



# ADOLESCENT COUNSELING SERVICES

## strength through support

# Annual Report 2017-2018

### ● Dear Friends,

On behalf of the nearly 5,000 lives we helped find strength through support this past year, we want to thank you from the bottom of our hearts! I hope that you will join ACS on April 24th, 2019 at a luncheon celebrating our youths' successes and fundraising for the critical services that make these successes possible.

As your local counseling agency, our work never ceases. We know that 1 in 5 youths suffer from a mental health condition and that suicide is the 2nd leading cause of death in youth ages 15 - 24. We also know that of all these children and teens struggling with emotional problems, a mere 30% receive any sort of intervention or treatment. Imagine only treating 30% of the young people with any other health problem like asthma or the flu.

What is preventing everyone from seeking help? We sadly know that even today and even with all the tragedies of losing teens to suicide in our surrounding communities there is still stigma and shame of talking about mental health and people are still afraid to seek help when in need.

At ACS, we envision a community where a young person needing support can be completely comfortable asking for it and that services are readily available. This means that at home, everyone needs to be okay with the fact that children, in fact everyone, struggles at times. As a community, we need to encourage everyone to openly discuss their emotions without shame and the fear of being seen as weak. And as a society, we need to get to a place where seeking help for depression, anxiety, or other mental illnesses is no different than getting help for the flu or a broken arm.

We have a goal to double the number of clients served from 5,000 youth served annually to 10,000 by 2021. This, of course, requires growth in all of our programs. It will take additional counselors, capacity to provide more internships and train future leaders in the field, and educating our communities in supporting everyone, especially our young people, to be who they are - and to accept them just that way.

Know that each and every year, we could not do the work we do without your generous and continued financial support. A part of you is in everything we do -- when we bring a teen from darkness and despair, to the light and promise of a bright future. Thank you so much!

In partnership,

Philippe Rey, Psy.D.  
Executive Director



#### MISSION

Adolescent Counseling Services (ACS) empowers youth in our community to find their way through social-emotional support and by building safe, accepting communities.

#### VISION

All youth are emotionally healthy, empowered with the tools to face life's challenges.

#### VALUES

Diversity, integrity, respect, and the highest professional standard.

#### WHO WE SERVE

Adolescent Counseling Services provides therapy, substance abuse treatment, support and preventative education to youth and young adults ages 10-25 and their families in Santa Clara and San Mateo Counties.



#### ACS LEADERSHIP

Philippe Rey, PsyD  
Executive  
Director

Sarah Burdge, PhD  
Clinical  
Director

Anthony Ross  
Outlet Program  
Director

In 2017-2018, over 4,200 counseling sessions, support groups and consultations were provided to nearly 5,000 local youth and families through four programs:

