



# ADOLESCENT COUNSELING SERVICES

strength through support



## ANNUAL REPORT 2021-2022



### LETTER FROM THE EXECUTIVE DIRECTOR

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



#### OUR MISSION

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

#### OUR VISION

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

#### OUR 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.

# OUR IMPACT

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:

ON-CAMPUS  
COUNSELING

COMMUNITY  
COUNSELING

ADOLESCENT SUBSTANCE  
ADDICTION TREATMENT

OUTLET  
PROGRAM

Individuals Served through Direct  
Services, Education and Outreach

**1,007**  
through the  
On-Campus  
Counseling  
Program

**9,257**  
through the  
Outlet  
Program

**699**  
through the  
Outpatient  
Programs

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.

## SKYLAR'S STORY

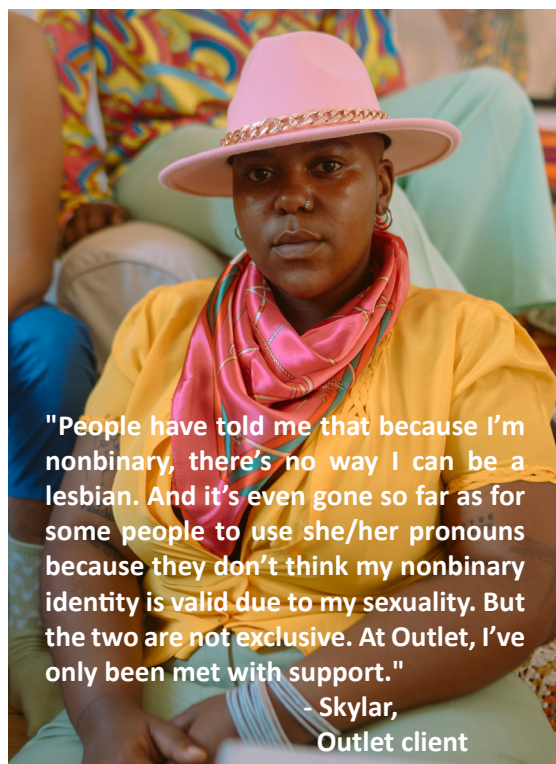
Skylar\* uses they/them pronouns and identifies as a nonbinary lesbian. They've been attending Outlet groups the past year.

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.



"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."

