

ROAD TO THE FUTURE

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Adolescent
Counseling
Services

The 2009-2010 fiscal year proved to be one of growth and excitement, creating new opportunities which will pave the way for the future of Adolescent Counseling Services.

In addition to experiencing session and client increases in each of our three programs, one of the highlights was an internal, behind-the-scenes achievement which will ultimately improve the many ways in which Adolescent Counseling Services helps teenagers and families in our community. After a great amount of research, discussion and effort, the ACS Board of Directors approved a new Strategic Plan that will help shape and steer the organization over the next three years by targeting our programs and facilities, internal structure and organizational identity. We want to take this opportunity to briefly showcase some points from the plan that might be of interest to you:

In our On-Campus Counseling Program, it is our objective to serve more kids and family members. To achieve this goal, we are looking to expand to new sites in San Mateo County and to a younger population in the districts

continued page 2

200910
annual report



Adolescent Counseling Services

Mission

Adolescent Counseling Services empowers teens and their families in our community to realize their emotional and social potential through counseling and preventive education.

Vision

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

Values

Diversity, integrity, respect and highest professional standard.



Adolescent Counseling Services
4000 Middlefield Road, Suite FH
Palo Alto, CA 94303
650.424.0852
Fax: 650.424.9853
Email: acs-admin@acs-teens.org
www.acs-teens.org

Executive Director:
Philippe Rey, PsyD

Editors:
Aarika Riddle
Development & Marketing Director
Curtis Hill
Development & Marketing Associate

Design:
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penny@haybales.biz

that we currently serve. Doing so will increase our reach and preventative care efforts by allowing us the opportunity to identify problems before they escalate, helping students and their families avoid potential nightmares.

Another objective from the Strategic Plan, which will have a tremendous impact on both the After-School Counseling and Adolescent Substance Abuse Treatment Programs, is for the organization to secure stable office space where both programs and administration will be housed under one roof. This will help us save money on overhead and direct those savings to our critical services. With a larger space, we will be able to serve more kids and family members in both individual and group settings.

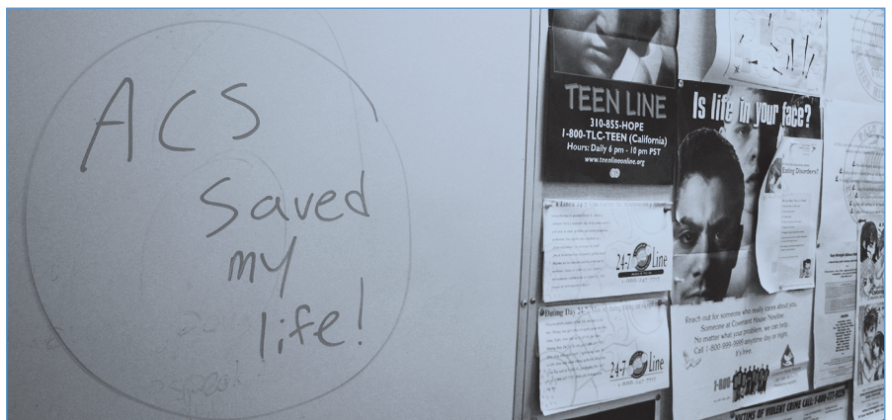
As you know, an effective Board of Directors is the back bone of any organization. Therefore, we will dedicate the necessary time and resources to selecting, recruiting and training individuals to govern the organization and implement the strategies that will ensure our sustainability and growth in the future.

Finally, as we seek to serve a broader age range, it may be necessary to change our name to accurately reflect the demographics we serve. Thus, the Strategic Plan calls for a complete assessment of our public image, including our name, brand, logo and characteristics as a non-profit entity.

Many exciting things are in store for ACS in the near future. As we eagerly anticipate this growth and development, we must not forget our past and the foundation of community and collaboration upon which ACS was built. With that in mind, we want to thank you for all the trust, support, and confidence you have placed in this amazing organization. You have always been there, and we hope we can count on you to be there tomorrow as we continue to become the premier counseling organization for teens and their families on the Peninsula. Thank you!

