

**Bainbridge Youth Services (BYS)**  
**City of Bainbridge Island Human Services Grant**  
**2018 BYS Scope of Work**  
**January 19, 2019**

**I. Summary of the activities undertaken in providing the scope of services described in Attachment A:**

Note: the project objectives and measurable results are highlighted in red. Also highlighted is involvement of other partners in the project.

**A) Free and Confidential Psychotherapy Services**

Summary:

- Total number of unique students (new appointment requests) =233 youth and parents/families in 2018 (goal was 216 clients)
- 225 students lived on the island= 96%
- Therapist service hours= 3992.53
- Total number of counseling sessions provided=1739.5
- Total number of client care contacts=1007
- Most common reason for seeking support was stress, anxiety, family and relationship issues

During the adolescent years, youth are faced with constant and dramatic change, both personally (e.g. physical and emotional adjustments) and in their relationships with family, peers, and teachers. For some youth, the stress that accompanies these changes exceeds their ability to cope and contributes to mental health problems, substance abuse issues, or both

Bainbridge Island is not immune to the growing mental health crisis in youth across our county. BYS has noticed an increase in the number of students suffering from significant anxiety, depressive symptoms and suicidal ideation. During the 2017-2018 school year, our counselors noted an uptick in the severity of symptoms of anxiety and depression seen in our client population, which improved somewhat during the fall of 2018.

Bainbridge Youth Services (BYS) is concerned about these issues and works to build the inner strengths and outer support youth need for positive outcomes. Being located on the BHS campus, we take away barriers to accessing psychotherapeutic counseling such as transportation, insurance or parental involvement.

Over the course of 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.

In 2018, BYS:

- 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

We now have 8 part time counselors, seven of whom have a master's level counseling degree and one is a master's level counseling intern.

### **Referrals:**

As a result of our client-oriented improvements, the number of self-referred student appointments rose to 63%, up from 46% in 2017. When youth self-refer, our counselors find they tend to be much more engaged in the therapeutic relationship.

Other referral sources for our services: BHS teachers and counselors, parents and local physicians.

### **Reasons for visits:**

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.

### **Student quotes:**

- "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. I didn't know what made it so helpful until I realized that all my counselor wanted to do was *help* me." BHS Student
- "I feel safe to talk about my problems, my counselor gives me things to think about." Female Youth 13
- "Being in high school can be hard, I like that BYS is in the high school and I can just get advice when needed." Male Youth age17

- "Without the support of counseling at BYS, I probably wouldn't have graduated."  
Female age 18
- "BYS helped me through a really tough time in my life and I am forever grateful for their guidance."
- "BYS has great counselors that are very knowledgeable, understanding and compassionate."
- "I really appreciate all that BYS has done for me; I don't know where I'd be without them."

### Parent Quotes

- "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" BYS Parent
- "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." BYS Parent

### Counselor Quotes

- "I like to work at BYS because you get the opportunity to meet youth where they are .. in the school environment. In this environment you get to see first hand what they can up against. Working at BYS you feel you are working within the community where you see a variety of youth and adults working for the same cause."

### B) Prevention and Education:

**Total Number served =1200 students and 300 parents (Goal=300 students and 60 parents)**

1. Courtney Oliver, BYS Clinical Director, met with **11 Bainbridge Island FC coaches** on 1/11/2018 to discuss how coaches can better meet the social and emotional needs of the youth they serve.

2. Courtney Peck, our outreach counselor, gave four talks in September, 2018 :

**Total number of parents served=135 and students=175**

- **100 plus freshman parents** at Welcome Coffee Talk
- **90 Commodore students** about basic BYS services
- **35 Eagle Harbor parents** of freshman on how to support their student
- **85 BHS Cross Country athletes** about relaxation and centering skills.

