

Bellevue Schools Foundation Presents

EducationConnections

2025-2026 SERIES

Look for the Helpers

TUESDAY OCTOBER 28 | 6:30PM – 8:00PM

Rainier Room at WISC
12241 Main Street, Bldg. #1, Bellevue, WA 98005



**“Look for the helpers.
You will always find people
who are helping.”**

– Mr. Rogers

When life gets overwhelming, kids don’t always turn to a counselor or parent first. They turn to the adults they know and trust: a **sports coach, art teacher, robotics mentor, or music director**. These everyday heroes often become the first step on the path to support.

Join us for a warm, informative evening centered on **supporting student mental health** through trust, relationships, and the power of connection.

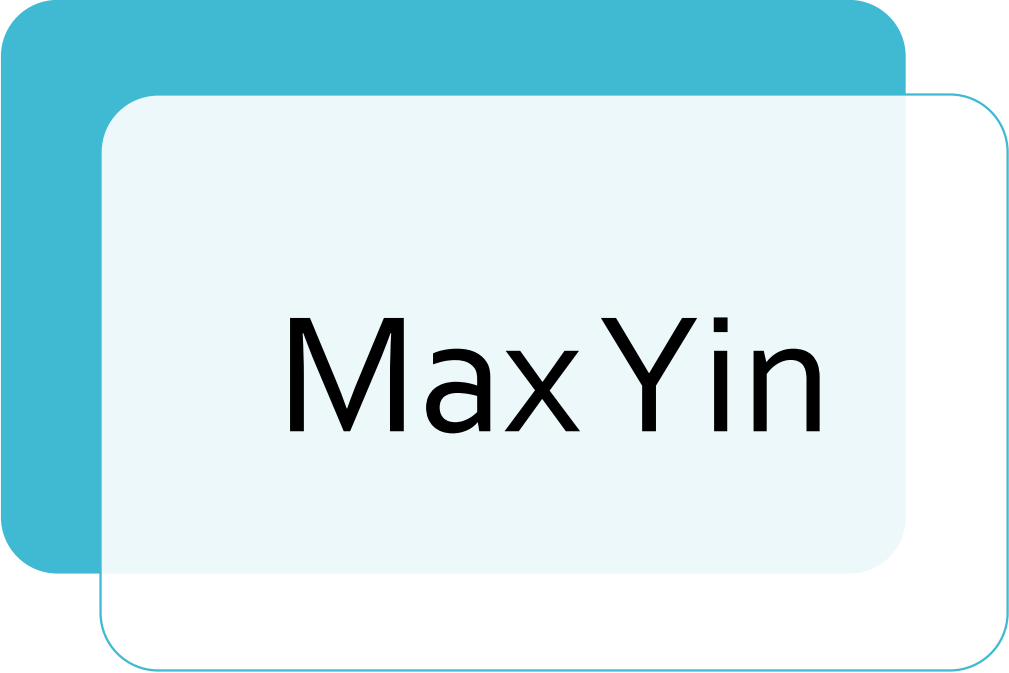
**Panel Conversation
Facilitated by Monica
Webster MPH, BSD Vice President**

Meet the trusted adults students turn to for support. Learn how to help your child get involved and how to be a supportive presence, and find resources in times of crisis

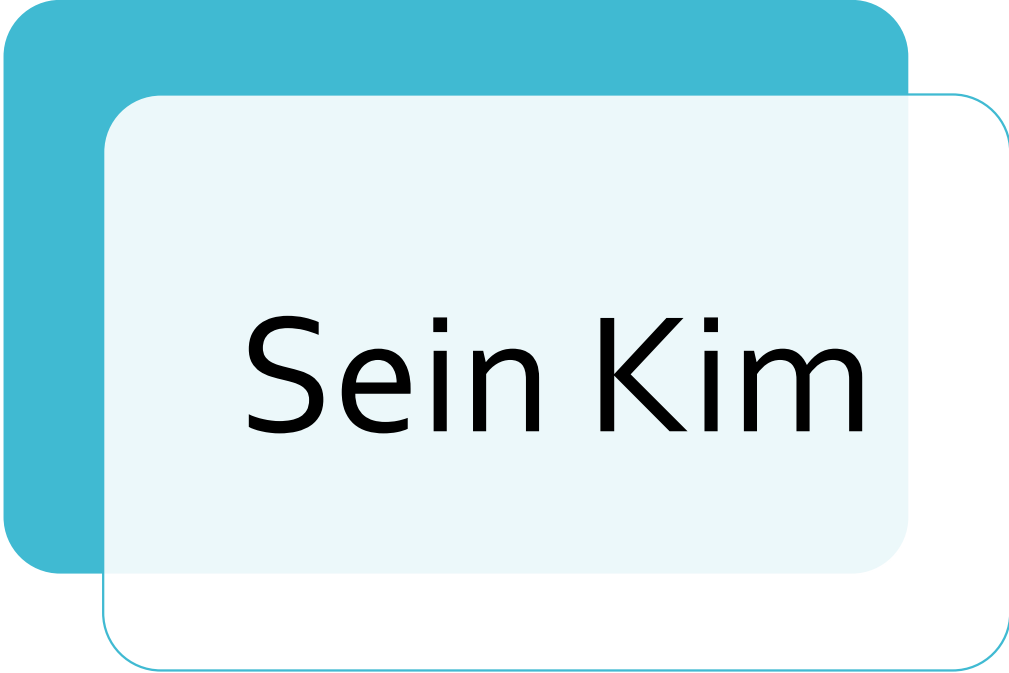
With recent budget impacts to MHAT services, families may be unsure where to turn.

