



**ADOLESCENT
COUNSELING SERVICES**
strength through support

Annual Report 2016-2017

Dear Friends,

On behalf of the 4,882 lives we helped find strength through support this past year, we want to thank you from the bottom of our hearts! Fiscal Year 2016-2017 bore lots of exciting changes, self-evaluation, and strategic decisions that are shaping the future of Adolescent Counseling Services and the four critical programs that we offer in your communities. I hope that you will join ACS on May 16th, 2018 at a luncheon celebrating our youths' successes and fundraising for the critical services that make these successes possible. You will also get a chance to hear about all the exciting developments stemming from our new strategic plan and learn where ACS' growth, development and emphasis will be streaming.

As an agency, we have many highlights to celebrate from this past fiscal year. In November 2016, ACS was honored to receive the 2016 Perry/Yonamine Unity Award from the 49ers Foundation. This annual award is reserved for one exceptional nonprofit agency that has demonstrated a commitment to promoting unity and giving back to the local community. In June 2017, ACS was honored again to be recognized as Assembly District 24's Nonprofit of the Year for our leadership and service to the youth of our community. Additionally, ACS' strong financial health and commitment to accountability and transparency have earned us a 4 star rating for the third time from Charity Navigator, America's largest independent charity evaluator. This top distinction sets ACS apart from our peers and demonstrates the agency's fiscal trustworthiness to the public. We are also proud to report that ACS is now the youth program leader for the newly funded San Mateo County Pride Center - the first LGBT health center of its kind in San Mateo County. Our Outlet program is providing a full-time staff person to coordinate the youth services at the Pride Center.

This fiscal year marked the third and last year of our previous strategic plan, which called for an increase in the quality of our support services with the goal of providing deep, long-term counseling support to our youths and their family members. This goal, combined with the dire financial position that the Palo Alto Unified School District put us in, led to our decision to no longer offer services in that particular district (Please read ACS' letter to the community [here](#)).

In conclusion, 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

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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 2016-2017, over 7,100 counseling sessions, support groups and consultations were provided to nearly 5,000 local youth and families through four programs:

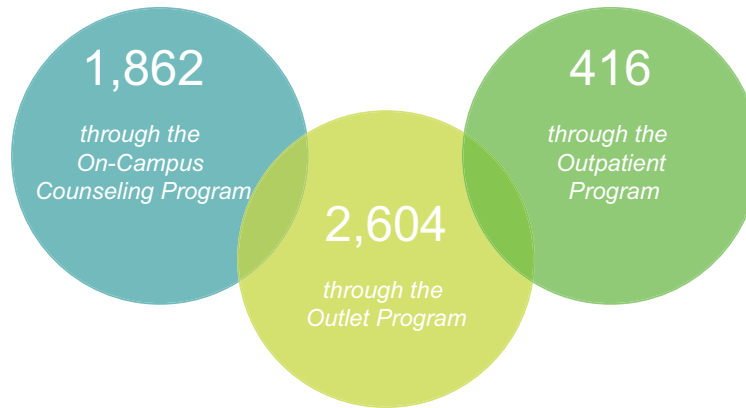
ON-CAMPUS
COUNSELING

COMMUNITY
COUNSELING

ADOLESCENT SUBSTANCE
ABUSE TREATMENT

OUTLET
PROGRAM

Individuals Served through Direct Services, Education and Outreach



Daniela was a typical happy-go-lucky teenager, until the beginning of her eighth grade school year in 2016. School had begun to stress her out, she was scared about high school just around the corner, and she was very unhappy with herself. By the second week of school, she was falling behind in her classes and was sent to the hospital due to suicidal thoughts.*

With nowhere else to turn, her school referred her parents to ACS. Daniela bonded with her ACS counselor right away and found her advice helpful for minor things, as well as deep emotional issues. By the end of eighth grade, she was managing her homework, social relationships, and self-esteem and was excited to begin her first year in high school.

She's expressed gratitude to her parents for signing her up for counseling, to her ACS counselor for never failing to give her great advice, and to ACS for giving kids a safe space to get the help they need.

"My ACS counselor helped me with small things, like **going to sleep earlier** and **managing my homework**, and deep emotional things, like **coping with anxiety** and **ending bad relationships**.

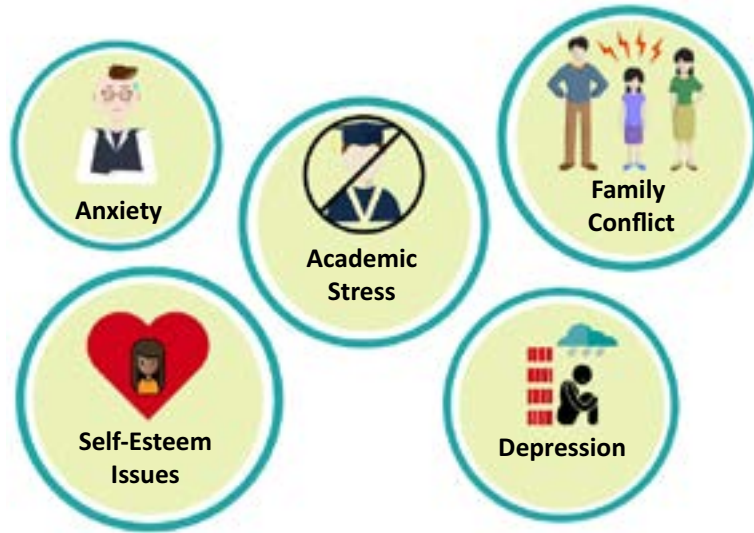
I truly could not have asked for a better fit."