Philippe Rey, PsyD
Executive Director

Lorie Sinnott
President, Board of Directors



This message, written by an unidentified student, appeared on the white board in front of ACS' On-Campus Counseling Program offices at Palo Alto High School on December 15, 2010.

ACS By the Numbers 2009–2010

- 35** Number of years ACS has been providing free and affordable mental health services to the community
- 3,225** Number of individuals reached this year by ACS through its programs and community presentations
- 35,000** Approximate number of teens and family members reached by ACS since 1975

Adolescent Substance Abuse Treatment Program

204 Clients and family members served through assessments and intensive treatment

82% Increase in number of treatment clients in 2009–2010 compared to 2008–2009

\$33,000 Amount of scholarships given to families to ensure teens are receiving necessary treatment for the appropriate duration to be successful in recovery

ACS Executive Director Dr. Philippe Rey believes that the increases in the number of treatment clients seen and the amount of scholarships given are a reflection of a heightened awareness in the community and not an indication of an overall increase in substance abuse. “More teens and families are seeking treatment for issues that had been previously untreated or neglected. While it is unfortunate for any family to be in this situation, it is a positive sign that more people are reaching out to us for assistance,” he said.

82% of the adolescents receiving treatment achieved a minimum of 30 days of sobriety while enrolled in the program.

“When my parents brought me to ACS, I was only a shadow of who I am today. The ASAT Program made me see that I still had dreams and the potential to reach them.”

~ASAT Program Client

After-School Counseling Program

82 Clients seen in the After-School Counseling Program

408 Sessions held

\$25,829 Amount of scholarships given to teens and families for individual and group counseling sessions and support groups

90% of clients seen five or more times reported that the counseling they received was “helpful” or “very helpful” during their exit interview.

88% of parents reported an increase of their understanding of adolescent developmental stages and the particular emotional issue dealt with by their child during treatment.

The After-School Counseling Program nearly doubled its number of clients in the 2009–2010 school year. Katie Luce, LMFT, who became the After-School Counseling Program Director in 2009, attributes this increase to the amplified visibility of ACS within the community and ongoing economic instability. “When parents contact me, they have often already exhausted other possibilities such as their own insurance or private therapists,” she stated. “We’re providing high-quality services during flexible hours at an extremely low rate. This type of accessibility is clearly meeting a need in the community.”

On-Campus Counseling Program

“You folks are wonderful. We are indebted to the help you’ve provided our daughter.”

~Parent of an OCC Program Client

1,136 Clients served

7,490 Individual, family and group therapy sessions held

16 OCC Program Support groups offered. Topics, which varied according to student interest and demand, included social skills, grief and loss and kids with single parents, among others.

99% of the students seen five or more times reported that the counseling they received was “helpful” or “very helpful”, as reported during the client exit interview.

63% of students identified as mildly depressed using the Mental Status Exam and seen five or more times showed a decrease in symptoms at the conclusion of therapy.

The OCC Program witnessed an increase of over 500 counseling sessions and over 1,000 additional intern hours logged from the previous school year. Additionally, there was a 22 percent increase in students admitting to suicidal ideation in pre-treatment analyses. Program Director Roni Gillenson, LMFT, partially attributes this increase to more open communication between parents and teenagers following the tragedies at Gunn High School. “These issues may have been there before,” she explained, “but now there’s more permission to talk about it and seek treatment.”

Growing Up Overnight

We began seeing Ashley*, a young Latina student, after she was referred to us by the Sequoia Teen Wellness Center. It was hard to believe she was still in high school. Already she had experienced the responsibilities, worries and harsh reality of adulthood. Ashley was the oldest of three girls. Her father had abandoned her family and left her ill mother as the primary caretaker of the household. At this misfortune, Ashley was forced to take a full-time job, working from 3pm to 10pm Monday through Saturday to support her family. Much of her distress, depression and difficulty in school was due to exhaustion and poverty.

Given these circumstances, Ashley believed that some of the basic high school experiences teens look forward to were beyond her grasp, such as getting a yearbook for her friends to sign and going to the prom. However, Ashley's ACS counselor was able to connect her with a program that allowed her to earn a prom ticket during school hours. Ashley's counselor also secured a free yearbook for her.