Join us to access mental health care information, learn about school-based support, and connect with local community programs.

.....



Max Yin



Sein Kim

BSF Student Ambassadors

Dr. Aramaki's Welcome Message

<https://youtu.be/Ep8-rXuWCaE>

Thank You!





Supporting Bellevue Students & Families



PTA

Connecting Families and Schools

- Organizing parents to support school and staff
- Connecting parents with District resources
- Providing community education opportunities
- Advocating for students' health, safety, and education

EducationConnections



Parenting isn't easy. We're here to help.



See the full lineup and register for the entire series now for **free!**
ParentMap.com/talks

Use discount code:
BELLSCHFDN

Our lineup of powerhouse parenting experts includes:



Social psychologist **Jonathan Haidt**, author of "The Anxious Generation"



Abigail Shrier, author of "Bad Therapy: Why The Kids Aren't Growing Up"



Renowned ADHD expert **Dr. Ned Hallowell**



Pediatric psychologist **Dr. Ann-Louise T. Lockhart**



Lenore Skenazy, author of "Free Range Kids"



Mental health counselor **Janine Halloran**, founder of Coping Skills for Kids

And more!

Watch anytime, anywhere

Participate in the live Q&A or access the event recordings anytime.

Bellevue Schools Foundation Impact

This Year, Your Support Made a Difference!

- Total Donations This Year: \$935,131
 - to support vital programs in the Bellevue School District.
- Focus on Mental Health: \$350,000
 - allocated specifically for mental health support

Donate Today! Every Dollar Matters



BELLEVUE
SCHOOLS
FOUNDATION

OUR COMMUNITY
INVESTING IN STUDENTS



CLUB MEMBERSHIP BENEFITS

1. **Donations are tax-deductible;** Bellevue Schools Foundation is a 501c3
2. **BSF Swag**
Includes a signature BSF GEM bag
3. **VIP events**
At selected events, our GEMs will be privy to reserved seating, pre-event receptions, etc.
4. **Recognition** on our GEM Club Communications

EVEN A SMALL INVESTMENT CAN MAKE A BIG DIFFERENCE:



The cost for a student to attend a BOOM (Breaking out of the Margins) keynote presentation OR, with 12 months of membership, the cost for 12 students to attend BOOM keynote event



The cost of a box of magnetic alphabets for a kindergarten classroom OR, with 12 months of membership, supplies for 12 kindergarten classrooms



Mental health screening tool for 1 student OR, with 12 months of membership, mental health Screening tool for 120 Students allowing critical interventions to occur for students experiencing mental health distress



The cost, per session, for students enrolled at Title 1 schools to learn from accomplished musicians OR, with 12 months of membership, 12 music classrooms visited by accomplished musicians



The cost of computer science and computational thinking supplies for 1 Pre-K classroom OR, with 12 months of membership, supplies for 12 classrooms

School Based Mental Health Resources

Jared Taylor, Layne Barker, and Melissa Odegaard

The Mental Health Assistance Team (MHAT) Framework



MHAT

- Started in Fall of 2018
- A team of *highly-qualified*, BSD staff who:
 - Support the *Signs of Suicide lesson* (SOS)
 - Conduct mental health screening using *BIMAS2*
 - Conduct secondary suicide-risk screening
 - Provide individual or group counseling
 - Provide *Evidence-Based* mental health services such as:
 - Cognitive Behavioral Therapy, Plus (CBT+)
 - Solution-Focused Counseling
 - Support students with *referral to higher levels of support* in or out of schools

SOS & BIMAS2 Dates

- Middle/Choice Schools
- October Through January

- High Schools
- Already completed!



