Friends of Youth is committed to providing quality behavioral health for every child, youth, and young adult we serve. How are we doing? With your help, during our last fiscal year we provided behavioral health support to 1,961 clients with the following outcomes:

- 71% of our co-occurring disorder clients (dealing with both mental health and substance use) reached their personal goals.
- 84% of the youth in crisis who received mental health counseling or substance use treatment at our Youth and Family Services offices were able to make significant progress in resolving or coping with their issues.
- 75% of youth in crisis who received substance use counseling made significant progress in resolving or coping with their issues as they exited our care.

“Julie” is a teen youth enrolled in Mental Health counseling at Friends of Youth. She was suspended from school for substance use. Her mental health counseling was going so well that she decided to do a substance abuse assessment. She was recommended for outpatient substance abuse treatment. Along with her mental health counseling, Julie is now enrolled in outpatient substance abuse treatment with Friends of Youth. Julie has one more session until she graduates from the treatment program. Julie reported being depressed last year, but now reports that she is doing much better. In addition to her happier outlook, she has drastically decreased her use of marijuana and has improved her grades at school.

No young person should wait to receive needed counseling services. With your generous support, Friends of Youth provides the support students like Julie needs to succeed. Thank you for your partnership.
WORDS FROM OUR CEO
In School & After School—Ensuring Access to Quality Behavioral Health Care

Young people across our community are in desperate need of quality, accessible behavioral health care, now more than ever.

According to the National Alliance on Mental Illness, only 21% of children in the United States who need mental health services actually receive them and 50% of all chronic mental illness cases begin by the age of 14.

Since the 1980s, Friends of Youth has been providing high quality mental health and substance use disorder counseling in many ways: outpatient counseling, counseling during the school day; family therapy; and prevention work in the schools. But we know we need to do more.

The 2014 Washington State Healthy Youth Survey, results show that suicide is the second leading cause of death for Washington teens ages 15-19. Thirty-one percent of King County 12th graders reported feeling sad or hopeless for at least two weeks in the past year, and 16% considered attempting suicide. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), one in ten 16 and 17-year-olds has had a major depressive episode in the past year.

Beyond the stigma too often associated with mental illness, many factors prevent young people from getting the mental health support they need: a lack of trained professionals, counselors with full caseloads, families without insurance and a lack of understanding of the importance of treating mental health issues.

We have work to do. In June we adopted a new, three year strategic plan with this important goal:

Quality Behavioral Health is available for every child, youth and young adult we serve and support.

We are committed to realizing this goal for every young person we serve—join us. Together, we can ensure that every young person has the support they need to realize their full potential!

JOIN US FOR OUR 65TH BIRTHDAY PARTY

We hope that Friends of Youth holds a special place in your heart—whether you’ve been a client, a staff member, a donor, a board member, a volunteer, an enthusiastic supporter or a funder. We hope that you can join us to celebrate a significant milestone—our sixty fifth year of service to children, youth, families and young adults in our community.

We’ll be celebrating on October 5, 2016, from 5:30 to 7:00 at the beautiful Botanical Gardens in Bellevue.

Our program will celebrate the journey that Friends of Youth has taken in pursuit of its mission over the past 65 years. We will honor the legacy of those who have gone before us, inspiring us to continue their legacy to create a world where every youth has every opportunity to succeed.

Please join us!

SAVE THE DATE: Friends of Youth 65th Birthday October 5, 2016

GOOD CITIZENS

Friends of Youth would like to thank Amanda and Andrew Friedman of Liberty Bar for their generous donation of time this past June. For the past few years Liberty has hosted donation drives to benefit local people experiencing homelessness. When Amanda learned about our shelter for young adults, the Landing, and our desperate need for undergarments, she sprang into action!

She put together a drive through her husband’s Capitol Hill bar, Liberty. In addition, Amanda and her daughter organized a special lemonade stand outside of Good Citizen on East Olive Way during this year’s Seattle PRIDE Parade. The stand was manned by the Friedman’s daughter Bowie and other preschoolers, Thurstan and Rowan. These persuasive salespeople were able to raise a grand total of $459! Every penny raised went to order undergarments for shelter guests. Thank you Friedman family for your enthusiasm and hard work.

DONOR SPOTLIGHT - ANN AND DON CONNOLLY

Don and I are empty nesters, having raised 4 children. We have been blessed with 5 grandchildren and soon will welcome #6! The welfare of children is at the heart of our philanthropy commitment!

We became aware of Friends of Youth through our friendship with (and admiration for) Terry Pottmeyer. We toured the Kirkland campus while it was in the early stages of construction a few years back and learned of the vision for diverse services to be provided on that campus. We wanted to be a part of the project’s completion.

Over time, we have become more informed of the range of work of Friends of Youth. We continue to be impressed with the compassion and professional approach the organization exercises in meeting the myriad special needs of youth in our community. We trust that money we are able to contribute will be used prudently and efficiently.

Our charitable focus is on the welfare of disadvantaged children and homeless LGBTQ young people, and the advancement of literacy/educational opportunities for the underprivileged. The mission of Friends of Youth is a great fit for us!
Join Us

AUGUST

Save the Date for Our YFS Breakfasts

Support youth in the Issaquah, Snoqualmie Valley, and Riverview School Districts with counseling services during the school day

October 19th – Snoqualmie Valley at Meadowbrook Farm at 7:30am
November 2nd – Riverview Schools at the Riverview Educational Center at 7:30am
December 7th – Issaquah Schools the Hilton Garden Inn Issaquah at 8:30am

SEPTEMBER

CSEC* Forum

Join a conversation with Friends of Youth and the King County CSEC Task Force, to learn more about how we can end the commercial sexual exploitation of children.

September 21st at 7:30am at the Red Lion Hotel, Bellevue

To register please visit: http://bit.ly/29tofRg

*Commercially Sexually Exploited Children

OCTOBER

65th Anniversary Reception

Please join us on October 5th at 5:30-7:30pm at the Bellevue Botanical Garden as we celebrate our 65th year of service to children.
We'll honor the individuals and groups that have left a legacy at Friends of Youth.

To register please visit: http://bit.ly/29JgoTX