



Adolescent  
Counseling  
Services

**Connor\* was a junior in high school when his mother noticed a change in his eating, sleeping, mood, and a drop in grades. She found him crying in his room on several occasions but couldn't get him to talk about what was upsetting him.**

She called ACS' After-School Counseling Program to see if we could help Connor. The first step was getting him to come to counseling. ACS worked with his mom on ways to get him to come just once. When he first met with his ACS therapist, Connor was withdrawn, angry, hated living at home, and wanted to "get high school over with and move away." His ACS therapist convinced him to return for more sessions and began to build a relationship with Connor that helped him open up.

Connor longed for a relationship with his father who was never home—travelling constantly for work. Connor's anger turned to sadness over the next several weeks. He was aware that his parents were talking about divorce and during this time, his girlfriend broke up with him. His ACS counselor began to assess Connor for depression and saw him twice a week. Connor was given support and education on topics of grief, anger, and abandonment. With Connor's permission, our counselor met with his parents to discuss Connor's feelings of sadness regarding the family situation.

His father was unaware that Connor was so affected by his absence. His parents understood his concern over their marital conflict and were given tips on how to discuss this with Connor. **Connor has started spending more time with his father and has continued in therapy to understand his feelings and learn to communicate his anger and sadness.**

2013  
2014  
annual report

**Gabriel\* was 16 when he came to America from El Salvador to live with his uncle. Soon after arriving, his uncle moved them to Connecticut to work in a factory; but he was able to attend school, learn English, and apply for a green card.**

A year ago he moved, by himself, from Connecticut to San Jose, CA. He moved in with the only friend he knew in San Jose, but felt isolated since he was not living openly as a gay man and lacked a community with whom he could be himself.

Eventually he met Hector\*, a regular attendee of Outlet's De Ambiente group, who invited Gabriel to attend the weekly De Ambiente meeting. Six months later, Gabriel has made many friends who share his experience of being a young, gay, Spanish-speaking immigrant.

**Although his coming out process with his family is still in progress, he knows he has a community that supports him and validates who he is.**

*\*Names changed to protect the identity of clients*





## Adolescent Counseling Services

### **Mission**

*Adolescent Counseling Services 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 and knowledge to face life's challenges.*

### **Values**

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

### **ACS Directors**

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Philippe Rey, PsyD

#### **Advancement & Marketing Director**

Aarika Riddle

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#### **Outlet Program**

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Constance Mayer, LMFT

#### **Adolescent Counseling Services**

1717 Embarcadero Rd, Suite 4000

Palo Alto, CA 94303

650.424.0852

Fax: 650.424.9853

Email: [acs-admin@acs-teens.org](mailto:acs-admin@acs-teens.org)

[www.acs-teens.org](http://www.acs-teens.org)

Facebook: [facebook.com/acsteens](https://facebook.com/acsteens)

### **Editors:**

Aarika Riddle

*Advancement & Marketing Director*

Lindsey Leason

*Advancement & Marketing Associate*

### **Design:**

Bayless/Hale Design

[penny@haybales.biz](mailto:penny@haybales.biz)

Friends,

With four comprehensive programs that complement one another, Adolescent Counseling Services (ACS) is proud to be the emotional and mental health hub for ALL adolescents on the Peninsula. Having all of these services—counseling on-campus and off, substance abuse treatment, LGBTQQ support groups, and education—under one organization, makes getting individualized care for young people easier to navigate. With our current program line-up and increased offerings for LGBTQQ youth through the addition of the Outlet Program, I think back to my teenage years and reflect on how much I would have benefitted from ACS.

We served 9,558 individuals in the 2013-2014 school year through the On-Campus Counseling (OCC) Program, Adolescent Substance Abuse Treatment (ASAT) Program, After-School Counseling Program, and Outlet Program. All four programs experienced growth last fiscal year: the OCC Program served 7% more clients than the previous year; Outlet served 14% more; the After-School Counseling Program served 26% more; and the ASAT Program increased by 1%.

