



ADOLESCENT COUNSELING SERVICES

strength through support



ANNUAL REPORT 2024-2025



LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends,

For twenty-seven years at Adolescent Counseling Services (ACS), I have had the privilege of walking alongside young people during some of the most difficult and transformative moments of their lives. When I first joined ACS as Program Director of Caravan House, many of the teens who came through our doors felt lost and uncertain about their futures. Today, I still hear from some of those same young people - now adults - who have built meaningful lives they once could not imagine.

Their journeys are a powerful reminder of why ACS exists. While we often say that ACS saves lives, the truth is that young people save themselves. They summon the courage to ask for help, to show up, and to do the hard work of healing. Our role is to be ready - with open hearts, clinical expertise, and an unwavering belief in their resilience.

Over the past fifty years, ACS has evolved to meet the changing needs of our community. We have navigated shifts in funding, rising demand for services, and even a global pandemic - always keeping youth at the center. This year, while many youth-serving organizations have faced reductions, ACS has continued to grow. We expanded our On-Campus Counseling Program into seven new schools in the Los Altos School District and are training up to forty-five clinical interns annually to prepare the next generation of compassionate clinicians.

Because of a diversified funding model and the steadfast commitment of our supporters, ACS remains stable despite broader economic uncertainty. We are living in a time when adolescent mental health needs are more visible and urgent than ever. Yet every day, we witness hope in young people, families, and futures still being written.

As we approach our fiftieth anniversary this November, I am deeply grateful to all of you - our community - and to the generations of donors who have sustained ACS and made this work possible. I will be stepping down as Executive Director at the end of this year with deep appreciation and confidence in those who will carry ACS' mission forward. It has been the honor of a lifetime to serve this organization.

Thank you for standing with us and ensuring that every young person who reaches out for support finds someone ready to respond. I leave with a full heart and enduring gratitude for all we have built together and for all that lies ahead.

With gratitude,

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 addiction treatment, support and preventative education to youth and young adults ages 5-25 and their families in Santa Clara and San Mateo Counties.



OUR IMPACT

In 2024-2025, more than 8,033 counseling and education sessions were provided to our clients, and ACS was able to serve over 26,000 individuals through our four programs:

ON-CAMPUS
COUNSELING

COMMUNITY
COUNSELING

ADOLESCENT SUBSTANCE
ADDICTION TREATMENT

OUTLET
PROGRAM

Individuals Served through Direct Services, Education and Outreach

1,783

through the
On-Campus
Counseling
Program

23,372

through the
Outlet
Program

1,570

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

99% of clients in our On-Campus Counseling Program with an individualized treatment plan partially or fully achieved their goals at the conclusion of therapy

96% of clients who remained in our Adolescent Substance Addiction Treatment Program at least six weeks or more successfully completed the program

96% of youth in our Outlet Program reported that since joining, they feel more comfortable with their LGBTQIA+ identity

TRENDS THIS YEAR:

RELATIONSHIP
CONFLICT



NEED FOR
MORE
COMMUNITY FOR
LGBTQIA+ YOUTH



STRUGGLES
BUILDING SOCIAL
SKILLS



STRUGGLES
NAVIGATING LIFE
TRANSITIONS



OPIOID USE
& ADDICTION



OUR CLIENTS

CHARLOTTE'S STORY

Charlotte came to ACS during a time when panic attacks were taking over her daily life. The anxiety felt constant and exhausting, and over time it began to affect her physically. She was eating irregularly, lost a noticeable amount of weight, and felt overwhelmed by how out of control everything seemed.*

In the beginning, therapy was about creating a space where Charlotte felt safe enough to open up. As trust grew, she started to notice patterns - what situations sparked her anxiety and how it showed up in her body. Understanding those connections helped her feel less confused and more empowered.

With steady support from her clinician, Charlotte learned practical ways to calm herself and manage anxious moments. Little by little, the panic attacks became less frequent. As her stress eased, her appetite returned, her routines became healthier, and she was able to reach a stable, healthy weight again.

Today, Charlotte reports only occasional anxiety and feels much more in control of her life. She has built strong coping skills, trusts herself to handle challenges as they arise, and moves forward with a renewed sense of confidence.



LISA'S STORY

Lisa is a 16-year-old transfemme teen who first connected with Outlet in early 2024. At the time, she shared that she was only comfortable attending in-person events. When Outlet hosted summer drop-in gatherings, Lisa decided to take that first step and attend. That initial visit marked the beginning of a meaningful connection.*

Since then, Lisa has become a regular presence at Outlet's social programming, including Queeraoke and the weekly in-person Thursday Night Trans Group. Even though she lives more than 50 miles from the ACS office, she consistently makes the effort to attend. Her commitment reflects how important these spaces have become in her life.

Through the program, Lisa has built friendships with other youth who share similar experiences. What started as tentative participation has grown into genuine connection and belonging. In fact, she recently chose to attend a virtual event - something she previously avoided - because she knew a friend would be there. That small but significant step highlights the confidence and sense of community she has developed.