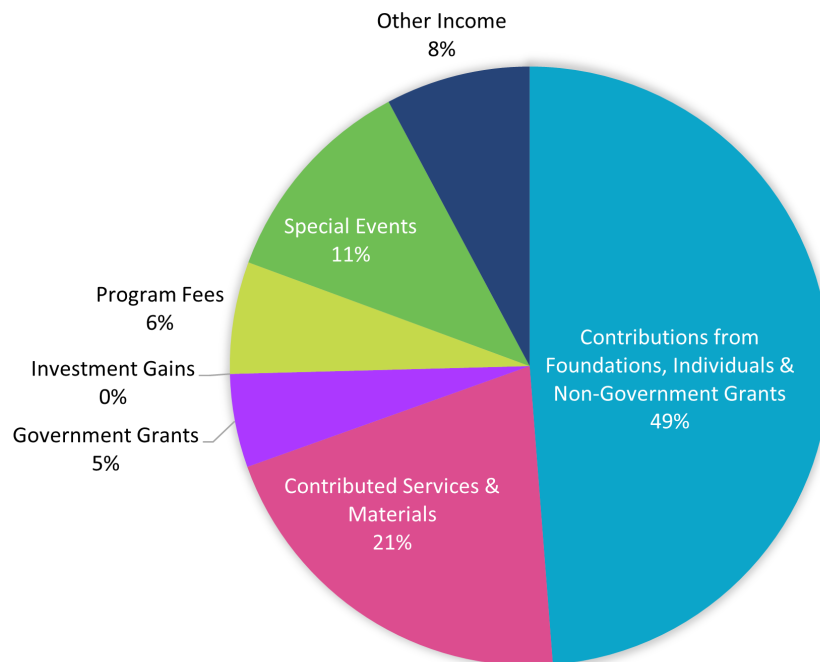
- Skylar,  
Outlet client

\*Names have been changed to protect

# 2021-2022 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, 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

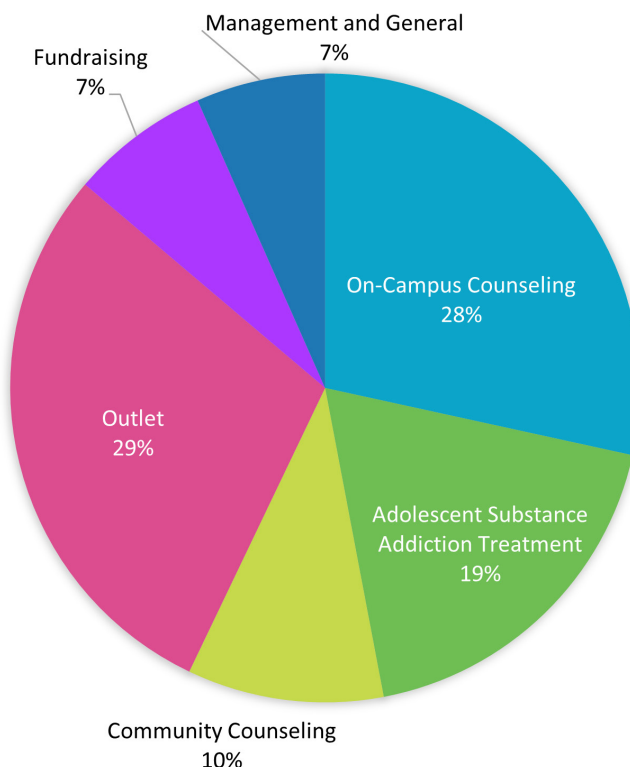
**Total Revenue: \$ 2,306,545**

\* 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>



## 2021-2022

### BOARDS

*Thank you for  
your service!*

#### BOARD OF DIRECTORS

Bonnie Sugiyama,  
President  
Dave Kohn,  
Vice President  
Cindy Nathan,  
Treasurer  
Alan Marcum,  
Secretary  
Shana Farley  
Dennis Manalo  
Lowell Reade  
Lauren Schlezinger  
Mei-Hsia Tan

#### ADVISORY COUNCIL

Sue Barkhurst  
Janet Chaikind  
Hon. Anna Eshoo  
Kristen Lee  
Anthony Ross  
Hon. Joe Simitian

#### FRIENDS OF ACS

Karen Canty  
Pete Heilman  
Norma Hesterman  
Julie Jerome  
William S. Johnson  
Iris Korol\*  
Linda Kraemer  
Cathy Kroymann  
Linda Lenoir  
Sue Levy\*  
Liz Lillard  
Charlene Margot  
Jackie Mayer\*  
Pat McGuire\*  
Barbara Newton  
Shames Panahi\*  
Sigrid Pinsky  
Susie Richardson  
Adam Rosenzweig  
Denise Savoie  
Mark Shepherd  
Lorie Sinnott  
Annette Smith  
Barbara Spreng\*  
Bonnie Sterngold  
Sally Stewart  
Jonathan Tiemann  
Holly Ward\*  
Sylvie Way\*  
Elizabeth Wolf  
Edel Young

## 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

Cigna Foundation  
Lucile Packard Children's  
Hospital Stanford  
Sand Hill Foundation

#### Innovator \$25,000-\$49,999

AstraZeneca  
George H. Sandy Foundation  
Gordon and Betty Moore  
Foundation  
Kaiser Permanente Foundation  
LaureL Foundation  
Ronald and Ann Williams  
Charitable Foundation  
The Nick Traina Foundation  
Westly Foundation

#### Champion \$10,000-\$24,999

Facebook Local Community  
Fund  
Gaylesta  
Grace Griffin Fund  
Palo Alto Community Fund  
Palo Alto Medical Foundation  
Verizon Media

#### Advocate \$5,000-\$9,999

Atkinson Foundation  
Bay Area Physicians for  
Human Rights  
Christiana Foundation Inc  
First Presbyterian Church  
Hurlbut-Johnson Charitable  
Trusts  
Los Altos Mountain View  
Community Foundation  
Maidenherren Fund  
Palo Alto Foundation Medical  
Group Community Health Care  
Endowment Fund  
Palo Alto Weekly Holiday  
Fund  
Sharks Foundation

#### Leader \$2,500-\$4,999

Applied Materials, Inc.  
First Congregational Church,  
UCC  
Google Matching Gifts  
Program  
Heritage Bank of Commerce  
Morrison and Foerster  
Foundation

Silicon Valley Realtors  
Charitable Foundation  
Wilson Sonsini Goodrich &  
Rosati Foundation

#### Pioneer \$1,000-\$2,499

Apple Matching Gifts  
Program  
EBay Foundation Employee  
Engagement Fund  
Linkedin Corporation  
Serenio Group