The OCC Program continued services at our existing partner schools and expanded to our ninth site (and first private school), Kehillah Jewish High School. Outlet expanded into downtown San Mateo thanks to a partnership with Junior Gym to use their offices after hours. Outlet also added groups in Palo Alto at the ACS offices and on-campus at Gunn, Paly, and Woodside High Schools. Our partnership with the Boys & Girls Clubs of the Peninsula boosted our ability to help more youth in the After-School Counseling Program. And while we served just a few more clients in the ASAT Program than we did the year before, we saw new challenges: far more complicated cases involving severe depression, changing attitudes about teenage use of marijuana, and experimentation with “Sizzurp” (a mix of soda, candy, and prescription cough syrup with codeine).

Thank you to everyone who makes this work possible. They say it takes a village and it truly does: interns, staff, boards, volunteers, donors, and community partners. None of our programs could happen without you. Thank you for your commitment to helping youth find their way!

Sincerely,

Philippe Rey, PsyD  
Executive Director





## Outlet

**90% of youth who participate in support services decreased their sense of isolation and increased their comfort with identifying as LGBTQQ.**

### **Trends**

Younger youth (ages 10-11) are coming to support groups

Staff members are providing more consultations with families of LGBTQQ youth

### **By the numbers**

**1,538** LGBTQQ youth and straight allies served through support groups, crisis support, consultation, social events, leadership development, and outreach

**2,455** youth and youth-serving professionals throughout the SF Bay Area participated in LGBTQQ sensitivity trainings and education

# On-Campus Counseling Program

**79% improved their level of functioning, as evaluated by their therapist using the Global Assessment of Functioning (GAF) scale.**

## **Trends**

Youth from separating or divorced homes are on the rise and are experiencing trauma because of these situations

Top presenting issues in 13-14 were: depression/anxiety, communication with parents, academic stress, academic/school performance, and peer relationships

## **By the numbers**

**3,779** served through depression screenings and therapy, support groups, and education

**7,077** individual, family, and group sessions





## Adolescent Substance Abuse Treatment Program

**After completing an assessment, 100% of parents/guardians reported a thorough understanding of teen substance use/abuse, its consequences, and understood the treatment recommendation of the ASAT Program Treatment Team**

### **Trends**

Changing attitudes toward marijuana and a need for increased parent/teen education on the developing brain

Co-occurring disorders—youth who are using substances to treat underlying issues like depression

### **By the numbers**

**204** served through assessment and/or treatment

**815** served through community education/prevention education

# After-School Counseling Program

**84% of clients reported that therapy was “helpful” or “very helpful” at the successful completion of treatment.**

## **Trends**

Therapists are seeing seriously depressed teens and are doing far more crisis interventions with families, even hospitalizing if necessary

Top presenting issues in 13–14: self-esteem, peer relationships, communication with parents, anxiety, bullying, and depression/suicidality

## **By the numbers**

**277** served with **1,029** consults/therapy sessions

**540** received education/outreach



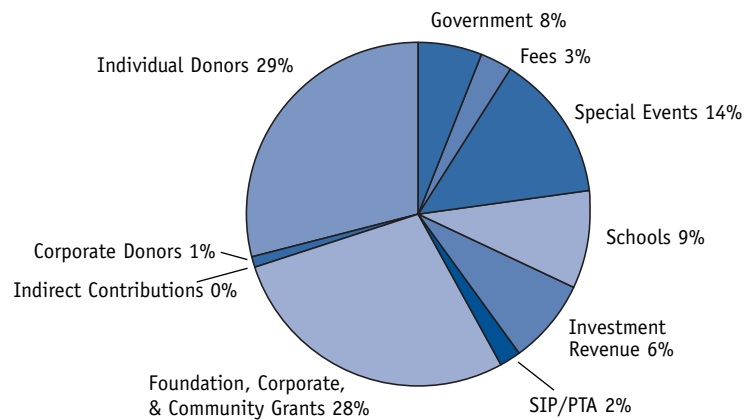
## 2013–2014 Financials

The condensed financial information on this page has been obtained from ACS' financial statements as of and for the fiscal year ending June 30, 2014. As a reasonable cost-saving measure, the ACS Board and Finance Committee have decided that ACS will undergo a full financial audit every second year, rather than on an annual basis. In light of the high level of engagement by our Finance Committee, the Board and Finance Committee view this as a prudent policy.

