





A Message from Cezanne Allen

2020: A Year Like No Other

From a pandemic that closed schools and disrupted lives, to a reckoning over race and policing, to a fractious political environment, 2020 was a year of historical upheaval and change that affected teens profoundly. Rates of youth anxiety rose above an already increasing norm. At a time when peers are everything, many teens struggled with isolation due to physical distancing. Others struggled with online schooling and the loss of high school traditions and rituals.

Through it all, BYS was there for youth, thanks to support from our donors. **Within days of school closings, our programs migrated to a virtual format so teens could continue to access free counseling and peer tutoring.** We reached out to each 7 – 12 grade student in our school system with postcards designed by our Lead from Within leadership group. These personally addressed “support cards” reminded youth of the free services available

through BYS and listed crisis numbers to keep handy. Lead from Within also offered a number of virtual social events.

BYS wanted to learn directly from youth what would be helpful during this unprecedented time, and 300 students responded to a BYS survey in June 2020. As a result, we started a service club, more support groups, and a fun art workshop that taught emotional intelligence skills to middle school students.

Teens weren't the only group challenged by 2020. Parents also struggled this past year, as 24/7 togetherness and the competing demands of work, school, and social isolation affected family dynamics. BYS offered support through free parent coaching sessions, and again expanded our offerings to meet the unique needs of the crisis.

It would not have been possible for BYS to nimbly meet these needs without our

community of donors. Here are the words of two youth who received support in 2020 from BYS. These simple quotes speak volumes.

*BYS is the reason I'm still here.
They're the reason I'm as happy and healthy as I am.*

~ 12th grade counseling client

I don't feel as alone anymore.
~ 11th grade counseling client

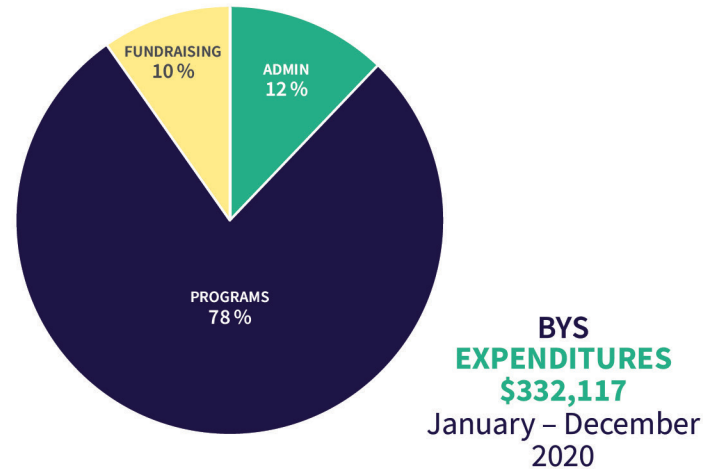
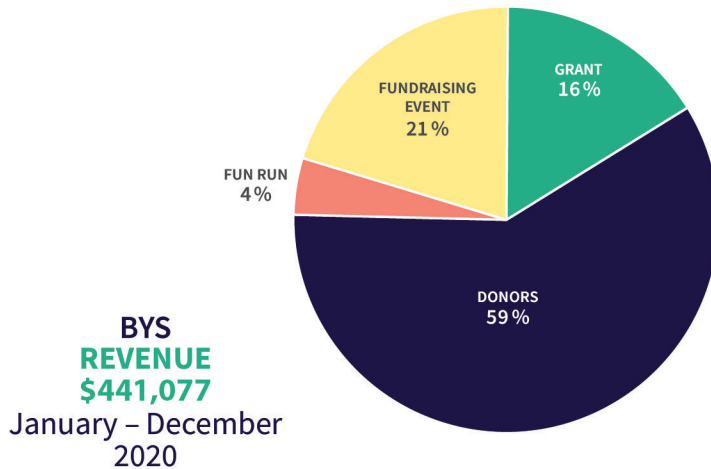
Thanks to our caring community, we are confident that BYS will be here to support our teens – and parents – when the going gets tough. Our counselors will be here to help us all build skills of resiliency during these unprecedented times.

With gratitude and thanks,

Cezanne

Cezanne Allen, Retired BYS Executive Director

How You Support Youth



COUNSELING

414 people receive free and confidential counseling from our six professional mental health counselors and participate in skill building programs.

TUTORING

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

JOBS BOARD

143 job opportunities offered to students.

