



*YES Support Groups Available for LWSD High School Students
At No Cost For School Year 2020-2021 (all virtual)*

Recovery Group 1:00-2:00pm Wednesdays

- For students who are working toward or are in recovery from substance use. Learn healthy coping skills and tools, along with mindfulness strategies on how to support present and future goals of not using substances. Ongoing group, can join at any time.

Affected Others Group 2:30-3:30pm Wednesdays

- For students who are affected by others' substance use. Confidential space to explore and express feelings, build community and reduce feelings of isolation. Also a space to feel empowered and have fun. Ongoing group, can join at any time.

Quit Vaping Now 4:00-5:00pm Wednesdays

- For students who are determined to work towards not using nicotine products of any kind. Building motivation to quit by recognizing triggers, learning mindfulness strategies to reduce stress, and creating steps for success with realistic goals. 4-week series, starts again on the first Wednesday of every month.

Positive Choices 4:00-5:00pm Tuesdays

- Specific to EHS, this support group is for students who want to focus on gaining healthy coping skills and tools to make positive choices regarding substance use, and guidance on how to set and achieve personal goals. Ongoing group, can join at any time.

Coping with COVID-19 3:30-4:30pm Wednesdays

- Specific to high school students at Tesla STEM and International Community School, this 7-session [TRAILS group](#) focuses on learning effective strategies for managing symptoms of stress, low mood, and increased worry felt by many students during this time of remote learning and social isolation. (Must join in session 1)

UPROADS 3:30-4:30pm Mondays (every other)

- A year-round pro-social sober activities program for youth that provides cost-free opportunities for sober fun through virtual social interaction with discussions, games, skill building and activities. (ages 13-19) Ongoing group, can join at any time.



*Middle School Groups for LWSD Students
At No Cost For School Year 2020-2021 (all virtual)*

BGLAD 5:00 – 6:00 pm Tuesdays

- A social support group for LGBTQ+ identifying middle schoolers across the district, led by two Mental Health Professionals. In group, we will share and learn about identities, develop self-understanding, and learn skills to navigate situations faced by the LGBTQ+ community. We will develop group activities and topics based on the group's interests.

Coping with COVID

- Specific to students attending Renaissance School of Art and Reasoning & International Community School. [TRAILS group](#) focuses on learning effective strategies for managing symptoms of stress, low mood, and increased worry felt by many students during this time of remote learning and social isolation. 7 weekly sessions per series; Next series begin on January 13 and March 10.

Stressed Out A, B, C

- Specific to Emerson High School students, the group will receive support both from adults and peers in regards to managing stress and difficult life events during remote learning. Referrals through school counselor.

Lunch Bunch

- Specific to Emerson K-12 & Northstar students, this group is a social space for students to connect, socialize and relieve stress through games.

Trails A, B

- Specific to Northstar students, this psychoeducation group explores anxiety and depression along with coping in a remote world and Covid-19.

*Individual counseling support services are available for students.

*Consultation appointments and referral services are available for parents & caregivers.

*Click [here](#) for access to the list of YES Behavioral Health Support Specialists and their schools, phone numbers and office hours or you can contact your school counselor.



Fee-For-Service Agency based Groups Classes/Services Available for Students and Families

Alcohol Drug Education Class (ADEC)

A three-hour intervention class that teaches youth and their parents/caregivers about the impact of substance use, including nicotine/vaping, alcohol, cannabis and other substances. The class is open to the community for a \$75 fee (per family), with financial aid available. Offered one time per month on a Saturday from 9:30am-12:30pm. Certificate of completion given at the end of class. (for 12-18 year olds) (Virtual only). Click [HERE](#) to register for the November 21st class or click [HERE](#) to register for the December 19th class.

Road to Recovery Groups

Begins with an Intake that can be billed (along with future services) to Medicaid, Insurance, Private Pay, or Sliding Fee Scale. Call 425-747-4937 to make an appointment or come to Open Access walk-in hours on Mondays from 1-4pm at the Bellevue office. Click [HERE](#) to access the YES website.

YES' three phase Road to Recovery Groups embrace the content and philosophy of Seven Challenges therapy. Seven Challenges is an evidence-based approach designed to motivate youth over the age of 13, to evaluate their lives, consider changes they may need to make, and succeed in implementing those changes. Groups are offered in combination with individual counseling and family participation. Youth start in the phase that is relevant to their needs, determined at their assessment. (All groups are virtual with virtual or in person individual counseling sessions available)

Phase 1 – Aware

A continuing, weekly program for substance use and co-occurring disorders clients that engages and educates youth equipping them to identify problems and solutions, and find motivation for positive change.

Phase 2 – Seven Challenges Group

A continuing, weekly program for substance use and co-occurring disorders clients that assists youth to gain insight, learn skills, evaluate how their choices impact their lives and develop an action plan for a healthy life. [Learn more about Seven Challenges.](#)

Phase 3 – Life in Recovery

Weekly support for clients that provides professional facilitation by YES co-occurring therapists and peer support to develop skills to meet the challenges of living a life in recovery.

Parent/Caregiver Support Group

A weekly group for parents. This group presents information on substance use, mental health and other challenges facing their youth. The group assists parents/caregivers to effectively communicate with and support their youth in making positive changes while setting healthy boundaries, and practicing self-care. (Virtual)

****Due to the changing situation with virtual groups, you can find the most updated information on groups at the time of your intake.**