

7,000 individuals helped through counseling, substance abuse treatment and preventive education

33% of clients in the Substance Abuse Program this year were **15 years old**

743 After-School Counseling sessions held, an **82% increase** from the previous year

13 teens aided by therapy in On-Campus Counseling Program

32 individual, family, and group sessions held in the On-Campus Counseling Program

ACS by the Numbers 2010-2011

Adolescent Counseling Services experienced an unprecedented growth in services demanded and services provided this year. It's the bad news and the good news. Presented here is the year in numbers.



**Adolescent
Counseling
Services**

Agency

7,000: Number of individuals reached this year by ACS through counseling, substance abuse treatment and preventive education

8: Number of counseling rooms available for outpatient services at the new ACS headquarters

10,157: Total number of blog views for "Teen Talk" in the 2010-2011 fiscal year, an 81% increase from the year before

Adolescent Substance Abuse Treatment Program

205: Clients and family members that received professional assessments and intensive treatment

1,402: Individuals that attended community outreach and preventive education events

33: Percentage of clients in ASAT Program that were 15 years old

\$19,406 Scholarships given to teens and families that need treatment, ensuring a successful recovery.

continued page 2

2010
annual report
2011



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

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Palo Alto, CA 94303

650.424.0852

Fax: 650.424.9853

Email: acs-admin@acs-teens.org

www.acs-teens.org

Blog: acsteens.wordpress.com

Facebook:

<http://www.facebook.com/acsteens>

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Philippe Rey, PsyD

Editors:

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Lindsey Leason

Development & Marketing Assistant

Design:

Bayless/Hale Design

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ACS by the Numbers, continued

“The ASAT Program was a safe place and I believe it gave my parents and me insight to the disease of addiction and family group sessions brought us closer together.” ~ ASAT Program Client

The ASAT Program welcomed Constance Mayer, LMFT, as the new Director of Outpatient Counseling Services. Connie serves as the program director for the ASAT Program, as well as the Clinical Supervisor for program interns.

After-School Counseling Program

86 Clients seen in the After-School Counseling Program

743 Sessions held, an 82% increase from the previous year

\$48,434 Amount of scholarships given to teens and families for individual, group, and family counseling

6 Top presenting issues were Communication with Parents, Academic Stress, Peer Relationships, Cross-Cultural Issues, Anxiety, and Divorce/Single Parent

“My family now communicates, is honest with one another, and we work together as a team.” ~ After-School Counseling Program Client

Beginning in 2011, ACS partnered with the Boys and Girls Clubs of the Peninsula (BGCP) and the East Palo Alto (EPA) Youth Court. Five hours per week, the After-School Counseling Program has a bilingual/bicultural therapist at the BGCP's Redwood City location providing 50-minute counseling sessions for a minimal fee. The EPA Youth Court partnership makes the After-School Counseling Program available to their clients who commit violations such as petty theft or curfew violations.

On-Campus Counseling Program

1,174 Clients aided by therapy in the On-Campus Counseling Program

6,532 Total number of individual, family, and group sessions held

61% Increase in self-referrals (teens coming on their own) from previous year

5 Top presenting issues were Communication with Parents, Academic Stress, Peer Relationships, Depression, and Anxiety

“Working with my ACS counselor helped me realize it was time to make better choices in my life.” ~ OCC Program Client

The OCC Program saw a continued increase in referrals. The community education forums, offered throughout the year, experienced a significant growth in participants. Over 2,600 teens, parents and community members attended our educational presentations. ACS is pleased to see more adults taking an active role in ensuring their teens get the help they need during the difficult periods of adolescence.

Dear Friends,



With the help of our strong, supportive, and passionate Board of Directors and dedicated community volunteers, Adolescent Counseling Services (ACS) put in place a structured, well-defined, and easy to follow Long Range Plan. In year 1 of our 3 year plan, ACS developed important strategic alliances within the community. Our new partnerships with the Boys and Girls Clubs of the Peninsula and the East Palo Alto Youth Court mean ACS is now a beacon of hope in the lives of youth who otherwise would be left on their own to struggle into adulthood. With these partnerships also comes an amazing opportunity for ACS to offer targeted education on adolescent development to the staff and volunteers of these two great organizations, fulfilling another goal of our strategic plan—reducing the stigma of mental health problems in our communities.

