2019 Annual Report

February 2020

Dear Friends of Acknowledge Alliance,

In 2019, the year of the 25th Anniversary of our founding, we celebrated so many successes. The milestones we have achieved since 1994 were largely inspired by Cleo Eulau, who founded our organization with the mission to promote lifelong resilience in children and youth, and strengthen the caring capacity of the adults who influence their lives.

This annual report illustrates what we have accomplished together this past year to help youth and educators in our community. Because of your generous investment, we once again reached more people than ever before. We partnered with 34 schools and organizations to provide educator support and professional development, social emotional learning lessons, student counseling and mental health services.

Our Resilience Consultation Program launched new K, 1st, and 8th grade Project Resilience curriculum to deliver social emotional learning lessons. For the first time, Project Resilience is now fully expanded to serve all K-8 grade levels in elementary and middle schools. Both students and teachers alike found our social emotional learning lessons to be valuable. Students learned how to cope with their feelings and problem-solve with their classmates. Teachers gained understanding about the social-emotional issues their students face outside of school.

Our Collaborative Counseling Program continued to grow and served a total of 334 at-risk youth, representing a 56% increase from the prior year. Having a caring and trusted mental health counselor who listened, supported, and believed in them helped students express their emotions constructively, make positive choices, reduce anxiety, and become more motivated to achieve their goals. Ninety-two percent of the students we reached, including formerly incarcerated youth, stayed enrolled and are on track to graduate from high school.

Thank you for helping us provide youth and educators with the opportunity to experience a strengths-based relationship with a caring adult that helped them feel safe, seen, valued, and hopeful. We are deeply inspired to have you and our community as partners as we make a life-changing impact in schools and beyond.

With Gratitude,

Steve Hope
Board President

Sharon Navarro
Executive Director

Mission Statement
Acknowledge Alliance promotes lifelong resilience in children and youth, and strengthens the caring capacity of the adults who influence their lives.

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2018-2019

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**Resilience Consultation Program**

**25 Schools & District Offices Served**
- Elementary Schools: Barron Park, Bishop, Blue Hills, Cherry Chase, Ellis, Fairwood Explorer, Farallone View, Hoover, Huff, Monta Loma, Palo Verde, San Miguel, Sedgewick
- K-8 Schools: Beechwood, Clifford, North Star Academy, Selby Lane
- Middle Schools: Columbia, Kennedy (Cupertino), Kennedy (Redwood City), Sunnyvale

**459 Educators Served**
To respond to the high rate of burnout and stress that educators face, Acknowledge Alliance Resilience Consultants support teachers, principals and administrators through 1:1 resilience coaching and support groups. Acknowledge Alliance contributes to a positive school climate by empowering educators with the knowledge and skills they need to promote social and emotional well-being among students and school staff.

"Just knowing the Resilience Consultant is an available resource allows me to proceed in this extremely challenging position with more confidence. If I am struggling with any issue, I have someone I can reach out to who will provide useful support on site. When I proceed in this position with more confidence, I am able to support my students more effectively, so the support Acknowledge Alliance offers, directly and indirectly, does indeed ‘trickle down’ to my students."
—Teacher

**2,964 Students Served through Project Resilience**
Social emotional learning (SEL) lessons, also known as Project Resilience, were delivered to 2,964 students in 113 classrooms.

Mindfulness, problem solving and decision making, and character strengths are the three most popular SEL topics across all grades.

Students felt that they learned to problem-solve through improved communication and teamwork. They also felt that they learned to cope with and regulate their emotions.

The Devereux Students Strengths Assessment (DESSA-mini) is a comprehensive evaluation tool that measures students’ overall social-emotional competence. Across our schools, teachers reported scores on eight social emotional outcomes which showed improvements after the lessons led by our Resilience Consultants.