Through her counseling sessions with ACS, Ashley was able to realize that she was not alone and that she did not have to carry all of the burdens of her family life in isolation. Ashley learned that just as she was providing for her family, there were others who would help provide for her emotional and physical needs.

Ashley was forced to grow up overnight when her father left. With the help of counseling, Ashley became a teenager again, and was able to enjoy the duration of high school with the excitement of being young. By letting people in and expressing her own needs, Ashley opened the door to the many people that were willing to come through for her. In the end, not only did Ashley decrease her isolation, but she also attended her high school prom and graduated with her class, making her mother and ACS very proud!

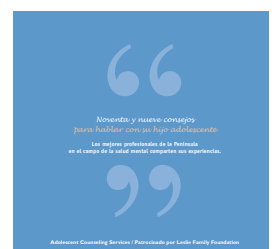
**Name changed to protect confidentiality*



“99 Tips for Talking With Your Teenager” Online and in Spanish

During the 2009-2010 school year, ACS reached an even broader audience by launching “99 Tips Online,” a new blog featuring articles written by ACS Staff along with links to recent news stories covering teen mental health and substance abuse issues. Since its creation in December of 2009, the blog has been viewed nearly 3,000 times and currently features over 100 informative posts.

In addition to the blog, ACS began distributing electronic copies of “99 Tips for Talking With Your Teenager” in both English and Spanish. Individuals who request a digital file of the booklet through the ACS Website also have the option of receiving a free hard copy by mail. Originally published in 2006, more than 9,000 free copies of “99 Tips for Talking With Your Teenager” have been distributed throughout the community.



thank you

We acknowledge with gratitude the generosity of our donors and volunteers. Thanks to your generosity, we raised over \$745,000 in 2009-2010! We are pleased to recognize gifts of \$125 or more received between July 1, 2009 and June 30, 2010. We regret the incorrect listing of any names or omission of any gifts that fall beyond the range of the fiscal year. For a complete listings of donors in the 2010 calendar year, please visit www.acs-teens.org/about_us/financials.php.

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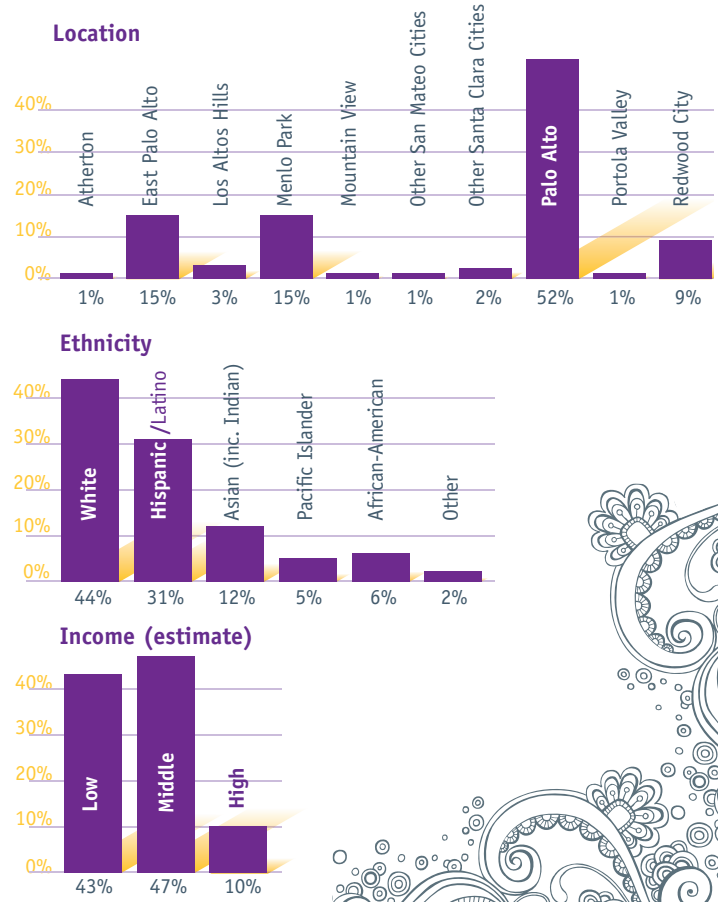
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2009-2010 Financials

