



Adolescent
Counseling
Services

TURNING LIVES **AROUND**

What did you get out of counseling this year?

A big smile and stress off of my shoulders. My counselor has shown a caring and a positive attitude to me. She has given me more reasons to be a loving, caring and great person. ~Counseling Client

I think it was great for me to have a person to talk to. It really made things less stressful.

~Counseling Client

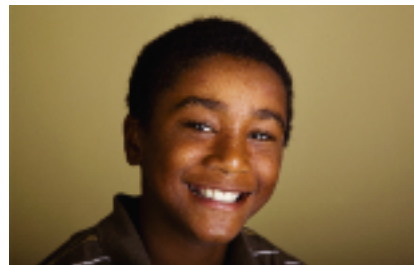


I learned how to talk to someone and express my feelings and how to socialize with others. I got to see what others were going through and learn from it.

~Group Counseling Client

I learned more about myself and how to trust myself and my peers more. I've started standing up for myself and speaking out more since I started ACS three years ago.

~Counseling Client



The program has been very helpful. He believes in himself—that he has the power to turn the world around. Please keep the program for the kids that need help. Thank you. ~Parent

The ACS Counselor made a huge difference in our child's life.

~Parent

I am very grateful that this resource is available. I don't know how my daughter would have coped without it. ~Parent

The interns we had this year were top notch. They provided quality support to so many kids. **I am so thankful to be able to offer this resource to our students and families.**

~Guidance Counselor



2012
2013
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.



ACS Directors

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Dear Friends,

What a year 2012-2013 turned out to be! As you well know now, we welcomed Outlet, our 4th Program, to the ACS Family in July of 2013, bringing much needed services to LGBTQ youth in our community. To celebrate and mark this milestone, we decided to make this annual report a joint publication, with Outlet's report to the community included in it.

As you'll find out for yourself, it was an eventful year for our programs. The On-Campus Counseling Program is becoming more widely known, more frequently requested, and better integrated into the Palo Alto, Redwood City and Menlo Park schools. We are very excited about our expansion into Woodside High School and our leadership on Project Safety Net has created a greater community of involved, aware and responsive individuals who can deal with the difficult issues of adolescent suicide prevention and education.

With our partnership and support from the Esther Ting Foundation, we began a new prevention and education track as part of our Adolescent Substance Abuse Treatment Program. We hosted an evening series of lectures about teenage substance abuse at our Palo Alto offices as well as at the local YMCA, serving our highest numbers to date through education and treatment.

Doubling our services yet again this year, our After-School Counseling Program has become a lifeline for so many low income families, who without our affordable and accessible counseling would have no place to go.

We are proud to share our impact with you, our dearest supporters. Know that the work that ACS does could not happen without your continued and generous support. With your trust and confidence in the work that we do, you make it possible for thousands of suffering teens and their family members to find the hope and light they so desperately need in their times of struggles. As we all know, the youth we help will someday be our future. So on behalf of all those lives you've helped us guide towards healthier emotional states, we want to thank you from the bottom of our hearts.

Sincerely,


Philippe Rey, PsyD
Executive Director




Bonnie Sterngold
2012-2013 Board President

2012-2013 Directors—Thank you for your service.

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The After-School Counseling Program offers affordable counseling and psychotherapy during the afternoon and evening hours for teens and their families. Individual, family, and group therapy are provided from ACS' headquarters in Palo Alto in English and Spanish. The Program provides a nurturing environment where clients can maximize their potential and are encouraged to grow towards academic and social success through enhancing self-esteem and interpersonal skills.

