MERCER ISLAND HEALTHY YOUTH INITIATIVE

The MI Healthy Youth Initiative (HYI) coordinates programs and initiatives to increase positive outcomes for Mercer Island youth. We believe that communities are an effective organizing force for improving youth mental health and well-being.



Parenting Programs

- A variety of parenting programs are offered throughout the year including:
  - Incredible Years Attentive Parenting Program (for parents of 2-6 year olds)
  - Guiding Good Choices (for middle school parents)
  - PEPS for Parents of Adolescents & Teens (for high school parents)



Youth Skill Building Opportunities

- HYI staff work closely with the MIHS S.A.F.E. Club to promote healthy lifestyles free of substance use to the high school community
- A variety of tools are promoted to MI youth to provide information supporting healthy choices and mental wellbeing including: www.TakeFiveMI.org and IslandSpace.MIHealthyYouth.com



Prevention Resources

- HYI provides youth substance use prevention programs, tools and resources for youth and parents.
- The HYI website at www.MIHealthyYouth.com includes "Prevention Basics" -- important knowledge for all parents!



Support for Mental Well-Being

- MIYFS counselors are located in each of the Mercer Island schools and work closely with teachers, staff and families to support students.
- Individual and family counseling services are available to all MI families. Call the MIYFS confidential Intake Line at (206) 275-7657 for services.
- Programs such as Youth Suicide Prevention for Parents and Youth Mental Health First Aid training are offered throughout the year.

Visit www.MIHealthyYouth.com

CITY OF MERCER ISLAND · YOUTH & FAMILY SERVICES

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