Dear Friends,

It’s been a long journey for all of us through the pandemic. After years of isolation and uncertainty, it feels like we can finally start planning for a brighter future. I know it may still feel out of reach for some of us, but I believe we’re almost there – ACS, our clients, and all of us!

Despite my optimism about the future, I know it’s important to acknowledge the reality that we’re still experiencing. The fact is, teens in our community are still experiencing an extreme mental health crisis. It’s been reported by the CDC that nearly half of all American high school students feel persistent feelings of sadness and hopelessness, the highest level of teenage sadness ever recorded. According to the same report, one in five teenagers have contemplated suicide. And here at ACS, we’ve seen an overwhelming increase in the demand for our services throughout the pandemic.

To meet the demand, we’ve expanded our services to more communities in the South Bay and on the Coast. We increased the number of parent education classes and reached more families than ever before, empowering them to better understand and support their struggling adolescents.

All of this was made possible thanks to supporters like you, who have helped us imagine a brighter future, no matter how dark the present seemed to be. Your support of ACS means that we can sustain our life-saving programs and lay the groundwork for new initiatives that will better serve our youth community. You not only help us imagine a brighter future for our youth, but help us to build it together, brick by brick!

Thank you for making a difference in the life of a young person. With your support, ACS can help them navigate their way to a brighter future!

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 2021-2022, more than 4,258 counseling sessions, support groups, education sessions, and consultations were provided to over 10,000 local youth and families through our four programs:

<table>
<thead>
<tr>
<th>ON-CAMPUS COUNSELING</th>
<th>COMMUNITY COUNSELING</th>
<th>ADOLESCENT SUBSTANCE ADDICTION TREATMENT</th>
<th>OUTLET PROGRAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,007 through the On-Campus Counseling Program</td>
<td>9,257 through the Outlet Program</td>
<td>699 through the Outpatient Programs</td>
<td></td>
</tr>
</tbody>
</table>

ACS’ life-changing services help young people develop the attitudes, personal habits, and skills they need to build healthy, happy futures. Trained, caring professionals offer on-campus and community counseling, substance addiction treatment, LGBTQIA+ support services, and education programs.

**PROGRAM HIGHLIGHTS**

- **100%** of mental health therapy clients in our Community Counseling Program reported that the counseling received was "helpful" or "very helpful" and improved their level of functioning.
- **95%** of clients in our On-Campus Counseling Program who had an individualized treatment plan partially or fully achieved their goals at the conclusion of therapy.
- **94%** of clients who remained in our Adolescent Substance Abuse Treatment Program at least six or more weeks successfully completed the program.
- **100%** of youth in our Outlet Program reported that since joining, they feel more comfortable with their LGBTQIA+ identity and more connected to the LGBTQIA+ community.

**TOP PRESENTING ISSUES IN YOUTH THIS YEAR:**

- Anxiety
- Family Stressors
- Depression
- Adjustment Issues
- Alcohol Use
OUR CLIENTS

OLIVIA'S STORY

"My favorite part of ACS is my therapist! I’m always looking forward to working with her. She encourages me to try new things while also allowing me to be myself."

- Olivia, ACS client

Olivia is 17 years old and received therapy and counseling services at ACS at her school. Before finding out ACS, she was going through a difficult time and life was changing right before her.

Last July, she attended a party where she was a victim of a physical attack that had been planned by her former group of friends that she’d known since kindergarten. She was shocked and devastated knowing that they wanted to inflict violence upon her.

Afterwards, her parents transferred her to another school because she no longer felt safe living in her town. Only a few weeks before the start of her senior year, she became swept up in a rollercoaster of emotions that she was unable to process due to the trauma. She lost all of her confidence, as well as her interest in things that she loved doing, and she no longer felt like herself.

Luckily, her parents found out about ACS and recommended that she try it out. Although she was nervous about attending those first sessions, she quickly became more comfortable with her therapist and the trauma recovery process.

With her ACS counselor’s guidance, Olivia has transformed into someone that her past self from seven months ago wouldn’t recognize today, in the best way possible! With the work of reading, writing, and analyzing the trauma that she went through, she’s been able to accept what happened and find closure for that part of her life.

The growth that Olivia has gone through and all of the work that she’s accomplished has led her to be a more independent and understanding individual. Because of ACS, she’s gained her confidence back and taken control over her life.

"People have told me that because I’m nonbinary, there’s no way I can be a lesbian. And it’s even gone so far as for some people to use she/her pronouns because they don’t think my nonbinary identity is valid due to my sexuality. But the two are not exclusive. At Outlet, I’ve only been met with support."

- Skylar, Outlet client

SKYLAR'S STORY

Skylar* uses they/them pronouns and identifies as a nonbinary lesbian. They’ve been attending Outlet groups the past year.

Prior to Outlet, Skylar didn’t know a lot of trans people and felt isolated at their boarding school. Quarantine during the pandemic made it even harder for them to make friends and connect with people their age. Skylar’s mom contacted the San Mateo County Pride Center and found the Outlet program.

At both Outlet’s Thursday Trans Group and the Youth Advisory Board, Skylar found people who understood them. As a nonbinary lesbian, Skylar faced discrimination even inside the LGBTQIA+ community.

Since attending Outlet programs, Skylar has professed to have learned better social skills. They realized that they’re worthy of creating boundaries in their relationships and speaking up for themselves.

Because of Outlet, Skylar believes they can help make the world a better place. They helped make a Queer Joy Zine and are helping libraries diversify their book selection. They’ve learned that who they are doesn’t change their ability to be a leader and make a difference in their community.

*Names have been changed to protect
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, 2022. These statements have been audited by SD Mayer & Associates, LLP.

**REVENUE**

- Contributions from Foundations, Individuals & Non-Government Grants: $1,210,659
- Government Grants: $125,261
- Contributed Services & Materials*: $515,623
- Program Fees: $150,184
- Special Events: $287,365
- Investment Gains: $(176,110)
- Other Income: $193,563

**Total Revenue:** $2,306,545

*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: $569,070
- Adolescent Substance Addiction Treatment: $371,865
- Community Counseling: $201,813
- Outlet: $582,415
- Fundraising: $143,349
- Management and General: $132,799

**Total Expenses:** $2,001,311

To view our detailed audited financial statement, please visit: http://www.acs-teens.org/about/financials
OUR SUPPORTERS
Thanks to your commitment to local youth and families, ACS raised $2,306,545 in 2021-2022. Thank You!

FOUNDATION AND CORPORATE GIFTS

Fountain of Youth
$50,000 and above
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Lucile Packard Children’s Hospital Stanford
Sand Hill Foundation

Innovator $25,000-$49,999
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Kaiser Permanente Foundation
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The Nick Traina Foundation
Westly Foundation

Champion $10,000-$24,999
Facebook Local Community Fund
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Palo Alto Community Fund
Palo Alto Medical Foundation
Verizon Media

Advocate $5,000-$9,999
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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 2022/2023 schedule at: www.acs-teens.org/discoveracs/

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Are you passionate about reducing the stigma of mental health for our youth?
Do you have 10 hours a month to devote to bettering our community?
Consider joining the ACS Board of Directors!
Find out more. info@acs-teens.org

Thank you so much!