Dear Friends,

On behalf of the nearly 5,000 lives we helped find strength through support this past year, we want to thank you from the bottom of our hearts! I hope that you will join ACS on April 24th, 2019 at a luncheon celebrating our youths’ successes and fundraising for the critical services that make these successes possible.

As your local counseling agency, our work never ceases. We know that 1 in 5 youths suffer from a mental health condition and that suicide is the 2nd leading cause of death in youth ages 15 - 24. We also know that of all these children and teens struggling with emotional problems, a mere 30% receive any sort of intervention or treatment. Imagine only treating 30% of the young people with any other health problem like asthma or the flu.

What is preventing everyone from seeking help? We sadly know that even today and even with all the tragedies of losing teens to suicide in our surrounding communities there is still stigma and shame of talking about mental health and people are still afraid to seek help when in need.

At ACS, we envision a community where a young person needing support can be completely comfortable asking for it and that services are readily available. This means that at home, everyone needs to be okay with the fact that children, in fact everyone, struggles at times. As a community, we need to encourage everyone to openly discuss their emotions without shame and the fear of being seen as weak. And as a society, we need to get to a place where seeking help for depression, anxiety, or other mental illnesses is no different than getting help for the flu or a broken arm.

We have a goal to double the number of clients served from 5,000 youth served annually to 10,000 by 2021. This, of course, requires growth in all of our programs. It will take additional counselors, capacity to provide more internships and train future leaders in the field, and educating our communities in supporting everyone, especially our young people, to be who they are - and to accept them just that way.

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

Adolescent Counseling Services (ACS) empowers youth in our community to find their way through social-emotional support and by building safe, accepting communities.

All youth are emotionally healthy, empowered with the tools to face life’s challenges.

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

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.
In 2017-2018, over 4,200 counseling sessions, support groups and consultations were provided to nearly 5,000 local youth and families through four programs:

<table>
<thead>
<tr>
<th>Community Counseling</th>
<th>On-Campus Counseling</th>
<th>Adolescent Substance Abuse Treatment</th>
<th>Outlet Program</th>
</tr>
</thead>
</table>

Individuals Served through Direct Services, Education and Outreach

- **On-Campus Counseling Program**: 649
- **Outlet Program**: 479
- **3,827 through the Outlet Program**

Joe*, 11 years old, was referred to ACS by his school teacher, who had been concerned about his bullying behavior with his peers and his “attitude” with adults. As it turned out, Joe had had an unstable childhood and underneath his tough exterior, he was just a scared boy who was trying to navigate his chaotic world. Joe was new to Palo Alto, biracial, and his parents had divorced when he was young. He had been a witness to domestic violence, drug abuse, and situations not suitable for a child.

Joe’s ACS therapist slowly began to uncover the sources of Joe’s anger and aggression. His therapy centered on identifying the many ways he belonged to "two worlds" - two racial and cultural frameworks, two cities with two parents, being a minority student in a racially different community and learning a new "school world" set of behaviors.

Joe’s counselor gave him tools to understand his feelings and helped him to reach out to each of his parents. His therapist also worked with each of the parents to take a closer look at Joe’s needs. This team approach led to a change in Joe’s attitude and improvements in his schoolwork and social relationships. Joe’s future now looks bright, and with the ongoing support and help of ACS, Joe will continue to thrive throughout his years as a bright adolescent.

"I used to be afraid to trust anyone with my feelings. I needed someone who would really take the time to listen to me, and that’s exactly what my ACS counselor did. She helped me learn how to cope with negative feelings. I started gaining confidence and seeing things positively. My ACS counselor gave me the skills to make the most out of my life, and now I’m excited about my future.”

- Carlos, ACS client

*name has been changed to protect identity
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.

Program Highlights:

- 97% of youth treated five or more times in the Community Counseling Program showed a significant decrease in their presenting problem.
- 91% of youth being treated in the On-Campus Counseling Program improved their level of functioning and increased their coping skills.
- 98% of parents receiving education through the ASAT Program reported a thorough understanding of issues surrounding substance abuse.
- 99% of participants in Outlet’s UNIQUE trainings reported an inclination to act or speak up in the face of discrimination or bullying of LGBTQ+ young people.