80% of adolescents seen five or more times improved their level of functioning, as evaluated by their therapist

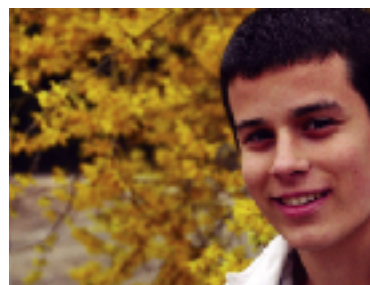
Expanding Services to Boys and Girls Clubs

When students of the Boys and Girls Club of the Peninsula (BGCP) reported issues in their mentoring sessions that included self-infliction (or "cutting"), low self-esteem, and 'broken' families, the After-School Counseling Program started providing onsite bilingual/bicultural counseling at the Redwood City campus in FY11-12. BGCP serves children ages 6-18 from neighborhoods where two thirds of teens drop out of high school. With the success of our first year partnering together, we have expanded to East Palo Alto and east

Menlo Park campuses, now providing onsite counseling at three BGCP sites.

Crisis Intervention

This year, the After-School Counseling Program supported a large number of teens



in crisis requiring immediate critical care. An alarmingly high number of clients presented with self-harm behavior or "cutting," as well as suicidality. Parents were calling the Program needing immediate help, feeling overwhelmed and helpless. Therapists were well prepared to support these families in crisis, working collaboratively with outside specialists such as inpatient facilities and psychiatrists, while continuing to provide ongoing counseling at ACS.

Services Provided:
180 teens and their family members seen
598 individual, group and family therapy sessions
\$44,650 of subsidized services provided

"ACS is so beneficial to our school. With my case load being over 250 students, I don't have the time, nor the resources, to do the therapeutic work with our kids as much as I would like to." ~Guidance Counselor

The On-Campus Counseling Program addresses issues that prevent the personal growth and academic success of middle and high school-aged youth. ACS breaks down the barriers to accessing professional counseling by providing free, accessible, one-on-one therapy provided to teens when and where it is needed most—on campus, during school hours. Through counseling, teens find a safe place to work through their challenges toward personal fulfillment and academic success.

97% of the students seen five or more times reported that the counseling they received was helpful or very helpful

33% Increase in Education and Outreach Clients

ACS provides diverse education to the community, both in audience and topics, some of which included, Boundaries and Difficult Issues; Sound Minds, Sound Bodies; LGBTQQ Issues; Grief; and Mandated Reporting (for school staff). In March, ACS co-sponsored "Youth Speaks Out," an exhibit, held at Palo Alto Art Center, featuring artwork by Gunn and Palo Alto High School students. In addition to student artwork, the event

featured performances by students, sharing heartfelt experiences of their life in our community.

Year at Woodside a Tremendous Success

Although it was our first year at Woodside, we saw an equivalent number of clients (245 students and their family members) as we did at a similar-sized school, which we had been partnering with for decades. Administrative Vice Principal, Maureen Campbell shared, *"The ACS program was very, very helpful to students and staff. The students I worked with felt very supported by the services they received in the program and it seemed to really help them feel connected and supported at school. Thank you all for your wonderful work and caring support!"*

Clients Served:
1,123 through depression screenings and therapy
450 through support groups
2,208 through education
7,150 individual, family & group therapy sessions provided

The Adolescent Substance Abuse Treatment (ASAT) Program is a state-certified outpatient treatment facility that offers teens a holistic, therapeutic approach to ending dependence on alcohol and/or drugs. The Program provides assessments, treatment, aftercare, and education to teens and families. The ASAT Program's multi-dimensional treatment focuses on parent and family involvement, Twelve-Step principles and work, and in-depth psychotherapeutic counseling to address the underlying issues of substance abuse.

85% of adolescents enrolled in treatment achieved a minimum of 30 days of sobriety while enrolled in the program

Expanded Treatment Options

Over the past year, ASAT management noticed a service gap for those teens who did not yet have a full blown, diagnosable addiction, requiring ASAT's 16-week intensive outpatient treatment, but could benefit from immediate intervention. Thus, with great success ASAT introduced "ASAT II" outpatient treatment, designed to encourage

prevention and sobriety through a less intensive treatment option for teens headed down the wrong path with drugs and/or alcohol.