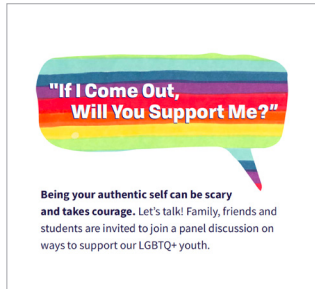
CAREER EXPLORATION

BYS connected **118 young people** to Career Exploration Services

ADULT OUTREACH

Engaged 342 parents in Parent Ed programs

winter



January

Ally Support for LGBTQ+ Youths, *If I Come Out, Will you Support Me?*

Partnering with Bainbridge Pride, BYS gathered family, friends and youth for a discussion about ways to support LGBTQ+ youth.

ANGST Panel Discussion

BYS participated in a panel discussion following the showing of *Angst*, a documentary raising awareness about youth anxiety, hosted by Raising Resilience.

Tips for Surviving Finals Week

During BHS finals week, BYS posted on social media a series of tips on how to care for one's self and be at your best.



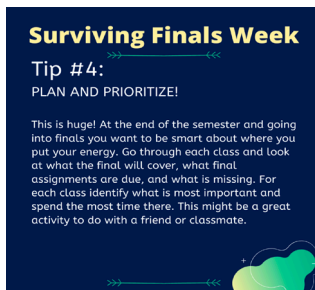
February

Transparenting 101

Gathered at BYS, a panel of parents of gender-nonconforming and transgender youth shared their experiences and insights for the benefit of the community. This event was a joint collaboration with BI Pride, Boys and Girls Club, Raising Resilience, BISD, Multicultural Advisory Council and PFLAG.

Youth Mental Health First Aid

Often called "CPR for the mind," BYS hosted this workshop to teach interested adults how to recognize and respond to youth mental health emergencies.



spring

March



During these challenging times, technology can serve to connect us. While social distancing is important to protect our physical health, we want to make sure young people still have access to resources and support.

*~ Cezanne Allen
Retired Executive Director*

Virtual Services

BISD closed schools to in-person learning in response to the global pandemic on March 12. BYS began offering secure, HIPAA-compliant video counseling and pivoted all our programs to a virtual format on March 16.

April

Parent Coaching

To strengthen family relationships, BYS created a new parent coaching program to support parents as they navigate the stresses and challenges brought on by the pandemic.

Social Support Network Card

Lead From Within, a BYS youth leadership group, designed and mailed 2,000+ postcards to middle and high school students on Bainbridge to remind them of the resources available to them when they feel lonely or disconnected.

A yellow rectangular graphic with rounded corners. On the right side, there is an illustration of a house with a red roof and a white door with a red heart, surrounded by green leaves. Above the house are several white speech bubbles. Below the house, the text reads "Hope begins at home." On the left side, there is text about free confidential coaching for parents, contact information, and the Bainbridge Youth Services logo.

FREE Confidential Coaching for Parents.

Parents, BYS is here to support you, too – today more than ever!

Let our certified counselors, help you hold things in balance during today's ups and downs.

Build skills. Identify patterns and strengthen family relationships.

Call or email us: **206.842.9675**
appointments@bainbridgeyouthservices.org

BAINBRIDGE YOUTH SERVICES
ask@BYS.org

Available to parents and guardians of youth ages 13 – 21. Space limited.



I hope that these cards remind people that BYS is always there for people who want to talk ... that high schoolers use these cards as motivation to keep their spirits high and to make sure to stay in contact with the people who are important to them.

~ BHS Junior Ruby Macfarlane.

May

Validating Your Child's Need for Independence

Two BYS counselors were guest speakers for this virtual parent education event put on by Raising Resilience.

#MailboxRoxBI

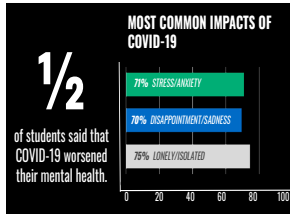
Lead From Within developed a project to spread positive messages of hope through painted rocks placed around the island and beyond. The group encouraged the community to paint, share photographs of their creations and also held virtual rock-painting parties.



#MailboxRoxBI:

"Being isolated for this long can be challenging," said BHS Junior Priya Christensen. "That's why Bainbridge Youth Services wants to give island youth the opportunity to socialize and do fun activities with a group from the comfort of their homes."

summer



June

Youth Survey

In the spirit of meeting young people where they are, BYS asked all local youth, grades 7 – 12, for their input on how COVID was affecting them and what kind of support they felt would be helpful. Over 300 youth responded, and new programs were developed based on the feedback.

July

BYS Fun Run

The 41st annual Fun Run, *Hope is Contagious*, became an all-virtual, socially distant event. A festive 650 people and 75 dogs joined the BYS Fun Run from around the world.

