

ATTACHMENT A:

**2016 GRANT SUMMARY PAGE
MENTAL HEALTH, CHEMICAL DEPENDENCY, AND THERAPEUTIC COURTS RFP
KITSAP COUNTY HUMAN SERVICES DEPARTMENT**

Proposal Title: Bainbridge Healthy Youth Alliance Depression, Anxiety and Substance Use Prevention Efforts

Please Check One New Grant Proposal Continuation Grant Proposal

Proposal Summary:

To utilize the Bainbridge Island Healthy Youth Alliance, our Collective Impact effort, to build a community investment to address depression, anxiety and substance abuse issues with our youth. We will utilize the Compass Advantage model as our framework for education and promote ACES education and prevention as well as psychotherapy opportunities to support our youth and their parents.

Requested Funds Amount: \$50,000.00

Matching/In-kind Funds Amount: \$36,400

Agency or Organizational Name - Bainbridge Youth Services

Street Address: PO Box 11173 or 9330 High School Rd.

City State Zip: Bainbridge Island, WA 98110

Contact Phone: 206-842-9675

E-Mail: Marina@BainbridgeYouthServices.org

Non-Profit Status: 501©3 of the Internal Revenue Code? Yes No

Federal Tax ID Number: 23-7396474



Executive Director

March 10, 2016

Signature

Title

Date

ATTACHMENT B: Narrative Template for New Grant Proposals

I. ORGANIZATIONAL CAPACITY

Organizational Governance

Backbone - Bainbridge Youth Services (BYS) is a 54 year-old non-profit organization whose mission is to promote the social and emotional well-being of our community youth and young adults (ages 10-21) through free psychotherapy, job referral, prevention education programs and recognition events.

We are governed by an eleven member board of directors. They are both a governance and working board. They meet monthly and we hold one retreat each year. The Board follows Robert's Rules of Order. All board materials are sent for review a full 4-5 days prior to the meeting over the preceding weekend so members have time to read all financial, Executive and Committee reports. We have recently completed a 3 year strategic plan to align ourselves with the Bainbridge Healthy Youth Alliance aims: to help youth thrive, connect, contribute, learn and work. Our board members are experts in the fields they champion for BYB. Our Board President, Tom McCloskey is a retired business owner, the Rotary Auction Chair, and he just won the Citizen of the Year award from the Bainbridge Chamber of Commerce. Our Treasurer, Kelly Deis, is a financial consultant who is a graduate of the Wharton School of Business. Our Secretary is a high school senior who is also the Secretary of the National Honor Society. We have one more youth advisor on our board, a high school junior. The remaining 7 board members are marketing, technology, counseling, medical, and relationship building experts. The full list of board members is available upon request.

We provide individual, family, and group therapy for youth ages 10-21. We are located on the Bainbridge High School campus but see clients at our Intermediate, Middle and both island high schools. We are also at off-island locations including Coffee Oasis in Poulsbo (for homeless teens), North Kitsap High School and Kingston High School (as requested). We also provide support groups and retreats to target specific needs and age groups throughout the year as well. BYB has five decades of practice launching, evaluating, and maintaining successful programs, including evidenced based programs, like *Strengthening Families*.

Over the last decade we have provided psychotherapy services to nearly 2,200 clients administering an average of over 1,200 hours (direct contact) each year of intervention care. Each year, these numbers continue to grow. Our clients are in need of assistance to learn ways to cope and self soothe and manage stress, relationships and parent pressure. Bainbridge Youth Services is located on the Bainbridge High School (BHS) campus, and many of our youth clients seek treatment directly at their own initiative. However, many are referred by school personnel, other agencies, the County Diversion program, parents and friends.

The current BYS clinical team consists of a Washington licensed clinical psychologist who is our Director of Clinical Services, four Masters' level therapists (one LMHC, two LMHC associates and one LMFT associate) and two Master's level interns (those who are completing supervised internship experiences as part of their graduation requirements to obtain a Master's degree). All of our clinical team members work part-time at BYS. Some of our therapists have their own private practice, while others professionally work in related fields that complement their psychotherapy expertise (ie, as an in-home family preservation therapist and a Chemical Dependency Professional who works with teens struggling with drug and alcohol issues). In addition to providing direct psychotherapy services to youth and their families, the clinicians also: meet regularly to consult on cases; coordinate treatment with other mental health facilities as needed; and work with various other professionals (ie, teachers, medical doctors, guardians ad litem, social workers, etc.) to provide the best care appropriate for our youth's needs.

Our staff all sign privacy documentation to keep client information confidential, our database is cloud based and protected from breaches, and all staff have an Employee Handbook outlining their rights. We follow all best practices of client intake and often utilize tools like the PHQ9 or Becks Scale to determine anxiety and depression levels and improvement.

In terms of accounting and internal controls we have an independent paid accountant that reviews our accounting records and reconciles our books every month. We follow generally accepted accounting principles that provide full disclosure of compliance with fiduciary responsibilities of our board. We follow all applicable laws, regulation and ensure donor or sponsor restrictions are complied with. Our Treasurer reviews Cash Flow, Profit and Loss and Balance Sheet report every month after reconciliation. She produces and presents a monthly financial dashboard at every board meeting where a motion is made to accept the report. All staff have access to all board packets and financial reports. An independent CPA (Mark Ulloa) does our tax returns. In our past audit in 2008 by Robert Loe we had no material weaknesses cited. Audit letter available upon request.

Collective Impact Governance of the Bainbridge Healthy Youth Alliance (BHYA)

BYS is committed to providing backbone support to the multi-sector partnership of the Bainbridge Healthy Youth Alliance, acting as fiscal agent and overseeing the contract(s) for the one staff position and future consultant contracts.

The following governance structure adopted by the Alliance allows for organizational capacity and overall program delivery:

Leadership Council – Functions like a Governing Board and is composed of organizational leaders from youth-serving organizations. All members have equal votes.

Responsible for setting common agenda, shared measurement, identifying mutually reinforcing activities, ongoing fund development and budget oversight. Anne Blair, former Bainbridge Island Mayor, and Marina Cofer-Wildsmith co-chair the BHYA Leadership Council.

Backbone Function– Paid, part-time support staff ensures continued convening, facilitation, fund development, data collection, communication, community outreach and volunteer engagement for the Alliance. Our goal is to keep paid staff limited, to utilize community volunteers, and to encourage leadership by Partner organizations and community groups.

Healthy Youth Teen Council – A group of 10 Bainbridge Island youth who provide youth input to the leadership of the Alliance, recruit other youth in our activities and design and implement projects that strengthen protective factors, such as peer social support. Coordinated through Bainbridge Youth Services (BYS), the teen Chair of the Healthy Youth Teen Council is a voting member of the Leadership Council.

History of Project Management

BYS has held yearly contracts (ranging from \$30,000-\$54,000) with the City of Bainbridge Island for the past decade. We have adhered to all reporting requirement deadlines. Quarterly reports are submitted as is a final yearly report outlining outcomes, impact and financial accounting. We track our activities through a variety of metrics including: therapy hours provided, unique visits, total visits per month, completed cases, scheduled appointments, etc. Our most recent contract for 2016 is for \$54,250. We have also received funding from Bainbridge Community Foundation for the past 3 years in a row to fund the establishment of our collective impact effort. We are currently applying for a 4th year of funding the organizational consultant fees to fund a strategic plan consultant and to pilot a new fundraising/ youth leadership development project.