Specialized Treatment

While substance abuse is clearly a serious issue, it is often an escape from a deeper problem. For example, to cope with depression, high academic pressures, unstable family life, sexual or gender identity, and/or abuse, teens often turn to drugs and alcohol to dull the pain and escape reality. ASAT is well-prepared to treat these teens, integrating psychotherapy into its treatment program. Additionally, ASAT takes a collaborative approach, working with psychiatrists and other medical professionals to develop individualized treatment plans, ensuring teens receive the support they need.

Services Provided:

365 assessment or treatment clients

640 prevention education clients

\$17,840 of subsidized services provided

From Dealing to Healing—A young man's journey to a brighter future



When Davis first met his therapist, he was aloof and thoroughly unconvinced she would be able to help him. At age sixteen, Davis was the eldest of five children in a multigenerational family, with no father figure. Two of the adults in the family had such severe medical problems that they relied on Davis to take charge of his family. He was responsible

for getting his siblings to school, ensuring they did their homework, and providing for the family.

Davis also protected his younger brothers from the invasive gang culture in their neighborhood. No one in Davis' family had gone to college, or even graduated from high school. The driving force behind Davis' life was making money for his family, "no matter how you do it." Thus, Davis learned that selling drugs was the quickest way he could help his family financially. Another perceived "benefit" was that Davis used alcohol and drugs to numb the pain he felt about his life.

When he came to ACS, Davis didn't believe in treatment or therapy, and he certainly did not think he had a problem. Davis' therapist, however, was undaunted and quickly understood that she must "roll with his resistance" in order to earn his trust. Davis was uncomfortable sharing his feelings and emotions,

so instead of using words, Davis' therapist simply set colored pencils and blank paper in front of him.

At first he simply doodled and drew illustrations. Then he began writing. Davis' therapist used his illustrations and stories to ask him questions about his life and feelings. After only a few sessions, his "art therapy" morphed into verbal communication. As his weekly individual and family therapy sessions progressed, Davis began to open up more with his therapist and family, expressing his desire to have his dad in his life. Davis' only role models were friends either incarcerated or murdered. He realized the choices he had been making—drugs, alcohol, delinquency, and gang affiliation—had been his attempt to find some kind of stability and camaraderie with the male figures in his life. Through therapy, Davis realized he was using drugs to numb his feelings about having a dad that abandoned his family.

With help, Davis set goals for himself, including successfully graduating high school and preparing for college. Davis entered treatment begrudgingly with no faith in himself, or the ability of the program to help him. By the end of his 23 weeks however, he had become and remained sober, returned to high school, and began planning for college admission. Today, Davis has been clean and sober for a year and sees the value of making positive changes in his life. Davis wants to become a mentor for younger teens that may be going down the wrong path, inspiring others to find the hope and healing he found at ACS.

2012–2013 Annual Report to the Community



I may have only been with Outlet for a little over a year, but I have gained so much. I have made friends, and discovered parts of my identity that would otherwise have been repressed.
♥♥♥♥♥♥♥♥♥♥ ~Former Youth Advisory Committee Member

Thank you for the QPR [suicide prevention] training. I did not think I'd ever have to use these skills, but today I did. Thanks to the training, I knew what I was doing and it was a success. ~Youth, age 19 ♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥

Thank you for coming out and facilitating a discussion about a topic that a lot of people avoid. I think that you have given us a boost of how to create a safer and more inclusive environment. Thank you for all of the gifts you continue to give. ~Bill Overton, Principal, Ohlone Elementary School

Outlet changed my life. I found friends and mentors who helped me love, respect and believe in myself.
~De Ambiente Youth, age 21

Outlet is one of the few places I feel truly safe and accepted, without having to hide my sexual orientation. It's so important for youth to have a place where they can feel safe, loved, and encouraged to grow. LGBTQ youth have that in Outlet, and it's just amazing. ~Youth, age 19

Outlet is an awesome place that I look forward to coming to every week. I love the people and the atmosphere, and I always feel welcome. I am glad to have a place like this to come to and share my thoughts and feelings. ~Youth, age 19