#### Patron \$500-\$999

HPI  
Unitarian Universalist Church  
of Palo Alto  
United Way of Bay Area

#### Sponsor \$250-\$499

Blue Shield  
IBM Employee Charitable  
Contribution Campaign  
Netflix  
Roblox

### INDIVIDUAL GIFTS

#### Champion \$10,000-\$24,999

Kevin Gardner and Paul  
Morrell  
Ben Hammett\*  
Sue and Dick Levy\*  
Barbara Harriman Spreng\*

#### Advocate \$5,000-\$9,999

Frank and Peg Austin  
Elaine Baskin and Kenneth  
Krechmer  
Michael and Sheila Brand  
Tom and Polly Brett\*  
Karen and Ed Canty  
Paul Clifford and Thierry Bui  
Jennifer DiBrienza and Jesse  
Dorogusker  
Luke and Shana Farley  
Glen Geiss and Arthur Mahoney  
Eric and Elaine Hahn  
Hal and Iris Korol\*  
Shawn and Doug Mackenzie  
Sonja Perkins  
Lowell Reade  
Susie Richardson  
Denise Savoie and Darrell Duffie  
Larry and Jane Solomon

#### Leader \$2,500-\$4,999

Anonymous  
Sara Armstrong and David  
Hillbert  
William Brennan

Dean Gross  
Nancy Hay\*  
Julie and Jonathan Jerome  
Gina and Rich Kelley  
Connie Maurer  
Cathleen and Mark Petersen  
Lauren Schlezinger  
Mei-Hsia Tan and Raymond Lin  
Jennifer Tonnis  
Elizabeth Wolf

#### Pioneer \$1,000-\$2,499

Carl Baeuerlen and Jim  
Hulseman\*  
Richard and Marcia Baugh  
Sarah and Michael Bolin  
Thorsten Brants  
Scott Brown and Alex  
Fitzpatrick\*  
Mary and Luca Cafiero  
Elaine Cardinale  
Greg Casella and Bill Piexoto  
Susan and Jack Choquette  
Terry and Anne Clark  
Peggy and Yogen Dalal  
Ed and Linda DeMeo  
Christine Evans and Nick Ross  
Jennifer and Julian Fernandez  
Anne and Harrison Frahn  
Wes and Jenny Gardiner  
Gareth and Julie Gill  
Shannon Griscom  
Catherine Habiger and Richard  
Ruby

Matt Hargett and Geoff Huang  
Carol and Douglas Henton  
Victor and Norma Hesterman  
William Hill  
Marilyn Hollinger  
Elizabeth and Robert Jesinger  
Dave Kohn  
April Lan  
Doug and Sara Ludlow  
Sally MacDonald and Scott  
Gerken  
Alan and Barbara Marcum  
Stephanie and Rob Martinson  
Jackie and Richard Mayer\*  
Karin Meng  
Sandra Moll and Rick Holden  
Todd Nagengast and Owen  
Prater  
Cindy Nathan  
Laura Parmer Lohan  
Malinda Pauly and Daniel  
Sutherland  
Holly Pedersen and Signe  
Erickson  
Bill Reller  
Chris Rich  
Penelope Rich  
Adam Rosenzweig and Jessica  
Fain  
Marianne and Carl Salas  
Bille Sarzin\*  
Jason Seifer and Brian Ayer  
Denise Shackleton  
Allene Sieling  
Sam and Lorie Sinnott

*\* Denotes Legacy Circle*

*Due to space constraints, we only list gifts of \$125 and above. We thank ALL of our generous donors, and sincerely apooigize for any errors or ommissions in our listing.*

Walter and Judith Sleeth  
James Smith  
Stephen and Paula Smith  
Jeannine Smith Gauthier and  
Eric Gauthier  
Gary and Nancy Steele  
Bonnie and Andrew Sterngold  
Leilani and Skip Stritter  
Bonnie Sugiyama, Beth Wang,  
and Lisa Tang  
Davida Talcove  
Colleen and Geoff Tate  
Shannon Turk  
Dean Ujihara  
Susan and Sanjay Vaswani  
Donald and Anne Vermeil  
Danielle and William White  
Edel Young