Staffing Capacity

Marina Cofer-Wildsmith, MA, Executive Director of Bainbridge Youth Services (BYS) will oversee the design, implementation and evaluation of the project. Marina has 20 years' experience managing large grants. As the former CEO of the American Lung Association of Washington and the Northwest she managed several grants that were over \$250,000 and one \$1 million grant.

Cezanne Allen, MD, Director of Community and Youth Engagement for the Bainbridge Healthy Youth Alliance is the solo contract staff hired by the BHYA Leadership Council to oversee the daily program of work. As a physician, Cezanne's training allows for a strong public health intervention understanding and a strong affiliation for ACES education. Cezanne was one of the founding champions for the Bainbridge Healthy Youth Summits and shepherded the evolution of the BHYA from just a partnership to a collective impact movement. She has served in her current role since 10/2015.

Asako Matsuura, PhD, BYS Director of Clinical Services, is WA licensed clinical psychologist. She received her Ph.D. in Clinical Psychology from University of Rhode

Island and completed an APA accredited internship at The Reading Hospital and Medical Center's Center for Mental Health in West Reading, PA. She has worked in a variety of other clinical settings including a private practice, community health clinics, federal detention facility, and university training clinic. Dr. Matsuura has a research background in health psychology (substance use prevention, sexual health issues, stages of change) and emergency medicine, and is an adjunct faculty member at Brandman University.

Kelly Deis, BYS Treasurer, will review fiscal accountability on a monthly basis and provide a dashboard report to both the BI Healthy Youth Alliance Leadership Council and the BYS Board of Directors. Kelly runs her own financial consulting firm and is a Wharton School of Business and Duke graduate.

Fiona Stanton, BYS Program Coordinator, is a graduate of Sweet Briar College and will be assisting both Marina and Cezanne with overall project implementation and administrative support needs.

II. COMMUNITY NEED & BENEFIT:

A. Needs Assessment

Youth living in lower socioeconomic communities have understandably been associated with "at risk" status for mental health and substance issues.

In the past two decades, however, studies have shown youth in communities on the other end of the socioeconomic spectrum are also often "at risk." Research studying upwardly mobile, upper middle class communities, similar to Bainbridge Island, show that "on average, serious levels of depression, anxiety, or somatic symptoms occur twice as often or more among these boys and girls [from affluent communities], compared to national rates (Luthar, 2013, p. 65)." According to Suniya Luthar, for a significant proportion of youth in these communities the benefit of "having it all" may come with the added pressure and stress of doing it all, perfectly, in all areas of life, and to constantly measure life in terms of external achievement. This pressure to achieve is associated with "high levels of depressive and anxiety symptoms, self-injurious behavior such as cutting and burning, and rule-breaking behaviors (Luthar, 2013, p.65)

Luthar has also found that affluent teens fare significantly more poorly than their counterparts of low socioeconomic status on all indicators of substance use, including hard drugs. (Luthar, 2013, pg 62). And other researchers have since corroborated the findings of high alcohol use, binge-drinking, and marijuana use among offspring of well-educated, white, high-income, two-parent families. (Luthar, 2013).

Bainbridge Island youth, growing up in a community with relative affluence and high parental education, reflect these national trends and currently report significant rates of symptoms of depression, anxiety and alcohol use. The 2014 Healthy Youth Survey taken by Bainbridge High School (BHS) students (Looking Glass Analytics, 2015) reveals that 25% (up from 20% in 2012 Healthy Youth data) of BHS seniors reported

having depressive symptoms lasting at least two weeks that interfere with usual activities. Similarly, 51% of BHS seniors report that in the last 2 weeks, they were bothered by not being able to stop or control worrying several days to nearly every day (9% said every day). 14.2 % (up from 13% in 2012) of BHS seniors have made a plan about how they would attempt suicide. Rates of alcohol consumption in the last month reported by BHS seniors are higher than state average. (Question 45 page 12) When these students were asked if there are adults they can turn to for help when they are feeling sad or hopeless, nearly one in five students answered “No” or “Not sure”. Nearly half the students in these grades scored “Low” or “Medium Low” on the Youth Quality of Life scale. (p. 27 and p.31 of survey results).

Echoing the findings of Suniya Luthar, approximately ¼ of Bainbridge High School students reported feeling significant pressure to achieve as reported on a qualitative survey of 800 Bainbridge High School Students for BHYA in 2015 in preparation for our Healthy Youth Summit. Youth participants at our first three Healthy Youth Summits voiced the desire to be known for who they are in addition to what they achieve.

We believe that ignoring the increasing rates of depressive symptoms, significant anxiety and alcohol misuse in our community as just the “growing pains” of adolescent development comes at too high a cost to ignore. If depression and other mental health disorders are not treated effectively in youth, research indicates that they will likely persist or reoccur in adulthood, or even lead to a more severe, harder to treat illness. In addition, mental health issues in youth are the largest health care cost driver and have a significant adverse impact on families. (Melynck et al, 2015)

B. Link between Community Need and Strategic Plan

The needs of Bainbridge Island youth are directly linked to the community needs laid out within the 2014 Kitsap County Behavioral Health Strategic Plan Goals. The proposed activities involve both prevention and early intervention components that impact the following strategies:

Goal#1- Behavioral Health Prevention, Early Intervention and Training through the following gaps we will:

- Develop a shared plan for behavioral health prevention, early intervention and training among multiple stakeholders in our community in the Bainbridge Healthy Youth Alliance Strategic Plan.
- Train all systems in the free and confidential psychotherapy services available for youth and parents by Bainbridge Youth Services.
- Expand the impact of one of our county’s health prevention coalitions, the Bainbridge Healthy Youth Alliance (BHYA).
- Conduct professional development training for Bainbridge Island educators, youth development and community agencies on ACES, the relationship of ACES with mental health and substance abuse issues and strategies to support resilience.

Through partner activities of the Bainbridge Healthy Youth Alliance and the treatment services of Bainbridge Youth Services, our programs contribute to movement on three overarching goals in the Behavioral Health strategic plan:

- Improving the health status and wellbeing of Kitsap County residents;
- Reducing the incidence and severity of chemical dependency and/or mental health disorders in adults and youth
- Reducing the number of people in Kitsap County who use costly interventions including hospitals, emergency rooms, and crisis services.

Prevention

The partnership of the Bainbridge Healthy Youth Alliance, with the backbone support function of Bainbridge Youth Services, aims to mitigate the increasing rates of depressive symptoms, significant rates of anxiety and the higher than state average rates of alcohol use by Bainbridge Island youth. We will do this through the evidence based approach of decreasing risk factors (for example, ACES) and improving protective factors for mental, emotional and behavioral disorders using positive youth development strategies. (O'Connell et al, 2009)

Our current approach to universal prevention uses the Compass Advantage framework; a visual, research-based, engaging way for families, schools, and adults in our community to apply the principles of positive youth development. Not only is this a framework for understanding why kids need these eight interconnected abilities (self-awareness, empathy, resilience, curiosity, sociability, creativity, resourcefulness and integrity) and how they're nurtured in different contexts, it is also a call to act on behalf of children who deserve to live full, meaningful lives beyond external measures of success. (Price-Mitchell, 2015) As the Compass Advantage expands the definition of success to include internal abilities as well as external achievement, this framework is culturally relevant to needs voiced by our community's youth.

