Dear Acknowledge Alliance Family,

Thanks to your unwavering support, we made it through a second consecutive year of historic turbulence. We felt the weight of the pandemic, racism, health disparities, and stigma surrounding mental health became even more urgent throughout 2021. It is your partnership that helped us break barriers. Together, we made progress, bridged gaps, and reached close to 3,000 students, community youth, and educators across 28 schools and organizations last year. Furthermore, 91% of our youth graduated from high school or stayed enrolled, and 94% of educators used self-care strategies to support their personal and professional resilience. We also expanded to serve college-bound youth. This annual report reflects the impact we’ve made, and the resilience, connection, and gratitude that students, youth, and educators found meaningful.

Youth in our Collaborative Counseling Program engaged in 6,365.75 hours of therapy with our Psychotherapists, a 48% increase in frequency and duration from last year. Evaluations demonstrate that our youth experienced renewed hope, improved family and social functioning, increased optimism, decreased depression and anxiety, better sleep, and enhanced trauma integration. Educators were grateful that the school culture changed in a positive direction - the school climate felt much more optimistic, connections among teachers and students were stronger, and there was a collective recognition of the importance of social emotional well-being. Students who participated in our social emotional learning lessons shared that they chose healthier ways of managing their anger and stress.

We believe Diversity, Equity, Inclusion, and Justice (DEIJ) is crucial in creating change in the world and within our agency. We are committed to making Acknowledge Alliance a place where everyone can thrive and all employees are seen and valued for who they are. Moving toward greater DEIJ goals goes hand in hand with our efforts to build resilient and healthy school communities. Building a culture of loving accountability, one that actively interrupts bias and racism, profoundly influences our mission to promote lifelong resilience in children and youth, and strengthen the caring capacity of the adults who influence their lives. Thank you for supporting our steady presence and heartfelt connections in the communities we serve.

With gratitude,

Steve Hope  
Board Chair

Sharon Navarro  
Executive Director
### 19 Schools & District Offices Served
- Elementary Schools: Adelante Selby, Bishop, Cherry Chase, Cumberland, Ellis, Fairwood Explorer, Lakewood School, San Miguel, Vargas
- K-8 Schools: Beechwood, North Star Academy
- Middle Schools: Columbia, Kennedy (Cupertino), Kennedy (Redwood City), Sunnyvale
- High Schools: Los Gatos, Saratoga
- District Offices: Los Gatos Saratoga Union High School District, Sunnyvale School District

### 437 Educators Served
- In an isolating and difficult year with rising burnout, educators valued the time to connect and receive support through 11 resilience coaching, resilience groups, and schoolwide social emotional learning.
- 302 educators received 1,134 resilience consultations and coaching sessions that were tailored to meet individual needs.
- 83 teachers, principals, and administrators participated in 87 resilience group sessions, where each of the 11 groups had a safe space to create relationships with peers and learn resilience tools.
- 52 teachers participated in Project Resilience social emotional learning lessons, which inspired new classroom practices that supported the well-being of themselves and their students.

### 1,959 Students Served Through Project Resilience
- 473 Project Resilience social emotional learning lessons were delivered to 1,959 students and 52 teachers across 4 schools.
- Mindfulness, coping skills, teamwork, and communication were the top social emotional learning topics students found useful.

### 91% of teachers became more aware of the social and emotional issues of their students, and they found that students became more aware, as well.

### 94% of educators working with Acknowledge Alliance staff reported using strategies, such as self-care, to promote personal and professional resilience.

A note to my Project Resilience Facilitator:

I want to thank you for all that you’ve done for me. I really appreciate that you made me realize more of myself than I realized. I even got to learn more about feelings and strengths. I also learned to have empathy for others. I’ve understood how other people are feeling.

So thank you!