#### Patron \$500-\$999

Brigid Barton  
Bertha Benitez  
Michaela Bennington  
Helene Butler and Constance  
Nelson  
Elizabeth Carr  
John and Nancy Cassidy  
Janet Chaikind and Sandy Hain  
Tom Church  
Dexter and Jean Dawes  
Douglas Dexter  
Mireia Duaso Bellido and Adrian  
Rey Rodriguez  
Kirstin Early  
Kathleen Eldredge  
Denise Elson  
Joyce Farnsworth  
Don and Margaret Fidler  
Carmen Figueroa and Candice  
Stein  
Edward Fike  
Kama Fletcher  
James and Allegra Gibbons-  
Shapiro  
Lauren Goldsmith  
Gay and Carl Grunfeld\*  
Dawne Hom  
Deborah and Martin Johnson  
William Johnson and Terry  
Lobdell  
Jonathan Klein  
Brian Kleis and James Lock  
Molly Knox  
Jenny Kuan and Lawrence Yang  
Gun Ho Lee  
Kerry Lobel and Marta Drury  
Connie and Bob Lurie  
Michael and Pat McGuire\*  
Dick Miller and Jimmy Stutts  
Elaine Moise and Robert  
Grodsky  
Carole Mullowney  
Barbara & Jim Newton  
Emily and Thomas O'Connell  
Patricia Ohanian-Coffey and  
Annette D. Coffey  
Tess Peppers  
Elisabeth and Patrick Pounders  
Philippe Rey and Byron  
Westlund Jr.\*  
Denise Schmitt  
Anthony Schumacher  
Bruce and Mary Beth Train  
Szara Waas  
Allan Wildstein  
Meiwei Wu

#### Sponsor \$250-\$499

Mary Akullian  
Richard Andersen and Ursula  
Schorn  
Laurie Barrett  
Ed Beardsworth and Aino Vieia  
Da Rosa  
Nathaniel Bergson-Michelson

Marc Berman  
Estelle Bertolucci  
Carolyn Bierman  
John and Amy Boyle  
Sarah Burdge and Julie Kriegler  
Sharolyn Burkoth  
Elizabeth and Brian Cabral  
Anne Casscells and Susan  
Ketcham  
Donna Clarke  
Mark Cutkosky and Pamela  
Reasner  
Godfrey D'Souza  
Andrea Delariyala  
David and Shirley Des Marais  
Robin Dosskey  
Jeannie Duisenberg  
George Duran and Joe Pon  
Leif and Sharon Erickson  
Craig and Sally Falkenhagen  
Tom and Sandy Farley  
Jonathan Faustine  
Frank and Jeanne Fischer  
Sharon Forsythe  
Monty and Judy Frost  
Rafael Gomez  
Robert Greeley and Abel Olivas  
Janet and Wylie Greig  
Tom and Carolyn Harder  
Cathy Hauer and Dr. Nancy  
Lynn Baker  
Kathy Hawthorne and David  
Ruyack  
Sanborn Hodgkins  
Beverly Iverson  
Barbara Kaiser  
Abi Karlin-Resnick  
Douglas Kent and Claire Elliot  
Laura Khoury  
Mary Klein and Dave Hinson  
Robert Koelle and Amy Pittel  
Lorrin and Stephanie Koran  
Judy and Tony Kramer  
Howard and Cathy Kroymann  
Rob and Lucinda Lenicheck  
Rebecca Leon and Michael  
Kast  
Alan Leung  
Liz Lillard-Bernal  
Catherine Mathews  
Bruce and Karen McCaul  
Sari and Blake McConnell  
Viole McMahon and Sue  
Bishop  
Lynne Mercer  
John and Meg Monroe  
Dy Nguyen  
Kaari Peterson and Andrea  
Lewak  
Brian Pilnick  
Maria Piva  
Nancy Ragey  
Judy Rickard and Karin  
Bogliolo  
Arlene and Len Rosenberg  
Maria Saah  
Peter Sass and Patrick  
Champagne  
Steve and Heidi Schell  
Clarke and June Schiller  
Michael Seidel  
Lauren Simonson-White  
Doug and Wendy Sinton  
Bill R Steigelmann  
Richard and Bernadette Supan  
Michael and Lori Traylor  
Kristin Vais  
Kathleen Veit and Heather  
Hadlock  
Jeanne Wangsness  
Tina Woodward and Lynda  
Elliot  
Frank Yellin and Mark  
Showalter  
Sophie Yost