August

Coffee & Careers

As part of the Career Exploration Initiative (CEI), BYS partnered with Rotary Club of Bainbridge Island and FindMino, a new, locally-founded social enterprise, to launch Coffee & Careers. Through this program, teens take a short, online quiz to help them identify their talents and interests. They then meet (virtually in 2020) with a local professional in a particular field to learn more about a possible career path that aligns with their interests and what day-to-day work life might look like.

FindMino was so helpful and gave me new ways of exploring what I do well with what's out there.

I learned about new careers I hadn't even considered before.

It was easy.

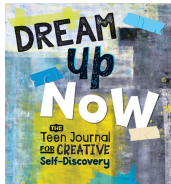
~ Katherine, Senior



autumn



Service Club was formed as a direct result of feedback from youth looking for more opportunities to give back to their community and peers during COVID. It is open to all high school students and aims to connect youth through fun, impactful acts of service.
~ Brittany Wisner



September

Service Club

Due to the many youth survey responses indicating a desire to give back to their community, the BYS Service Club was created for young people ages 13 – 19. This club provides youth with opportunities to engage with the community and provide support where it is needed.

New Website

As the new school year started, BYS launched its fully reimagined and interactive website loaded with useful information, tools and resources for both youth and adults.

October

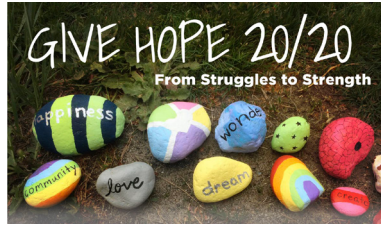
Hope in Action Mental Health Campaign

“To struggle is to be human. Asking for support is a sign of strength.”
This is just one of the many messages targeting youth and posted on Instagram in October as part of the BYS Hope in Action social media campaign.



Dream Up Now

BYS hosted Dream Up Now, a 6-week workshop for 7th and 8th graders led by Rayne Lacko. The program was developed to help youth feel less alone and more understood by exploring their fluctuating emotions through creative writing, movement, play, music and art.



Give Hope 20/20 Fundraiser

Our first-ever virtual fundraiser featured stories of courage and vulnerability from local youth. This inspiring and hopeful evening raised over \$100,000 to support our services and programs. That translates to more than 800 hours of free counseling, helping students gain the support and skills needed to stay hopeful and resilient during challenging times.

November

Compassionate Action Celebration

BYS honored 16 teens for their acts of compassion or environmental stewardship. During the celebration, community members shared stories of how the awardee made a difference in someone's life.



BYS honors students through the Compassionate Action Celebration to remind everyone of the importance of giving back and being kind," says BYC Counselor Sarah Allbee. "This celebration is a welcome bright spot in this dark time."



December

COVID Survival Support Group

BYS and BHS joined together to introduce a new pandemic support group geared toward high school students struggling with changes brought by the pandemic. The focus of the group is to provide connection and teach skills that promote hope and resilience.

We Believe Young People Tell it Best . . .

. . . I am a peer tutor and tutoring has given me a new perspective on problem solving. It has helped me expand my knowledge by figuring out creative and different ways to work through a problem. Tutoring even over Zoom has allowed me to build a new relationship that would not have been formed before. The entire time BYS has been supportive and helpful. I have gained so much out of being a peer tutor!

. . . I was struggling a lot with family issues, emotional abuse, and depression freshman year of high school. My friend recommended BYS because I was afraid to ask for help. It was the best way to vent everything I was holding inside without feeling judged and it helped me to not feel so alone. I learned that everything I was feeling was valid and justified. I've been going for 2 years, and although I still struggle with a few things, I've gotten better at understanding why and the best way to cope and reach out. I would not be where I am now without BYS.

. . . I love my BYS counseling because it gives me a space and opportunity to talk to someone about the things going on in my life. It's a unique opportunity ... I can go when I need to and it is also free.

. . . I live in an unusual household that has caused me a ton of stress, anxiety, depression at times, as well as a feeling of being alone. The stress has been building over the years to the point where it has gotten to be too much at times. I sought counseling in hope that they might be able to help me process what I experience on a daily basis. I have been so happy with the help and support that counseling has given me. I now feel like there is someone out there who wants to help me, will listen to me, and support me.



Special Thanks to Our Partners

*All we do, all the ways that BYS reached our local youth, would not have been possible without the immense generosity of our loyal business partners and donors.
Special thanks to these 2020 Champions for Youth.*