MHAT Goals

1

Identification

Increase
identification of
students in need

2

Access

Increase greater
access to services

3

Outcomes

Increase outcomes
through Evidence-
Based Practices



Elementary MHAT

Jared Taylor

eMHAT Services

- Student Crisis Support
- Establish/Support/Coach a well-functioning MTSS-B Team across tiers
- Universal well-being screening and Tier 2 interventions such as:
 - Zones of Regulation
 - Trails to Wellness
 - Second Step
- General Coaching/Consultation
- Staff Professional Development
- Community/Parent Presentations & Engagement

Secondary MHAT

Layne Barker and Melissa Odegaard



Secondary MHAT Providers and Locations

Schools			Provider
Big Picture	International	Odle	Sarah Kermgard, Social Worker
Sammamish HS	Odle MS		Piper Sangston, Social Worker
Interlake HS	Highland MS		Alison Christensen, School Psychologist
Bellevue HS	Chinook MS		Melissa Odegaard, Social Worker
Newport HS	Tyee MS		Layne Barker, School Psychologist
Bellevue Digital Discovery	Other Programs		Shared among the 5 providers above

Secondary MHAT Services

- SOS, Suicide Prevention Education
- BIMAS2 well-being screening
- Direct service focus in high school
- Consultative focus in middle school
- Individual and/or group counseling services (HS only)
- Student/family crisis support
- Consultative support for other BSD providers and teams (crisis, re-entry, community services, 504 and IEP, MTSS, etc.)
- Referral support
- Consultation with school-based community mental health partner agencies
- How to access? See your school counselor
- Students 13+ who want confidential services are referred to community mental health providers

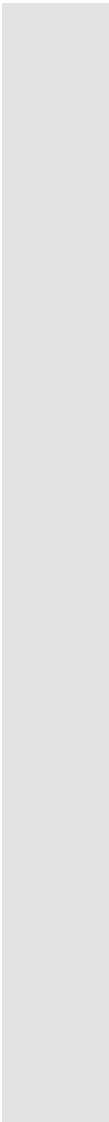
MHAT 2025-26 So Far...

- Completed SOS and BIMAS2 implementation in the four comprehensive high schools and Big Picture HS in chemistry classes (except make-ups for absent students)
- 1,376 students screened
- 125 individual follow-ups as part of BIMAS2
- Supported/led ~15 re-entry meetings for high-risk students
- Developed numerous safety plans
- Mostly check-ins, solution-focused counseling, risk-screenings, and referral support
- Each MHAT has 4-10 current CBT+ students receiving consistent, weekly counseling services



Resource Packet

Digital copy for
registrants of this
event will come by
email



School Staff Contacts 2025-2026

School Staff Contacts 2025-2026

Bellevue High

STAFF	EMAIL ADDRESS
Principal- Vic Anderson	AndersonV@bsd405.org
Assistant Principal- Jocelyn Alexander	AlexanderJ@bsd405.org
Assistant Principal- Matt Stokes	StokesM@bsd405.org
Assistant Principal- Cathy Wellington	WellingtonC@bsd405.org
Counselor (A-Ci)- Jannely Quintana	QuintanaJ@bsd405.org
Counselor (Cl-Hom)- Sam Glinsmann	GlinsmannS@bsd405.org
Counselor (Hon-Lim)- Timothy Gager	GagerTi@bsd405.org
Counselor (Lin-Pal)- Masha Oreshnikova	OreshnikovaM@bsd405.org
Counselor (Pam-S) Sarah Manesh Berger	ManeshS@bsd405.org
Counselor (T-Z)- Lauren Summers	SummerSl@bsd405.org
MHAT Counselor- Melissa Odegaard	OdegaardM@bsd405.org

Interlake High School

Principal- Bret Cochrun	CochrunB@bsd405.org
Assistant Principal- Amrinder Bains	BainsA@bsd405.org
Assistant Principal- Mike Schiehser	SchiehserM@bsd405.org
Assistant Principal- Traci Sullivan	SullivanT@bsd405.org
Counselor (A-Con)- Elizabeth Galvan	GalvanEl@bsd405.org
Counselor (Coo-Hok)- Saffron Feniello	FenielloS@bsd405.org
Counselor (Hol-Lum)- Alyssa Flaherty	FlahertyA@bsd405.org
Counselor (Lun-Pem) Maya Vergien	VergienM@bsd405.org
Counselor (Pen-St) Claudia Goodhew	GoodhewC@bsd405.org
Counselor (Su-Z) Scott Marcum	MarcumS@bsd405.org
MHAT Counselor- Alison Christensen	ChristensenA@bsd405.org

Newport High School

Principal- Dion Yahoudy	YahoudyD@bsd405.org
Assistant Principal-James Blanton	BlantonJ@bsd405.org
Assistant Principal- Tom O'Connor	OconnorT@bsd405.org
Assistant Principal- Harland Warrior	WarriorH@bsd405.org
Counselor (A-C)- Chunneath Kravanh	KravanhC@bsd405.org
Counselor (D-Hun)- Heather Erickson	EricksonH@bsd405.org
Counselor (Hur-Liu)- Sierra Lee	LeeSi@bsd405.org
Counselor (Lo-P)- Tania Maxfield	MaxfieldT@bsd405.org
Counselor (Q-T) Karen Schulz	SchulzK@bsd405.org
Counselor (U-Z) Emilie Bosone	BosoneE@bsd405.org
MHAT Counselor- Layne Barker	BarkerK@bsd405.org

