

**City of Bainbridge Island Human Services Grant  
Yearly Report 2019  
Bainbridge Youth Services**

**Executive Summary:**

In 2019, BYS positively impacted over 1,000 students through our programs, engaged 450 students in our Instagram outreach efforts and offered learning opportunities for 454 adults and parents.

Student survey data demonstrate that BYS counseling, tutoring and leadership programs positively impact levels of hope, as evidenced by responses to six hope scale questions. Median responses from students show that “most of the time,” BYS programs increase the beliefs and abilities that impact hope, the best proxy indicator for well-being. Narrative feedback from students confirms the impact of BYS programs, including job exploration programs.

Over the last year, BYS has listened to students through a needs assessment survey with 600 responses and multiple focus groups, with the intention of understanding how we can better meet student needs. As a result of student feedback, we started the “Lead from Within” program, “Pizzas of Advice” monthly discussions, “Tailwag Tuesdays” therapy dog visits, “This I Know” monthly article in the BI Review, and more. We also began a rebranding initiative, working closely with students to ensure our marketing efforts resonate with our target audience and decrease the stigma of seeking support and services.

**1.Summary of activites undertaken in providing the scope of work described in Attachment A**

**Engagement with BYS programs in 2019**

Program	Number of unique clients served/program	Output Goal	% BI Residents	Number of BI residents

<b>Counseling</b>				
One on One support Groups	213		79%	168
Health Class Visits	17		95%	16
Substance Abuse Panel	275		95%	261
Lead from Within	100		95%	95
Life Design	15		95%	14
Pizzas of Advice	25		95%	24
	87		95%	86
	Total=732 youth	450 youth		661 youth
Social Media Outreach	807 Facebook 450 Instagram	200 followers	95% estimate	190 428
Work Exploration Program	31 Students in Summer Internship Program  # of jobs sent: 143 (# of youth subscribed: 530)	35 Students  90 jobs	95% estimate	30  143
Tutoring	233 youth	190 youth	95% estimate	231
Adult Outreach	1854 adults on email list  454 parents served with parent education events	1800 adults	95% estimate  95% estimate	1761  431

<b>Total Served</b>	732 counseling 31 interns 143 jobs board 233 tutoring = <b>1142 youth*</b> <b>and 454 adults</b>  *Unable to track how many students were involved in multiple BYS programs			
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### One on One Counseling Program:

Six part-time master’s level professional counselors offered free, confidential, one-on-one counseling to students before school, during school and after school, taking away barriers to accessing support and services.

### Hope Scale Impact

**Summary:** The median response showed “Most of the time,” BYS counseling increases the beliefs and abilities that contribute to increased levels of hope. Hope in this context is a proxy indicator for well-being.

<b>Counseling N=18</b>	<b>None of the time</b>	<b>A little of the time</b>	<b>Some of the time</b>		<b>A lot of the time</b>		<b>Most of the time</b>		<b>All of the time</b>	<b>Median Score</b>
<b>Numerical Representation</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3.5</b>	<b>4</b>	<b>4.5</b>	<b>5</b>	<b>5.5</b>	<b>6</b>	
<b>This program increased my belief that:</b>	<b># Individual Responses</b>									
I am doing pretty well			3		7	1	7			<b>4</b>
I am doing just as well as other youth my age		3	5		4		4	1	1	<b>4</b>

The things I have done in the past will help me in the future			6		3		5	1	3	<b>4</b>
<b>This program increased by ability to:</b>										
Think of lots of ways to get the things in life that are most important to me			1		6	1	6		4	<b>5</b>
Come up with lots of ways to solve a problem when I have one			3		1		10	1	3	<b>5</b>
Find ways to solve the problem, even when others want to quit			4		4		6	1	4	<b>5</b>
Median response										<b>5 “Most of the Time”</b>

**Narrative feedback:**

**Students:**

“I came to BYS because I had always thought about therapy, but my family never had any money to go and BHS opened my eyes to how helpful therapy is. BYS has helped me through many difficult times (moving, bullying, loneliness) and I’ve learned how to manage and even work through a lot of my mental and physical problems. BYS helped me see that life does have meaning and how many of my bad experiences can be used to further not only myself as a person but lead others to find a better path or help them through difficult times as BYS has done for me.”

