Dear Friends,

On behalf of the 9,000 lives we helped find strength through support, we want to thank you from the bottom of our hearts!

What a year 2015-2016 has been! Lots has happened as we continue to follow the direction of our strategic plan. You’ve noticed our newly branded logo and fresh tagline, complete with youthful looks and colors reflecting a growing and ever-adapting organization. Our new mantra, “Strength Through Support,” was an idea bred from our local youth, and because these individuals are our focus, we chose it to reflect what we do as an organization.

Our recent expansion into San Mateo County has afforded us new partnership opportunities, while also retaining our critical service space in Palo Alto. The move to Redwood City coincided with losing our lease in Palo Alto (which had tripled in cost), but keeping all existing services in place during the expansion remained important to ACS leadership. We are so grateful to the County of Santa Clara, especially to Supervisor Joe Simitian, for helping us secure five offices in Palo Alto free of rent to ensure that services to our youth and families were not disrupted.

After having utilized the same fundraising campaign model since 2002, the Board decided to contract with the nationally recognized Benevon organization to revamp our fundraising feel and connect more with the community. I hope you will join ACS on May 10, 2017 for a breakfast celebrating our youths’ successes while fundraising for the critical services our four programs offer in your communities.

Know that each and every year, we could not do the work we do without your generous and continued financial support. A part of you is in everything we do – when we bring a teen from darkness and despair, to the light and promise of a bright future. Thank you so much!

In partnership,

Philippe Rey, Psy.D.
Executive Director

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**MISSION**
Adolescent Counseling Services (ACS) 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 to face life’s challenges.

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

**WHO WE SERVE**
Adolescent Counseling Services provides therapy, substance abuse treatment, support and preventative education to youth and young adults ages 10-25 and their families in Santa Clara and San Mateo Counties.

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**ACS LEADERSHIP**

Philippe Rey, PsyD
Executive Director

Christine Tam, LCSW
Director of School and Community Based Services

Anthony Ross
Outlet Program Director

Connie Mayer, LMFT
Director of Outpatient Counseling Services

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643 Bair Island Road, Suite 301, Redwood City, CA 94063
650.424.0852 main / 650.424.9853 fax / www.acs-teens.org
In 2015-2016, over 7,800 counseling sessions, support groups and consultations were provided to 9,000 local youth and families through four programs:

- **ON-CAMPUS COUNSELING**
- **COMMUNITY COUNSELING**
- **ADOLESCENT SUBSTANCE ABUSE TREATMENT**
- **OUTLET PROGRAM**

**Individuals Served through Direct Services, Education and Outreach**

- 2,856 through the On-Campus Counseling Program
- 5,030 through the Outlet Program
- 974 through the Outpatient Program

Taylor* was a perfect student with a stable home, but in one night her reality changed when her family's home caught on fire, leaving her family homeless and needing to rebuild their lives from scratch. As she suffered from panic attacks and her grades dropped, Taylor went without emotional support for over a year.

Then, she started to see an ACS therapist on her high school campus. Taylor found that meeting with a trained therapist on a weekly basis was extremely helpful in developing coping skills to manage the anxiety attacks that were triggered by memories of the fire. Her therapist also collaborated with Taylor’s school counselor to ensure that Taylor had the support and understanding of her teachers so that she could attempt to improve her grades.

The trauma of the fire will never be forgotten, but because of ACS, Taylor was able to access the support she desperately needed to move past the experience.

*name has been changed to protect identity

- Taylor
ACS Client

I started to open up when I didn't really think I could. I will keep seeing my counselor because I know it's good for me - even if it's scary.
ACS' life-changing services help young people develop the attitudes, personal habits, and skills they need to build healthy, happy futures. Trained care professionals offer on-campus and community counseling, substance abuse treatment, LGBTQ+ support services, and education programs.

Top presenting issues in youth this year:

- Anxiety
- Peer Relationships
- Academic Stress
- Self-Esteem Issues
- Victims of Bullying

Program Highlights:

- 87% of youth being treated in the On-Campus Counseling Program fully achieved their goals by the end of therapy
- 75% of youth treated in the Community Counseling Program showed a significant decrease in symptoms of depression
- 97% of parents receiving education through the Outpatient Program reported a thorough understanding of issues surrounding substance abuse
- 98% of participants in Outlet’s UNIQUE trainings reported a greater understand of the issues LGBTQ+ youth face

"With the help of Outlet, I'm working to make my school a more safe and welcoming place."

- Jo
Outlet Client

Jo’s* father brought them to an Outlet support group, as Jo was struggling and questioning their gender identity. Initially, Jo did not feel comfortable speaking in group, so Jo soon started attending individual counseling sessions at Outlet instead.

Jo’s Outlet therapist encouraged giving support groups another try, as it might help Jo to talk about their feelings with other questioning youth. Jo told their story of being closeted for several years, and their fear of coming out, and the desire to have more authentic and honest relationships without judgments and labels. In counseling, Jo and their therapist worked on processing the fears of coming out, while finding places where Jo feels safe and supported in life.

Over the weeks, Jo’s confidence grew and they were able to speak to the school principal about the homophobic climate and bullying at school. Jo has also been connected with their school’s Gay-Straight Alliance (GSA), and feels more confident in opening up and sharing their struggles at Outlet support groups and in GSA meetings at school.

*name has been changed to protect identity
2015-2016 FINANCIALS

The condensed financial information on this page has been obtained from ACS’ audited financial statements as of and for the fiscal year ending June 30, 2016. These statements have been audited by SD Mayer & Associates, LLP.