Highland Health Center

(International Community Health Services)

Highland Health Center



International
Community
Health Services



Comprehensive healthcare services at **no cost**
to Bellevue School District Students

By appointment **ONLY**



425-373-3135

Our Services



Medical Services

- Vaccines (BSD required & recommended by CDC)
- Sports physical & other Health Forms
- Diagnosis & treatment of diseases or injuries. Management of chronic diseases
- Preventive health services and more



Zach Stevens,
PA



Dennis Pang,
MD



Sarah Burdell,
LMCH, SUDP

Behavioral Health Services

- Diagnosis and therapy for behavioral health
- Substance use counseling
- Therapy for managing depression and anxiety
- Emotional, behavioral, and interpersonal support and counseling



Dental Services

- Dental and emergency exams
- Cleaning
- X-rays
- Filling
- Extractions



Tanvi
Kacheria,
BDS, MSD



Scan to register



highland.bsd405.org/resources/highland-health-center



highlandsbhc@ichs.com



15027 Bel-Red Rd, Suite 111
Bellevue, WA 98007

Highland Health Center



International
Community
Health Services



Comprehensive healthcare services at **no cost**
to Bellevue School District Students

By appointment **ONLY**



425-373-3135

Our Services



Medical Services

- Vaccines (BSD required & recommended by CDC)
- Sports physical & other Health Forms
- Diagnosis & treatment of diseases or injuries. Management of chronic diseases
- Preventive health services and more



Zach Stevens,
PA



Dennis Pang,
MD



Sarah Burdell,
LMCH, SUDP

Behavioral Health Services

- Diagnosis and therapy for behavioral health
- Substance use counseling
- Therapy for managing depression and anxiety
- Emotional, behavioral, and interpersonal support and counseling



Dental Services

- Dental and emergency exams
- Cleaning
- X-rays
- Filling
- Extractions



Tanvi
Kacheria,
BDS, MSD



Scan to register



highland.bsd405.org/resources/highland-health-center



highlandsbhc@ichs.com



15027 Bel-Red Rd, Suite 111
Bellevue, WA 98007



care solace

- Our students, staff and their families can use **Care Solace** to quickly connect to verified mental health and substance use treatment providers in our community.
- We can connect you directly to their support, you can call them at **888-515-0595** or search anonymously at www.caresolace.com/bsd405.
- Care Companion team is available **24/7/365** and can support you in any language.
- Your Care Companion will make phone calls on your behalf to find and book appointments with providers who are matched to your needs.
- Care Solace has access to thousands of providers or programs that work with all insurances, Medicaid, or offer sliding scale or private payment options.

The Mental Health Assistance Team (MHAT)

MHAT: The Mental Health Assistance Team

Student Needs

The US Surgeon General recently issued a rare public health advisory, calling on the nation to respond to the growing mental health crisis in young people. Some of the information cited in this advisory is as follows:

- 1 in 3 high school students report pervasive feelings of sadness, loneliness, or hopelessness before the COVID
- Suicide rates went up by 57% among youth between 2009-2019.
- COVID has made the issue even worse, and rates of teen depression/anxiety are at an all-time high

District Response

The Bellevue School District has taken action on this critical issue. The Mental Health Assistance Team (MHAT) was formed prior to the pandemic to identify students with mental health needs and provide greater access to a full spectrum of evidence-based mental health services at school. The mission of MHAT is to:

1. Identify students struggling with depression, anxiety and trauma symptoms (often the first time)
2. Increase access to mental health services
3. Achieve better outcomes for students

MHAT is currently a team of 6 mental health professionals comprised of individuals trained as School Psychologists, School Social Workers, and School Counselors. MHAT supports the suicide prevention lessons (Signs of Suicide) delivered to all 7th graders in Bellevue and students in high school Chemistry by conducting suicide risk screens and delivering short-term mental health counseling. MHAT Counselors are also able to connect students to additional supports in the community.

MHAT Origins & History

MHAT started in the Bellevue School District in the Fall of 2017 with 4 mental health professionals. The team screened approximately 125 students at Sammamish High School and provided counseling for 16 students. By the 2021-2022 school year, the team had expanded to 18 staff members who screened over 6,700 students and provided services to nearly 400 students. Progress monitoring showed that 86% of students that received services showed a decrease in bothersome symptoms. For the 2022-2023 school year, MHAT expanded to the elementary level to provide crisis response services to all elementary schools in Bellevue. Due to district budget cuts, the team is currently smaller, but the hope is to re-expand in the future.

