



# ADOLESCENT COUNSELING SERVICES

strength through support

# Annual Report 2019-2020

Dear Friends,

2020 was meant to be a celebratory year for Adolescent Counseling Services (ACS), a landmark year that marked our 45th anniversary. For the past 45 years, Adolescent Counseling Services (ACS) has fostered healing, provided critical mental health support, and empowered over 90,000 teens and their family members. ACS has continuously adapted our critical services to meet the challenges that youth face, and while we have weathered many storms, nothing could have prepared us for the intensity of the COVID-19 crisis.

I am proud to say that ACS was ready and fully operational on the day the shelter-in-place order took effect in mid-March, and our clinicians were able to maintain all of their appointments to help our clients cope with the situation and continue to work through their struggles. Not only were our clinicians able to adapt to new technology and transition to HIPAA-compliant teletherapy, but ACS staff were also proactive in finding ways to engage our clients and community virtually via remote peer support groups, outreach, education, and consultations. I am continuously in awe of our dedicated and talented staff who pulled off the near-impossible so that ACS can continue to do what we do best – save lives!

The global pandemic and shelter-in-place order have been incredibly disruptive to our daily lives. What we're seeing with our young clients is that the social isolation, anxiety about their health, and feelings of disappointment over missed milestones are leaving ALL teens at-risk for compromised mental health. We've experienced an increase in phone calls from youths and parents whose struggles are now heightened and exacerbated - depression, anxiety, hopelessness, tension at home, deeper struggles around how to cope, and increased use of substances. Teenagers need ACS more than ever before in their lifetimes! Before the crisis hit, there were scary statistics concerning our youth – one out of five suffer from a mental illness, suicide is the second leading cause of death for young people, and 75% of teens who use substances are also navigating mental health issues. All of us at ACS are concerned that these statistics will be much worse in the months ahead.

Mental health is an essential service for so many youth. They need our support, our care, our presence, and we, in turn, rely on your support to be able to be there for the adolescents who might not make it another day. Because of the support of community members like you, ACS will continue to be here, saving precious lives today, tomorrow and for the next 45 years! Thank you all!

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

Sarah Burdge, PhD  
Clinical  
Director

Ryan Fouts, LCSW  
Outlet Program  
Director

Ingrid Ammondson, PhD  
ASAT Program  
Director



In 2019-2020, more than 4,000 counseling sessions, support groups, education sessions, and consultations were provided to over 7,000 local youth and families through our four programs:

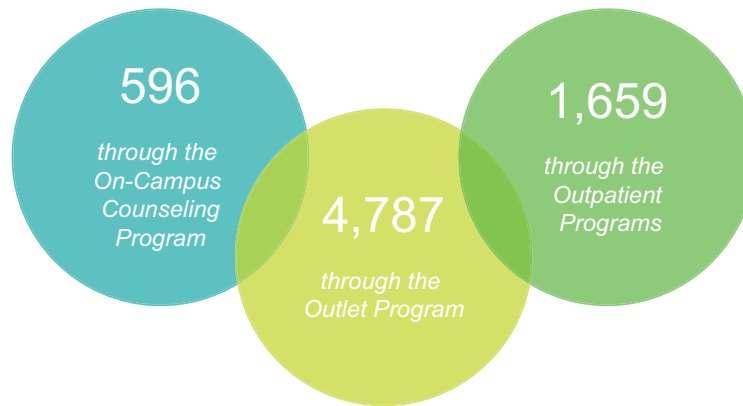
ON-CAMPUS  
COUNSELING

COMMUNITY  
COUNSELING

ADOLESCENT SUBSTANCE  
ABUSE TREATMENT

OUTLET  
PROGRAM

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



*Rose\* came to ACS 2 years ago through MediCal and reported having extreme anxiety talking to people, fear for unknown reasons, and nightmares. One of her fears included experiencing terror and crying whenever a door at school unexpectedly opened, because she was afraid there would be a school shooter.*