You've made such a difference. Thank you. I felt better sending my child to school today in a new purple 'girl' jacket knowing all the staff had been to your training. ~Parent of a Transgender Youth

Outlet is like a second family. It contains people who you can talk to and love at the same time. It's great to feel like you fit in and it's something to look forward to. It's a whole new comfort zone. ~Youth, age 14

I am honored to be a part of your incredible team as a volunteer. I have personally grown so much because of your wonderful organization and I have seen firsthand the powerful impact this organization makes for our youth. ~Spencer Hardy, Volunteer

Clinical Therapist:

Great training. Very informative and helpful. Really enjoyed it!

Mary Fitzsimons, Teacher, Sacred Heart Preparatory:

You inspired the kids to re-think some of their assumptions. You deepened their understanding of our current text, *Kiss of the Spider Woman*. I saw minds opening; I saw ideas shifting.





3,475 Outlet Clients Served:
 602 through support services
 34 through leadership development
 2,839 through empowering education

Outcomes:
 83% of youth receiving LGBTQQ support services decreased their sense of isolation; and
 92% of UNIQUE workshop participants were able to list at least three strategies to create a safer, supportive environment for LGBTQQ youth

The Outlet Program provides comprehensive support, education and leadership services to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) youth. Through support groups in English and Spanish, Gay Straight Alliance (GSA) support, consultation, crisis support, social events and leadership development, Outlet addresses the social and emotional wellness of LGBTQQ youth. Concurrently, Outlet works within community institutions to change how LGBTQQ youth are treated in their schools, homes, doctor's offices, and workplaces through its signature UNIQUE trainings.

Cultivating Leaders

Last year, as we waited to win marriage equality, a serious debate within the community about the importance of this issue continued, and the youth were at the forefront. Anna Livia Chen wrote an opinion piece entitled: *The*

Definition of Equality: An Outlet youth response to the marriage equality debate. Read it at projectoutlet.org.

In 2012, youth in Outlet's Spanish language program, **De Ambiente**, became peer educators, preparing and presenting topics to their peers, such as Bystander vs. Upstander; Health & Fitness; Bullying; and Healthy Relationships. Each presenter had to prepare a brief workshop plan, including objectives, agenda, and links to resources and were evaluated by their peers at the end of the presentation.

On February 15–17, 2013, four **De Ambiente** youth attended the **Western Regional Queer Conference at UCSC**, a conference rooted in the inclusiveness of all queer identities and their intersections, especially those based in sexuality, class, gender and race. The youth participated in several workshops and took the initiative to lead the caucus for Spanish Speaking Latinos that was well attended.



Outlet youth help educate the community through speaker's panels. De Ambiente youth light up San Francisco Pride parade with custom-made costumes they fundraised for themselves.

One Family's Struggle Inspires Change in a School District

Sara Armstrong, a mother of an elementary-aged transgender child, contacted Outlet for support to help her child transition socially at school. Outlet worked closely with the family, as well as her school, providing consultation to the teacher and principal and two all-staff trainings throughout the year on how to work effectively with transgender students and create the most empowering and safe learning environment for all students.

Later in the school year, Outlet was contacted by a teacher for guidance on handling a different LGBT issue on campus. Afterwards, he wrote: **"You've opened my eyes to a new way of looking at this issue that I hadn't**

considered. I understand the law much better and how it affects me as a teacher."

Sara referred two other parents of transgender children experiencing problems at school to Outlet. These referrals have ended up in consultation with the parents, school administration and faculty, and another all-staff training at a different elementary school.

From Sara's connection to her daughter's school, she has begun working with the district to help make the policies for transgender students much more clear and useful for everyone to ensure all transgender students have a safe place to learn.



Outlet could not continue to serve LGBTQ youth without you—our dedicated supporters. Your financial and in-kind support translates into direct services for today's young people and tomorrow's leaders. Thank you on behalf of the staff, board and youth.