3. BYS Support groups: **14 students served**

- Gedi gender identity group with 4-5 participants meets 1x/week with Courtney Peck at BHS
- "Creating Calm," a mindfulness support group with 4-5 students meets weekly at **Odyssey/Eagle Harbor High School** with Courtney Peck

- Girls autism/anxiety support group at **Woodward Middle School** with 4 girls met weekly for two months

4. Angst Movie, 3/15/2018: **150 adults and youth** attended this documentary on youth anxiety with panel discussion by Courtney Oliver, Giselle MacFarlane and Jillian Worth and two teens. Handouts on ways to decrease anxiety were given to each participant.

5. Youth Mental Health First Aid training, 1/15/18: **12 teachers, coaches and community members** participated in this eight hour training for non-mental health professionals on how to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis.

6. Coffee for Freshman Parents, August, 2018: **Over 100 parents** participated in this panel discussion on helping youth transition to high school. Panel included BHS teachers and BYS counselors. Handouts on supporting hope in youth were given to all parents.

#### 7. Alliance Teen Council

The teen group met every other week during the school year and continued with their “Brain Breaks” campaign, supporting small acts of spontaneous joy to decrease stress and increase a sense of belonging. The teen council wrote anonymous encouraging notes for their peers and dropped them in various locations throughout the school, gathered and posted from their peers over 300 notes of gratitude for teachers, surprised peers with the appearance of 70 beachballs in hallways during break and brought a therapy horse to the school. The activities of the Teen council impacted all **1,200 students at BHS**.

#### 8. Health Class Presentations

Each semester, BYS counselors met with 1/2 of the **Bainbridge High School** freshman class to share the services that BYS provides and information about healthy stress coping. **Total reach= 310 students**

#### 9. 2018 Juvenile Diversion Program summary

**25 youth** were diverted from the **juvenile court system** during 2018. A group of committed diversion board members helped youth make amends and get the help they need to avoid recidivism.

##### Cases:

- = 9 Theft-3
- = 7 Marijuana Possession
- = 3 Malicious Mischief

- = 2 Assault
- = 1 Criminal Trespass
- = 1 Reckless Endangerment
- = 1 Legendary Drug
- = 1 Possession of Substance

Places:

- = Bainbridge Island: 13
- = Kingston: 5
- = Poulsbo: 3
- = Port Townsend: 2
- = Hansville: 1
- = Silverdale: 1

10. Health class presentations by Dr. Jillian Worth, BYS Board Director, Fall 2018: Dr. Worth spoke to all 8th grade students and half of the 9th grade class on neuroscience, drug use and addiction. **Total reach=450 students.**

**3) AskBYS.org**

AskBYS our website which allows youth or a parent to ask a confidential question of a counselor or doctor, make an appointment with a BYS counselor for a one-to-one counseling session or access a variety of resources. We found the online confidential question platform was not as popular as expected, with only six questions posted in 2018. However, our online portal was very popular as a way to make an appointment.

askBYS web analytics	2018
# of first time web visits	456
# of returning visits	83
# of unique page visits	2258
Cumulative # on-line appt req	122
Cumulative # page visits	36,136 Goal=24,000 visits

**Representative AskBYS Questions:**

**Question:** Hi! I am a gymnast and I recently had a competition where during warm-up on vault I took a weird landing and my leg felt like I broke it, I only know this because I broke my other leg also vaulting about three years ago. It ended up being fine, I didn't break anything, but it was scary for me and because I wasn't showing signs of a serious injury my coach didn't take me completely serious when I was explaining the extent of what I felt happen and how scared I was of what happened. I now am having mental blocks on vault and I also struggle with mental blocks on other events that are difficult for me to get over. They are also partially caused by previous injuries and I am tired of dealing with them on a daily basis. I feel like I have so much more potential without these mental blocks that I would love to achieve. I was wondering if you have any advice about overcoming mental blocks in sports or how to overcome injuries or how to talk to coaches in a more efficient way. Keep in mind that I am a level 8/9 gymnast so the skills I am doing are pretty advanced and so it could be understandable why I have some fear. Thanks for your consideration.