3 Ways to Access MHAT Services

- Annual SOS Screening
- Self-Referral
- Staff/Parent Referral

Mental Health First Aid

To find a course or contact an Instructor in your area, visit MHFA.org/Teens or email teenMHFA@TheNationalCouncil.org.

BORN THIS WAY/
FOUNDATION



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

Parent Resources

Parent Resources

	Health, Psychiatric Care, D/A Services	
Asian Counseling Referral Services (ACRS)	Multicultural Mental Health Services, Specializes in working with Asian Pacific Americans, D/A Services	(206) 695-7600
Lakeside-Milam (Kirkland)	Drug & Alcohol Treatment	(206) 578-3830
Department of Social & Health Services (DSHS)	Benefits, Mentoring, Disability Services, Child Abuse Reporting & Prevention, Family Reconciliation Services (FRS)	360-407-1500
At-Risk Youth Petition(ARY)/Child in Need of Services (CHINS)	Legal Assistance for Children with Substance Abuse Concerns, Leaving Home for >72 Hours, & Health and Safety Concerns	(206) 477-2759
Community Crisis Outreach Services (CCORS)	Short-term Crisis Services to Children, Youth, and Families	(206) 461-3222
Ryther	Behavioral Health Services for Children & Families, Autism Services, Psychiatry, D/A Services	(206) 525-5050
HopeLink	Housing, Food, Financial Help, School Supply Support	(425) 869-6000
Teen Link	Help line answered by teens	1-866-TEENLINK (866-833-6546)
Developmental Disabilities Administration (DDA)	Case Management, Housing, Employment, Individual and Family Services	(877) 501-2233
Friends of Youth	Youth Shelters, Parent Education, Youth and Family Counseling	(425) 869-6490 24-hr hotline: (206) 236-KIDS
Thira Health	Evidence-based treatment for women, teen girls, and gender non-conforming individuals.	(425) 650-1044
Rogers Behavioral Health	Partial hospitalization services for OCD and anxiety	(425) 956-3900
Evidence-Based Treatment Centers of Seattle (EBTCS)		(206) 374-0109

Text Resources

Topic	Book/Web Title	Author(s)
PBIS		
	PBIS Website http://www.pbis.org/	Multiple
	Parenting with Positive Behavior Support	Hieneman, M. & Childs, K.

Community Mental Health Resources

Kristie Neklason

Director of School Based Behavioral Health Services

Youth Eastside Services

Community Partners in the Schools

- Community Partner Resources *in* the Schools:

- Youth Eastside Services District Contracted Services
- PTSA funded Youth Eastside Services at Newport and Sammamish High Schools
- International Community Health Services School Based Clinic at Highland Middle School- Behavioral Health program in partnership with Youth Eastside Services
- 5 Community Agency Partners Medicaid Fee for Service in the schools

YES District Funded Services

- **Youth Eastside Services District funded Contract Services:**
- Krista Malyon, Mental Health Specialist
- Jennifer Klee, Substance Abuse and Co-occurring Specialist

Provide mental health and substance abuse education, prevention, screening, recommendation and referral, early intervention and ongoing treatment and therapy to students at the 4 High Schools, Big Picture, International, and Rise. No cost to students and families. Designed to be available for all students.

PTSA Funded Services

- PTSA funded mental health counseling at Newport and Sammamish High Schools provided by Youth Eastside Services staff therapists one to two days a week. Students primarily referred by school counselors. Students have significant barriers to accessing services in the community. No cost to students/families.