“The first time I made contact with BYS was when I was looking for advice because one of my best friends has two alcoholic parents, one of which is dying, and so I needed to know how to help them through this dramatic time. I made an appointment with a counselor, who walked through as much of the story as I wanted to share, and we came up with a list of resources, things to say and ways to help this person. They also asked if I thought it was a good idea to give the kid’s name, and I did think it was a good idea and gave it to them so they could look out for them. Because of this, my friend is having a way easier time dealing and adjusting to his situation.”

“I sought support for tutoring and counseling because I was struggling with school in some areas and needed help. I needed someone to listen to my issues as well because I did not feel heard. I felt a lot better about opening up to people after talking to my counselor and I felt more confident about my school work after reviewing with my tutor. I don’t feel as anxious when I get assigned new schoolwork because I know my tutor will be there to help. I don’t feel as insignificant or tense about issues in my life because I know my counselor will be there to listen and work them out with me.”

### **Counselors:**

“I have a client who I’ve been working with since January, that came in very depressed and suicidal. In our work together he was able to identify the causes of some of these feelings and to begin to take more ownership of his life. He slowly made small changes which turned into big changes- eating better, working out, reaching out to friends when depression set in, and at our last session he told me he actually feels happy now and for the first time in his life, he is hopeful about his future. I don’t think I did anything magical, I just provided a listening ear and validation for the painful feelings this person felt, but he did the hard work of changing his circumstances. It was very encouraging to witness how much someone can grow toward health in such a short time! “

“Thinking over my time at BYS and just some of the students who stand out; Without the support of BYS, I do not believe these students would have as positive of outcomes:

- A student so crippled by depression every day was misery, finally finding the courage to ask for help and getting help, now doing so much better.
- A student whose sense of safety and agency shattered by sexual assault finding the courage to speak up and now feeling empowered, helping other students.
- A student estranged from their parent, now finding a way to talk with the parent about a path forward in their relationship.
- A student isolated and self-harming, experiencing academic challenges, now well-adjusted and headed to college.
- A family struggling with the effects of parent’s addiction, children now relatively well adjusted and dealing with the challenges of teen life in healthy ways.”

### **Group Support**

Eagle Harbor group had **4-8 students** that met weekly in the winter and spring of 2019 and learned mindfulness practices.

Gender questioning support group (GEDI) had **4-6** students that met weekly in the Spring of 2019. This group had many members graduate in Spring, 2019 and **2-3** participants in Fall, 2019.

### **Youth Engagement/Skillbuilding activities:**

**2/4/2019** A BYS counselor and staff made presentations to all **freshman health classes** on February 4th, 2019 regarding stress and mental health. **125 students** were informed of the services that exist at BHS and healthy ways to manage stress.

**3/2019 BYS Needs assessment.** With the support of BISD, BYS surveyed high school and middle school youth on their biggest stressors and asked for input on mental health challenges they face. **200 high**

school students and 600 middle school youth responded to the survey. Programming for 2019/2020 was influenced by the responses.

#### 4/2019 Summit for Youth April 25,2019



The Healthy Youth Alliance, with BYS as a backbone organization, organized a presentation to the BHS student body. Matt Bellace, PhD was a huge hit at the assembly of **over 1200 BHS students**. He used humor, personal stories and group participation to suggest that teens look for natural highs as opposed to highs from substance use. He

normalized pain and struggle as part of the human experience and hinted at how the energy of pain can be harnessed to accomplish things that are important to us. Many students reported that this was the best speaker at an assembly that they can remember. Some urged their parents to attend the evening event.

4/27/2019 **Health Youth Summit:** The highlight of the event was a “fishbowl” exercise with **16 teens** sharing their feedback from the Healthy Youth Survey and other questions posed to them. Relevant to BYS, the group requested the following, which influenced BYS programming for fall, 2019:



- More information on mental health
- Better awareness that BYS counselors were available for everyday struggles
- Information on how to help a peer who is struggling.

**BYS/Alliance Teen Council:** Ten BHS students designed and implemented two projects to support the social and emotional health of the student body:



4/2019 **Gratitude Wall:** Knowing how acts of gratitude improves well-being, the BYS/Alliance Teen Council designed and implemented a wall installation. They sent a survey to the entire student body in March and asked for notes of appreciation for each teacher and staff member at the high school, including janitors and lunch personnel. They received hundreds of notes which were

displayed for over one month as a reminder to the **student body of 1200** that gratitude practices positively impact both the giver and the receiver.