The Compass Advantage model promotes mastery of developmental competencies which provide a connection between positive youth development and prevention efforts. (Guerra, 2008) We will continue to raise awareness of the Compass Advantage model and support adults in learning how to foster these eight abilities in youth through caring relationships. We will build on these prevention efforts over the next 18 months, introducing leaders of youth serving organizations, policy makers and parents in our community to the Compass Advantage framework and ways to support social and emotional wellbeing through hosting a nationally recognized expert in social and emotional wellbeing and resilience to speak to parents and adults who serve youth.

As ACES have been shown to have a robust association with depression, anxiety and alcohol use in young adults, we will create awareness regarding the long term potential impact of ACES and the protective effects of resilience. (Mersky, 2013)

Early Intervention

Psychotherapy is widely accepted as an effective therapeutic modality for children and adolescents experiencing mental health issues (Chorpita et al., 2011). Patients who receive psychotherapy are more likely to have improvement in mental health symptoms over those who only see a medical doctor (Rowland et al, 2000).

Not every student will walk through our doors. But 76% of American teens use social media and 90% utilize mobile devices at least occasionally (Lenhart et al, 2015) More than a third of online teens get health, dieting, or physical fitness information from the Internet, and nearly a fifth of online teens report they use the Internet to gather information about health topics that are hard to discuss with others (Lenhart et al., 2010).

Other research finds that Internet use was associated with increased rates of help-seeking from formal sources such as mental health professionals and crisis hotlines (Gould et al., 2002). In order to reduce stigma and facilitate help seeking, teens need to first recognize symptoms, and increase their knowledge about professionals (Burns et al., 2009).

We request funds to increase public awareness of the askBYS.org web portal, offering youth and parents the ability to have mental, behavioral and physical health questions confidentially answered online by either a mental health counselor or physician for free. The site also allows youth and parents to make appointments for free and confidential in-person counseling through BYS. By offering easy access, this combination of easy to access resources supports early intervention for mental, emotional and behavioral health issues.

Very few of our county youth have access to free and confidential counseling. Many high risk students in other parts of Kitsap County do not have access to private counseling or might not meet the stringent access to care standards of current mental health system. Offering prevention and treatment services where children are most likely to seek help (educational settings, for example) increases the likelihood that they will follow through on treatment. We seek resources for a feasibility study to evaluate if now is the right time for BYS to expand our services to more Kitsap County Schools.

We aim to take systemic action using a community approach, working on universal prevention strategies and giving youth a place to seek the help they need in the easiest way possible. We hope to catalyze similar efforts elsewhere in Kitsap County.

Recommended resources:

Burns, J.M., Durkin, L.A., Nicholas, J., & Hons, B.A. (2009). Mental health of young people in the United States: What role can the Internet play in reducing stigma and promoting help seeking? *Journal of Adolescent Health, 45*, 95-97.

Biglan A, Brennan PA, Foster SL, Holder HD. *Helping Adolescents at Risk: Prevention of Multiple Problem Behaviors*. New York: Guilford Press; 2004.

Chorpita, B. F., Daleiden, E. L., Ebesutani, C., Young, J., Becker, K. D., Nakamura, B. J., Phillips, L., Ward, A., Lynch, R., Trent, L., Smith, R. L., Okamura, K. and Starace, N. (2011). Evidence-based treatments for children and adolescents: An updated review of indicators of efficacy and effectiveness. *Clinical Psychology: Science and Practice, 18*: 154–172.

Guerra, N.G., Bradshaw C.P. (2008). Linking the prevention of problem behaviors and positive youth development: core competencies for positive youth development and risk prevention. *New Dir Child Adolesc Dev, 122*:1-17.

Gould, M.S., Munfakh, J.L. H., Lubell, K., Kleinman, M., * Parker, S. (2002). Seeking help from the Internet during adolescence. *Journal of American Academy of Child and Adolescent Psychiatry, 41*(10), 1182-1189.

Lenhart, A. Smith, A., Anderson, M., Duggan, M., & Perrin, A. (2015). *Teens, technology, and friendships*. Pew Research Center

Lenhart, A. Purcell, K., Smith, A., & Zickuhr, K. (2010). *Social media and mobile Internet use among teens and young adults*. Pew Internet and American Life Project.

Looking Glass Analytics. (2015). *Healthy Youth Survey 2014: Bainbridge Island School District, Grades 6, 8, 10, and 12*.

Luthar, S. (2013). The problem with rich kids. *Psychology Today*, November/December, 62-87. (<http://faculty.tc.columbia.edu/upload/sl504/2013PsychToday.pdf>)

Melnyk, B., Fulmar, T., Van Orman, S., & Thorpe, K. (October 1, 2015). *The Forgotten Chronic Disease: Mental Health Among Teens and Young Adults*. <http://healthaffairs.org/blog/2015/10/01/the-forgotten-chronic-disease-mental-health-among-teens-and-young-adults/>

Mersky, J.P. et al (2013). Impacts of adverse childhood experiences on health, mental health, and substance abuse in early childhood: A cohort study of an urban, minority health sample in the U.S. *Child Abuse and Neglect, 37* (11), 917-925.

O'Connell, M. E., Boat, T., & Warner, K. E.. (2009). *Preventing mental, emotional, and behavioral disorders among young people: Progress and possibilities*. Washington, DC: The National Academies Press; and U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (2009).

Price-Mitchell, M. (September, 2015) *Tomorrow's Change Makers: Reclaiming the Power of Citizenship for a New Generation*.

Substance Abuse and Mental Health Services Administration (2009). Risk and protective factors for mental, emotional, and behavioral disorders across the life cycle. Retrieved from http://dhss.alaska.gov/dbh/Documents/Prevention/programs/spfsig/pdfs/IOM_Matrix_8%205x11_FINAL.pdf

Rowland, N., Godfrey, C., Bower, P., Mellor-Clark, J., Heywood, P., & Hardy, R. (2000). Counseling in primary care: A systematic review of the research evidence. *British Journal of Guidance & Counseling*, 28(2), 216-233.

III. PROJECT DESCRIPTION

A. Project Design and Evaluation

Prevention efforts

As the collective impact framework is now a well-recognized approach to complex social change, strengthening the effectiveness and organizational capacity of the BHYA by attending to the five conditions of the collective impact approach is a top priority for our community. Doing so will help move the needle on the headline indicators the BHYA Leadership Council has recently agreed upon.

- Decrease the percentage of BHS seniors reporting depressive symptoms
- Decrease the percentage of BHS seniors reporting anxiety symptoms
- Decrease the percentage of BHS seniors who drink regularly
- Increase the percentage of BHS seniors who rate "medium high" to "high" on Quality of Life computed scale.

The BHYA will continue to clarify our improvement goals related to these indicators and monitor long term change through Bainbridge Healthy Youth Survey data every other year.

We will start the BHYA strategic planning process in 7/2016 and finish by 7/2017. In our 2-3 year work plan, we will coordinate the activities of our partner organizations into a work plan, clarifying target improvement goals and creating reinforcing activities and shared metrics. We will hire an organizational consultant to help guide the process, resulting in the output of a final written document that will be approved by at least 90% of our Leadership Council.