Part of the plan also incorporated the need for ACS to relocate its corporate offices and its outpatient programs into a single location, thereby improving its professional visibility and streamlining its clinical operations to be cost effective. In April 2011 our move was completed. The new location has turned out to be more convenient for teens and families to access, in contrast to our former Cubberley and Sherman locations, and has brought more teens and families from East Palo Alto and East Menlo Park to our outpatient programs.

I am proud to share this 2010-2011 Annual Report with you, our dearest supporters. Know that the work that ACS could not happen without your continued and generous support. You make a difference by helping us change and save young lives in our communities, and ensuring them a better, healthier future. Thank you for all that you do to support the mission of ACS.

Sincerely,

A blue ink handwritten signature, appearing to read 'Philippe Rey'.

Philippe Rey, PsyD
Executive Director

Dear Friends,

It has been my pleasure to serve as both the board president for Adolescent Counseling Services for the past two years, as well as a board member for the last six years. I am convinced, more than ever, of the necessity for the services that ACS provides to the community through all of its programs, as well as the professionalism of the staff, the high quality training of the interns, and careful management of the Board.

I began my relationship with ACS in 1980 as an intern during the first year of the On-Campus Counseling Program at Jordan Middle School. It was by far the most comprehensive internship and effective training I had received in all my years of working as an intern. Equally so, the experience of counseling teens as they began to find their way and successfully work through their problems was a learning experience that was hard to match. It is heartening to see that the agency has expanded while maintaining, at times refining, and ultimately surpassing the high standards it started with over 36 years ago.

Our community is fortunate to have an agency such as ACS available to our local youth and their families, and serving as a support for our schools. It's truly the best.



A blue ink handwritten signature, appearing to read 'Lorie Sinnott'.

Lorie Sinnott
2010-2011 Board President

A Difficult Transition



Middle school wasn't easy and Claire* was finding it a big change from elementary school. Quickly, she began to fall behind in class. Her grades were poor, she often turned in incomplete work, and she constantly had trouble focusing in class. Claire had missed so many days of school, she risked having to be held back a year. To resolve these issues, her guidance counselor referred her and her family to ACS' On-Campus Counseling Program to talk about some of the issues Claire was experiencing.

Early on Claire's ACS therapist discovered many of her issues stemmed from inconsistent family support at home. The ACS therapist worked with Claire's parents, encouraging them to increase communication with her and make a verbal or visible effort to show their support. They also talked about boundaries and the drawbacks of allowing Claire to miss school.

In working one-on-one with Claire, her ACS therapist empowered her to actively participate in class and become more engaged in school. This, along with working together to come up with a daily system, helped her with attendance issues.

Claire, her teachers, and guidance counselor all agree that counseling has substantially improved her school performance and attendance. As long as Claire continues to work hard, she will no longer need to be held back a year and is looking forward to moving on through middle school with the rest of her classmates.

**Name changed to protect confidentiality*

Teen Talk

A BLOG BY ACS FOR PARENTS

Ever feel like you have a million questions about teens but don't know where to turn? Subscribe to ACS' blog, Teen Talk. Updated two to three times per week, the ACS Teen Talk blog contains valuable information, tips, and the latest on how to be prepared for dealing with your teen.

To visit the blog, Google "acsteens" or go to acsteens.wordpress.com. Subscribe to Teen Talk and receive the latest blog posts by email.

Recent articles:

Teaching Mindfulness to Teens

New High School Trend: Beer Mile

Reaching and Helping Teens Who Self-Injure

**Teen Substance Abuse Update:
Bath Salts and Prescription Drug Use**

**Preventing Teen Suicide:
Know the Risk Factors and Warning Signs**

Save the Date!

ADOLESCENT COUNSELING SERVICES
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SATURDAY, MARCH 24, 2012
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Please contact Development and Marketing Director
Aarika Riddle (650.424.0852 ext. 103 or
aarika@acs-teens.org) for information on
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www.springsoundsevent.org

thank you

We acknowledge with gratitude the generosity of our donors and volunteers. Thanks to your commitment to local teens and families, we raised over \$764,000 in 2010-2011! We are pleased to recognize gifts of \$125 or more received between July 1, 2010 and June 30, 2011. We regret the incorrect listing of any names or omission of any gifts that fall beyond the range of the fiscal year.