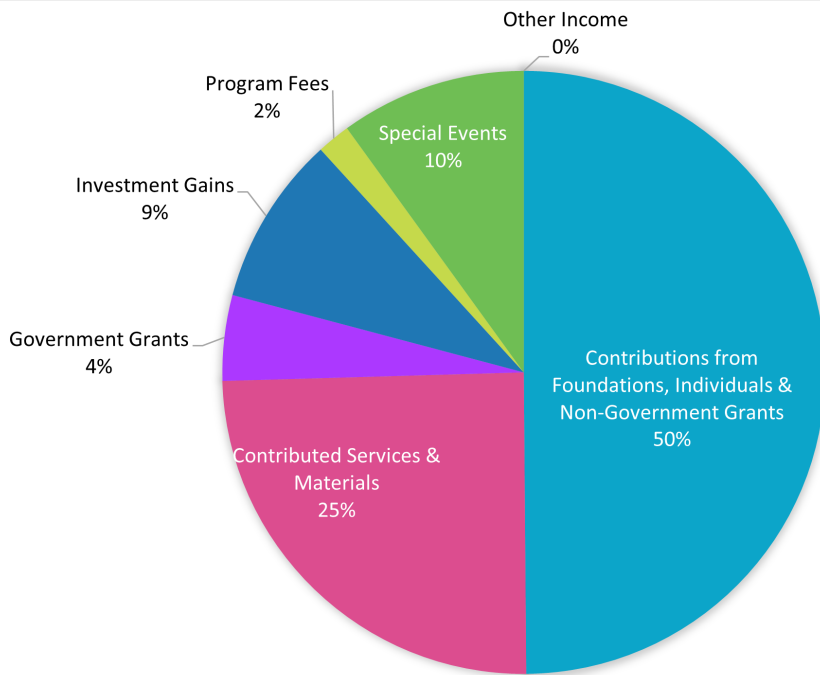
Today, Outlet is more than just a program Lisa attends; it is a supportive space where she feels seen, affirmed, and connected. Her willingness to show up — even from miles away — speaks to the impact of having a safe, welcoming community.



*Names have been changed to protect identity

2024-2025 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, 2025. These statements have been audited by SD Mayer & Associates, LLP.



REVENUE

Contributions from Foundations, Individuals & Non-Government Grants:	\$ 1,511,361
Government Grants:	\$ 138,979
Contributed Services & Materials*:	\$ 747,920
Program Fees:	\$ 54,111
Special Events:	\$ 302,456
Investment Gains:	\$ 275,871
Other Income:	\$ 0

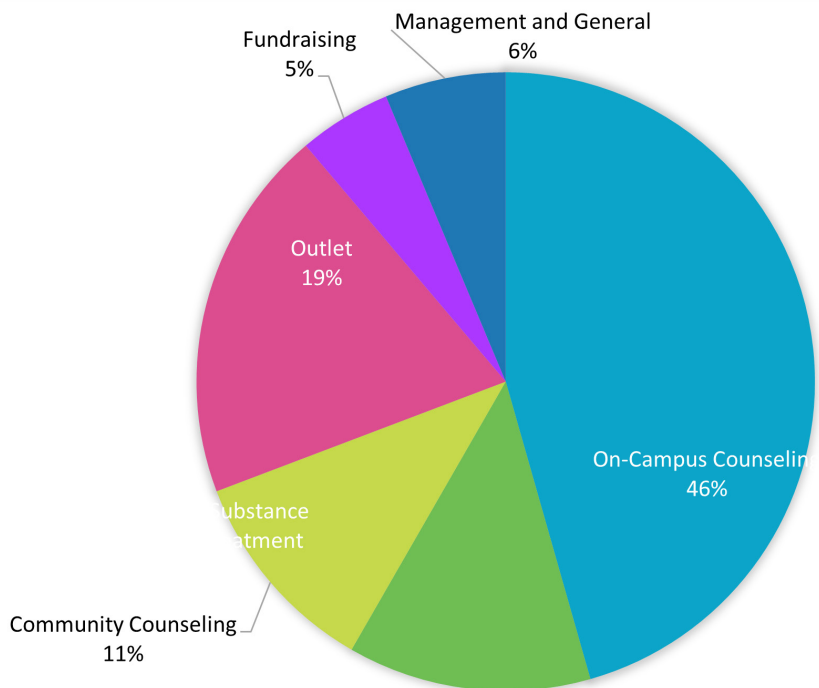
Total Revenue: \$ 3,030,698

* 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:	\$ 1,263,696
Adolescent Substance Addiction Treatment:	\$ 352,738
Community Counseling:	\$ 302,768
Outlet:	\$ 542,741
Fundraising:	\$ 134,778
Management and General:	\$ 175,460

Total Expenses: \$ 2,772,181



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

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your service!*

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**Thanks to your commitment to local youth and families, ACS raised
\$3,030,698 in 2024-2025. Thank You!**

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

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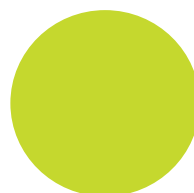
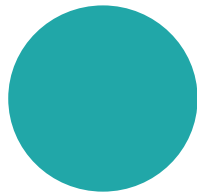
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