



# ADOLESCENT COUNSELING SERVICES

strength through support



## ANNUAL REPORT 2023-2024



### LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends,

This year marks my 20th anniversary as the Executive Director of Adolescent Counseling Services (ACS), and as I reflect on this milestone, I'm filled with deep gratitude—for the journey we've shared, for the lives we've touched, and for the continued support of individuals like you who believe in our mission.

When I joined ACS in 1998 as the Program Director of Caravan House, a group home for teenage girls, I never could have imagined the growth and evolution this organization would experience. At the time, ACS—then known as the Palo Alto Adolescent Services Corporation—was a small but mighty organization providing shelter and care for girls with nowhere else to turn. Since then, we've grown our budget threefold, launched new programs like the Community Counseling Program, and expanded our services to meet the changing needs of our youth.

One of the most exciting developments this year has been our expansion into elementary schools. Although our services have historically supported youth ages 10 to 25, we recognized the urgent need to serve younger children who are increasingly experiencing anxiety and depression. In response, we are proud to share that ACS will begin offering mental health services in seven elementary schools in the Los Altos School District in the fall.

Despite our progress, the need for accessible, youth-centered mental health support has never been greater. Today's young people face unprecedented challenges—from the isolating effects of the pandemic to the pressures of social media and a world that often feels disconnected and divided. The stigma surrounding mental health remains a barrier for many, and too often, young people suffer in silence.

Yet, amid these challenges, I continue to believe in hope. Hope is found in every counseling session that helps a young person feel seen. It's found in every school we partner with, every family we support, and every donor who chooses to invest in our mission. Your belief in our work makes healing possible!

Thank you for being part of this journey. Together, we are building a future where every adolescent feels heard, valued, and supported.

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 2023-2024, more than 4,160 counseling and education sessions were provided to our clients, and ACS was able to serve over 15,000 individuals through our four programs:

ON-CAMPUS  
COUNSELING

COMMUNITY  
COUNSELING

ADOLESCENT SUBSTANCE  
ADDICTION TREATMENT

OUTLET  
PROGRAM

## Individuals Served through Direct Services, Education and Outreach

712

through the  
On-Campus  
Counseling  
Program

13,279

through the  
Outlet  
Program

1,234

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 demonstrated an increase in coping skills at discharge and improved their level of functioning

**98%** of clients in our On-Campus Counseling Program with an individualized treatment plan partially or fully achieved their goals at the conclusion of therapy

**93%** of clients who remained in our Adolescent Substance Addiction Treatment Program at least six weeks or more successfully completed the program

**97%** of youth in our Outlet Program reported that since joining, they feel more comfortable with their LGBTQIA+ identity

## TRENDS THIS YEAR:

DEMAND FOR  
SPANISH SERVICES

HOLA  
HELLO

CHALLENGES  
WITH  
FAMILY DYNAMICS



CHALLENGES  
FOSTERING  
FRIENDSHIPS



PARENTS OF  
LGBTQIA+ YOUTH  
NEEDING MORE  
SUPPORT



MORE  
TREATMENT  
FOR METHAMPHET-  
AMINE & OPIOID USE



# OUR CLIENTS

## TREVOR'S STORY



*Trevor\* is a client that came to ACS through our On-Campus Counseling Program. In the last year, Trevor has demonstrated growth in the areas of emotional regulation and a sense of mature communication.*

*During initial sessions, Trevor was slow to open up and preferred to touch on mundane topics that affected his daily routine, like arguments with his sibling or annoyances at school. This was his way of testing the waters and building his therapeutic alliance with his therapist.*

*With dedicated time spent in psychotherapy and building trust with his therapist, Trevor began to allow his dynamic personality and vulnerability to shine. He began sharing more and more about deeper challenges he was experiencing in his life, such as his fears for the future and not being good enough. Through working with his therapist, he began to embrace vulnerability and recognize his strengths as a person.*

*One of Trevor's strengths is his nurturing spirit for younger peers including his brother who attends the same school. He is a leader at heart and excels in guiding the younger audience. Trevor has demonstrated that much of his healing takes place when he's able to be a positive role model to others.*

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## BROCK'S STORY

*Brock\* is a nonbinary (they/them) 14 year old attending one of Outlet's social groups each week. They have been a member of the group for a few years, but really blossomed into a group leader at the start of this year by encouraging others to attend and engaging the group in discussions about queer media.*

*Partway through the year, Brock became depressed and participated less in the group, which was noticed by facilitators and group members. It turned out that Brock was experiencing significant anguish over the separation of their parents and anxiety over a possible move. Outlet had long been a safe space for them, and it was only recently that they had come out at their school. They worried about what life changes may be in store for them in the future.*