The \$92,000 deficit can be attributed to the following factors: 1. ACS experienced some staff turnover after the budget was approved and was not able to fill those positions at the same salary level they were originally budgeted for; 2) after an overhaul of ACS' accounting systems and processes, it was discovered that intern stipends were not budgeted accurately; and 3) the cost of employee benefits was higher as of 1/1/14 than what our insurance broker had estimated during the budgeting process in Spring/Summer 2013.

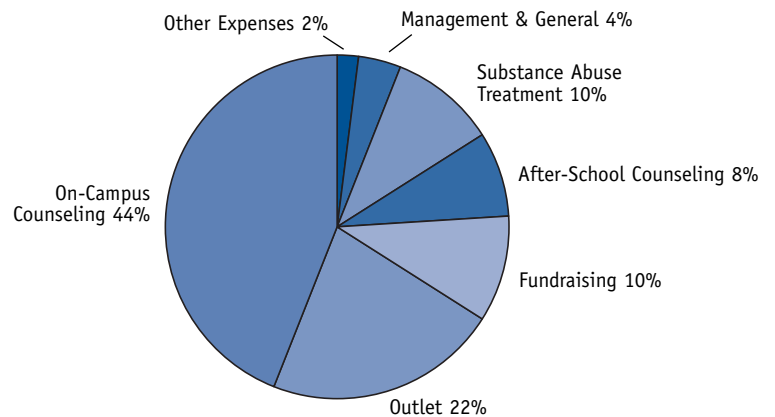
### Revenue

Individual Donors	\$391,973
Corporate Donors	\$18,370
Foundation, Corporate, & Community Grants	\$379,282
Indirect Contributions	\$1,867
SIP/PTA	\$27,500
Government	\$107,899
Schools	\$119,160
Special Events	\$196,814
Fees	\$45,964
Investment Revenue	\$76,537
<b>Total</b>	<b>\$1,365,366</b>



### Expenses

On-Campus Counseling	\$645,779
Outlet	\$319,128
Substance Abuse Treatment	\$146,243
After-School Counseling	\$109,046
Fundraising	\$146,626
Management & General	\$62,527
Other Expenses	\$28,076
<b>Total</b>	<b>\$1,457,425</b>



Net Increase (Decrease) in Net Assets (\$92,059)

In-kind services received in 2013–2014 were valued at \$359,400.





## Thank You!

We acknowledge with gratitude the generosity of our donors and volunteers. Thanks to your commitment to local teens and families, we raised \$988,306 in private contributions in 2013-2014 and came in at 99% to our fundraising goal! We are pleased to recognize gifts of \$125 or more received between July 1, 2013 and June 30, 2014. We regret the incorrect listing of any names or omission of any gifts that fall beyond the range of the fiscal year.

### FOUNDATION AND CORPORATION GIFTS

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\* Indicates a matching gift on behalf of an individual donor

<sup>1</sup> Includes restricted gift to the On-Campus Counseling Program

<sup>2</sup> Includes restricted gift to After-School Program

<sup>3</sup> Includes restricted gift to Adolescent Substance Abuse Program

<sup>4</sup> Includes restricted gift to Outlet Program

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*Hal and Iris Korol*

*In Memory of Chris Merryman*  
*Dean Gross*

*In Honor of Debra Pace*  
*Monica Hu*

*In Honor of Jill Parker*  
*George and Joan Parker*

*In Honor of Janet Levy and*  
*Richard Schwartz*  
*Judy Huey*

*In Memory of Janet Samo*  
*Adonna Amoroso*  
*Anonymous*  
*Carlanne Barrett*

*Leon and Doris Bennett*  
*Laurie Cross*  
*Jean Drost*  
*Zoa and Sherman Fitch*  
*Kathleen Haydel*  
*John Landers*  
*Albert and Cynthia Lowe*  
*Robert and Frances Lowry*  
*Kathleen Maida*  
*Jackie and Richard Mayer*  
*Julien Minard*  
*Sandra Moll*  
*Patricia Nakashima*  
*Katherine Samo*  
*Toma Jean Schaeffer*  
*W. Corydon Sheldon*

