

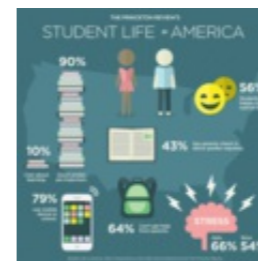
e-newsletter

june 2015



The Princeton Review Releases First Ever Study Showcasing Life for American Teens and Parents

Forty three percent of high school students report that getting into college is the main driver of academic performance, according to a new study released today by [The Princeton Review](#). The verdict: good grades are important, learning doesn't really matter and girls are far more stressed than their male peers when it comes to homework and grades.



Read the full article on our [blog!](#)

May was Mental Health Awareness Month!

It's important to remember that almost 60% of adults with a mental health issue will not receive treatment for their condition. One half of all chronic mental illnesses begin in adolescence. *Your [continued support](#) of ACS programs ensures that these numbers will begin to change for local youth and families!*

Spring Sounds 2015

This year's event was a huge success! ACS was able to exceed its fundraising goal of \$150,000 due to the generosity of guests and community sponsors. Check out photos from the evening [here](#) and on [Facebook!](#)



ACS 411

"We're often telling students, 'Even those people you think are doing well are often struggling underneath. Nobody is perfect.' "
-ACS Site Supervisor Pamela Garfield, Gunn HS [Oracle](#) (pg. 12-13)

In the May issue of Gunn High Schools' newspaper The Oracle, ACS site supervisor, Pamela Garfield, addresses questions from students about mental health counseling and how to get help for themselves or others on campus. ACS was also awarded the Gunn HS 'Special Team Award' for the 2014-2015 school year!



Palo Alto Online, May 22, 2015: "Why Are There So Few Hospital Beds for Teens?"
Roni Gillenson, ACS' On-Campus Counseling Program Director, was consulted for an expert opinion on how the current mental health needs of the community are far from being met.
Check out the full article [here!](#)

Save the Date!

[Out to Eat](#)

Friday, October 30th | 6:00-10:00 pm

Oshman Family JCC, 3921 Fabian Way, Palo Alto CA

stay connected



adolescent counseling services
1717 embarcadero road, suite 400
palo alto, ca 94303 | 650.424.0852
www.acs-teens.org

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