Top presenting issues in youth this year:

- Anxiety
- Family Conflict
- Behavioral Issues
- Drugs & Alcohol
- Depression

Osha* is a 16 year-old multi-ethnic youth attending a Palo Alto High School who identifies as pansexual, gender-fluid, and uses both “she” and “they” pronouns.

Osha started attending Outlet’s drop-in hours over the summer. They were like a firefly: glowing with energy and lighting up the room with smiles. But after a couple of months, that energy started to fade. With the support and care of Outlet staff, Osha felt safe enough to open up about what was going on at home - an abrupt divorce, a sibling moving away, LGBTQ+ friends struggling with mental health issues, and a new “coping” skill - self harm.

Outlet and ACS worked to match Osha with an ACS therapist who would meet their needs as a queer and trans youth of color. Through working with their therapist, they were referred to an intensive outpatient program that is helping them build positive coping skills and healthy relationships.

Osha still attends Outlet groups and looks forward to spending more time in Outlet spaces after they complete their program. Their vivacious energy is coming back, and they hope to share their story with other teens as an advocate for mental health issues.

“Outlet has been one of the main contributions to my recovery, mental health-wise. Since coming to Outlet, I’ve made friends, gained my confidence back, been able to get out of my comfort zone, and advocate for myself at school.

Outlet changed me and I know it will have a positive impact on so many more people!”

- Sandra, Outlet client

*name has been changed to protect identity
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, 2018. These statements have been audited by SD Mayer & Associates, LLP.

**EXPENSES**

- On-Campus Counseling: $533,644
- Adolescent Substance Abuse Treatment: $147,617
- Community Counseling: $220,314
- Outlet: $463,553
- Fundraising: $144,907
- Management and General: $112,358

**Total Expenses:** $1,622,393

**REVENUE**

- Contributions from Foundations & Individuals: $234,115
- Non-Government Grants: $418,202
- Government Grants: $88,250
- Contributed Services & Materials*: $409,689
- Programs: $36,271
- Special Events: $318,621
- Investment Gains: $70,077
- Other Income: $4

**Total Revenue:** $1,575,229

* 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](http://www.acs-teens.org/about/financials)
**2017-2018 Boards**
*Thank you for your service!*

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**FOUNDATION AND CORPORATE GIFTS**

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<th>Foundation and Corporate Gifts</th>
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**INDIVIDUAL GIFTS**

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<td>Raymond Lin &amp; Mei-Hsia Tan</td>
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<tr>
<td>Sally MacDonald &amp; Scott Gerken</td>
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Due to space constraints, we only list gifts of $125 and above.

*Denotes Legacy Circle Member

Thanks to your commitment to local youth and families, ACS raised $1,575,229 in 2017-2018. Thank You!
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Edward Wehrman
Jim Westbury
Lynn & John Wiese
Wendy & Richard Wyckoff
Sophie Yost
Denise & Joseph Ziony
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Barbara Marcum
Jennifer Pagano
Evon & Mary Rose Reade
Philippe Rey
Adam Rosenzweig
Anthony Ross
Janet Samo
Lois M. Smith
Martha Wharton
Harriet Wherry
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City of Palo Alto
County of Santa Clara
Gunn High School PTSA
Jordan Middle School SIP/PTA
Las Lomitas Elementary School District
Palo Alto High School PTSA
Palo Alto Unified School District
Redwood High School
Woodside High School
Thank you to the dedicated In-Kind Donors and Volunteers who gave their services and time in 2017-2018!

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Heather and Peter Boyle  
Catered Too  
Sage DeRosier  
Starbucks  
Rayden Marcum  
Noah’s Bagels  
Komal Nadeem

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Evelyn Fitzgerald  
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Loma Prieta Winery  
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Magic Theater  
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Palo Alto Baking Company  
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The Condom Bag  
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Zola

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Consider joining the ACS Board of Directors!

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