**Response:** Thank you for reaching out to BYS with your question. It sounds like you have some mental blocks due to past injuries that have created current fear while training. These mental blocks can be something you can work through with a counselor. Mental Blocks are usually caused by fear of a past situation (thinking about a past situation) and anxiety/stress that it will occur again. Counseling can identify the issue and give strategies that can reduce stress and anxiety. Counselors can also help give you tips on how to communicate with coaches or doctors when dealing with situations when you do not feel heard. After reading your question it sounds like you are very serious competitor and might recommend looking for a doctor who specialize in sport medicine (if you haven't already) or who is familiar with gymnast's needs. This might help give you more support when issues arise. Also a doctor might give you an referral to a physical therapist who might be able to give you tips on how to deal with past injuries and way to reduce future injury. This can help you gain more confidence and reduce mental blocks. It might also be helpful to connect your coach and doctor (maybe parents?) together so everyone is on the same page. Have clear communication with everyone who wants you to be successful will only increase your support and success.

**Question:** Hi, I recently moved out of Washington and I'm really struggling in my new town. I feel like a can't find people like my old friends and I never have anything to do. I don't dread going to school but I don't have fun anymore. It's been like this for 2 months. I miss my friends and I live 6 hours away on a plane so I can hardly ever see them. I can't do anything without feeling like I'm going to cry.

**Answer:** Thank you for reaching out to BYS. It sounds like you are having a trouble transitioning to your new move and missing your old life in WA. Transitions can be really difficult in life. Unfortunately throughout we have a lot of different transitions and we can learn a lot about ourselves and how to react. Be patience with yourself, it is a process. It might take time to make new friends or even consider what life will look like. Do some self care during this time; write in a journal, exercise, or take walks. Make a list of your hobbies and how you can find these in your new community. Another thing to think about is make trip plans to visit WA. This might give you something to look forward to.

## **D) Summer Intern Program**

### **BYS/Rotary Summer Work Internship:**

- 22 employers
- 32 interns

- Goal= 35 employers and 50 youth

Feedback from youth was overwhelmingly positive regarding their summer work experience. (See quotes below.)

The growth in this program is limited by the number of businesses on the island willing to offer summer work internships for high school youth. It takes a great deal of time and effort to seek out employers and orient them to the program. In turn, employers also need to be willing to invest time and energy in orienting and managing a high school student for the summer and introducing them to all the different departments within an organization. The impact for youth can be striking and employers have an opportunity to nurture their future workforce.

This year we expanded the internship experience by incorporating a workshop on design-thinking skills. **Rotary 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**.

Impact quotes:

- Summer Intern Employer: From Tom @ **Interpack**: “It was a wonderful summer and Kyle was awesome. Maybe more valuable than ever. After doing this a few years we’re learning what works and what doesn’t...and Kyle fit the bill. We had him really focus on getting main function down cold..which included handling himself on the phone. We love the difference between the first phone call and the last...amazing growth...and confidence. He’ll go far and had a really good experience here. Thanks and we’re in for next year for sure. We figure Kyle is launched and will never look back.”
- Summer Intern Quote: “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.”
- Summer Intern who attended the Design Your Life Workshop: “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.” – Noelle Lipschutz, BHS 12<sup>th</sup> grader
- Summer Work Intern and Design Your Life Participant: “Bias to action is an idea I think is really important. It means choosing to act and do rather than waiting and thinking. When brainstorming ideas, if I don’t choose one that requires action, nothing will get done, and I will not have learned anything. This also means trying things out and taking advantage of opportunities presented to me.

I can never learn more about my passions and what I enjoy if I never try something new. Another idea that I learned about in this class is reflection. Thinking back on the week can be really helpful to see what I want to continue to do in the future. By figuring out what activities I am present in, I can do more things that I truly enjoy.”

- Summer Work Intern and Design Your Life Participant: I would recommend this experience to other students. I found it very helpful in planning how to learn more about my interests through other’s experiences and ideas. I think many high schoolers have the mindset that once you start down a path, you can’t change. However, this is untrue and rarely happens. This experience changed that mindset for me, which opened up many more possibilities of courses my life could take.” K. H. Designing Your Life participant

## BYS Jobs Board

BYS offers an electronic bulletin board of jobs for youth, acting as a pass through of information from community members who have odd jobs or seek to hire youth for more ongoing employment.