*Rose was 14 and a sophomore in high school, and after several sessions together, it became clear that Rose was displaying symptoms of PTSD, due to early childhood trauma of witnessing her mom become a frequent victim of domestic violence by her father, who no longer lives with them. Rose and her therapist spent time exploring the connection between Rose's trauma history and PTSD symptoms, and how they related to her current social phobia. They worked on building up her self-esteem and establishing therapy as a safe space for Rose to be herself. Together, Rose and her therapist talked about Rose's passion for social justice and her ability to harness those talents to continue to empower herself to take risks, including starting a job where she had to talk to strangers, and make new friends.*

*Rose has grown into a feisty, brave, resilient, and mature young woman who no longer experiences active PTSD symptoms. Rose plans to attend college next year and looks forward to that new adventure and meeting new people.*



**"I'm thankful to my mom who signed me up for counseling, knowing that it would help me in the long run. I'm thankful to my ACS counselor for never failing to give me a great piece of advice. And I'm thankful to ACS for giving kids like me a safe place to talk about our problems."**

**- Rose, 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.**

Program Highlights:

**94%**

of youth treated in our Community Counseling Program reported that the counseling they received was “helpful” or “very helpful”

**95%**

of parents and guardians who participated in our Adolescent Substance Abuse Treatment Program reported a thorough understanding of substance use and its consequences

**75%**

of youth treated in our Community Counseling Program who were seen 5 or more times reported an improvement in their anxiety or depression

**97%**

of youth reported that since joining the Outlet, they feel more comfortable to LGBTQ+ identity

Top presenting issues in youth this year:



*Shiloh\* is a 16 year old nonbinary, masculine of center youth. They initially connected with the Outlet program because one of the first friends they confided in about their gender identity encouraged them to attend Outlet's Trans Group in Redwood City.*

*Shiloh was hesitant about attending the group at first, but after attending the group and seeing their own thoughts reflected in the experiences of others, they became more comfortable in their process of self-exploration.*

*With the space to question, discuss, and reflect on how they fit into the world around them, Shiloh grew in self-confidence and in trust of their own intuition. Shiloh has a stronger sense of self-worth because they see the inherent worth of others in their community. Shiloh is developing advocacy skills because they see the needs of their peers in their community.*

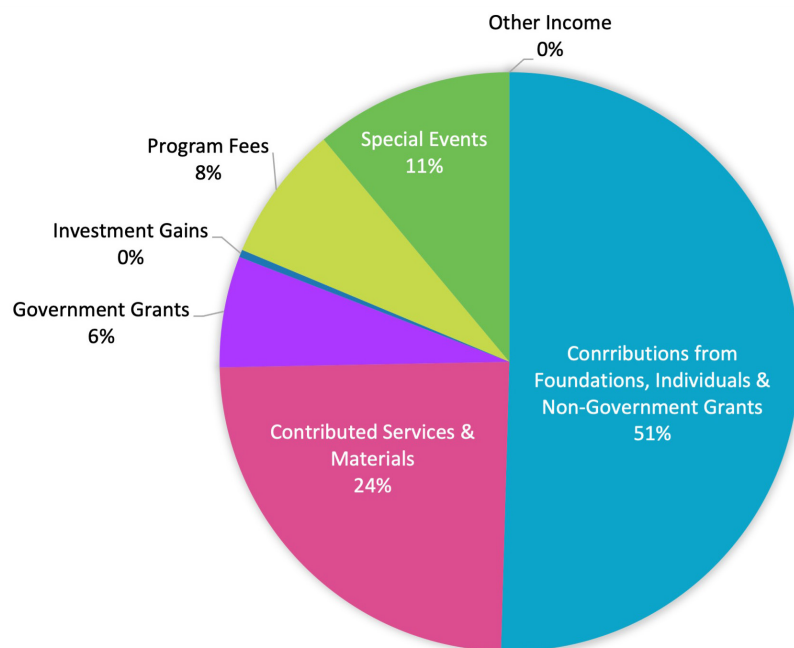
*With coaching and support from mentors at Outlet, Shiloh is beginning conversations about gender diversity with their school administration for the first time. The school has since reached out to Outlet to inquire about staff training and best practices for articulating their commitment to supporting LGBTQ+ youth with the school community. Shiloh is a very powerful person to advocate for the necessity of SOGIE education for school staff as a student on campus. Outlet supports the development of the next generation of compassionate leaders.*