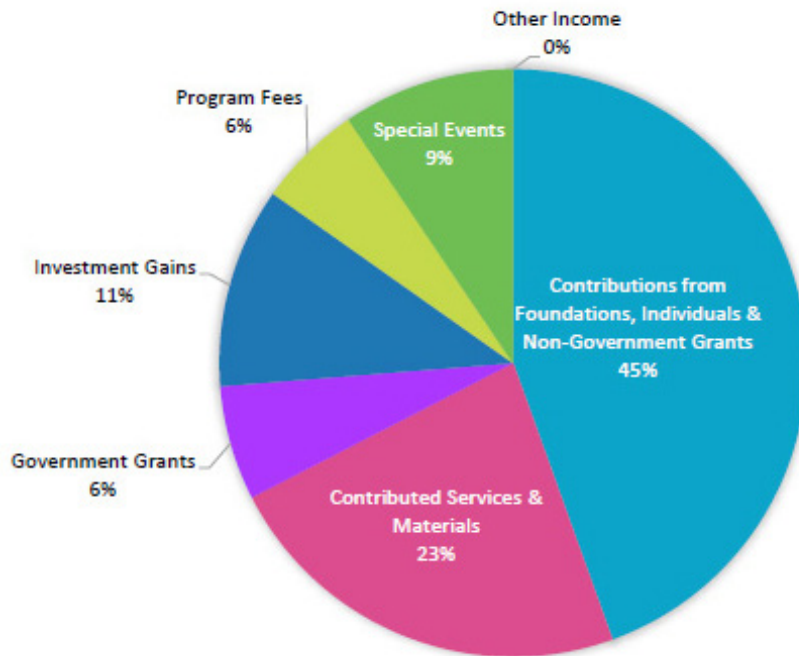
*The group supported Brock through their difficult emotions and encouraged them to channel their feelings into their art, which has boosted their mood and confidence in their artistic abilities. While the future remains uncertain, Brock is back to regularly attending group meetings, sharing art and media, and supporting us all with their generous laughter.*

\*Names have been changed to protect identity

# 2023-2024 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, 2024. These statements have been audited by SD Mayer & Associates, LLP.

## REVENUE



Contributions from Foundations, Individuals & Non-Government Grants:	\$ 972,311
Government Grants:	\$ 137,465
Contributed Services & Materials*:	\$ 501,296
Program Fees:	\$ 125,584
Special Events:	\$ 206,849
Investment Gains:	\$ 241,322
Other Income:	\$ 0

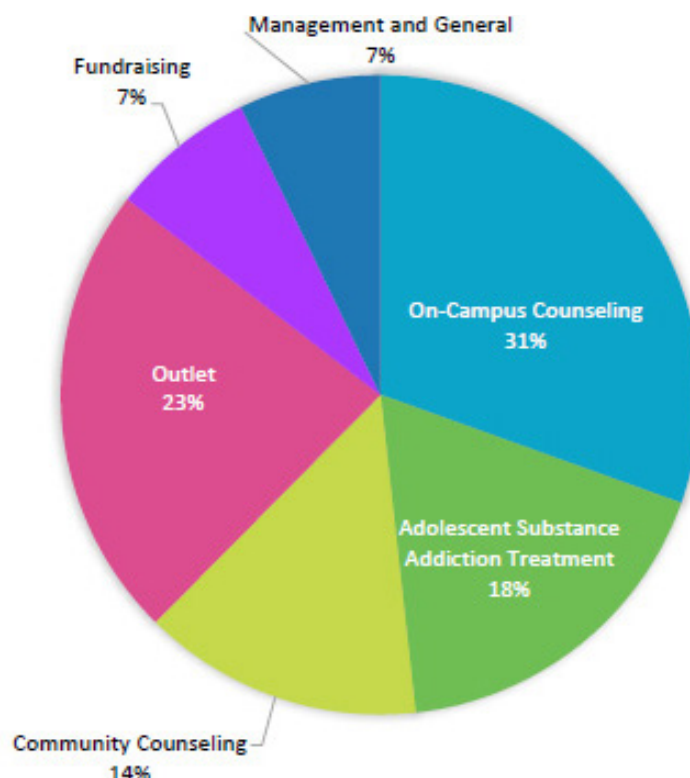
**Total Revenue: \$ 2,184,827**

\* 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:	\$ 620,971
Adolescent Substance Addiction Treatment:	\$ 361,394
Community Counseling:	\$ 288,704
Outlet:	\$ 469,632
Fundraising:	\$ 149,273
Management and General:	\$ 146,184

**Total Expenses: \$ 2,036,158**



To view our detailed audited financial statement, please visit:  
<http://www.acs-teens.org/about/financials>



## 2023-2024

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*Thank you for  
your service!*

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## OUR SUPPORTERS

***Thanks to your commitment to local youth and families, ACS raised  
\$2,184,827 in 2023-2024. Thank You!***

### FOUNDATION AND CORPORATE GIFTS

#### Fountain of Youth \$50,000 and above

Cigna Foundation  
Sand Hill Foundation  
Sequoia Healthcare District  
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#### Innovator \$25,000-\$49,999

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

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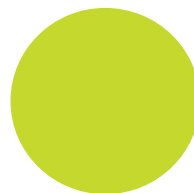
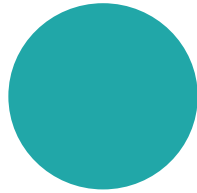
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Karen Canty  
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### Discover Our Mission

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 2024/2025 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

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<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?

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**Find out more.**  
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