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Outlet black & white photos: Jill Valle



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Adolescent Counseling Services

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Thank You! We are pleased to acknowledge with gratitude, the generosity of our donors and volunteers. Thanks to your commitment to local teens and families, we raised over \$748,796 in 2012-2013! We are pleased to list gifts of \$125 or more received between July 1, 2012 and June 30, 2013. We regret the incorrect listing of any names or omission of any gifts.

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In Honor of Carlesen Porsche of Redwood City by:
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If you have included ACS in your will, trust, or as a beneficiary of an IRA or life insurance policy, but do not see your name, or are interested in more information on how to do so, please contact us at giving@acs-teens.org or 650-424-0852 ext. 103.

In-kind Donors and Volunteers

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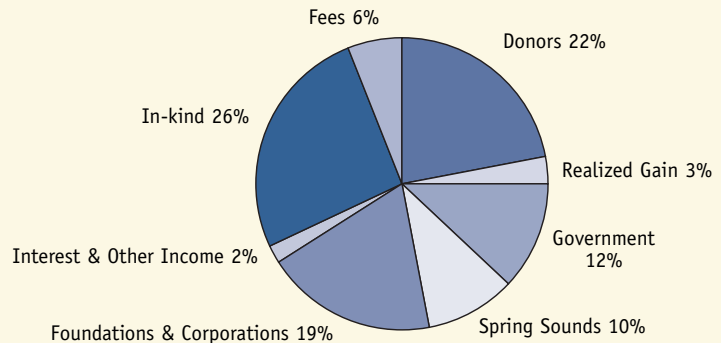
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Massage Therapy Center

The condensed financial information on this page has been obtained from ACS' financial statements as of and for the fiscal year ending June 30, 2013. These statements have been audited by Morton & Associates, Inc. The unrealized gain in our Endowment and Nonprofit Investment Funds held at the Silicon Valley Community Foundation, totaling \$49,084, is not reflected in the operational financials below.

2012-13 was financially challenging for ACS and all area non-profits. Despite this, we felt it was critical to continue providing youth services at the same or higher level. Fortunately, our Investment Account generated significant income which diminished the operating deficit. For this current fiscal year, we have established a more conservative operating plan and have made some cuts on the administrative side.

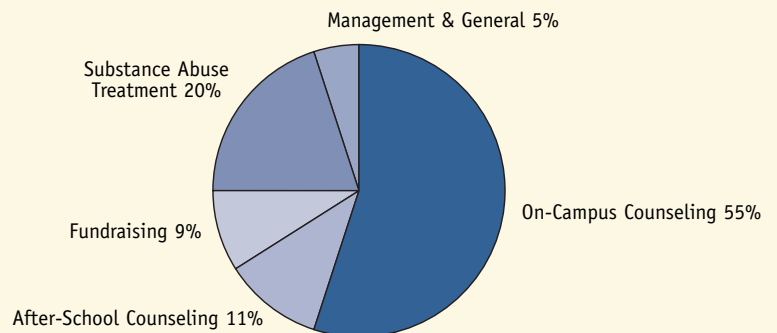
Revenue

Donors	\$328,649
Government	182,561
Spring Sounds	143,379
Foundations & Corporations	286,768
In-kind	384,058
Fees	84,335
Interest & Other Income	25,130
Realized Gain	40,189
Total	\$1,475,069



Expenses

On-Campus Counseling	\$885,757
Substance Abuse Treatment	330,781
After-School Counseling	171,115
Fundraising	147,977
Management & General	80,035
Total	\$1,615,665



- Michael Martella Wines
- Milk Pail Market
- Morton & Associates
- Joani Mitchell
- Joshua Nelson
- NoXcuses Fitness Spa
- Katrina Oberhauser
- Oshman Family Jewish Community Center
- Jennifer Pagano
- Palo Alto Baking Company
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- Palo Alto High School
- Palo Alto Weekly/Palo Alto Online
- Patxi's Pizza
- Pear Street Theatre
- Peet's Coffee & Tea
- PF Changs
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- Judy Phung
- Piazza's Fine Foods
- Prolific Oven
- Ravenswood Winery
- Reposado
- Rick's Ice Cream
- Aarika and Ryan Riddle
- Ridge Vineyards
- Robin's
- Dana Rottler
- Sanaam Saaber and Albert Chen