# 2019-2020 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, 2020. These statements have been audited by SD Mayer & Associates, LLP.

## REVENUE



Contributions from Foundations, Individuals, & Non-Government Grants:	\$ 1,171,590
Contributed Services & Materials*:	\$ 562,570
Special Events:	\$ 257,122
Programs:	\$ 176,684
Government Grants:	\$ 144,157
Investment Gains:	\$ 9,683
Other Income:	\$ 4

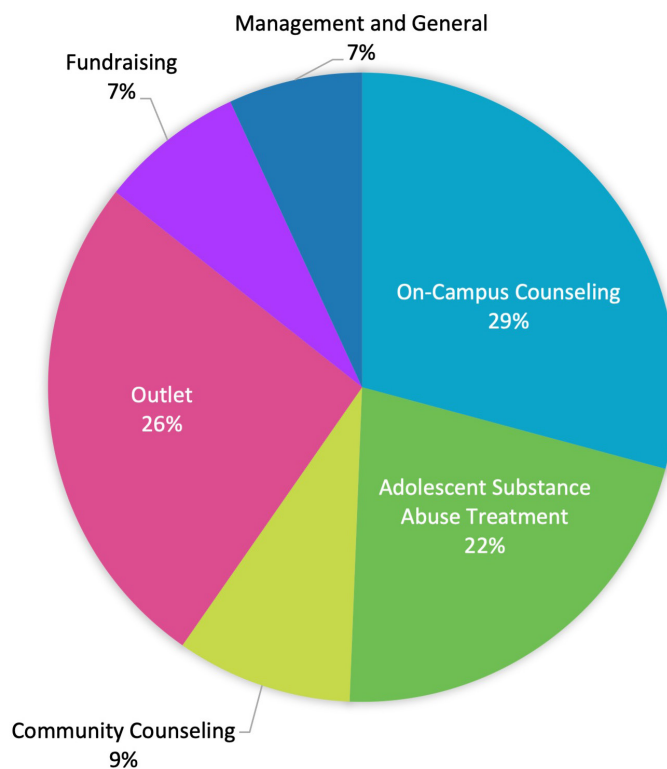
**Total Revenue: \$ 2,321,810**

\* 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:	\$ 563,837
Outlet:	\$ 501,571
Adolescent Substance Abuse Treatment:	\$ 414,565
Community Counseling:	\$ 175,015
Fundraising:	\$ 144,024
Management and General:	\$ 133,234

**Total Expenses: \$ 1,932,246**





**2019-2020**

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*Thank you for  
your service!*

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*Thanks to your commitment to local youth and families, ACS raised \$2,321,810 in 2019-2020. Thank You!*

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**Fountain of Youth**

**\$50,000 and above**  
Chan Zuckerberg Initiative  
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Rayden, Alan, and Barbara Marcum  
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County of Santa Clara  
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San Mateo County Pride Center  
Siena Youth Center  
Woodside High School





*Thank you to the dedicated In-Kind Donors and Volunteers  
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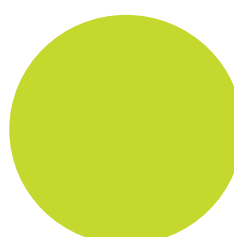
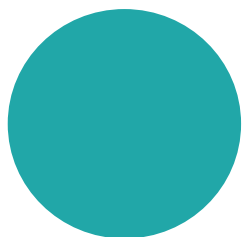
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