Highland School Based Clinic

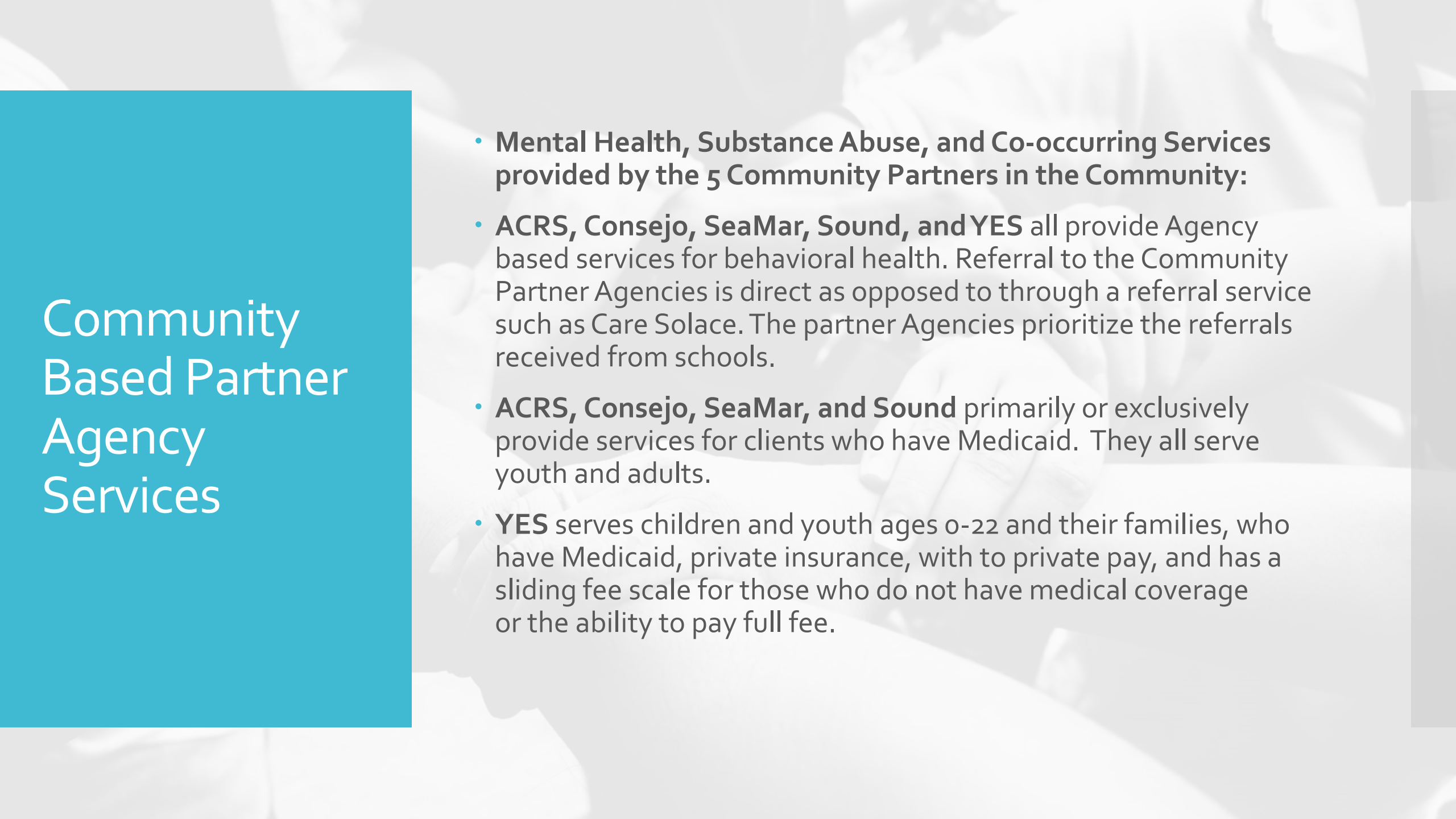
- Highland Middle School Based Clinic ICHS/YES Partnership.
- Physical and Behavioral Health Services available to all District students. One full time therapist and additional mental health/substance abuse therapist services provided to Clinic patients.

Additional Community Partner Services in the Schools

- YES and other Community Partners provide additional services in the schools funded by City grants and other sources that reach out to students to support their engagement in school, prosocial activities and leadership and cultural development, contributing to their sense of belonging and other important protective factors. An example of this is the Latino H.E.A.T. program. These programs contribute to students and schools overall health and wellbeing.

Medicaid Fee For Service in the Schools

- **5 Community Partner Agencies Medicaid Fee Based Services in the Schools provided by:**
- **ACRS-Asian Counseling and Referral Services**
- **Consejo**
- **SeaMar**
- **Sound**
- **YES-Youth Eastside Services**
- These services bring mental health services to the schools for students with Apple Health/Medicaid Behavioral Health coverage who have significant barriers to accessing services outside of school. While the Agencies resource these services by billing Medicaid there is no cost for families. To utilize Apple Health/Medicaid behavioral health benefits a student must meet criteria for a behavioral health diagnosis. A full Assessment is needed to establish whether there is a diagnosable condition. Agency staff and Masters level interns provide these services, usually one or two days a week at Elementary, Middle, and High Schools.

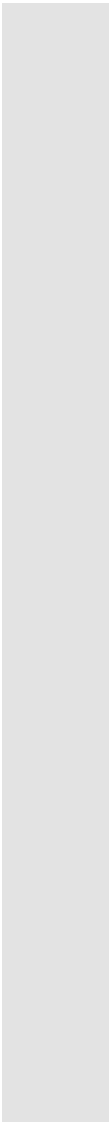
The background of the slide features a grayscale image of several hands of different skin tones gently cupping a globe. The hands are positioned around the globe, with fingers slightly curled, creating a sense of collective support and care. The globe is centered in the background, and the hands are in the foreground, slightly out of focus, emphasizing the act of holding and protecting the world.