5/2019 **Call and Response Wall-BYS/Alliance** Teen Council Students designed notes with the sentence stem: “What someone said or did that helped me when I was having a rough time was...”. The student body was invited to anonymously share answers to this question at a booth during lunch. Over 100 anonymous responses were received and put on display across from the front office for one month, **inspiring the student body of 1200 students with ways to support each other.**

**6/2019 Rose Scholarship** given to Amber Murrell, attending the University of Houston with an interest in sports communication. Amber is a determined and hardworking student.

**7/2019 Design Your Life Class-25 students** participated in a three session class which teaches design thinking and supports students in applying these principles to designing their own fulfilling life of meaning and purpose.

Quotes from students on the impact of the class:

- “DYL helped me to clarify what is important to me and how I can structure my daily life to feel more fun and meaningful - to bring out me!” MN
- Because of DYL, "I plan to change my thought approach to situations to have a more successful outcome.” AJ
- "This class taught me to listen to myself when making decisions and has made me aware that my decisions need to make me happy and content and I have found that to be really valuable. SF
- "This class has confirmed my gut feeling....to live life fully in my decisions with laughter, fun and light-heartedness. I surveyed my current life conditions and feel prepared to make changes.” AT
- "I learned some very useful skills on how to think about my life and careers in more healthy and effective ways, along with how to balance out all the different parts of my life. I will be asking better questions, putting more thought into everything I do." CP
- "I learned a healthy way of decision making. I learned that when making choices you should not dwell on other options and instead more forward. AM



**9/2019 Crisis and counseling support information posters** for Bainbridge High School were designed, printed and posted by BYS for Bainbridge High School where they hang on the back of bathroom stalls at BHS, reminding **all 1200 BHS students** of available resources throughout the school year.

**9/2019** A BYS counselor and staff member made presentations to all freshman health classes regarding stress and mental health. **150 students** were informed of the services that exist at BHS and healthy ways to manage stress.

**10/2019 “This I Know”** A new monthly article in the Bainbridge Review was the idea of students on our BYS Communications committee. Hosted by BYS, high school students are offered a platform to share their core beliefs. **Three students** had articles published in 2019 which were sent to 15,000 island households.



**11/24/2010 Compassionate Action Celebration**

**55 students** were honored by members in our community for their acts of service and compassion. Two students spoke about what they have learned about themselves through acts of service and four student musicians performed to a standing only crowd at Islandwood. Each student took home a personal note of gratitude from a member of our community sharing the impact the student made on them.

**Lead from Within**

**15 students** joined this year-long leadership and wellbeing program, meeting every Monday after school. During the fall, students were introduced to mindfulness exercises, stress reduction tools and leadership principles. The group helped to promote the Pizzas of Advice program, gave feedback on BYS programs and branding and volunteered at a number of BYS events.

**Hope Scale Impact for Lead from Within Program**

**Summary:** Student feedback shows “Most of the time,” BYS *Lead from Within* program increases the beliefs and abilities that contribute to increased levels of hope as measured by the hope scale, a proxy indicator for well-being.

N=9	None of the time	A little of the time	Some of the time		A lot of the time		Most of the time	All of the time	Median Score
<b>Numerical Representation</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3.5</b>	<b>4</b>	<b>4.5</b>	<b>5</b>	<b>6</b>	
<b>This program increased my belief that:</b>	<b># if Individual Responses</b>								
I am doing pretty well			2	1	2		3	1	<b>4</b>
I am doing just as well as other youth my age			1		3		4	1	<b>5</b>

The things I have done in the past will help me in the future		1	2		1		4	1	<b>5</b>
<b>This program increased by ability to:</b>	<b># of Individual Responses</b>								
Think of lots of ways to get the things in life that are most important to me		1	1		3		3	1	<b>5</b>
Come up with lots of ways to solve a problem when I have one			1	1			5	2	<b>5</b>
Find ways to solve the problem, even when others want to quit					2		5	2	<b>5</b>
Median responses from all six questions									<b>5 ("Most of the time")</b>

### Narrative Feedback

“ This year I joined the Lead from Within program. I have really wanted to develop my leadership skills and help my friends through hard times. Lead from within has taught me about planning skills, leadership, mental health and mindfulness. It also provides a supportive caring community for student leaders who want to help others.”