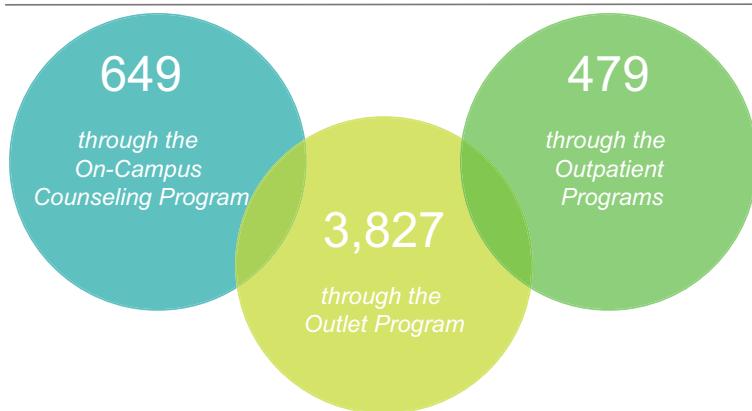
COMMUNITY  
COUNSELING

ON-CAMPUS  
COUNSELING

ADOLESCENT SUBSTANCE  
ABUSE TREATMENT

OUTLET  
PROGRAM

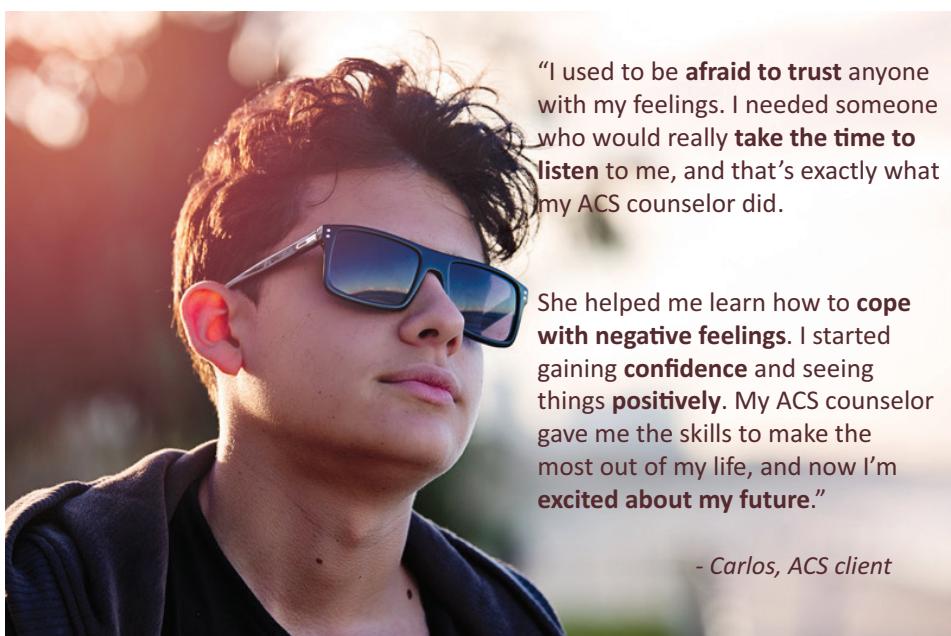
### Individuals Served through Direct Services, Education and Outreach



*Joe\*, 11 years old, was referred to ACS by his school teacher, who had been concerned about his bullying behavior with his peers and his "attitude" with adults. As it turned out, Joe had had an unstable childhood and underneath his tough exterior, he was just a scared boy who was trying to navigate his chaotic world. Joe was new to Palo Alto, biracial, and his parents had divorced when he was young. He had been a witness to domestic violence, drug abuse, and situations not suitable for a child.*

*Joe's ACS therapist slowly began to uncover the sources of Joe's anger and aggression. His therapy centered on identifying the many ways he belonged to "two worlds" - two racial and cultural frameworks, two cities with two parents, being a minority student in a racially different community and learning a new "school world" set of behaviors.*

*Joe's counselor gave him tools to understand his feelings and helped him to reach out to each of his parents. His therapist also worked with each of the parents to take a closer look at Joe's needs. This team approach led to a change in Joe's attitude and improvements in his schoolwork and social relationships. Joe's future now looks bright, and with the ongoing support and help of ACS, Joe will continue to thrive throughout his years as a bright adolescent.*



**ACS' life-changing services help young people develop the attitudes, personal habits, and skills they need to build healthy, happy futures. Trained care professionals offer on-campus and community counseling, substance abuse treatment, LGBTQ+ support services, and education programs.**

Program Highlights:

**97%** of youth treated five or more times in the Community Counseling Program showed a significant decrease in their presenting problem

**91%** of youth being treated in the On-Campus Counseling Program improved their level of functioning and increased their coping skills

**98%** of parents receiving education through the ASAT Program reported a thorough understanding of issues surrounding substance abuse

**99%** of participants in Outlet's UNIQUE trainings reported an inclination to act or speak up in the face of discrimination or bullying of LGBTQ+ young people

Top presenting issues in youth this year:

