

WHAT ARE LYFS SERVICES?

Counseling Services

LYFS provides **free, walk-in, short-term crisis intervention and counseling to teens and their families** on Fridays from 3pm- 6pm. Additional times are available upon request.

Suicide Prevention

LYFS sponsors Sources of Strength (SOS), a nationally recognized and acclaimed suicide prevention program which is the first SOS chapter in New England. SOS trained 42 Youth Peer Leaders and 9 Adult Advisors this year and approximately the same number last year.

Parent and Family Programs

LYFS initiates community education and support programs for parents and families. Some of these include:

- **Parent-Teen Dialog**
- **A Book Group for Parents**
- **Parent Academy Workshops**

Community Collaborations

LYFS advocates for changes to reduce youth stress and builds alliances among our school and town leaders as well as the broader community.

THE PEOPLE BEHIND LYFS

Director

Erin M. Deery, LICSW

Clinical Consultants

William Blout, LICSW

Dale Dillavou, PhD

Timothy Dugan, MD

Barry Elkin, PhD

Board of Directors

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Michele Cooke

Reggie O'Hare Gibson

Josh Howell, CPA

Barry Orenstein

Joan Robinson, LICSW

LYFS

Teen and Family
Mental Health Support



"I've seen many friends struggle with challenges to their mental health for years... So many aspects of mental illness in this town are so preventable - and I'm excited to be a part of an organization driving the progress in addressing them."

- LYFS Youth Advisor

7 Harrington Road
Lexington, MA 02421
781-862-0330
www.LYFSinc.org

**LYFS is open on Fridays from 3pm-6pm
for drop-in counseling.
Additional times upon request.**

WHY IS LYFS NEEDED?

Teen suicide is a devastating tragedy, nationally and locally.

According to the 2013 and 2015 Youth Risk Behavior Surveys, **Lexington ranks among the highest in the state with teens “who seriously consider “suicide.”**

The 2015 survey showed **264 students at Lexington High School** who seriously considered suicide in the last twelve months. However, we are encouraged that the number of **LHS students who actually attempted suicide declined from 55 in 2013 to 39 in 2015.**

Common teen issues:

- School stress
- Relationships and dating issues
- Anxiety
- Depression
- Sleep trouble/deprivation
- Parent and family conflicts/stress
- Cutting and self-injury

LYFS is actively working to build resilience in our students by supporting and promoting health-based suicide prevention programs such as **Sources of Strength (SOS).**

11-08-16

SUPPORTING OUR TEENS...

Sources of Strength has been reviewed by the American Journal of Public Health and has been found effective in reducing teen suicides.

The program works with teens to help them **recognize and nurture their own personal strengths and networks** including trusted adults.



"Being part of the LYFS Youth Board and a Peer Leader in Sources of Strength ... I've found my own methods of coping with stress have improved. And going from talking through ideas to actually implementing programs is incredibly rewarding and shows there are concrete ways to make a difference in our community." - A Lexington Teen

The Lexington SOS group organizes and implements **activities which are posted on the LYFS Facebook page** and school bulletin boards.

In one project 45 SOS Peer Leaders each identified a teacher as a trusted adult whom students could talk to and gave them SOS bracelets saying, "You can talk to me."

WHO SUPPORTS LYFS?

While the First Parish Church generously donates our office space, we are not affiliated with any religious organization.

We are supported by generous Lexington residents and grants from **CHNA15**, and from **The Foundation for Metrowest**, (Community Endowment of Lexington **CEL**), and the **Lahey Clinic** in previous years.

Local businesses generously support LYFS. Some of these include: **The Crafty Yankee Eye- Look Optical Personal Cleaners and Tailors**, and **Stephanie Louis Salon.**

"As mothers, we feel fortunate to live in a community with such an amazing resource for teens and families..."

- Six Lexington Parents

**Please give by sending your tax-deductible check to:
LYFS, Inc.,
7 Harrington Road
Lexington, MA 02421**