- Daniela, ACS client



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:



Program Highlights:

79 % of youth being treated in the On-Campus Counseling Program fully achieved their goals by the end of therapy

97 % of youth treated five or more times in the Community Counseling Program showed a significant decrease in their presenting problem

96 % 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

"I feel lucky that a space like Outlet exists because the staff is just **amazing** and is always **willing to help** me with anything.

It has changed my life and keeps me safe!"

– Ricky*, Outlet client

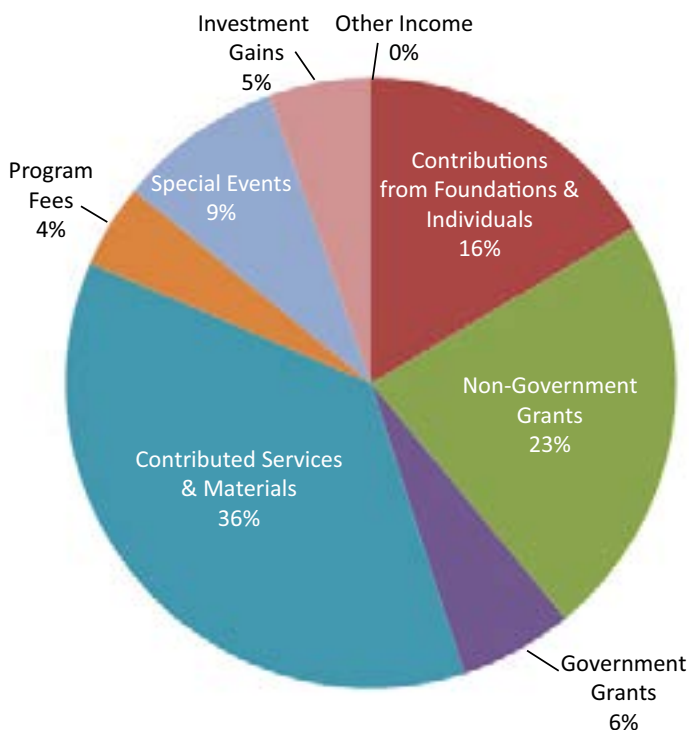
JC* began attending Outlet groups when he was 13. He was originally connected to services through the school psychologist, who helped him find a mentor for his large 8th grade project. JC was coming out as transgender, and did not know any other people, especially adults, who identified as trans.

From there, he started regularly attending an Outlet group on Monday Nights. JC is now 16 and in high school. He is the current President of his school's QSA (Queer Straight Alliance). This year he was awarded the Juan Barajas Youth Leadership Award at Outlet's Annual Dinner, Out to Eat. JC spoke in front of 200 people, telling his coming out story, how Outlet supported his journey, as well as his plans for the future! JC will be a huge asset to any community he joins.

*name has been changed to protect identity

2016-2017 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, 2017. These statements have been audited by SD Mayer & Associates, LLP.



REVENUE

Contributions from Foundations & Individuals:	\$ 350,931
Non-Government Grants:	\$ 479,127
Government Grants:	\$ 128,780
Contributed Services & Materials*:	\$ 774,217
Programs:	\$ 94,476
Special Events:	\$ 185,780
Investment Gains:	\$ 115,000
Other Income:	\$ 10

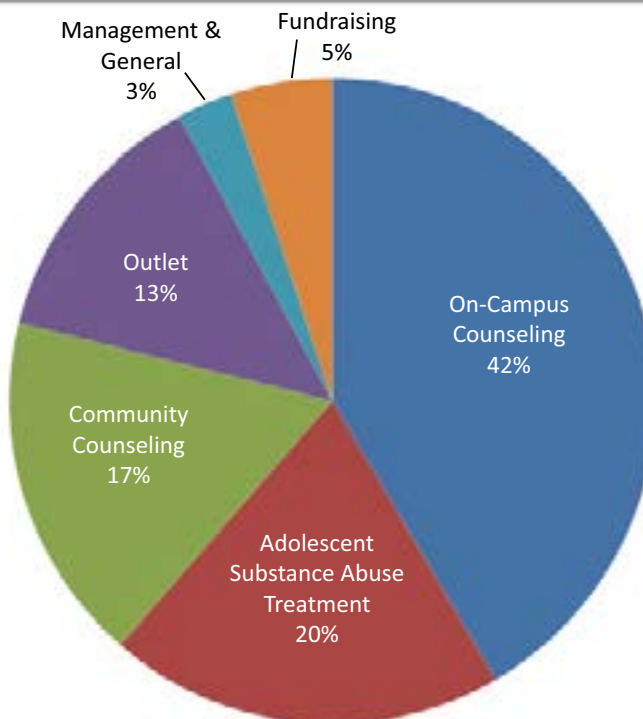
Total Revenue: \$ 2,128,321

* 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:	\$ 935,834
Adolescent Substance Abuse Treatment:	\$ 446,740
Community Counseling:	\$ 393,875
Outlet:	\$ 298,573
Fundraising:	\$ 114,577
Management and General:	\$ 62,413

Total Expenses: \$ 2,252,012



Thanks to your commitment to local youth and families, ACS raised \$2,128,321 in 2016-2017. Thank You!

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Thank you for
your service!

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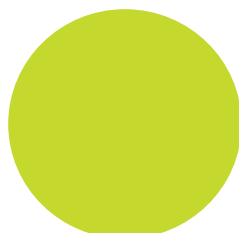
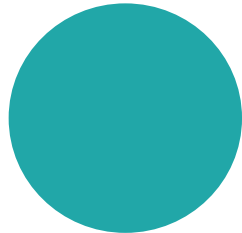
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