ACS CLIENT DEMOGRAPHICS 2009-2010



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2009-2010 Financials

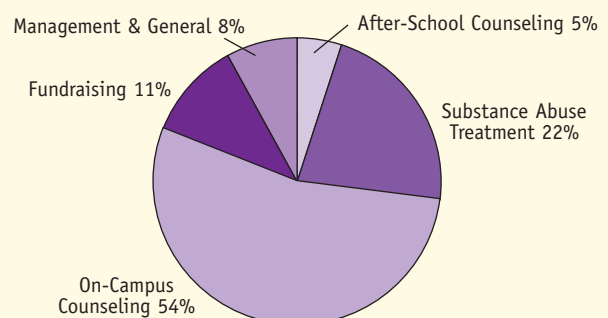
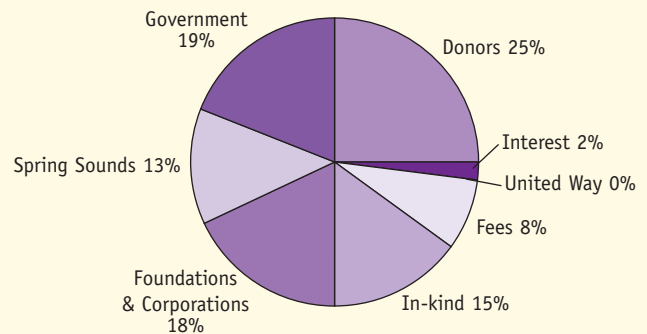
The condensed financial information on this page has been derived from ACS's financial statements as of and for the year ended June 30, 2010, which have been audited by Morton & Associates, Inc. The unrealized gain of funds invested in our Endowment and Nonprofit Investment Funds held at the Silicon Valley Community Foundation, totaling \$115,222, is not reflected in the operational financials below.

Revenue

Donors	323,500
Government	241,071
Spring Sounds	161,761
Foundations and Corporations	233,250
In-kind	193,250
Fees	98,938
United Way	2,144
Interest	23,617
Realized Loss	(3,014)
Total	1,274,517

Expenses

Management and General	105,102
Fundraising	146,341
On-Campus Counseling	718,355
Substance Abuse Treatment	287,891
After-School Counseling	68,958
Total	1,326,647
Net Increase (Decrease) in Net Assets	(52,130)





Adolescent Counseling Services

4000 Middlefield Road, Suite FH
Palo Alto, CA 94303

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TAKE PART IN THE JOURNEY

For over 35 years, Adolescent Counseling Services (ACS) has provided the mental and emotional assistance that teenagers need as they make their way toward adulthood. With free counseling available to students at eight campuses, outpatient adolescent substance abuse treatment, and affordable counseling for teens and families in the

afternoon and evening hours, ACS makes sure that teens have the support they need for safe travels along their journey.

You can continue to make ACS accessible and available to teens in need. By making a gift to support our valuable programs, you ensure that when a teen encounters a roadblock in life, they have the assistance of ACS to overcome it and head in the right direction.

Here are some ways you can make a difference this holiday season:

Make a donation by mail or online

Support ACS' Annual Campaign, raising \$325,000 to support our critical services. Mail in your gift or visit www.acs-teens.org to donate online.

Remember ACS in your estate plan

Leave your legacy by supporting ACS for the years to come. With so many options, it's easier than you think!

Add ACS to your gift wish list

Put ACS on your birthday wish list so loved ones can make a gift to ACS in your honor.

Participate in our tech drive

If you have old cell phones, computers, iPods, digital cameras, and more, you can donate them to ACS! Visit <http://acs.gazelle.com> for more info.

A gift of any size will help ACS guide teens past the many roadblocks they are facing. They can't do it alone and neither can ACS. Join us today in helping teenagers find their way!