

# BOLD Solutions FYCOES

The Family, Youth & Community Outreach and Education Strategies Program

## What is FYCOES?

The FYCOES Program of **Bold Solutions** was created to help young people and their families address challenges in their lives, especially family conflicts and managing anger. The approach used in the FYCOES Program is based on what research tells us are the most effective ways to help people prevent and solve problems. We focus on identifying the “behaviors” that you want to change, then support and coach you in how to make those changes happen. We also help you keep acting on the positive behavior once it has started.

## What can Families expect?

- Families will be encouraged to talk honestly about their situation.
- Families are asked to participate during their meetings with a Case Manager and practice new skills between meetings.
- Families are asked to look at their own behaviors and think about how those actions help.
- Families may be asked to set goals and try different ways of problem solving.

## How do BOLD Solutions Staff help?

- Staff work with youth & families to listen and help with their individual situations.
- We aim to help youth better understand and manage their emotions.
- We offer support for parents/guardians.
- Offer flexible meeting times for a duration of 3 months.
- Are available 24 hours a day.

Staff work with Youth and families to set up concrete goals based on individual circumstances. Case Managers advocate for youth and encourage them to have some fun in the process!

### Contact Us:

David Haapala  
Email: [haapala@harboret.com](mailto:haapala@harboret.com)  
Phone: 253.405.9329

Johanna Larson  
Email: [johanna@boldsolutionswa.org](mailto:johanna@boldsolutionswa.org)  
Phone: 360.409.7177