Community Based Partner Agency Services

- **Mental Health, Substance Abuse, and Co-occurring Services** provided by the 5 Community Partners in the Community:
- **ACRS, Consejo, SeaMar, Sound, and YES** all provide Agency based services for behavioral health. Referral to the Community Partner Agencies is direct as opposed to through a referral service such as Care Solace. The partner Agencies prioritize the referrals received from schools.
- **ACRS, Consejo, SeaMar, and Sound** primarily or exclusively provide services for clients who have Medicaid. They all serve youth and adults.
- **YES** serves children and youth ages 0-22 and their families, who have Medicaid, private insurance, with to private pay, and has a sliding fee scale for those who do not have medical coverage or the ability to pay full fee.



Agency Based Services

- All services billed to public or private insurance must be treating a diagnosable disorder identified through a full assessment.
 - All 5 Agencies will try to find ways to cover care and provide services to children, youth, and families, who do not have private insurance, are not eligible for Medicaid, who do not have Medicaid behavioral health benefits and lack the means to pay for services.
- 

Asian Counseling and Referral Services

Cultural and Linguistic Specific Services



Individual & Family Counseling

Psychiatric Services

Sexual Assault Victims Counseling

Case Management

QTBIPOC Youth

Referral to other available services in
ACRS and services provider



ACRS

Our clinicians speak...

Korean

Mandarin

Cantonese

Toisanese

Vietnamese

Japanese

Khmer

Tagalog

Taiwanese





LUNCH & LEARN WITH PARENTS

- 11/6 DEPRESSION & ANXIETY
- 11/20 ACADEMIC STRESS
- 12/4 FAMILY ROUTINE & EXPECTATIONS
- 12/18 SELF-CARE
- 1/22 WHAT IS NEURODIVERSITY?
- 2/5 HEALTHY RELATIONSHIP
WITH TECHNOLOGY

11:00 AM to 1:00 PM
via Microsoft Teams



Apply Today!

Contact: aikob@acrs.org

ACRS



Consejo

Who We Are

Consejo has been providing integrated care services since 1978 with a special focus on the Latinx community. Consejo serves children, youth, adults, and older adults in several counties around Washington, including King County, Pierce County, North Sound region, Mason/Thurston/Shelton.

Services are totally free for those that qualify -- most often those who have Medicaid (Apple Health) or don't have any insurance

Special Focus on Culturally-Specific and Bilingual+ Care

Diverse Staff



What Does Consejo Do?

Programs

- Behavioral Health
- Substance Use
- Domestic Violence
- Sexual Assault
- Youth Violence Prevention
- Naturopathic Medicine
- Transitional Housing (Clients Only)
- Health & Wellness - Primary Care!

Behavioral Health Program

- Individual Therapy
- Family Therapy
- Group Therapy
- Psychiatric Evaluation / Medication
- Case Management
- Peer Support Services

With Participant Permission, Programs can Collaborate

Telehealth or
In Person

Consejo

SeaMar

- Medical Clinic open Monday-Saturday 9am-5pm Main Phone 425-460-7140
 - Accepts a variety of insurances (Medicaid/Apple Health, Sliding Scale Fee, Private Insurance)
- Dental Clinic open Monday-Friday 8am-5pm Main Phone 425-998-5980
 - Accepts a variety of insurances (Medicaid/Apple Health, Sliding Scale Fee, Private Insurance)
- Behavioral Health (Adult) open Monday-Friday 8am-5pm Main Phone 425-460-7114
 - Accepts a variety of insurances (Medicaid/Apple Health, Sliding Scale Fee, limited Private Insurance)
 - Appointments for Behavioral Health Services are available by Virtual and In-Person
- Child & Family Behavioral Health open Monday-Friday 8am-5pm
 - Main Phone 425-460-7125
 - Child & Adolescent Behavioral Health Services are available In-Person, Virtual Zoom, and in select schools in Bellevue and Lake Washington School Districts

Sound

Programs offered for Children
and Adolescents ages 4-21

- Child and Family Services
- Intellectual Developmental Disabilities (Community Networks Program)
- Deaf Services
- Children's Domestic Violence Response Team (CDVRT)- Collaborative with Lifewire-serving survivors and their children whom have experienced DV
- Intensive WISe services

SOUND

Services we provide: In office and Virtual

- Individual Therapy: utilizing evidence based practices like Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Cognitive Processing Therapy (as well as a variety of Theories/Modalities)
- Family Therapy: utilizing systems theories, behavioral modification, and parent/care giver coaching
- Group Therapy: Based on the needs of our clients; Parenting groups, social skills, DBT, LGBTQ+, Art etc...
- Comprehensive Assessments
- Psychiatric Evaluations and Medication Management
- School Based Services
- Case-Management
- Intensive WISE services