It takes time and an infrastructure that includes paid staff to organize and sustain a Collective Impact collaboration. In the past 20 months we have mobilized community

leaders and initiated action. We are already creating impact. We are now ready to take the BHYA to a new level of organizational capacity for maximum impact.

In addition to building organizational capacity and strategy, we will expand our programmatic efforts to decrease risk factors and increase protective factors to support mental, emotional and behavioral health.

As Adverse Childhood Events (ACES) are risk factors for both mental health and behavioral health issues, we will educate our community about the long term consequences associated with Adverse Childhood Events (ACES) and the neuroscience of resilience. In the fall of 2017, we will host a free showing of the film, Paper Tigers, to introduce our community to the impact of ACES. A panel discussion will introduce the benefits of a "trauma informed" approach to mitigating the impact of ACES in human services and education. Free and confidential local resources, such as askBYS.org and BYS counseling services, will be promoted as one intervention available to help mitigate the effects of ACES. We will evaluate the effectiveness through a written retrospective post-then-pre event survey format with 90% of participants reporting an increase in knowledge of ACES and strategies to promote resilience.

We will hire a professional trainer/speaker with ACES and resilience expertise to give a series of one-two hour professional development trainings to leaders and selective staff of 30 organizations that touch the lives of youth, including private schools, government agencies, youth workers and other non-profits. These trainings will start in 10/2016 and end in 12/2017. We aim to reach at least 150 participants, including many parents, 90% will report an increase in knowledge using the written retrospective post-then-pre event survey format.

To promote protective factors and support the emergence of developmental competencies in youth, we will host a presentation by a national expert in resilience and social/emotional well-being to raise community awareness regarding the importance of resilience and /emotional wellbeing and strategies that support its emergence. Of the 150 participants, many of whom we expect to be parents, 90% will report an increase in knowledge on written surveys with using a written retrospective post-then-pre survey design. We will host this event in February or March of 2017.

Early Intervention Efforts

We will raise awareness of the availability of free and confidential online professional advice offered through askBYS.org and free and confidential in-person counseling offered through BYS. At each BHYA public event, and at many of the BHYA partner events, these resources will be marketed through announcements and written material, such as business cards, which are easy to put into a wallet or pocket for later reference. We will monitor the number of individuals accessing the resources on the askBYS website portal through Google analytics and will increase by 50% the number of youth and parents using the website for information or online appointment scheduling over baseline levels of 7/1/16. These measurements will be made quarterly.

Other BHYA activities for June 2016- December 2017 that we have considered when pacing the scheduling of events include:

- Healthy Youth Summit #6
- Public awareness campaign (4th year in a row) to impact risk/protective factors
- Partner recruitment and partner learning event,
- Unveiling of results of our first qualitative research project
- Publication of second annual State of the Youth support card,
- Beta testing of TEDxBHS fundraising event
- Promotion of Compass Advantage framework

B. Community Collaboration, Integration, and Collective Impact

The Bainbridge Healthy Youth Alliance began as a collaboration of five organizations desiring to improve youth outcomes. After 20 months, we now have a formal governance structure and are guided by a Leadership Council that includes leaders from the following organizations or subject matter experts:

- Bainbridge Youth Services
- Bainbridge Island School District
- Raising Resilience (parenting education)
- Rotary Club of Bainbridge Island
- Boys and Girls Club of Bainbridge Island
- Kids Discovery Museum
- Peacock Family Services (early childhood education)
- One Call for All
- City of Bainbridge Island
- Bainbridge Police Department
- Bainbridge Psychotherapy Guild
- Positive Youth Development Expert
- Bainbridge Island Library
- BHYA Teen Council Chair

The roles and responsibilities of the Leadership Council are described in the Organizational Governance section of this application.

Our mission is to promote youth development from cradle to career across developmental domains, cultivating the conditions for youth to thrive, connect, contribute, learn and prepare for meaningful work. This overarching mission is a broad umbrella that allows us to harness the strengths of youth serving organizations, each finding a place to contribute through what they do best in service toward a larger desired outcome.

The work of the BHYA compliments the mission of Kitsap Strong, another Collective Impact effort in our area, in our common desire to decrease ACES and promote resilience. Both Marina Cofer-Wildsmith and Cezanne Allen have participated in Kitsap Strong's Collaborative Learning Academy.

In addition to the organizations involved with our Leadership Council, 35 organizational leaders recently attended an orientation to the BHYA and have committed to offer summer work internships for high school and/or are willing to participate in a learning community 2x/year, sharing with each other how they are incorporating and nurturing the Compass Advantage abilities in their own sphere of influence. Each organization is also asked to publicly support the BHYA. In the future, as we refine our strategy, other roles and responsibilities will be developed as we develop create coordinated and mutually reinforcing activities around high priority goals.

In the 20 months since our multi-sector partnership formed, we have achieved the following short term outcomes:

- Built an infrastructure with backbone support, monthly staff updates to Leadership Council members and website.
- Grown from a collaboration of five founding organizations to having 30 organizational leaders attending a recent Alliance partner orientation event.
- Raised awareness of mental health and behavioral health issues affecting Bainbridge Island youth through our four Bainbridge Healthy Youth Summits, reaching over 600 participants.
- Partnered with BHS to initiate the evidence-based Link Crew peer mentoring program at BHS to foster peer social support for incoming students.
- Promoted a culturally relevant lens of positive youth development (Compass Advantage model) that fosters supportive relationships and developmental competencies (protective factors).
- Taken first steps to explore root causes and local conditions that are influencing the behaviors and distress our youth are reporting, as a first step to decreasing risk factors through our Healthy Youth Summits.
- Supported upcoming plans by the Bainbridge Island School District (BISD) for a district wide ACES professional development training.
- Collaborated with BISD in hosting a professor from the University of Washington Center for Child and Family Well-being in a professional development training on social and emotional learning to the BISD Health Advisory Committee, Health Curriculum committee and BISD School Counselors.

IV. PROJECT FINANCIAL FEASIBILITY

A. Budget Narrative

To impact goal #1 of Behavioral Health Strategic plan, we request funding for the following:

Operational Expenses for Backbone Support <ul style="list-style-type: none"> 80% funding for one FTE staff position \$36,900 	\$36,900
ACES Awareness Activities <ul style="list-style-type: none"> <i>Paper Tigers</i> event costs (venue costs, film costs) \$1,000 ACES Professional Development Training Speaker \$3,000 Promotion of movie event \$1,000 	\$5,000
National Speaker on Resilience and Social and Emotional Well Being <ul style="list-style-type: none"> Speaking fees \$5,000 Venue costs \$100 Promotion \$1000 	\$6,100
Feasibility Study for expanding BYS free and confidential school counseling <ul style="list-style-type: none"> Organizational consultant fees \$2,000 	\$2,000
Total Request	\$50,000

A. Prevention

1. Funding for 80% of one backbone staff position (Director of Community and Youth Engagement)-to manage the development of a strategic plan, a variety of educational events to improve knowledge of ACES, resilience, social/emotional health and support the infrastructure of the Alliance.

