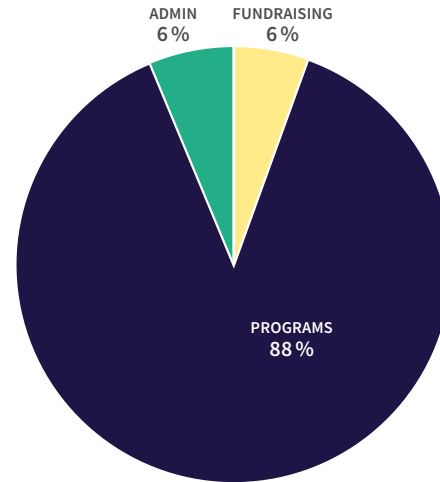
How You Support Youth

Looking for more detailed financial information?
Please email info@bainbridgeyouthservices.org



**BYS
REVENUE
\$592,398**

January – December
2019



**BYS
EXPENDITURES
\$373,625**

January – December
2019

** Thank you to our generous donors who made our newly remodeled building possible!*

COUNSELING

213 students receive free and confidential counseling from our six professional mental health counselors.

TUTORING

233 participate in free **Peer Tutoring** program. BYS matches high school student tutors with peers or younger students (K-12) needing academic support.

21 Teen Tech Tutors help senior citizens navigate their electronic devices.

SUMMER INTERNSHIP PROGRAM

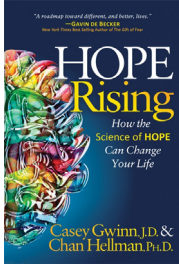
31 students are introduced to the world of work.

JOBS BOARD

143 job opportunities offered to students.

ADULT OUTREACH

More than 2,300 adults reached through monthly newsletter and parent education events.



Hope is not a wish. Hope is measurable. Hope is malleable. Hope is action. Hope matters.

~ Dr. Chan Hellman



Know the signs.
Learn the actions.
Be a lifeline.

~ Mental Health First Aid Training

January

The Science and Power of Hope: Chan Hellman

At the invitation of BYS, Chan Hellman, PhD, presents at BHS and shares why fostering hope in young people is so important and that it is learnable, teachable and measurable.

February

Youth Mental Health First Aid Workshop

BYS advocates “CPR for the mind” by hosting a workshop to help people recognize and respond to mental health emergencies.



spring



March

Sharing HOPE

At the invitation of BYS, BHS photo students convey HOPE through images and words.

April

Sixth Annual Community Summit for Youth

Students and adults learn about healthy highs, stress reduction and power planning tips. A popular BHS assembly features Psychologist and Comedian Matt Bellace, Ph.D.. Saturday's Summit Workshop attracts a mix of students and adults.



Gratitude Wall

Knowing how acts of gratitude improve well-being, the BYS/Alliance Teen Council designs and implement a wall installation showcasing personal stories of gratitude.

May

MENTAL HEALTH MONTH

- **BYS Conversation Starters** distributed throughout the community.
- **Call and Response:** BYS/Alliance Teen Council Students design notes with the sentence stem: *"What someone said or did that helped me when I was having a rough time was..."* inviting students to anonymously share answers. More than 100 anonymous responses blanket the BHS office.



summer

June

We're Moving!

BYS announces it will be moving to a new home, then prepares to occupy temporary offices at Commodore until relocating to the former “Little Red Schoolhouse” across from Aquatic Center. The former Bainbridge Island Child Care Center, which housed its “Big Kids” program in the old schoolhouse for the past 30 years, transfers the building to BYS for \$1.

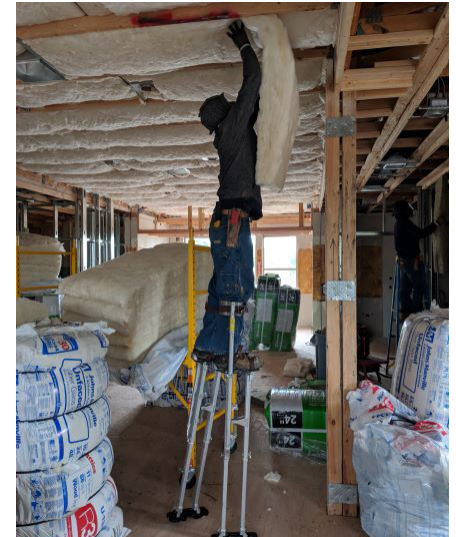
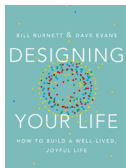
Summer Internships

Thirty-one students begin work at more than 20 different businesses/nonprofits as part of the **Summer Internship Program**, funded in partnership with Rotary Club of Bainbridge Island.