---Student

Teaching strategies used various strengths-based strategies to support their students’ resilience during the school year:

1. Connected personally with individual students
2. Talked supportively with students who were struggling
3. Recognized students’ strengths
4. Communicated a belief in students’ abilities

### 341 Counseling Sessions Provided to Students and Families
- 9 students and their families received counseling over 275 individual sessions and 66 family sessions.
- The counselors also outreached to parents 254 times. Students shared that they enjoyed their time in counseling, learned how to cope with emotions, and felt less alone. Parent-child relationships improved and all the parents believed that their children benefited from having a supportive counselor to connect with. Teachers also noticed that the students seemed less overwhelmed and more calm.
The Collaborative Counseling Program (CCP) provides mental health counseling services to youth who have experienced emotional trauma after facing adverse life events, poverty, racism, and violence. Counselors are available to support students at all of the Sequoia Union High School District's comprehensive and alternative high schools. Students attending youth development organizations in underserved communities also have access to our counseling services. Even after high school graduation, our counselors support future graduates to and through college.

In their own words, students and youth said that counseling made a world of impact and that counseling helped them:
- Learn about themselves and their feelings
- Deal with difficult things
- Be more accepting of their own emotions
- Build healthy relationships

96% of students and youth reported that their counselor listened to them without judgment.

92% of students and youth reported that their counselor was someone they trusted.

91% of students and youth remained in high school or had graduated over the year.

According to assessments of counselors, students and youth experienced significant positive changes:
- Increased optimism with renewed hope
- Improved family and social functioning
- Deeper community connections
- Better sleep
- More enjoyment of recreational activities
- Decreased depression and anxiety
- Enhanced trauma integration

Counseling has taught me that I'm not alone, there are people who would like to listen to my story and be there to support me.

I learned to be open and welcoming about emotions. They are not all bad and there is nothing wrong with expressing emotions as long as they are doing no harm. This has helped me communicate better and be on better terms with myself.

Counseling helped me express myself over my grief and feel safe. This allowed me to deal with some anxiety in my personal life that has come from it as well.

At the beginning of counseling, student struggled with suicidality, panic attacks, post-traumatic stress disorder (PTSD), and major difficulty in interpersonal relationships. Over the course of therapy, she has been able to address her past traumas, greatly reducing her PTSD symptoms and increasing her ability to function. She learned emotional regulation skills and improved in conflict resolution. She has deepened her insight into where her behaviors and reactions come from, which helps her recognize her own patterns. Now she has healthier relationships, spends time volunteering in the community, and is doing well in college. She has not experienced suicidal thoughts or panic attacks in months.

In our most recent session, student shared how content she is with her life and that there are times she can't believe she has achieved everything she has in the past three and a half years. She shared that having the support in therapy changed everything for her in her life.

-Collaborative Counseling Program

9 Schools & Organizations Served
- Sequoia Union High School District: Carlmont, Menlo-Atherton, Redwood, Sequoia, TIDE Academy, Woodside
- Youth Development Organizations: Boys & Girls Clubs of the Peninsula (Redwood City and East Palo Alto), Peninsula Bridge

352 Students & Community Youth Served

6,365.75 Counseling Hours Provided

96% of students and youth reported that their counselor listened to them without judgment.

92% of students and youth reported that their counselor was someone they trusted.

91% of students and youth remained in high school or had graduated over the year.
STATEMENT OF ACTIVITIES & FINANCIAL POSITION

REVENUE
- Grants $748,000
- Individual donations 59,345
- Program service 845,198
- Special event 43,496
- In-kind services 77,831
- Other income 271
- Forgiveness of PPP loan 232,900

Total Revenue $2,007,041

EXPENSES
- Outreach program $111,395
- Collaborative counseling 751,481
- Resilience consultation 547,142
- Management and general 360,653
- Fundraising 99,275

Total Expenses 1,869,946

*Change in net assets $137,095

ASSETS
Current assets $1,318,031
Other assets 14,787
Total assets $1,332,818

*Generous contributions from donors, and the forgiveness of the Paycheck Protection Program loan, provided additional operational and programmatic funding in FY21. This allowed for an increase in net assets, which serves as a catalyst for continuity of services, an emergency reserve fund, and potential growth in the number of constituents served.

LIABILITIES & NET ASSETS
Current liabilities $324,377
Accrued vacation 40,581
Total liabilities 364,958
Net assets without donor restrictions 807,860
Net assets with donor restrictions 160,000
Total net assets 967,860
Total liabilities & net assets $1,332,818
Thank you

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, 2020 to June 30, 2021.

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You put a smile in our hearts.

Thank you.

2021 Annual Report

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