The job description includes:

- Convening and facilitating Leadership Council and Teen Council meetings
- Informing the public about the mission of the BHYA
- Managing relationships between partners and building trust
- Handling venue logistics for meetings, retreat, and TEDXBHS event
- Vetting and hiring organizational coach to assist with all pre- retreat planning, execution of a one day strategic planning retreat, post-retreat communications and writing of strategic plan document
- Vetting and recruiting support team and speech coach(s)for a TEDX BHS program
- Organizing and managing volunteers
- Tracking volunteer hours
- Communicating updates to leadership council and TEDXBHS support team and participants
- Drafting and communicating meeting minutes

- Designing evaluation tools and analyzing results
- Overseeing social media and marketing plan
- Overseeing program budgets and writing reports
- Manage relationship and trust building between BHYA organizations
- Manage design, implementation and evaluation of BHYA projects

No Collective Impact effort succeeds in impacting long term social change without paid staff support. Securing funding for this position ensures the viability of the Alliance, the development and execution of a strategic plan (including a development plan) to solidify our efforts toward prevention and early intervention of mental health issues and substance use.

2. ACES and resilience awareness training

As ACES are associated with both mental health and substance abuse issues, we plan to promote and host a free showing of the movie Paper Tigers at a local theater and a panel discussion following the movie. Costs include the rights to show the film (\$200), movie theater rental (\$800) and promotion costs of \$1000 for graphic designer fees, poster production and other ads for the event.

We will also hire a professionally knowledgeable ACES speaker to conduct a series of 1-2 hour professional development trainings on ACES and resilience to reach leaders of 30 organization, including schools, government agencies, youth-serving organizations, childcare centers, youth groups and businesses on Bainbridge Island. At each event, participants will learn about the resources available on the askBYS.org website as well as the free and confidential counseling services provided by BYS. (\$3,000).

3. National Speaker on Social and Emotional Wellbeing

We will bring in a nationally respected speaker with content expertise on social and emotional wellbeing and resilience. Linkages to our issues of depression, anxiety and substance abuse will be made and discussion on how the community can work together to address the issues will occur either through the next Healthy Youth Summit #6 or through an event BHYA hosts with Raising Resilience (our island's parent education organization). To bring in a national speaker will likely cost a minimum of \$5,000. If the cost is higher, we will seek additional funds from our BHYA partners. Venue costs are expected to run \$100 and marketing will cost \$1,000.

4. Organizational consultant for a Feasibility Study to expand BYS school counseling in more Kitsap County Schools \$2,000. Scope of work is to investigate and evaluate the opportunity for Bainbridge Youth Services to extend our counseling services into other middle and high schools within Kitsap County other than Bainbridge Island.

B. Additional Resources and Sustainability

This grant will help us leverage funding from other private and individual funding streams. Our plan to sustain the program will be part of our strategic planning

project. A TEDxBHS event is planned for beta testing as an innovative fundraiser. After funding period ends, we will have further proof of efficacy to raise funds from private donations and foundations.

Here is a further description of our anticipated funding for 2016-2017:

Our **Bainbridge Community Foundation** grant request asked for the following:

Operations/Staff Expenses	\$5,000
Strategic Planning Consultant	\$2,000
TEDxBHS Message/Speech Coaches	\$1,000
Total Request	\$8,000

Rotary Club of Bainbridge Island will be requested to cover the following expenses during their upcoming grant request this summer for the rest of 2016-July of 2017.

Awareness Campaign	\$9,250
Healthy Youth Summit	\$2,750
Total Request	\$12,000

We anticipate **Board Leadership Gifts/Individual Gifts and Sponsoring Organizations** of \$7,000 to cover the remaining costs to fund the Healthy Youth Summit, TedXBHS fundraising event, partnership learning community meetings, Leadership and Teen Council meetings, and additional operational and staff costs.

Lastly, we will seek \$2,000 in **Corporate Gifts** from our 38 new Partners who are joining our collective impact partnership.

Commitments from our founding Alliance members and their funding/resources provided to this project are Attachment G

EVALUATION WORKSHEET

Attachment D

Project Name: Bainbridge Healthy Youth Alliance Prevention Efforts

Goal	Activity	Smart Objective	Type of Measure	Timeline	Baseline	Target	Source	BH Goal
Increase protective factors and decrease risk factors for youth mental and behavioral health issues through the multi-sector partnership of the Bainbridge Healthy Youth Alliance	Development of multiyear BHYA strategic plan for prevention and early intervention using five Collective Impact conditions for success	By 12/2017, a multi-sector strategic plan will be approved by 90% of the BHYA Leadership Council that includes impact indicators, target improvement rates, a work plan with development plan and mutually reinforcing activities and shared metrics	Output= Written strategic plan document Outcome= Change in knowledge and commitment to action	Timeline= Short Start date 7/1/16 Frequency= Once	New Tool Assessment Of need= 2014 BHS Healthy Youth Survey Results	90% Of BHYA Leadership Council	BHYA Board Meeting Minutes	#1
	Host a free screening of ACES related movie	By 3/2017, a free showing of the movie "Paper Tigers" will introduce at least 100 individuals to ACES and the trauma informed school approach, followed by a post-film panel of school personnel and local therapists. 90% of participants will report an increase in knowledge and commitment to behavior change	Output=100 Participants Outcome= Increase in knowledge and commitment to behavior change	Timeline=Short Start date=11/2016 Frequency=once	New Tool Assessment Of Need= 2014 BHS Healthy Youth Survey	90% of participants	Written retrospective pre format surveys	#1
	Provide ACES and resilience professional development training for educators, youth development And community agencies	By 12/2017, 30 Bainbridge island organizations will receive ACES professional development training and 90% will report increase in knowledge of ACES and commitment to behaviors that support resilience on post event survey	Output=150 participants Outcome= Increase in knowledge and commitment to resilience supporting behaviors	Timeline= Short Start date= 10/2016 Frequency=	New Tool Assessment of Need= 2014 BHS Healthy Youth Survey Results	90% of program participant	Written retrospective pre format surveys	#1

	<p>Host speaker on fostering resilience and social/emotion wellbeing in youth for parents, educators and youth workers</p>	<p>90% of 150 participants will report increase in knowledge and behaviors that support resilience and social/emotional wellbeing</p>	<p>Output=150 Parents, educators and youth workers Outcome: Increase in knowledge, attitudes and skill</p>	<p>Timeline= Short Start Date= By 4/2017 Frequency= Once</p>	<p>New Tool Assessment of need= BHS Healthy Youth Survey Results 2014</p>	<p>90% of program participants</p>	<p>Written retrospective post-then-pre format surveys</p>	<p>#1</p>	
<p>Project Name: Promotion of BYS Early Intervention Resources and Feasibility Study</p>									
<p>Goal #2 Improve early intervention for youth with mental and behavioral health issues in Kitsap County</p>	<p>Improve awareness of free online professional advice and free and confidential counseling through Bainbridge Youth Services for youth and parents</p>	<p>By 12/2017, awareness of resources available through askBYS.org website portal and free and confidential counseling will increase through written materials, promotion at BHYA events, school counselor referrals and social media campaign as evidenced by 50% increase in traffic to askBYS.org website.</p>	<p>Output=50% Increase in traffic on webportal Outcomes= Practice and behavior</p>	<p>Timeline=short Startdate=7/1/16 Frequency=Quarterly</p>	<p>Baseline= 7/1/16 Assessment of need=Kitsap County Healthy Youth Survey Results 2014</p>	<p>50% increase from baseline</p>	<p>Google Analytics</p>	<p>#1</p>	
	<p>Explore feasibility of increasing BYS counseling services to other Kitsap school locations</p>	<p>BY 12/2017 a feasibility study will be conducted by an organizational consultant with a written report presented to the BYS board by 12/2017. 100% of BYS Board members will review recommendations of written report and approve board action plan based on feasibility study recommendations.</p>	<p>Output= Written feasibility study document Outcome= Increase in knowledge and commitment to action</p>	<p>Timeline= Short term Start time=9/2017 Frequency= Once</p>	<p>New Tool Assessment of Need=Kitsap County Healthy Youth Survey Results</p>	<p>100% of BYS Board Members</p>	<p>BYS Board Meeting Minutes</p>	<p>#1</p>	