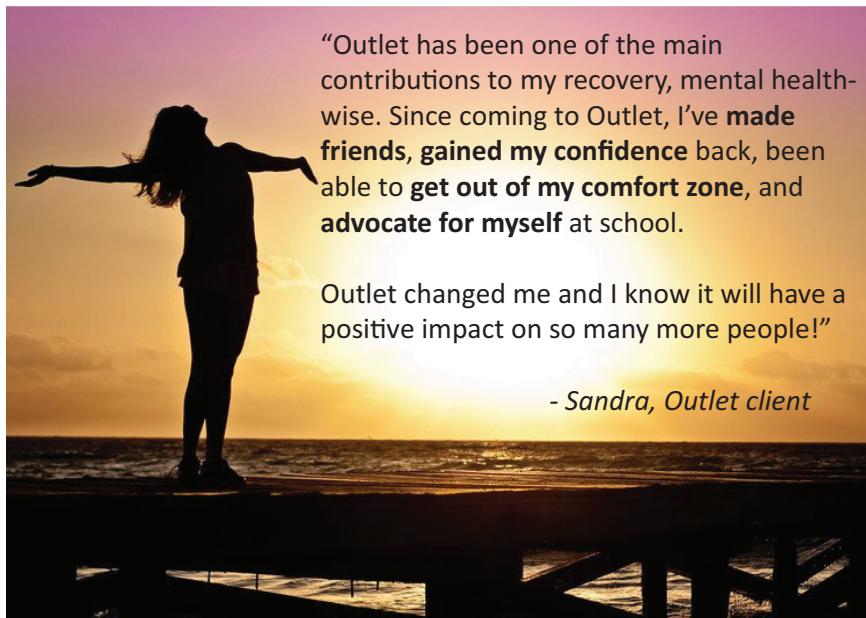


*Osha\* is a 16 year-old multi-ethnic youth attending a Palo Alto High School who identifies as pansexual, gender-fluid, and uses both "she" and "they" pronouns.*

*Osha started attending Outlet's drop-in hours over the summer. They were like a firefly: glowing with energy and lighting up the room with smiles. But after a couple of months, that energy started to fade. With the support and care of Outlet staff, Osha felt safe enough to open up about what was going on at home - an abrupt divorce, a sibling moving away, LGBTQ+ friends struggling with mental health issues, and a new "coping" skill - self harm.*

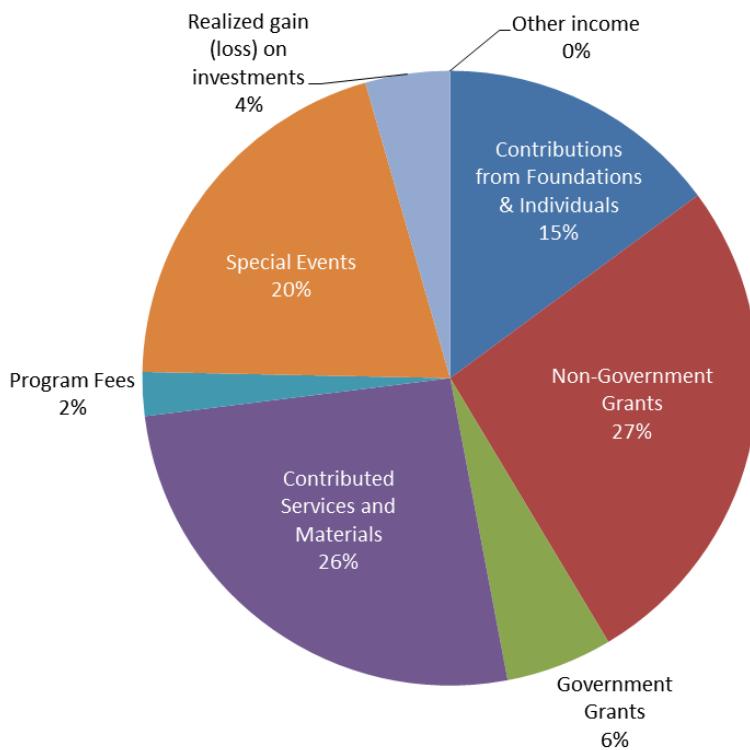
*Outlet and ACS worked to match Osha with an ACS therapist who would meet their needs as a queer and trans youth of color. Through working with their therapist, they were referred to an intensive outpatient program that is helping them build positive coping skills and healthy relationships.*

