Dear Friends,

FY 20/21 was challenging, and at times it felt like we were weathering a never-ending storm for months on end. Sadly, the teens we help at ACS have felt the hardships of the past year much more profoundly.

What ACS clinicians have seen and heard through the COVID-19 pandemic is exponentially concerning. Currently, 50% of teens are struggling with their mental health and a quarter of teens have daily thoughts about suicide. ACS has seen a drastic increase in drug and alcohol use because teens are relying on substances to cope with their isolation and sadness. Parents of teens have needed major support and guidance as they try to care for their kids while managing their own mental health struggles.

To address the mental health crisis affecting our youth, ACS has been operating a hybrid model, offering support online via teletherapy and seeing critical cases in-person. ACS clinicians stretched themselves this year, learning new technical skills to add to their therapeutic repertoire, all while holding space for our youth’s grief and loss. We welcomed and bid farewell to a full cohort of clinical interns this past year, some of whom never met their clients or each other in-person. The Outlet program also welcomed a new Program Director, Kae Papula, and an entirely brand new staff. Despite it being a pandemic year with most of our services administered online, ACS served over 12,000 individuals through support, education, and advocacy! I am incredibly proud of the ACS team for their resilience, ingenuity, and ability to weather the storms of all we’ve endured this past year.

Your continued support has helped young people to weather the storms of life, to feel empowered and supported, and to eventually process their good and bad experiences as a part of living. At ACS, youth can come to realize that while life is never easy, life can get better, valleys are surrounded by majestic peaks, and talking to a friend or asking for help from a professional can be a lifeline. Thank you all for being a lifeline for ACS and the clients who have relied on us through this tumultuous year!

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.

643 bair island road, suite 402, redwood city, ca 94063
650.424.0852 main  l  info@acs-teens.org  l  www.acs-teens.org
In 2020-2021, more than 6,600 counseling sessions, support groups, education sessions, and consultations were provided to over 12,700 local youth and families through our four programs:

<table>
<thead>
<tr>
<th>On-Campus Counseling</th>
<th>Community Counseling</th>
<th>Adolescent Substance Abuse Treatment</th>
<th>Outlet Program</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4,828</strong> through the On-Campus Counseling Program</td>
<td><strong>7,158</strong> through the Outlet Program</td>
<td><strong>722</strong> through the Outpatient Programs</td>
<td></td>
</tr>
</tbody>
</table>

Individuals Served through Direct Services, Education and Outreach

Kendall’s daughter, Briana* is in the ASAT support group for teens and sees an ACS therapist. Kendall has been attending the parent support group online for the past few months.

Kendall started noticing a problem when Briana’s boyfriend broke up with her. There had been abandonment issues with her father, but when her romantic relationship ended, she began cutting, drinking, smoking, and attempted suicide. She was eventually committed to a psych ward for her own safety. As a parent, Kendall felt so alone, scared, and she wasn’t sure what she needed to do to help her daughter.

After a few different inpatient and outpatient programs for mental health and substance use issues, Kendall started looking for a therapist for her daughter closer to home. She couldn’t find a therapist who worked with teens, substance abuse, and one who also accepted her insurance. Finally, she was referred to ACS! ACS’ focus on harm-reduction makes Kendall breathe a little easier knowing that ACS won't reject her daughter if she drinks or smokes. ACS clinicians meet her daughter where she's at and help her to figure out why she's drinking and smoking in the first place.

Kendall has received immense support and guidance through ACS’ caregiver support group and educational resources. It’s helped her feel less alone and supported by other parents who are going through the same thing with their teen.

On the days that Briana has her teen therapy online, Kendall can hear her giggling in the background, and that makes Kendall happy. Kendall’s hope is that Briana knows that she’s not alone and she has all the support she needs during these challenging times!

"The therapist that I’m working with in the parent support group is amazing! I believe that having support as a parent of a teenager is absolutely crucial. I have not had that in any of the other programs that my daughter has been in. I get so much support from the therapists and the other parents and listening to their stories and their issues helps me to feel less alone."

- Kendall, 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, LGBTQIA+ support services, and education programs.

Francesca* identifies as a transgender woman, and she attends the Outlet Trans Femme support group.