*In Honor of Elizabeth Schar*  
*Debra and Tom Black*  
*Trudy Chiddix*  
*Fred Kohler*

*In Honor of Bonnie Sterngold*  
*Mary Domito*

*In Memory of Jim and Suzan Stewart*  
*Dan Ziony*

*In Memory of Suzan Stewart*  
*Amy Stewart DiBianca*

*In Memory of Betty Ann Swezey*  
*Melissa Barnhill*  
*Menlo Park Doll Club*

*In Honor of Holly Ward*  
*Gay and Carl Grunfeld*

*In Honor of Sylvie Way*  
*Curt and Margaret Weil*

*In Honor of Harriet Wherry*  
*Sue Gellen*

*In Honor of On-Campus Counseling*  
*Program Staff at Woodside High School*  
*Lisa Hicks-Dumanske*

#### IN-KIND

Bayless/Hale Design  
Wilson Sonsini Goodrich & Rosati

#### IN-KIND AND EVENT VOLUNTEERS

Stacey Anderson  
Mayra Vargas  
42nd Street Moon  
David Ach and Deanne Appleton  
Saundra Ardito  
Asian Art Museum  
Avalon Art & Yoga Center  
BATS Improv  
Richard and Marcia Baugh  
Beach Blanket Babylon  
John Bentley's  
Black Bird Tavern  
Taryn Bogonovich  
Tom and Polly Bredt  
Burbank Ranch  
Burrell School Vineyards and Winery  
Cabot Creamery  
California Academy of Sciences  
California Shakespeare Theatre  
Carpaccio's  
Casal  
Janet Chaikind and Sandy Hain  
Cheesecake Factory  
Children's Discovery Museum  
Brian Chin  
Club Fox  
Sarah Colvario

Kermit Cuff  
Daniel Avila Photography  
Debbie Upland Inc.  
Justin Dekom  
DiPietro Todd Salon  
Disneyland Resort  
Community Relations  
Douce France  
DryBar  
Evyy  
Naomi Fine and Kathy Levinson  
Fine Arts Museums of SF  
Forty Niners Football Company LLC  
Frost Cupcake Factory  
Elisabetta Gaiani  
Bert and Cyndie George  
Gerry's Cakes Bakery  
Tom Goldfarb  
Gordon Biersch Restaurant  
Grammy Museum  
Great America  
Ron and Carla Gross  
Frosty and Rick Gross  
Catherine Habiger  
Hair International  
Halo Blow Dry Bar  
Hapuna Beach Prince Hotel  
Spencer Hardy  
Cathy Hauer and Dr. Nancy Lynn Baker  
Huntington Library  
Monica Ippolito  
J. Lohr Vineyards & Wines  
Jack Creek Cellars  
Jennica Janssen  
Joseph George Wines  
Kathryn Kennedy Winery  
Evan Kennedy  
Norm and Tara Khoury  
Lisa Kirk Brancatelli and Lena  
Brancatelli  
Howard and Cathy Kroymann  
JoAnn Kukulus  
Ida and Ying Lee  
Left Bank Brasserie  
Linda Lenoir and Jack Vorce  
Mark Loretan  
Sue-Ann Ma  
MacArthur Park Restaurant  
Magic Theatre  
Charlene Margot  
Martha's Pastries  
Michael Martella Wines  
Barbara and Jim Newton  
NoXcuses Fitness Spa  
KatrinaOberhauser  
Oshman Family Jewish  
Community Center  
Otterbox Co.  
Palo Alto Baking Co.  
Shames Panahi and Gus Malekmadani  
Pink Spots  
Planet Granite  
Pomar Junction  
Elisabeth and Patrick Ponders  
Pure Barre  
Ravenswood Winery  
Restaurants from Scratch  
Philippe Rey and Byron Westlund, Jr.  
Beverly Reyes  
Denise Rice