*Osha still attends Outlet groups and looks forward to spending more time in Outlet spaces after they complete their program. Their vivacious energy is coming back, and they hope to share their story with other teens as an advocate for mental health issues.*



# 2017-2018 FINANCIALS

- The condensed financial information on this page has been obtained from ACS' audited financial statements as of and for the fiscal year ending June 30, 2018. These statements have been audited by SD Mayer & Associates, LLP.



## REVENUE

Contributions from Foundations & Individuals:	\$ 234,115
Non-Government Grants:	\$ 418,202
Government Grants:	\$ 88,250
Contributed Services & Materials*:	\$ 409,689
Programs:	\$ 36,271
Special Events:	\$ 318,621
Investment Gains:	\$ 70,077
Other Income:	\$ 4

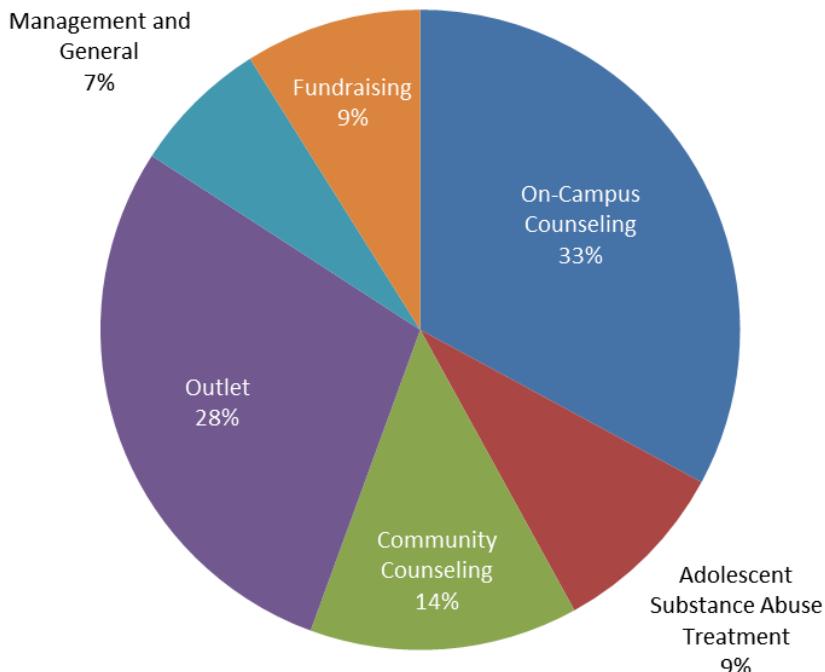
**Total Revenue: \$ 1,575,229**

\* This number represents the market-value of services ACS receives pro-bono, such as: clinical interns, advertising/marketing materials, and legal counsel

## EXPENSES

On-Campus Counseling:	\$ 533,644
Adolescent Substance Abuse Treatment:	\$ 147,617
Community Counseling:	\$ 220,314
Outlet:	\$ 463,553
Fundraising:	\$ 144,907
Management and General:	\$ 112,358

**Total Expenses: \$ 1,622,393**



## 2017-2018 Boards

Thank you for  
your service!

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Thanks to your commitment to local youth and families, ACS raised \$1,575,229 in 2017-2018. Thank You!

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#### \$50,000 and above

Sequoia Healthcare District  
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#### Innovator \$25,000-

#### \$49,999

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 Jordan Middle School SIP/PTA  
 Las Lomitas Elementary School District  
 Palo Alto High School PTSA  
 Palo Alto Unified School District  
 Redwood High School  
 Woodside High School



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Are you passionate about reducing the stigma of mental health for our youth?

Do you have 10 hours a month to devote to bettering our community?

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**Find out more.**

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