- # of teen email subscribers: 482
- # of jobs for teens posted in 2018: 126

## E) Link Crew

Over 75 upperclass peer mentors were chosen to mentor over 300 incoming freshman (Goal= 50 peer mentors). All freshman and mentors toured the BYS offices during Freshman orientation and received an overview of our services.

## F) Think Tank Tutoring

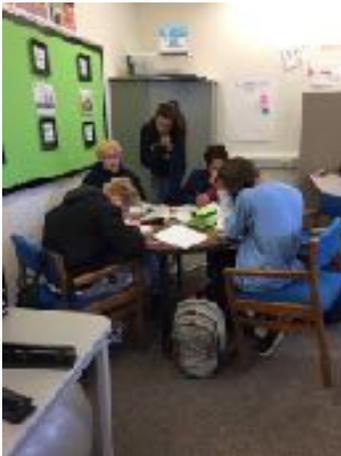
BYS offers free peer tutoring for primary and secondary students. Our tutors often come multiple days a week to tutor a peer or group of fellow students, often picking up an area of interest, such as chemistry or a language. Our tutors discover how impactful it is on them to help another person. The students being tutored benefit from the support of a peer who can break down subjects and tasks that at first seem overwhelming into manageable pieces. Think Tank Tutoring is now maturing into part of the cultural fabric of BYS and the high school.

Teen Tech Tutoring grew in popularity this fall when more Woodward students participated in this program at the Senior Center, helping mature adults learn how to better use their technology with coaching by digital natives.

<b>Think Tank Tutoring</b>		
	<b>2018</b>	2018 vs 2017

Indv Tutors	<b>47 (Goal= 30 tutors)</b>	90%
Indv Students	<b>132 (Goal=50 students)</b>	110%
Hours	<b>666</b>	121%
Sessions	<b>879</b>	114%
<b>Teen Tech Tutoring</b>		
Individual Tech Tutors	<b>24</b>	120%
Tech Hours	<b>205 hours (Goal=25 senior citizens)</b>	101%
<b>Total Number of Students Impacted</b>	<b>203</b>	

Impact quotes:



From Tutors: "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 thought I could help a student and get more involved in the community, which I like."

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



From Students:

"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.”



#### Parent Comments:

“I can’t even express fully how important (the tutor) is to our family and our son feeling successful as a capable learner.”

“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.”

#### Letter from a parent of a Think Tank Tutor:

“At the Compassionate Action Celebration last night...we talked about how much it meant to her that Suzanne (who manages the program) had noticed her: how much she cares about her students and about helping them to learn. Tutoring has given her confidence and a sense of purpose: helping others. Suzanne's confidence in her, and then the words on her award, mean more than anything any adult in the school system has said or done for her, in these twelve years.

Suzanne saw that in her, and made sure that C. knew she had noticed. It is a gift, to be noticed for what we value in ourselves.

In this season of giving thanks, I want you and all your staff to realize that you are making a huge difference in the lives of those students who cross your threshold... not just those who are struggling, but also those whom you take the time to notice, and recognize, for their compassion.”

With *deep* gratitude,

A parent

#### **G) Compassionate Action Awards 11/15/18:**

**66 youth nominated** (See note above for impact story)

Each youth received a personalized note from a community member sharing how the nominated teen made a difference or positive impact.

**Goal=110 students.** We intentionally decreased the number of nominations this year as we moved from group to individual nominations, opting to focus on impact over quantity. We asked for each nomination to be a personal and specific note of gratitude to a young person that helped the youth see the positive impact they made on another person.