Aarika and Ryan Riddle  
 San Francisco Ballet Association  
 San Francisco Heritage  
 San Francisco Playhouse  
 San Jose Jazz  
 San Jose Museum of Art  
 Elizabeth and Mark Schar  
 SF Jazz Center  
 SkinSpirit  
 Annette Smith and Cary Frame  
 Jeannine Smith and Eric Gauthier  
 Smuin Ballet  
 Stanford University-Stanford Athletics  
 Bonnie and Andrew Sterngold  
 Storrs Winery  
 StudioCake  
 Sundance The Steak House  
 SusieCakes  
 Paula Swanson  
 Peter Taber and Edward Fike  
 The Cakery  
 The Carolands Foundation  
 The Council  
 The Farm Winery  
 The Fish Market  
 The Fresh Market  
 The Oasis/Jake's Restaurant Group  
 The Pear Avenue Theater

TheatreWorks  
 Trever Will Photography  
 University Art Center  
 Vesta Redwood City  
 Vitality  
 Walt Disney Family Museum  
 Watercourse Way  
 Chuck and Barbara Weiss  
 Wine Club of San Jose  
 Elizabeth Wolf  
 Dick and Jean Zukin

**GOVERNMENT AND SCHOOLS**

City of Palo Alto  
 Gunn High School PTSA  
 JLS Middle School SIP/PTA  
 Jordan Middle School SIP/PTA  
 Kehillah Jewish High School  
 La Entrada Middle School  
 Las Lomas Elementary School District  
 Palo Alto High School PTSA  
 Palo Alto Unified School District  
 Redwood High School  
 Woodside High School  
 Sequoia Union High School District  
 Terman Middle School SIP/PTA

**2013-2014 BOARDS  
 THANK YOU FOR YOUR SERVICE!**

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*Save the Date!*

**SPRING SOUNDS 2015**

**Celebrate 40 Years with Adolescent Counseling Services at Spring Sounds**

**Saturday, May 2, 2015**

Oshman Family JCC, Palo Alto

Please contact us for more information on sponsorship, auction,  
 and volunteer opportunities. 650.424.0852 x103 or [giving@acs-teens.org](mailto:giving@acs-teens.org)



**Silicon Valley Gives Was a Success!**

**Let's repeat it in 2015!**

With your help Adolescent Counseling Services raised over \$30,000 in a 24 hour period. In total the effort raised over \$8 million dollars for more than 650 organizations, making the first-ever day of giving in Silicon Valley a triumph!

**Join Us!** Tuesday, May 5, 2015, 12am-11:59pm to repeat our success and raise funds to provide youth in our community needed social-emotional support.

**Check our website for updates:** [www.acs-teens.org](http://www.acs-teens.org)

Stay connected on social media for updates:

Facebook: <https://www.facebook.com/acsteens>

Twitter: <https://twitter.com/acsteens>

## Join ACS in Empowering Youth

Since 1975, Adolescent Counseling Services (ACS) has provided affordable and accessible emotional health services for youth and their families. ACS' professional staff is ready at a moment's notice to deliver the expertise and emotional care young people need in times of distress. ACS is proud to offer: free on-campus counseling available to students at Santa Clara and San Mateo County secondary schools; outpatient adolescent substance abuse treatment; affordable therapy for teens and families in the afternoon and evening hours; and support services to LGBTQQ youth and sensitivity training to the community.

You can join ACS in our efforts to empower the youth in our community 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 lead emotionally healthy lives.

### Here are some ways you can make a difference in 2015:

**Make a donation by mail or online:** Support ACS' Annual Campaign, raising \$406,000 to support our life-saving services. Mail in your gift or visit [www.acs-teens.org](http://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](mailto: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](mailto: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/how-you-can-help](http://www.acs-teens.org/how-you-can-help) for more info.

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