Attachment E
Total Agency or Departmental Budget Form

Agency Name: Bainbridge Youth Services
Project: Bainbridge Healthy Youth Alliance
Accrual
Cash: X

AGENCY REVENUE AND EXPENSES	2014		2015		Youth Alliance	
	Actual	Percent	Actual	Percent	Budget	Percent
AGENCY REVENUE						
Federal Revenue	-	0%	-	0%	-	0%
WA State Revenue	-	0%	-	0%	\$ -	#VALUE!
Local Revenue	-	0%	-	0%	\$ -	#VALUE!
Private Funding Revenue	202,030.30	88%	219,365	88%	258,710	87%
Agency Revenue	27,332	12%	28,890	12%	35,000	12%
Miscellaneous Revenue	1,521	1%	2,188	1%	2,000	1%
Total Agency Revenue (A)	\$230,883	100%	\$250,443	100%	\$295,710	100%
AGENCY EXPENSES						
Personnel						
Managers	46,500	23%	46,500	19%	50,000	16%
Staff	78,809	40%	101,329	42%	161,493	52%
Total Benefits	-	0%	-	0%	0	0%
Subtotal	125,309	63%	147,829	61%	211,493	69%
Supplies/Equipment						
Equipment	2,112	1%	4,405	2%	800	0%
Office Supplies	1,120	1%	1,787	1%	1,455	0%
Depreciation	1,144	1%	1,144	0%	1,144	0%
Subtotal	4,376	2%	7,336	3%	3,399	1%
Administration						
Advertising/Marketing	2,853	1%	468	0%	3,120	1%
Audit/Accounting	943	0%	935	0%	1,080	0%
Bank & Other Admin Charges	199	0%	233	0%	17	0%
Communication	-	0%	-	0%	-	0%
Insurance/Bonds	6,193	3%	2,283	1%	5,811	2%
Postage/Printing	1,202	1%	463	0%	400	0%
Training/Travel/Transportation	-	0%	-	0%	-	0%
% Indirect						
Other (Describe)	0	0%	0	0%	0	0%
Subtotal	11,390	6%	4,381	2%	10,428	0%
Ongoing Operations and Maintenance						
Janitorial Service	2,263	1%	2,340	1%	2,430	1%
Maintenance Contracts	-	0%	-	0%	-	0%
Maintenance of Existing Landscaping	-	0%	-	0%	-	0%
Repair of Equipment and Property	-	0%	-	0%	-	0%
Telephone & Internet	1,889	1%	2,364	1%	2,100	1%
Utilities	1,934	1%	1,980	1%	1,920	1%
Board Expenses	1,129	1%	1,017	0%	1,000	0%
Fundraising	14,019	7%	23,648	10%	22,740	7%
Program Expenses	30,921	16%	42,613	17%	35,400	11%
Professional Fees	500	0%	5,031	2%	10,000	3%
Staff Education	857	0%	75	0%	-	0%
Jam and Spartan wear	3,529	2%	4,894	2%	7,800	3%
Other (Describe)	-	0%	-	0%	-	0%
Subtotal	57,040	29%	83,961	34%	83,390	27%
Other Costs						
Debt Service	-	0%	-	0%	-	0%
Other (Describe)	-	0%	-	0%	-	0%
Subtotal	-	0%	-	0%	-	0%
Total Direct Expenses	198,116	100%	243,507	100%	308,710	100%

**Attachment E-1
Budget Items Greater than 10%**

Bainbridge Youth Services	2016	18 Months Total	Requested Funding
Staff			
HYA Director	30,000	45,000	36,900
Communications	500	750	-
Development Coordinator	12,000	18,000	-
Tutoring Staff	4,800	7,200	-
Event & Fun Run Coord.	10,000	15,000	-
Management	50,000	75,000	-
Support	21,924	32,886	-
Psychotherapy	70,059	105,089	-
Taxes	12,210	18,315	-
Total Staff	211,493	317,240	36,900

Bainbridge Healthy Youth Alliance	2016	18 Months Total	Requested Funding
Program Expense			
Adverse Childhood Events	3333	5,000	5,000
Awareness & Report Card	6167	9,250	-
Partnership Costs	967	1,450	-
Speaking Event	4067	6,100	6,100
Summit	2533	3,800	-
TedX_BHS	2933	4,400	-
Leadership & Teen Council	1733	2,600	-
Total Program Expense	21,733	32,600	11,100

**Attachment F
Special Project Form (18 months)**

Agency Agency Agency Agency
Project: Bainbridge Healthy Youth Alliance

Enter the estimated costs associated with this project	Total Funds		Requested Funds		Other Funds	
	Budget	Percent	Budget	Percent	Budget	Percent
Personnel						
Managers	-	0%	-	0%	-	0%
Staff	45,000	52%	36,900	43%	8,100	9%
Total Benefits	-	0%	-	0%	-	0%
SUBTOTAL	\$ 45,000	52%	\$ 36,900	43%	\$ 8,100	9%
Supplies & Equipment						
Equipment	-	0%	-	0%	-	0%
Office Supplies	-	0%	-	0%	-	0%
Other (Describe):	-	0%	-	0%	-	0%
SUBTOTAL	\$ 0	0%	\$ 0	0%	\$ 0	0%
Administration						
Advertising/Marketing		0%	-	0%	-	0%
Audit/Accounting		0%	-	0%	-	0%
Bank & Other Admin		0%	-	0%	-	0%
Insurance/Bonds		0%	-	0%	-	0%
Postage/Printing		0%	-	0%	-	0%
Training/Travel/Transportation	-	0%	-	0%	-	0%
% Indirect (Limited to 10%)						
Other (Describe):	-	0%	-	0%	-	0%
SUBTOTAL	\$ -	0%	\$ -	0%	\$ -	0%
Ongoing Operations &						
Operating Expenses	1,800	2%	-	0%	1,800	2%
Fundraising		0%	-	0%	-	0%
Program Expenses - Existing		0%	-	0%	-	0%
Program Expenses - New	37,600	44%	11,100	13%	26,500	31%
Feasibility Consultant	2,000	2%	2,000	2%	-	0%
SUBTOTAL	\$41,400	48%	\$ 13,100	15%	\$ 28,300	33%
Other						
Debt Service	-	0%	-	0%	-	0%
Other (Describe):	-	0%	-	0%	-	0%
SUBTOTAL	\$ -	0%	\$ -	0%	\$ -	0%
Total Project Budget	\$86,400	100%	\$ 50,000	58%	\$ 36,400	42%