“ Before I was in Lead from Within, I was actively looking for this type of group where I could learn necessary life skills, but also be actively a part of my school community. I had many different friends who were struggling with many types of issues. One particular good thing that I have gotten from the group is how to be an ally for those people and to reach many others. LFW has also connected me with a solid group of students who share similar morals. BYS has helped me connect with different types of people.”

“I started to come to BYS for Lead from Within. Although I come to BYS for this program, it turns out that just being in this building helps relieve my stress. This program has provided me with a group I feel comfortable sharing my thoughts with, and has given me some useful tools I now use in my everyday life. I now will sometimes come to BYS to drink tea, have a snack, and

do my homework as it feels more relaxing than being on the BHS campus. Through BYS and the Lead from Within program I feel like my stress coping and leadership skills have grown.”

“I was looking for a leadership opportunity, and I decided to try out Lead from Within. I gained a lot of skills that have helped my mental health, my leadership abilities, and my ability to help others. This group has given me a lot more than I bargained on.”



**Tailwag Tuesdays:** With partnership from Assistance Dogs Northwest, BYS launched a new before-school program for youth to start the day off with less stress and more connection. Therapy animals have been shown to help strengthen and promote teens’ emotional, cognitive, and social functioning.

12/10/2019 **20 students**

12/17/2019 **70 students**



**12/2019 Woodward Substance Abuse Panel** Courtney Oliver and Courtney Peck, BYS counselors and Dr. Jillian Worth, BYS board member, were part of a panel discussion on substance use attended by 8th graders at Woodward, attended by **100 students**. In what some Woodward 8th graders called "the best assembly ever," middle-school students heard from local professionals about everything from the dangers of vaping and drug use to how the fire department and police handle calls involving teens.



### **Pizzas of Advice**



BYS listened to suggestions from students on the BYS Needs assessment and feedback from the Healthy Youth Summit regarding the need for more mental health information. With partnership from BHS, BYS counselor Courtney Peck facilitated monthly student discussions on various topics suggested by students. The Lead from Within group named and helped promote the event which featured free pizza.

October, 2019	Academic Stress	55 students	
November, 2019	Healthy Stress Coping	20 students	
December, 2019	Healthy Sleep	12 students	<b>Total = 87 students</b>



**Tutoring Program:** BYS matches high school student tutors with peers or younger students (K-12) needing academic support. Teen Tech Tutors help senior citizens navigate their electronic devices.

### Hope Scale Impact for BYS Peer Tutoring

**Summary:** “Most of the time” BYS tutoring increases the beliefs and abilities that lead to higher levels of hope as measured on six hope scale questions, a proxy measure for well-being.

N=18	None of the time	A little of the time	Some of the time		A lot of the time		Most of the time	All of the time	Median Score
Numerical Representation	1	2	3	3.5	4	4.5	5	6	
<b>This program increased my belief that:</b>	<b># of Individual Responses</b>								
I am doing pretty well			2	1	6		11	8	<b>5</b>
I am doing just as well as other youth my age			2	1	5		8	12	<b>5</b>
The things I have done in the past will help me in the future			1	1	4		10	12	<b>5</b>
<b>This program increased my ability to:</b>									
Think of lots of ways to get the things in life that are most important to me		1	5	1	6		12	3	<b>5</b>

Come up with lots of ways to solve a problem when I have one		1	1		2	2	15	7	<b>5</b>
Find ways to solve the problem, even when others want to quit		2	1		4	1	7	13	<b>5</b>
Median score for six questions									<b>5</b>

## Narrative Feedback of Tutoring Program

### Students:

“I am in 10th grade. Last year I could not care less about math and how it relates to my life, but throughout the year I was able to see more and more clearly how math relates to my interests, including programming, engineering, and electronics. I have sought support through tutoring this semester with math, and even though it’s a subject that I struggle with, my tutor and the wonderful atmosphere at BYS has given me the ability to see more in myself. And I have also learned a lot about myself. My perspective has most definitely changed for the better at BYO (BYS) and my attitude in general. Thank you to all who make this possible!”

