



**ADOLESCENT  
COUNSELING SERVICES**  
strength through support

# Annual Report 2015-2016

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*



## 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.



## 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*



In 2015-2016, over 7,800 counseling sessions, support groups and consultations were provided to 9,000 local youth and families through four programs:

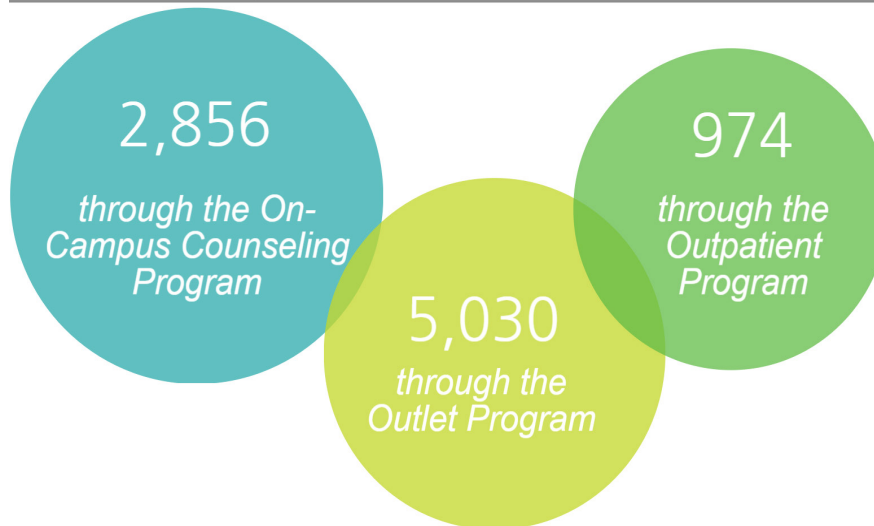
ON-CAMPUS  
COUNSELING

COMMUNITY  
COUNSELING

ADOLESCENT SUBSTANCE  
ABUSE TREATMENT

OUTLET  
PROGRAM

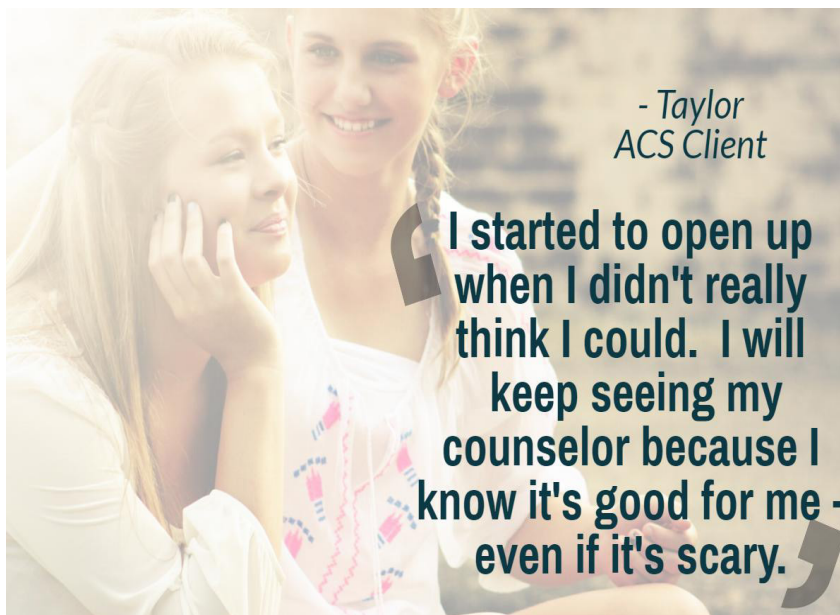
## Individuals Served through Direct Services, Education and Outreach



*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.*

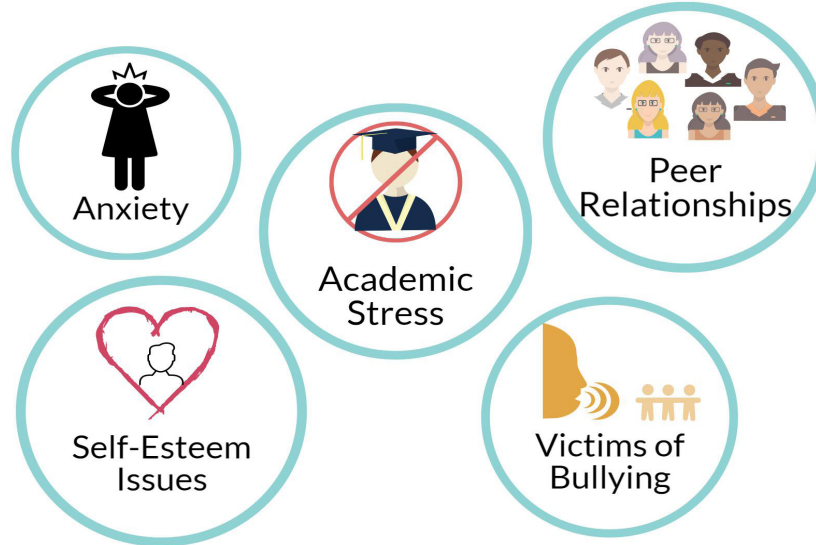
*Then, she started to see an ACS therapist on her high school campus. Taylor found that meeting with a trained therapist on a weekly basis was extremely helpful in developing coping skills to manage the anxiety attacks that were triggered by memories of the fire. Her therapist also collaborated with 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.*



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, LGBTQQ+ support services, and education programs.