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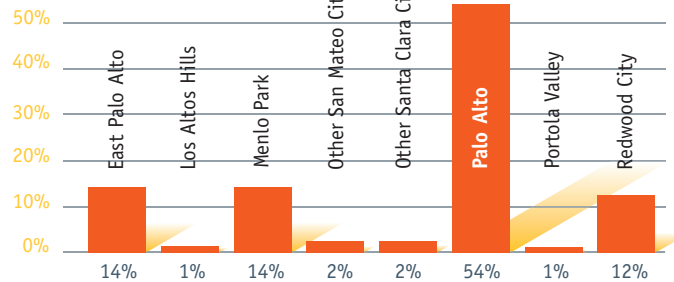
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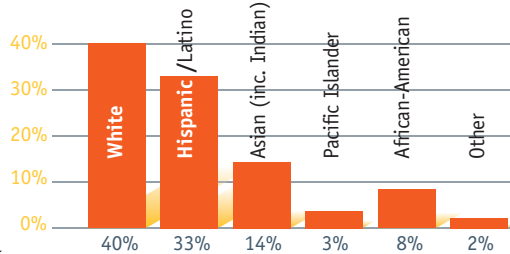
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ACS CLIENT DEMOGRAPHICS 2010-2011

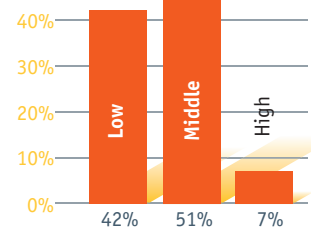
Location



Ethnicity



Income (estimate)

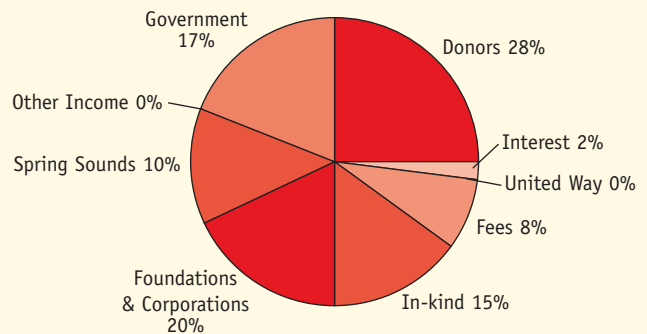


2010-2011 Financials

The condensed financial information on this page has been derived from ACS 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.

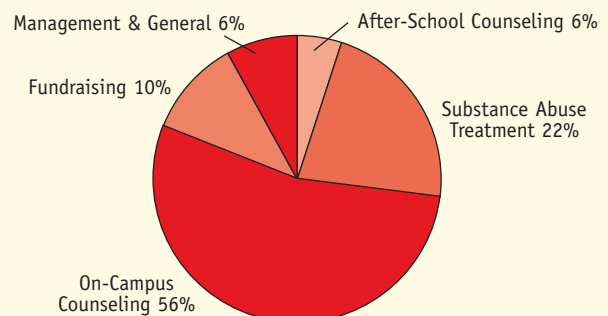
Revenue

Donors	\$355,583
Government	224,445
Spring Sounds	134,780
Foundations and Corporations	261,500
In-kind	199,008
Fees	94,305
United Way	1,290
Interest	24,419
Other Income	350
Realized Gain	19,497
Total	\$1,315,177



Expenses

Management and General	\$ 93,076
Fundraising	138,591
On-Campus Counseling	802,530
Substance Abuse Treatment	319,505
After-School Counseling	83,930
Total	\$1,437,632
Net Increase (Decrease) in Net Assets	(45,240)





Adolescent Counseling Services

1717 Embarcadero Road, Suite 4000
Palo Alto, CA 94303

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Helping Teens Find Their Way

Since 1975, Adolescent Counseling Services (ACS) has served as critical social-emotional first aid for teens and families. With free on-campus counseling available to students at nine campuses, outpatient adolescent substance abuse treatment, and affordable counseling for teens and families in the afternoon and evening hours, ACS' professional staff is ready at a moment's notice to deliver the expertise and emotional resuscitation adolescents need in times of distress.

You can continue to make ACS accessible and available to teens in need by making a gift to support our valuable programs. Your gift will ensure that no matter how minor or severe the issue, teens have the assistance of ACS to heal and lead emotionally healthy lives.

Here are some ways you can make a difference in 2012: Make a donation by mail or online

Support ACS' Annual Campaign, raising \$335,000 to support our life-saving 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 years to come. With so many options, it's easier than you think! Contact giving@acs-teens.org for more info.

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. Contact giving@acs-teens.org to find out how.

Contribute stock

It's a great way to give a significant gift without affecting your day-to-day budget. Visit www.acs-teens.org/support_acs for more info.

A gift of any size will help ACS provide the social and emotional first aid local teens and families need.