NOTE: Indirect is limited to 10%

ATTACHMENT F

**Project Salary Summary
(18 months)**

Description

Number of Professional FTEs	0.82
Number of Clerical FTEs	0
Number of All Other FTEs	0
Total Number of FTEs	0.82

Salary Information

Salary of Executive Director or CEO	-
Salaries of Professional Staff	36,900
Salaries of Clerical Staff	-
Other Salaries (Describe Below)	-
Total Salaries	36,900

Total Payroll Taxes	-
Total Cost of Benefits	-
Total Cost of Retirement	-
Total Payroll Costs	36,900



March 10, 2016

Kitsap County Citizens Advisory Board
C/O Kitsap County Human Services
614 Division Street MS-23
Port Orchard, WA 98366

Re: Letter of Commitment to provide Mental Health, Chemical Dependency and Therapeutic Court Programs

Dear Citizens Advisory Committee:

I am writing to express my support and commitment for the Bainbridge Island Healthy Youth Alliance Collective Impact grant proposal. The grant funding will be fiscally managed by Bainbridge Youth Services, the backbone arm of our Alliance, and will provide prevention and awareness building programs as well as psychotherapy for teens who seek help through Bainbridge Youth Services' psychotherapy program.

As a 10 year old non-profit on Bainbridge Island providing parenting education and support, Raising Resilience is a committed partner of the Bainbridge Healthy Youth Alliance (BHYA). We are one of BHYA's original founding organizations and we helped form the roadmap that has led us to our Collective Impact design.

The Bainbridge Healthy Youth Alliance is proposing the following project:

- To bring ACES (Adverse Childhood Events) awareness to Bainbridge Island by hosting a Paper Tiger event and hiring a part time contract speaker to present information to a variety of community organizations.
- To organize a public event with a nationally renowned speaker on Social and Emotional Wellbeing.
- To design a strategic plan for the Alliance, creating a roadmap to harness the power of many different organizations and individuals working on a shared common agenda to support positive youth development, prevent and mitigate mental health issue and substance abuse and support social and emotional well-being.
- To support the backbone staff that sustains our collaboration.

Raising Resilience will commit the following resources to the proposal submitted by Bainbridge Island Healthy Youth Alliance:

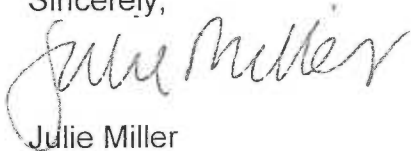
- Continued volunteer staff to execute BHYA projects. Raising Resilience has been instrumental to the ongoing success of yearly Healthy Youth Summits through taking a leading role in the planning and marketing of the events.
- Consideration of continued organizational sponsorship of the BHYA. Raising Resilience contributed \$3,000 to BHYA projects last year and will consider renewing our financial sponsorship at our next board meeting.

Raising Resilience offers parenting education classes based on the latest research in neuroscience, nationally recognized parent speakers, and other outreach events. This past year, Julie Lythcott-Haims spoke to 450 adults and raised awareness of the national and local trends regarding mental health issues in teens and young adults. The next BHYA Healthy Youth Summit will be a forum to leverage this successful event and move adults from knowledge to action that supports youth well-being.

When appropriate, we promote the free and confidential psychotherapy services of Bainbridge Youth Services as a resource for mental health issues in teens and their parents as well as the askBYS.org website where parents and teens can ask confidential questions of counselors and physicians.

We believe our mission of fostering supportive parents, skilled in raising resilient children, is important in cultivating the conditions that prevent mental health issues in youth. We are proud to join in this exciting collective endeavor to increase the protective factors that help youth grow to their full potential and provide early intervention for those in need.

Sincerely,



Julie Miller

Chair, Board of Directors

Raising Resilience



March 10, 2016

Kitsap County Citizens Advisory Board
C/O Kitsap County Human Services
614 Division Street MS-23
Port Orchard, WA 98366

Re: Letter of Commitment to provide Mental Health, Chemical Dependency and Therapeutic Court Programs

Dear Citizens Advisory Committee:

I am writing to express my support and commitment for the Bainbridge Island Healthy Youth Alliance Collective Impact grant proposal. The grant funding will be fiscally managed by Bainbridge Youth Services, the backbone arm of our Alliance, and will both provide prevention and awareness building programs as well as psychotherapy for teens who seek help through Bainbridge Youth Services' psychotherapy program.

As a 50+ year old 501c3 non-profit on Bainbridge Island providing community service to make the world and our community a better place, Rotary is a committed partner of the Bainbridge Healthy Youth Alliance (BHYA). As one of BHYA's original founding agencies, we helped form the roadmap that has led us to our Collective Impact design and investment.

The Bainbridge Healthy Youth Alliance is proposing the following project:

- To bring ACES (Adverse Childhood Events) awareness to Bainbridge Island by hosting a Paper Tiger event and hiring a part time contract speaker to present information to a variety of community organizations.
- To organize a public event with a nationally renowned speaker on Social and Emotional Wellbeing.
- To design a strategic plan for the Alliance, strengthening our collective impact on mitigating mental health issues and substance abuse through supporting positive youth development principles and protective factors shown to help decrease risk behaviors.
- To support the backbone staff that sustains our collaboration.

Through the Healthy Youth Committee, our Rotary club is committing to offer volunteer staff resources including experts in education, marketing, communication and business to the Bainbridge Healthy Youth Alliance efforts this coming year. This year Rotarians have or will be providing expertise in designing or executing the BHYA

- Partner Recruitment efforts
- Narrative Gathering projects
- Healthy Youth Summits
- State of our Youth report card.

Rotarians have contributed at least 100 hours of volunteer time to Alliance projects and donated meeting space for BHYA committees. We expect to continue this support in the future.

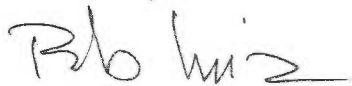
Rotary has allocated \$15,000 to be spent by our Healthy Youth committee (aligned with the Healthy Youth Alliance) where \$12,000 remains to be spent in 2016. In October we will review additional allocation requests.

The Rotary Club of Bainbridge Island will continue to serve on the Leadership Council (setting the course/direction of BHYA efforts) and as a major volunteer force helping to implement the programs and activities we identify at the Leadership Council level.

The Alliance projects actively promote the psychotherapy services of Bainbridge Youth Services as a resource for any mental health issues teens are facing. Our Rotary Club also built and promotes the website: askBYS.org. We are proud to support this innovative tool where parents and teens can ask confidential questions of counselors and physicians and also serves as a resource hub where additional information can be sought.

We believe our support and commitment will significantly improve the awareness and availability of mental health services in our community and we look forward to working with you on this exciting endeavor.

Sincerely,



Bob Linz

Chair Healthy Youth Committee

Rotary Club of Bainbridge Island



BOYS & GIRLS CLUB
OF BAINBRIDGE ISLAND

March 8, 2016

Kitsap County Citizens Advisory Board
C/O Kitsap County Human Services
614 Division Street MS-23
Port Orchard, WA 98366

Re: Letter of Commitment to provide Mental Health, Chemical Dependency and Therapeutic Court Programs

Dear Citizens Advisory Committee:

I am writing to express my support and commitment for the Bainbridge Island Healthy Youth Alliance Collective Impact grant proposal. The grant funding will be fiscally managed by Bainbridge Youth Services, the backbone of our Alliance, and will provide prevention and awareness building programs as well as psychotherapy for teens who seek help through Bainbridge Youth Services' psychotherapy program.