“At first I saw tutoring as a way to get community service through a skill I had learned in highschool math. As time passed and I continued to tutor you get to know the kids you’re tutoring and build a connection with them. Kids who actively would seek tutoring made sure to stay engaged and it made me happy to see one finally understand a math concept. I feel tutoring at BYS has showed me the joy of helping others.”

“I love BYS! It is very helpful, now I can confidently ask questions. The tutors I’ve worked with are very nice and patient.”

“I’m better at math, my test scores are improving, and I love being able to feel confident in my work!”

### Program Manager Feedback:

“Since December, Will, a 7th grader has been coming weekly to work on math with a high school sophomore, David. Will seems to love his tutor and really looks up to him. Mom had this to say about her son's tutoring experience. Tutoring "has just been a godsend (for my son). It has really helped him, not only in math but in other subjects as well. In addition, David has been a wonderful mentor for Will to look up to." They made a short video to sing the praises of David and the tutoring program. <https://askbys.org/youth-programs/#thinktank>”

## Work Exploration Opportunities

BYS offers a summer work internship in collaboration with the Rotary Club of Bainbridge Island. This summer 23 employers introduced 31 high school students to the world of work. While the primary focus was offering work experience with interested mentors, all students were offered payment ranging from a stipend amount to minimum wage and above. All interns were encouraged to attend the Design Your Life program.

Throughout the year, BYS fields calls and emails from community members offering job opportunities for teens. BYS acts as a pass-through service, relaying the information to an email list of over 500 teens who have signed up to receive job notifications. Students and parents vet the opportunity and the student directly contacts the community member.

### **Narrative Student Feedback**

“I came to BYS for their summer internships but I stayed for other programs. I’m currently in the Lead from Within group where my peers and I learn about all sorts of emotional subjects that impact us all. LFW has given me more empowerment to get through my everyday life. I will take these skills with me when I go off to college.”

“BYS has helped me in so many ways! I am a tutor with BYS, which has given me the opportunity to have a positive impact on my community through peer support! I also receive counseling through BYS, which helped me get through my Junior year. Additionally, I was connected to an internship opportunity during the summer through BYS, and I had my first internship experience. I absolutely love BYS and am so grateful that it was here for me during my time in High school.”

**Juvenile Diversion Program:** BYS contacts with the Kitsap Juvenile court system to divert young offenders away from the juvenile court system towards a restorative justice model administered by a panel of community members. In this approach, the healthy development of the offender and the needs of the victim are both taken under consideration.

### Overall:

- **16 cases**
- 7 volunteers giving 65 hours
- 1 meeting w/Substance Abuse Specialist Julia Jensine; 6 attendees

### Types of cases:

- Theft-3: 6
- Assault-4: 3
- Malicious Mischief: 2
- Marijuana Possession: 2
- MIP: 1
- Reckless Endangerment: 1
- Minor Intoxicated in Public: 1

### Youth from:

- Bainbridge: 11
- Kingston: 2
- Poulsbo: 1
- Suquamish: 1
- Pt Ludlow: 1

### Social Media Outreach

Needs assessment feedback showing that 97% of BHS Students and only 36% of Woodward students have heard of BYS and our programming.

	WMS	HS	HS low hope	HS POC
I've participated in peer tutoring	1%	17%	<b>3%</b>	13%
I've seen a BYS counselor	10%	28%	30%	31%
I had or hope to have a summer internship	2%	12%	6%	28%
I've attended a peer support group at BYS	4%	6%	0	12%
I've come to BYS for candy or condoms	n/a	41%	<b>24%</b>	<b>60%</b>
I've attended a BYS presentation or event	6%	22%	20%	28%
I have not heard of BYS	64%	3%	9%	8%

### Parent Education/Adult Education:

**1/22/2019 Chan Hellman, PhD** spoke on The Power and Science of Hope 1/22/2019 to a crowd of **of 88 adults**. Dr. Hellman reviewed the science behind Hope Theory, why it is currently the best proxy measure for wellbeing and how to improve hope in ourselves and others.

### **3/8/2019 Youth Mental Health First Aid Training**

On May 8th, **8 adults participated in** an 8 hour suicide prevention training at the BHS Library as a joint partnership with Kitsap Mental Health and BISD.