- San Francisco 49ers
- San Francisco Ballet
- San Jose Museum of Art
- Scratch
- SF Playhouse
- Simco Restaurant Group
- Jeanne Simonian
- Simply Bee Salon and Spa
- Sky High Sports
- Annette Smith
- Smuin Ballet
- Sprinkles Cupcakes
- Stanford Athletics
- Bonnie Sterngold
- Storrs Winery
- Sundance The Steakhouse
- Sweetcakes
- Swiss Louis Italian & Seafood Restaurant
- Tesla Motors
- The Butterscotch Girl
- The Buttery
- The Cardinal Hotel
- The Council
- The Earthquakes
- The Oasis/Jakes Restaurant Group
- TheatreWorks
- Thomas Fogarty
- Trader Joe's Palo Alto

- Underground Dining at Naglee Park
 - University Art
 - Unleashed by Petco
 - Charlotte Villemoes
 - Jack Vorce
 - Holly Ward
 - Watercourse Way
 - Don and Sylvie Way
 - JJ Whitlinger
 - Ann Pulford Wilson
 - Wilson Sonsini Goodrich & Rosati
 - Winchester Mystery House
 - WorldMark by Wyndham
 - Yum Yum Donuts
- Government, Schools, and PTAs**
- City of Palo Alto
 - Gunn High School PTSA
 - JLS Middle School SIP/PTA
 - Jordan Middle School SIP/PTA
 - La Entrada Middle School
 - Las Lomitas Elementary School District
 - Palo Alto High School PTSA
 - Palo Alto Unified School District
 - Woodside High School
 - Sequoia Union High School District
 - Terman Middle School SIP/PTA

In Loving Memory of Suzan Stewart



Suzie was not only a donor and Board of Advisors member, but a beloved friend. Suzie and her husband, Judge Jim Stewart, gifted half of the building that started ACS' first program, Caravan House, a home for troubled teens. Throughout the years, both sat on the Board of Directors and Advisors during different time periods. A local teacher, Suzie dedicated her life to the care and education of our children and tirelessly gave back to her community. She always brought a bright smile to any room she entered. She will be dearly missed by her friends at ACS.

Thank you Suzie for your love and dedication to teens in our community. May you rest in peace.

~Photo courtesy of Amy Stewart DiBianca

Join ACS in Turning Lives Around



Since 1975, ACS has provided affordable and accessible mental health services for teens and families. ACS' professional staff is ready at a moment's notice to deliver the expertise and emotional care youth need in times of distress. ACS is proud to offer: free on-campus counseling available to students in local secondary schools; outpatient adolescent substance abuse treatment; affordable therapy for teens and families

in the afternoon and evening hours; and support services to LGBTQ youth and sensitivity training to the community.

You can join ACS in turning lives around 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 2014:

Make a donation online or by mail

Support ACS' Annual Campaign, raising \$400,000 to support our life-saving services. Visit acs-teens.org or mail in your gift today.

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 or 650-424-0852 ext. 103 to find out how.

Add ACS to your gift wish list

Have all that you ever wanted? Put ACS on your birthday wish list so loved ones can make a gift to ACS in your honor.

Contribute Stock

It's a great way to give a significant gift without affecting your day-to-day budget. Visit 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.

Save the date!



A Masquerade



Spring Sounds at the Chateau

Friday, May 16, 2014

Chateau Carolands, Hillsborough

Please contact us for more information on sponsorship, auction, and volunteer opportunities.
650.424.0852 x103 or giving@acs-teens.org



Adolescent
Counseling
Services

1717 Embarcadero Road, Suite 4000
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Outlet

Report to the Community