#### Supporter \$125-\$249

Adonna Amoroso  
Amy Austin  
Penny Bayless and David Hale  
Mary Ashley Brayton  
Cecilia Chu  
Arthur and Laura Cohen  
Larry Cuban  
Jenneke De Vries  
Jean Doble  
Mary and Bob Dodge  
Gary Dunlap  
Brian Farquharson  
Victoria Fernandez  
Susan Fernyak and James  
Dudley  
Kay and Terry Gibson  
Patricia and Larry Goity  
Brendan and Jessica Goodman  
Surabhi Gupta  
Amy Harris and Jonathan  
Geiduschek  
Elizabeth Harris  
Harry and Susan Hartzell  
Pete and Jan Heilman  
Max Hogan  
Henry and Elizabeth Kancler  
Kevin and Cathy Kimball  
Yulan Lin  
Scott Lindberg  
Duncan MacMillan  
Pascale Mardirossian  
David and Sally McClure  
Greg Miller and Kari Smith  
James Moran  
Leslie and Anita Nichols  
Nina and Mark Oldham  
David Parry  
Cassy Perera  
Angelica Quach  
Lisa Rosenthal  
Nancy and Norman Rossen  
Jozef Ruck and Donna Ito  
Arlene Rusche and Clara Brock  
Ferrell and Page Sanders  
Katie and Eric Seedman  
Robert J Seymour  
Larry and Vicki Sullivan  
Penny Thomas  
Veronica Tinch  
Jane and Charles Volpe  
Jean-Marie White  
Lynn and John Wiese  
Matthew Woodward  
Gavin and Cathe Wright  
Sylvie Dee Zink-Brody

#### Thank you to the volunteers who gave their services and time in 2021-2022!

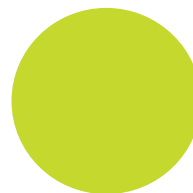
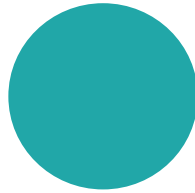
Nolan Allen  
Mariah Arlantino  
Lauren Bodenlos  
Shane Cisneros  
Kermit Cuff  
Rafa Fernandez  
Natalie Jimenez  
Daniel Pekker  
Carly Perera  
Adrian Rey  
Stephanie Rose  
Chelsea Taber  
Melissa Thone

#### Gifts were received this year in memory or in honor of the following:

ACS Staff  
Brenda Austin  
Susan Barkhurst  
Bogi Bohm  
William Brennan  
Edith Brown  
Elizabeth T Cabral  
Camille Cardinale  
Esther Rebecca Cohn-Vargas  
Rabbi Mychal Copeland  
Lisa Demers  
Jennifer DiBrienza  
Kyle Dosskey  
Barry K Eisenberg  
Fuse Open Mic Night!  
Jess Goodman  
Ruth Hammett  
Dr. Birt Harvey  
Nancy L Hay  
Sanborn Hodgkins  
Colin Hughes  
Isabel  
Beverly Iverson  
Rich and Gina Kelley  
Cathy Kimball  
Jeff LaBute  
Alan W Leung  
Lila  
Alan Marcum  
Nicky Marrolo  
Dave and Sally McClure  
Elaine Moise  
Barbara Newton  
Shames Panahi  
Cathleen Petersen  
Kai Proschan  
Rafa  
Philippe Rey  
Robin and Kyle  
Jan Samo  
Lauren Schlezinger  
Sequoia High School GSA  
Fundraiser  
Mei-Hsia Tan  
Colin Walker  
Harriet Wherry  
Kay Williams

#### Government, School and Community Partners:

Cabrillo Unified School  
District  
CHAC  
City of Palo Alto  
CoastPride  
County of San Mateo  
Las Lomas School District  
Los Gatos-Saratoga Unified  
High School District  
Oxford Day Academy  
Palo Alto Unified School  
District  
Peninsula College Fund  
San Mateo County Pride  
Center  
Siena Youth Center  
Woodside High School



### 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/](http://www.acs-teens.org/discoveracs/)

### Become a Volunteer

For more information:

[info@acs-teens.org](mailto:info@acs-teens.org)

### Make a Donation Online

[www.acs-teens.org/donate](http://www.acs-teens.org/donate)

### Legacy Giving

For more information:

[development@acs-teens.org](mailto:development@acs-teens.org)

### Contribute Stock

[www.acs-teens.org/how-you-can-help/donate](http://www.acs-teens.org/how-you-can-help/donate)

### Shop AmazonSmile

<https://smile.amazon.com/ch/51-0192551>

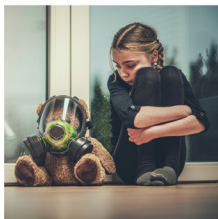
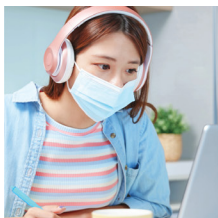
Are you passionate about reducing the stigma of mental health for our youth?

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](mailto:info@acs-teens.org)



**THANK  
YOU  
SO  
MUCH!**

**ACS**  
ADOLESCENT  
COUNSELING SERVICES  
strength through support