As a non-profit providing children with a safe place to learn and grow, ongoing relationships with caring adult professionals and life enhancing programs and character development experiences, Boys & Girls Club of Bainbridge Island is a committed partner of the Bainbridge Healthy Youth Alliance (BHYA). We are one of BHYA's founding organizations and helped form the roadmap that has led us to our Collective Impact design.

The Bainbridge Healthy Youth Alliance is proposing the following project:

- To bring ACES (Adverse Childhood Events) awareness to Bainbridge Island by hosting a movie event with the film "Paper Tigers" and hiring a part time contract speaker to present information to a variety of community organizations.
- To organize a public event with a nationally renowned speaker on Social and Emotional Wellbeing.
- To design a strategic plan for the Alliance, creating a roadmap to effectively harness the collective power of multiple organizations and individuals toward common positive outcomes using evidence based approaches.
- To support the backbone staff that sustains our collaboration.

The Boys & Girls Club of Bainbridge Island will commit the following resources to the proposal submitted by Bainbridge Island Healthy Youth Alliance:

- Continued staff time to serve on the BHYA Leadership Council, supporting the leadership of the alliance.
- Consideration of continued organizational sponsorship of the BHYA. Boys & Girls Club contributed \$1,000 to BHYA projects last year and will consider renewing our financial sponsorship.

When appropriate, we promote the free and confidential psychotherapy services of Bainbridge Youth Services as a resource for mental health issues in adolescents and their parents as well as the askBYS.org website which allows parents and teens to ask confidential questions of counselors and physicians.

We believe our mission of enabling all young people to reach their full potential as productive, caring, responsible citizens is in line with the mission of the BHYA. We are proud to join in this exciting collective endeavor to increase the protective factors that help youth grow to their full potential and provide early mental health intervention for those in need.

Sincerely,



Brooke Beals

Club Executive Director

Boys & Girls Club of Bainbridge Island

BOARD OF DIRECTORS

Mev Hoberg
Sheila Jakubik
Michele Spence
Cinkead
Lynn Smith



SUPERINTENDENT
Faith A. Chapel

8489 Madison Avenue NE * Bainbridge Island, Washington 98110 * (206) 842-4714 * Fax: (206) 842-2928

March 7, 2016

Kitsap County Citizens Advisory Board
C/O Kitsap County Human Services
614 Division Street MS-23
Port Orchard, WA 98366

Re: Letter of Commitment to provide Mental Health, Chemical Dependency and Therapeutic Court Programs

Dear Citizens Advisory Committee:

I am writing to express my support for and commitment to the Bainbridge Island Healthy Youth Alliance (BHYA) Collective Impact grant proposal. Our application will provide prevention and awareness programs as well as identify an important resource in our community through the counseling program at Bainbridge Youth Services.

The Bainbridge Island School District (BISD) is a committed partner of the BHYA. As one of its original founding agencies, we helped form the roadmap that has led us to our collective impact design and investment.

The BHYA is proposing the following:

- To bring ACES (Adverse Childhood Events) awareness to Bainbridge Island by hosting a "Paper Tiger" event and hiring a part time contract speaker to present information to a variety of community organizations.
- To organize a public event with a nationally renowned speaker on social and emotional wellbeing.
- To design a strategic plan for the alliance, strengthening our collective impact on mitigating mental health issues and substance abuse by actively implementing positive youth development principles and protective factors shown to help decrease risk behaviors.
- To support the backbone staff who sustain our collaboration.

BISD will commit the following resources to the proposal submitted by BHYA:

- Use of our school district meeting rooms and technology for presentations,
- Staff time to assist with data gathering that will contribute to the "State of the Youth" report card, and
- Time for our part-time Student Assistance Program counselor to collaborate with BYS and coordinate efforts to identify and differentiate services offered by BYS and BISD that are unique yet complementary.

BISD will continue to serve on the Leadership Council, helping to set the direction for BHYA efforts. We will also assist with distribution of information and recruitment of volunteers to support implementation of programs and activities identified by the BHYA Leadership Council.

Sincerely,



Faith A. Chapel
Superintendent



March 10, 2016

Kitsap County Citizens Advisory Board
c/o Kitsap County Human Services
614 Division Street MS-23
Port Orchard, WA 98366

Re: Letter of Commitment to provide Mental Health, Chemical Dependency, and
Therapeutic Court Programs

Dear Citizens Advisory Committee:

I am writing as the President of the Bainbridge Youth Services (BYS) Board of Directors to express my unconditional support and commitment for the Bainbridge Healthy Youth Alliance (BHYA) Collective Impact Grant Proposal. I want to assure you that the grant funding will be fiscally managed by BYS, which is the backbone arm of the Alliance. The project funded by the grant will provide both prevention and awareness building programs as well as offer psychotherapy for teens who seek help through BYS's psychotherapy program.

As a 54-year-old 501(c)3 nonprofit organization that provides social and emotional wellbeing counseling and programs for teens, BYS is a committed partner of BHYA. As one of BHYA's original founding agencies, we helped form the roadmap that has led us to our Collective Impact design and investment.

Bainbridge Healthy Youth Alliance is proposing the following project:

- To bring ACES (Adverse Childhood Events) awareness to Bainbridge Island by hosting a Paper Tiger event and hiring a part time contract speaker to present information to a variety of community organizations.
- To organize a public event with a nationally renowned speaker on Social and Emotional Wellbeing.
- To design a strategic plan for BHYA, strengthening our collective impact on mitigating mental health issues and substance abuse through supporting positive youth development principles and protective factors shown to help decrease risk behaviors.
- To support the backbone staff that sustains our collaboration.

Bainbridge Youth Services' commitment to the project will include:


Kitsap County Citizens Advisory Board
March 4, 2016
Page Two

- Funding the entire operation's costs of BHYA. This entails both the overhead funding and the staffing costs. We are committed to the work of BHYA and, if need be, will dip into our reserves to fund the backbone needs. We have currently budgeted \$30,000 for calendar year 2016 to fund needed contract staff and \$5,000 in direct funds to support the projects.
- Continuing to seek other sources of funding. Just last week we submitted a foundation grant application for \$8,000.
- Working closely with the Rotary Club of Bainbridge Island to engage, educate, and mobilize the Club's membership on an ongoing basis to keep BHYA efforts moving forward.
- Continuing to serve on the Leadership Council (setting the course/direction of BHYA efforts) and as a major volunteer force helping to implement the programs and activities we identify at the Leadership Council level.

Bainbridge Youth Services actively promotes and maintains free and confidential psychotherapy services for youth ages 10-21. For those who find themselves unable to do one-on-one counseling, we have developed the website: askBYS.org. This website reduces access issues and barriers to care by allowing youth and/or their parents to seek information or anonymously ask burning questions to either a physician or a clinical psychologist.

We believe that the effort of the Collective Impact movement will in fact turn the tide for our kids. We will, over time, see reductions in anxiety and depression rates. And, we will see reductions in alcohol use rates in our youth as measured through the Healthy Youth surveys.

Sincerely,



Tom McCloskey
Board President
Bainbridge Youth Services