EXPENSES

- On-Campus Counseling: $962,511
- Adolescent Substance Abuse Treatment: $538,672
- Community Counseling: $481,981
- Outlet: $301,015
- Fundraising: $230,481
- Management and General: $98,023

Total Expenses: $2,612,683

REVENUE

- Contributions from Foundations & Individuals: $457,065
- Non-Government Grants: $561,824
- Government Grants: $115,770
- Contributed Services & Materials*: $1,047,974
- Programs: $83,781
- Special Events: $238,662
- Investment Loss: ($29,022)

Total Revenue: $2,476,054

* This number represents the market-value of services ACS receives pro-bono, such as: clinical interns, advertising/marketing materials, and legal counsel

Due to the investment income from the sale of Caravan House, ACS Board of Directors approved a deficit budget to support a 3-year strategic growth plan spanning from 2015 through 2018.

To view our detailed audited financial statement, please visit: http://www.acs-teens.org/about/financials
Due to space constraints, we only list gifts of $125 and above.

Thanks to your commitment to local youth and families, ACS raised $2,476,054 in 2015-2016. Thank you!

### FOUNDATION AND CORPORATE GIFTS

**Fountain of Youth**

$50,000 and above
- Esther Ting Foundation Fund
- Goldman Foundation
- Sequoia Healthcare District

**Innovator** $25,000-$49,999
- Laurel Foundation
- Palo Alto Medical Foundation
- Peery Foundation
- Sandisk Corporation Fund
- Sobrato Family Foundation
- Yahoo! Employee Foundation

**Champion** $10,000-$24,999
- Edwin W. and Catherine M. Davis Foundation
- Hurlbut-Johnson Charitable Trust
- In-n-Out Burger Foundation
- Kaiser Permanente
- The Nick Traina Foundation
- Palo Alto Community Fund
- Palo Alto Weekly Holiday Fund
- Project Inform
- Sandy Foundation
- Sand Hill Foundation

**Advocate** $5,000-$9,999
- Atkinson Foundation
- Christiana Foundation Inc.
- El Camino Healthcare District
- Maidenherren Fund
- Mckenzie Foundation
- Presidio Bank

**INDIVIDUAL GIFTS**

**Innovator** $25,000-$49,999
- Anonymous (1)
- Tom and Polly Breit
- Dr. George Ting

**Champion** $10,000-$24,999
- Nancy Ciaranello* Eric & Elaine Hahn Ben & Ruth Hammett Mark Loretan Mark & Cathleen Petersen Karen Trivelsky

**Advocate** $5,000-$9,999
- Sara Armstrong & Dave Hilbert
- Kevin Gardner & Paul Morrell
- Paul Clifford & Thierry Bui
- Kirk Miller & Sachiko Itagaki
- Denise Savio & Darrell Duffle
- Mark & Elizabeth Schar
- Douglas & Barbara Spreng* Annette Smith & Cary Frame
- Jeaninne Smith & Eric Gauthier
- Stacey & Eileen Tong

**Leader** $2,500-$4,999
- Ed & Karen Canty
- Janet Chalikin & Sandy Hain
- Douglas Dexter
- Christine Evans & Nick Ross
- Mark Gallop
- Glen Geiss & Art Mahoney
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- John & Sallie Jorgenson
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- Philippe & Byron
- Rey-Westlund*
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**Leader** $2,500-$4,999
- Adam Rosenzweig & Jessica Fain
- Nassim & Susan Usman
- Holly Ward & Scott Spector*
- David & Jessica Wei
- Elizabeth Wolf

**Pioneer** $1,000-$2,499
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- Carl Baueerlen & Jim Hutseman
- Lionel & Gisela Bailin
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- Michael & Barbara Gross
- Laura Gowden
- Nancy Hay*
- Cathy Hauer & Dr. Nancy Baker
- Steve & Lorraine Heitel
- Herbert & Susan Hinstorff
- CW Hobb & Stephen Carney

**Patron $500-$999**
- Cisco Matching Gifts Program
- LAM Research Corporation
- Matching Gifts
- Oracle Matching Gifts Program
- Packard Foundation
- Pacific Urban Residential
- PrintingWorks
- Shell Oil Company Matching Gifts Program
- St. Mark's Episcopal Church
- Unitarian Universalist Church of Palo Alto
- Unity Palo Alto Community Church

**Sponsor $250-$499**
- Children's Health Awareness Council (CHAC)
- Diffenbaugh Foundation
- Hewlett-Packard Matching Gifts
- IBM Employee Charitable Contribution Campaign
- The Wonderful Company

**Supporter $120-$249**
- Agilent Technologies
- Jones
- Kaiser Permanent Community

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* Denotes Legacy Circle Member

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- Sue Barkhurst

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2015-2016 Boards
Thank you for your service!
Gifts were received this year in memory or honor of the following:

Staff of Adolescent Counseling Services & Connie Mayer
Collin Hughes
Esther Ting
Alain Williams

Government, School, and Community Partners:

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
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Sequoia Union High School District
Terman Middle School SIP/PTA
Thank you to the dedicated In-Kind Donors and Volunteers that gave their services and time in 2015-2016!

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Are you passionate about reducing the stigma of mental health for our youth? Do you have 10 hours a month to devote to bettering our community? Consider joining the ACS Board of Directors!

In the New Year, we plan to expand our services.

You can be the difference!

MAKE A DIFFERENCE

Become a Volunteer
For more information:
ridgewater@acs-teens.org

Make a Donation Online
www.acs-teens.org/donate

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www.acs-teens.org/how-you-can-help

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Find out more.
info@acs-teens.org