## H) Adverse Childhood Experiences (ACEs) Awareness

Community Presentations on the Neuroscience of Adverse Childhood Experience and Resilience (NEAR Sciences) by trained NEAR facilitator, Cezanne Allen, M.D. **Total organizations=5. Total Participants= 124**

- 1/25/2018: Islandwood Graduate Students (20 students )
- 2/07/2018: Swan School, Port Townsend (8 teachers)
- 3/29/2018: Peacock Partners for Early Learning (30 preschool teachers and parents)
- 8/01/2018 : Helpline House (8 staff members)
- 8/30/2018: Wilkes Elementary School (40 teachers and staff)
- 11/29/2018: Islandwood Graduate Students (18 Graduate Students and Staff)

Impact quote: “Cezanne, your presentation became such a wonderful professional development opportunity- our staff discussion afterwards was very meaningful and I know it will make a big difference in the lives of many children we serve.” Letter from Russell Yates, Head of School, Swan School, after a recent NEAR presentation

## I) Speaker on Wellbeing

Chan Hellman, PhD is a national researcher and author on the power and science of hope. He spoke at the BYS Fundraising Breakfast in October to a **crowd of 220 adults (Goal=100 adults)**.

## J) State of the Youth Report Card

The third report was posted online in December, 2018 and was **mailed to all 2,500 families in the Bainbridge Island public school system** in January, 2019.

## K) BYS Awareness activities

1. “Teenage Pressure Cooker” articles in Bainbridge Island Review: Parenting education articles distributed to **11,076 households on Bainbridge Island**.

Date	Title	Author
2/2/2018	“Youth Mental Health First Aid- CPR For the Mind”	Karen West
2/23/2018	“How to Help Your Kids Deal with Anxiety and Stress”	Courtney Oliver, LMHC
3/30/2018	“Anxiety Doesn’t Discriminate: Film, Panel Discussion Offer Ways to Cope.”	Cezanne Allen, M.D.

4/26/2018	"How Do You Help Somebody Cope with Anxiety?"	Giselle Macfarlane, M.A., LMFT
5/25/2018	"What's It Like to Be a Teen Today?"	Audrey Weaver
6/20/2018	"Schools Out, Now What?"	Courtney Oliver, LMHC, CDP
7/27/2018	"Create the Moments Worth Reliving"	Warren Read
8/31/2018	"On Growing Down"	Warren Read
9/27/2018	"Making the Transition: Incoming Freshman Get Inspiration of HOPE for the New School Year"	Cezanne Allen, M.D.
11/6/2018	The Science and Power of Hope: It's about Taking Charge of Your Future	Chan Hellman, PhD
12/2/2018	The Value of Hope from a Teenage Perspective	Katie Trevino-Yoson

## 2. Monthly BYS Newsletters

- Circulation of over **1800 adults**.
- Open rate of 24-28% (478)

## 3. Social Media

- **Instagram Followers: 271**
- **Facebook Followers: 654**

We created more teen focused content on our Instagram page, normalizing struggle and sharing tips on stress coping skills.

4. Incoming BYS Freshman parent orientation booth May, 2018
5. Fun Run Art Award Presentation May, 2018
6. BYS Booth at Virginia Mason Grand Opening 5/17
7. Little League booth June, 2018
8. Rose Grant Presentation 6/14/2018 at Scholarship Ceremony (300 in attendance)
9. Booth at Bainbridge Pride Event 6/25
10. "I Believe in BYS" Ads in Bainbridge Island Review Monthly January- May
  - January- Marina Cover Wildsmith
  - February- Mike Spence
  - March- Clay Roberts
  - April- Karolynn Flynn
  - May- Jillian Worth, M.D.
11. Full page ad in One Call for All pull out in Bainbridge Review 9/2018
12. Article on Angst movie 2/23/2018, Bainbridge Review
13. BYS Fun Run Article 6/1/2018, Bainbridge Review
14. BYS Fun Run half page ad, July 2018, Bainbridge Review

15. "July Fourth's 39th Fun Run Sees Record Results." 7/20/18 BI Review
16. Letter to Editor, 7/2018 "Youth are Winners of Annual BYS Fun Run" BI Review
17. Baker Hill Challenge Ad in Bainbridge Review 9/14/2018
18. Presentations to Parent Teacher Organizations

Total number of BYS volunteer hours in 2018= 2578

## **II. Project objectives identified in proposal and specific measurable results**

Please see above highlights in red for project objectives and specific measurable results.