Before coming out as transgender, Francesca was attending a public high school and struggling with depression, extreme anxiety, and cultural identity issues. She attended a therapeutic wilderness program, and it was there that she discovered the world of gender identity and eventually came out as transgender. Her family began to understand better ways of supporting her, their Latina transgender daughter, through her transition. Although her new high school was very supportive of her identity, she was struggling with the thought of graduating and finding a supportive community.

Francesca’s therapist recommended Outlet’s support groups. When Francesca joined Outlet’s Trans Femme support group, everyone welcomed and accepted her instantly. Her favorite part about Outlet is seeing her friends grow every week. To visually see the growth, the ups and downs, the vulnerable and special moments, is truly magical and inspiring. She loves the friendships and relationships she’s created with the people at Outlet.

Francesca now feels a sense of community, not only with Outlet but with the entire transgender community. Giving back to her community is something she holds close to her heart. She now hopes to stand up for others and support them, continue to educate others, and advocate for other trans women. She hopes that by sharing her story, she can empower others and gain acceptance from the world.

*name has been changed to protect identity

Program Highlights:

90% of parents/guardians reported a thorough understanding of substance use/abuse, its consequences, and understood the treatment recommendation of the ASAT team, after completing an assessment.

100% of mental health therapy clients in our Community Counseling Program reported that the counseling received was "helpful" or "very helpful" as reported during the client exit interview.

76% of youth treated in our On-Campus Counseling Program improved their level of functioning and increased coping skills as evaluated by their therapist or counselor.

92% of youth reported that since joining Outlet, they feel more comfortable with their LGBTQIA+ identity.

Top presenting issues in youth this year:

- Substance abuse
- Depression and anxiety
- Trauma
- Self-esteem
- Adjustment related disorders
- Anxiety and depression
- Self-esteem

"When I first started my journey at Outlet, I was unsure about how my life would unfold, but Outlet helped me put all my crazy thoughts together and process my emotions."

- Francesca, ACS client

90% of mental health therapy clients in our Community Counseling Program reported that the counseling received was "helpful" or "very helpful" as reported during the client exit interview.

76% of youth treated in our On-Campus Counseling Program improved their level of functioning and increased coping skills as evaluated by their therapist or counselor.

92% of youth reported that since joining Outlet, they feel more comfortable with their LGBTQIA+ identity.
**2020-2021 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, 2021. These statements have been audited by SD Mayer & Associates, LLP.

### REVENUE

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions from Foundations, Individuals &amp; Non-Government Grants</td>
<td>$1,016,734</td>
</tr>
<tr>
<td>Government Grants</td>
<td>$145,261</td>
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<tr>
<td>Contributed Services &amp; Materials*</td>
<td>$476,685</td>
</tr>
<tr>
<td>Program Fees</td>
<td>$132,940</td>
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<tr>
<td>Special Events</td>
<td>$215,440</td>
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<tr>
<td>Investment Gains</td>
<td>$232,804</td>
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<tr>
<td>Other Income</td>
<td>$0</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$2,219,864</strong></td>
</tr>
</tbody>
</table>

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

### EXPENSES

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Campus Counseling</td>
<td>$538,078</td>
</tr>
<tr>
<td>Adolescent Substance Abuse Treatment</td>
<td>$402,841</td>
</tr>
<tr>
<td>Community Counseling</td>
<td>$161,715</td>
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<tr>
<td>Outlet</td>
<td>$485,759</td>
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<tr>
<td>Fundraising</td>
<td>$127,269</td>
</tr>
<tr>
<td>Management and General</td>
<td>$131,957</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$1,847,619</strong></td>
</tr>
</tbody>
</table>

To view our detailed audited financial statement, please visit: [http://www.acs-teens.org/about/financials](http://www.acs-teens.org/about/financials)
Thanks to your commitment to local youth and families, ACS raised $2,219,864 in 2020-2021. Thank You!

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Thank you to the volunteers who gave their services and time in 2020-2021!
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Discover Our Mission
ACS invites you to a one-hour online presentation to learn about the impact our life-changing programs have on the individuals we serve!
View our 2021/2022 schedule at:
www.acs-teens.org/discoveracs/

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Do you have 10 hours a month to devote to bettering our community?

Consider joining the ACS Board of Directors!

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