**95% of educators working with Acknowledge Alliance staff reported using these strength-based strategies to engage and reach their students on a regular basis:**
1. Recognized student’s strengths
2. Talked supportively with students who are struggling
3. Connected personally with individual students
4. Focused on positive things students do rather than negative
5. Found ways to help struggling students to participate in, or contribute to class
6. Seen students’ difficult behaviors as attempts to cope with a difficult situation
7. Communicated high expectations to students

"Having a safe place to share my challenges, be listened to, and to receive resources to build my resilience is such an important piece to my work. It has also created community and built relationships with my colleagues."
—Teacher

**94% of teachers and administrators who participated in Resilience Support Groups reported increased empathy and understanding of the lives of their students outside the classroom.**

**159 Students Received Counseling Services**
- Acknowledge Alliance staff and clinical interns provided 159 K-8 students across 6 schools with:
  - 2,588 individual counseling sessions
  - 314 group counseling sessions
  - 1,929 parent or staff consultations

Students viewed counseling as very valuable. They felt emotionally supported by their counselors and perceived themselves as having learned social-emotional skills:
- Making better choices about how to act and what to say
- Managing and displaying emotions more appropriately

"One thing I learned from counseling is to take a big breath and count to ten when I’m mad."
—5th Grade Student
The Collaborative Counseling Program has a unique 360 degree approach in working with underserved youth who are at risk of falling out of the education system. These students face extreme adversities as victims of domestic and community violence, coerced gang involvement, poverty, racism, families torn apart and undiagnosed learning and mental health issues. Acknowledge Alliance therapists work with high-risk pre-expulsion students, and youth who have been expelled or incarcerated and are attending San Mateo County Court and Community Schools. When these students transition back to one of the five high schools in the Sequoia Union High School District, we continue to provide them counseling services and support until they graduate. Acknowledge Alliance also offers mental health services to community-based youth development organizations.

Students reported that counseling was helpful.

Key themes of comments related to:

- Positive expression of emotions
- New life skills
- Reduced stress and anxiety
- Increased self-awareness & control of emotions
- Positive plans for the future

My counselor helped me acknowledge my struggles without having a bad reaction. She helped me understand things about my past and my life that will shape me in a positive way. She listened, replied, and became someone who I know I could always rely on.

—Student

I have a place where I am able to show my emotions and my concerns as a high school student. It has allowed me to lessen my anxiety.

—Student

91% of students reported that counseling helped them express their emotions constructively.

95% of students reported that their counselor listened to them without judgment.

92% of students stayed enrolled in high school and worked towards graduation.

The best part of Acknowledge Alliance’s counseling service is the ease of accessibility for the students. Having them on-site and available to students at any time is key to the continued use and success for the students. I think that it also helps to decrease the stigma around mental health and really helps to bridge that gap for students. They know they are not alone and that they have a safe space to share their feelings and work on coping mechanisms and skills that they can use in the real world.

—Teacher
**STATEMENT OF ACTIVITIES & FINANCIAL POSITION**

**REVENUE**

- Grants: $374,939
- Individual donations: $48,353
- Program service: $801,941
- Special event, net: $57,736
- In-kind services: $103,951
- Other income: $3,537

Total Revenue: $1,390,457

**EXPENSES**

- Outreach program: $112,839
- Collaborative counseling: $541,093
- Resilience consultation: $640,236
- Management and general: $232,448
- Fundraising: $92,199

Total Expenses: $1,618,815

*Change in net assets: $(228,358)

**LIABILITIES & NET ASSETS**

Current liabilities: $2,583
Accrued vacation: $36,253

Total liabilities: $38,836
Unrestricted net assets: $190,617
Temporarily restricted: $174,500

Total net assets: $365,117
Total liabilities & net assets: $403,953

*Prior to the 2019 fiscal year, Acknowledge Alliance received various multi-year grants. The funds from these contributions in the amount of $413,000 were budgeted for expenditure during 2019 and were released in accordance with the organization’s understanding of the donor’s intent. Revenue for these contributions was recognized in fiscal years prior to 2019.
Without the generosity of these dedicated individuals, businesses and foundations, our work at Acknowledge Alliance would not be possible. This list reflects donations received from July 1, 2018 to June 30, 2019.

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Inspiring Resilience and Hope

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