## **III. Reference specific measurable results. Where they achieved? If not, why not? How many Bainbridge Island residents were served?**

We achieved or exceeded almost all of our identified objectives.

We did not achieve our objectives for the Compassionate Action Celebration as we chose to focus on the intended outcomes. We asked adults who wanted to nominate a youth to write a individualized note of gratitude and include specific examples of how the youth impacted them or others around them. Being seen, understood and appreciated is a huge social gift that can motivate youth and help them to know that their actions matter. We opted for quality of connection over quantity.

Our AskBYS initiative did not grow as we expected. We learned that youth are not particularly interested in asking anonymous questions online.

We also learned that a good way for us to decrease the stigma of coming to BYS for counseling is to increase the traffic flow into our offices so no one knows why they are coming to BYS. Having candy available for a hour throughout the day has been a huge hit and teens now see it as normal to come here for studying or peer tutoring after school. Our social media presence also helps to normalize struggle and promote seeking help when needed as a source of strength.

More students are occasionally dropping by for a few minutes of quiet to calm themselves and destress before going back to class. As one student said "I noticed I was feeling really irritated and angry because I haven't had any time alone to recharge. I knew I could either come in here for a few minutes of quiet or be really angry and irritated in my next class. Thanks for supporting me."

We are now seeing a "new normal" with increased numbers of students feeling stressed, overwhelmed and pressured. While it is difficult to know why this uptick is here, we suspect social media, isolation, constant negative news cycle, and a perceived pressure to succeed have intensified the already challenging tasks of adolescence. All of these possible root causes are systemic in nature and no one organization can

address all of them alone. In 2019, we look to work with other organizations to better address root causes and local conditions that are leading to these findings. BYS will be offering more skills training and support opportunities when we move into our new offices in 2019.

The total number of Bainbridge Island residents served by us over the course of the year is approximately 1500 youth directly served through counseling, outreach presentations, Link Crew, peer tutoring, "Brain Breaks," summer internships and more. We served approximately 2000 adults directly through all of the adult outreach activities we offered. Indirectly, we affected approximately 11,000 residents through our awareness building activities and newspaper articles.

#### **IV. Describe involvement of partners and any unexpected cooperative relationships. Did the City funding help you attract additional funding or other types of support?**

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.

Yes, having funding from the City has made an impact as we look for other funding streams. For instance, this had an impact in our obtaining a matching grant from Rotary for the capital campaign for our new building renovation.

#### **V. Budget- expenses versus income**

Our income was higher than anticipated due to a number of factors including donors that were inspired by our new focus on increasing levels of hope and other donors that realize we have an upcoming building renovation in 2019 that will cost \$450,000-500,000. We also had \$10,000 in restricted funds for the Alliance for Youth that we did not anticipate.

Our expenses came in under budget in large part due to careful management of our human resource costs. We grew strategically over the year and did not hire a new counseling scheduler, instead we integrated that role into our front desk role. The summer work internship costs were lower than expected due to our partnership with Rotary club.

## **VI. How has COBI funding helped your organization or helped the community?**

The funding for our services has allowed BYS to support youth in times of increased need. Around the country and on Bainbridge Island, youth are reporting increasing rates of disabling anxiety. Depression and suicide are an ongoing concern. In short, youth are struggling for a variety of reasons and these struggles can potentially last a lifetime. Prevention and early intervention of social and emotional difficulties are key to restoring health and well-being. COBI funding helped us to provide increased support and skill building for youth and parents.

We have included short stories and quotes (above) that reflect above how BYS impacts lives for the better, made possible by COBI funding.

Our youth are facing an ever more fast-paced and complex future. 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.” BYS builds pathways to hope, helping youth believe in themselves, believe in others and find hope and strength for their chosen journey.

## **VII. What recommendations, if any, do you have regarding future funding cycles?**

The events that occurred after the funding recommendations were publicly announced are hopefully an anomaly. We suspect the lessons learned will be incorporated into the next funding cycle.

Otherwise, we have one small recommendation. We would appreciate clarity in the level of detail expected in the draft budget for operational expenses, perhaps with an example or template.