July

The 40th Annual Bainbridge Youth Services Fun Run celebrates a record-breaking 1,286 participants in the 5k, 1-mile run/walk and Kids Dash events, compared with 2018's 1,209 participants. All proceeds from the Fun Run go to BYS to fund free and confidential counseling, free tutoring and outreach programs for Kitsap County youth.

Design Your Life program launches.





August

BYS hosts a soft opening for its newly renovated office. The 2,100 square-foot building allows BYS to expand its free programs for teens ages 13 – 21.

Student input has guided this project from the beginning to ensure it is warm and welcoming. We wanted to incorporate a range of input and provide an inviting, safe space for youth. This new space will allow BYS to grow our programs and build a strong sense of connection with the young people we serve.

~ Cezanne Allen, BYS Executive Director





September

BYS Celebrates success with a Community Open House in our new building.

Strategic Plan. During the Community Open House, BYS introduces its newly adopted aspirational strategic plan to the community.

BYS receives: 2019 “**Best of Bainbridge**” Honor for best counseling services

BYS develops Crisis and Counseling Support Resources posters for Bainbridge High School and hangs them in highly visible locations around campus.

BYS counselor and staff member presents to all freshman health classes regarding stress and mental health. 150 students learn detailed information about the services available at BYS as well as healthy ways to manage stress.

BYS hosts 2nd annual Freshmen Parent Coffee and Connection panel discussion for parents of freshmen. To help ease the transition, BYS teams up with the Bainbridge High School Parent Teacher Student Organization.



My parents were incredibly supportive. They were there for me when I needed them and were willing to take a step back when I was ok by myself.

~ Incoming BHS freshman

autumn

October

In response to feedback from students, **BYS introduces a new monthly column appearing in the Bainbridge Review**. Titled, “**This I Know,**” the articles showcase youth voices and are written by local teens.

BYS launches new **Pizzas of Advice** lunch and learn sessions during the high school lunch hours. In addition, BYS counselors start offering **parent coaching**.

BYS invites Dr. Tabitha Kirkland, a professor of social psychology at the University of Washington, to speak at the **Happiness is Contagious annual BYS fundraising breakfast**.



(Yes, you get to eat in this library!)

Pizzas of Advice

Advice & Support for Students, from Students.

ON THE MENU: *Help, I'm so tired!*

Do you feel like sometimes you're dragging through the day yawning? Is it hard to fall asleep, or stay asleep? **YOU'RE NOT ALONE!**

Come eat pizza and hear and share ideas about getting enough sleep, creating a relaxing bedtime routine, and all things Zzzzzzz...

We're all in this together.

Thursday, December 5
First & Second Lunches
BHS Library



**BAINBRIDGE
YOUTH SERVICES**
BHS Library

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November

Courtney Oliver, BYS Director of Counseling, is promoted to her new role as BYS Director of Youth Services.

The 18th Annual BYS Compassionate Action Celebration honors community youth who give of themselves in a spirit of kindness and generosity.

What's the Harm substance abuse discussion.





December

BYS introduces Tail Wag Tuesdays. These visits with Therapy Dogs before school proved to be very popular.

The End of an Era

After three decades of labeling jars, storing inventory in their garages, and delivering to our partner Town & Country, the BYS Jam Committee sold its last jar – strawberry rhubarb.

2019 Strategic Plan Updated.



BYS provides a safe place for youth to reach out and schedule their own mental health services. The privacy and security BYS strive for creates an environment where teens can be honest and genuine in every way.

~ BHS student

Special Thanks to Our Partners

All we do, all the ways that we reach our local youth, would not be possible without the immense generosity of our loyal business partners and donors. Special thanks to these 2019 Champions for Youth.



Brackenwood
Capital Management