YES AGENCY BASED SERVICES

Mental Health, Substance Use Disorder, Co-Occurring Disorders Services children, youth, young adults 0-22 and their Families

- All Services begin with an Intake/Assessment
- Open Access Walk In Intakes Monday, Tuesday, Thursday, 9-2, first come first served, bring insurance information and I.D. Child/youth and parent-caregiver(s) must attend.
- By appointment: 425 7474 4937
- Youth/Family receive recommendations for a program of services that may include: group, individual, family, case management, psychiatric services.
- Services may start with any recommended element.
- **YES takes insurance, Medicaid, private pay, and sliding scale**

YES Specialty Programs

- **Early Childhood Behavioral Health: PCIT, Parent Child Interaction Therapy** ages 0-7
- **Program Manager Christine Pace,** christinep@youtheastideservices.org
- **DBT Program,** DIALECTICAL BEHAVIOR THERAPY, Alongside individual DBT counseling, YES offers an intensive sixteen-week DBT Skills Group that teaches skills to help manage emotions, reduce suicidality and self-harm behavior. This therapy is recommended for youth struggling with intense emotions and helps treat depression, anxiety, and substance use disorders. Family and youth groups.
- **Program Manager Liz Ludwig** liz.ludwig@youtheastideservices.org
- **SUD/COD, substance use and co-occurring disorders program**
- **Program Manager Ann Chen** ann.chen@youtheastideservices.org
- **B-Glad, LBGTQ+ support, Program Manager Megan OBrien,** megan.obrien@youtheastideservices.org
- **EMDR, Eye Movement, Desensitization, and Reprocessing** By using guided eye movements along with recalling distressing memories, EMDR helps reduce the emotional charge of traumatic memories and allows people to reframe them in healthier ways.
- **WISE, Wrap Around with Intensive Services**
- **Program Manager Luis Sanchez Arias**
- luis.SanchezArias@youtheastideservices.org

The background of the slide is a solid teal color. Overlaid on this background are numerous 3D question marks of varying sizes and depths, creating a sense of depth and focus on the theme of questions. A dark teal rectangular box is positioned on the left side of the slide, containing the word 'Questions?'.

Questions?

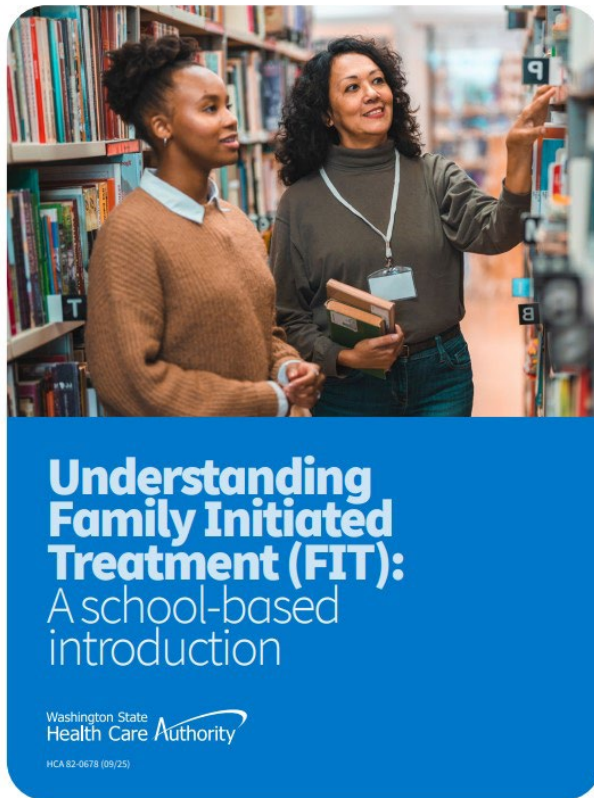
Panel Discussion

Monica Webster

Moderator

New resource: Understanding Family Initiated Treatment (FIT)

A school-based introduction for educators and partners

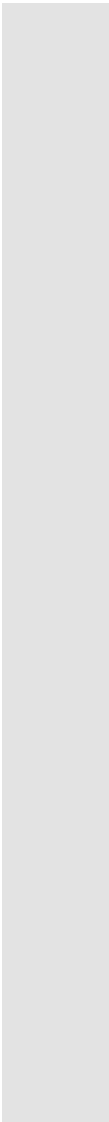


► Highlights

- Explains how FIT empowers families to start behavioral health treatment for youth ages 13-17.
- Clarifies school roles and responsibilities.
- Provides practical guidance and referral pathways to support early intervention.
- Promotes collaboration between schools, families, and behavioral health providers.



Panel Members

- Mary Davis
 - Claire Kujawa
 - Gina Kinan
 - Lorenzo McKinney
 - Karissa Stay
 - Jared Taylor
- 

Thank you for attending
Please let us know how you
enjoyed tonight's session