Top presenting issues  
in youth this year:



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 understanding of the issues LGBTQ+ youth face



*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.*

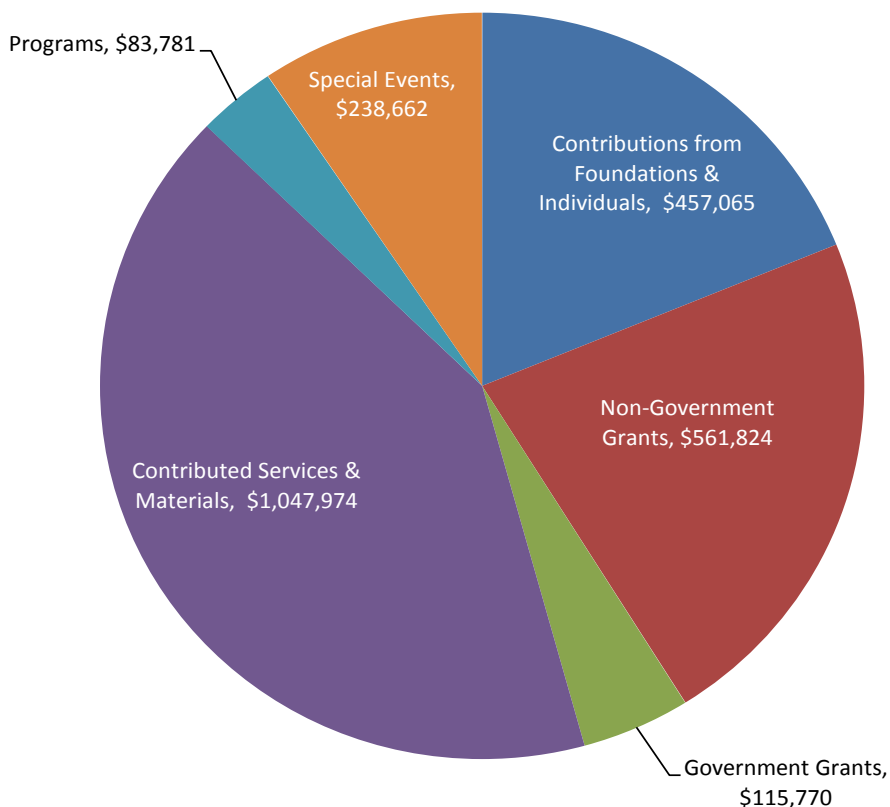
*Jo's Outlet therapist encouraged giving support groups another try, as it might help Jo to talk about their feelings with other questioning youth. Jo told their story of being closeted for several years, and their fear of coming out, and the desire to have more authentic and honest relationships without 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



## 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)

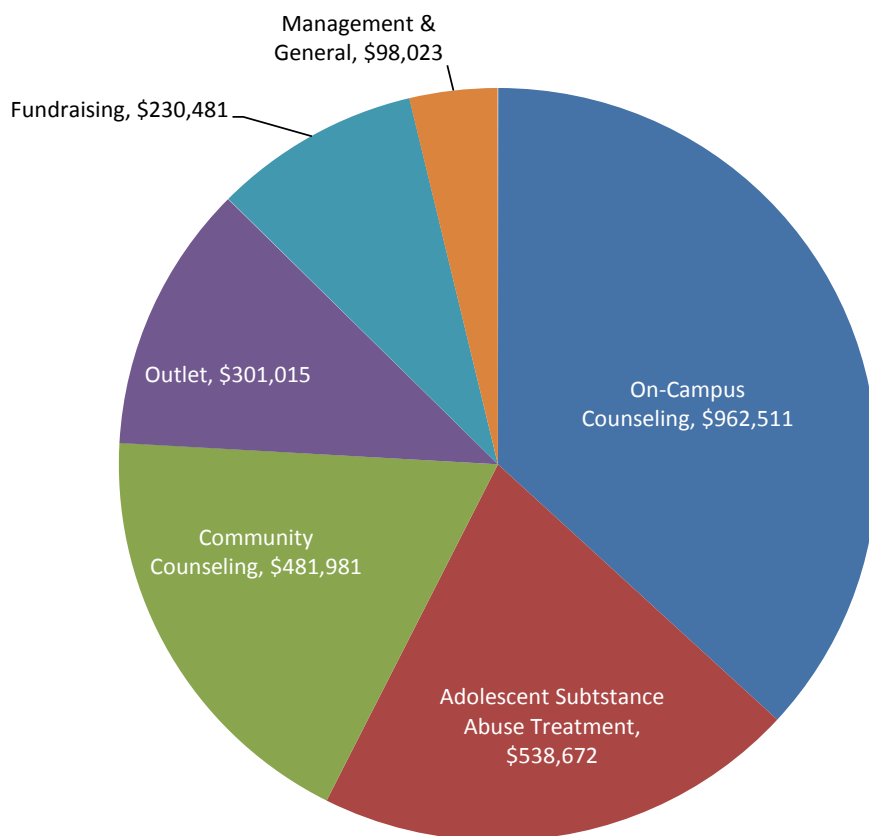
**Total Revenue: \$ 2,476,054**

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

## 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**



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>

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

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Thank you for  
your service!

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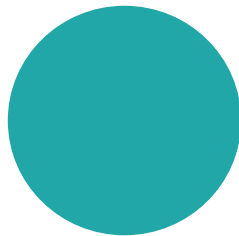
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Underground Dining at Naglee Park  
Marian Vassallo  
Watercourse Way Bath House and Spa  
David Weil  
William Harrison Winery  
Wolfe Video



### Become a Volunteer

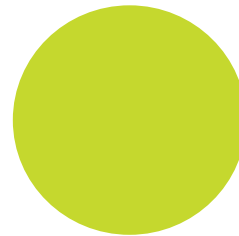
For more information:  
[lridgeway@acs-teens.org](mailto:lridgeway@acs-teens.org)



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Are you passionate about reducing the stigma of mental health for our youth?

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