### **4/27/2019 Healthy Youth Summit**



Clay Roberts facilitated a community conversation with **60 people, including 24 teens**. Highlights from the Healthy Youth Survey and the BYS Needs assessment were reviewed, including sources of stress and anxiety. A graphic facilitator captured the ideas in the room, which were shared with BISD and other youth serving organizations.

**5/29/2019 Suicide Prevention**

**Training** for all staff of Helpline, BYS and Housing Resources Board. All three organizations coordinated a 3 hour suicide prevention training for their respective staff by Crisis Connections. Six BYS counselors and 3 admin staff participated in this training, **nine in total**



**9/3/2019 2nd annual Freshman Parent Coffee and Connection panel discussion** BHS PTSO and BYS hosted a coffee for **85 parents** of incoming freshmen on 9/3/2019 in collaboration with BHS PTSO and BHS. This was designed to help parents support their students in this transition. BYS facilitated the discussion led by BYS Counseling staff, BHS staff and a student who all shared their insights. We asked Link Crew students to share their answers to prompts regarding what their parents did to support their transition to high school or what they wished they would have done. These were shared with parents at the event.



**10/16/2019 BYS Breakfast: Dr. Tabitha Kirkland**, a professor of social psychology at the University of Washington, spoke to a crowd of **170 adults** about the science of creating a more fulfilling, joyful and meaningful life. She discussed that lasting happiness stems from social connections, mindful awareness and contributions to something larger than oneself. She credited BYS for promoting each of those traits into the free counseling, free tutoring, summer internship program, leadership programs, lunchtime well-being lunchtime discussions and more.



### **12/10/2019 Wellbeing Checkup**

A panel discussion hosted by BHS PTSO and BYS was attended by approximately **50 parents** and focused on how adults can be better role models for their kids in self-care and stress management.

Joining BYS Director of Youth Services, Courtney Oliver was former BYS board member Dr. Mike Tomberg with Virginia Mason and Dr. Fred Walters with Bainbridge Pediatrics.

Dr. Tomberg explained how adult stress impacts kids and said many teens take on their parents stress as their own. "Part how we help kids is dependent on how we take care of ourselves."

### **10/2019-12/2019 Parent Coaching**

BYS offered parent coaching to **six parents** in 2019.

## **2. Project objectives**

BYS services did, in fact, build hope through prevention/health promotion and intervention services. We listened to the students we serve by reaching out and gathering input from 600 youth in our needs assessment. We responded with new programs to meet unmet needs. Our new offices are now warm and inviting, as evidenced by the number of youth using our services and the comments youth have made. We are normalizing struggle as part of the human experience and focusing on building lifelong strengths.

## **3. Specific Measurable Objectives Achievement and Challenges**

The target number of youth was exceeded for almost all of our output goals. Our summer internship program narrowly missed the goal with 31 students instead of our goal of 34.

In the spring of 2019, we attempted a retrospective pre and post Hope Scale feedback form and found that students were very confused by the forms.

We subsequently found a hope scale format specifically designed for program evaluation, which is why the format of our outcomes do not match the outcomes listed in our application. Hope scale scores generally were in the "Most of the time" range, the second highest response option. Students are responding that BYS programs do support higher levels of hope.

97% of BHS students reported that they know about BYS and our programs.

We did not evaluate hope scale scores this year for our summer work internship and Jobs board due to changing offices and staff transition during August, 2019.

## **4. Involvement of Partners**

City funding did help us get grants from Bainbridge Community Foundation, Stranahan Foundation and Windermere Foundation. We partnered with Raising Resilience, Helpline House, Senior Center, BI School District, and other Alliance for Youth partners.

### **5. Project Budget and Actual expenses/income**

Our actual expenses came in lower than the \$390,000 budgeted, primarily due to the dissolution of the Alliance for Youth which was found to be unsustainable. Our income was 15k higher than budgeted due to an unexpected gift at the end of 2019.

### **6. How has COBI funding impacted the community**

The city funding has helped over a thousand students find barrier-free access to support and strength building programs. Please review the myriad student quotes that are in our report to get an idea of the transformational changes COBI support made possible for youth in our community.

### **7. Recommendations for future grant cycles**

Please consider that prevention services and early intervention strategies are hugely cost effective.