

# 2019 Annual Report

The power of classroom wellness  
**Acknowledge Alliance**



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, 1<sup>st</sup> and 8<sup>th</sup> 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,

Handwritten signature of Steve Hope in cursive.

Steve Hope  
Board President

Handwritten signature of Sharon Navarro in cursive.

Sharon Navarro  
Executive Director

Inspired by  
**CLEO  
EULAU**

## Mission Statement

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

## Board of Directors 2018-2019

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**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, Sedgwick

**K-8 Schools:**  
Beechwood, Clifford, North Star Academy, Selby Lane

**Middle Schools:**  
Columbia, Kennedy (Cupertino), Kennedy (Redwood City), Sunnyvale

**District Offices:**  
Cupertino Union School District, Palo Alto Unified School District, Redwood City School District, Sunnyvale School District



*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.**

**459 Educators Served**

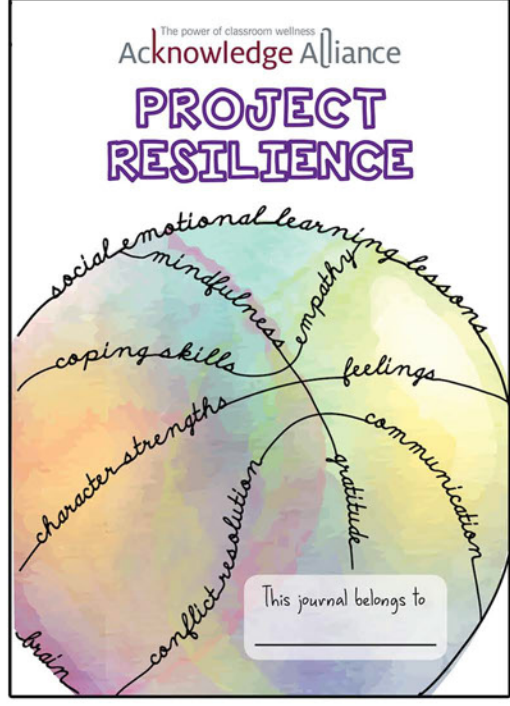
To respond to the high rate of burnout and stress that educators face, Acknowledge Alliance Resilience Consultants support teachers, principals and administrators through 1:1 resilience coaching and support groups. Acknowledge Alliance contributes to a positive school climate by empowering educators 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

**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



*These topics are useful because they taught me information about myself. They also taught me how to solve problems in a new way.*

-7th Grade Student

**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.

*Before Project Resilience, I used to fight with my sister. I used to not like solving with teamwork. I used to barely make any friends.*

-3rd Grade Student



**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

**97% of students served reported that counseling helped them to make better choices about their actions.**



*One thing I learned from counseling is to take a big breath and count to ten when I'm mad.*

-5th Grade Student

## 9 Schools & Organization Served

**Court & Community Schools:**  
Gateway, Hillcrest

**Sequoia Union High School District:**  
Carlmont, Redwood, Sequoia, Woodside,  
Menlo-Atherton

**Youth Development Organizations:**  
Boys & Girls Club Redwood City,  
Peninsula Bridge

## 334 High School Students Served

Acknowledge Alliance therapists and clinical interns provided 334 at-risk youth (56% increase of students served from 2018) with **3,035 total hours of counseling:**

- 2,606 hours of individual counseling
- 154 hours of group counseling
- 134 hours of crisis intervention
- 129 hours of crisis prevention

In addition, there were 1,061 hours of collateral contact with students' parents, teachers and probation officers.

## Our program helps underserved youth become resilient and motivated in school.

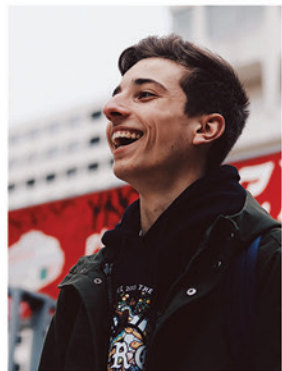
The Collaborative Counseling Program has a unique 360 degree approach in working with underserved youth who are at risk of failing out of the education system. These students face extreme adversities as victims of domestic and community violence, coerced gang involvement, poverty, racism, families torn 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.**

*I used to explode with anger, and now I feel like I can resolve things peacefully.*

-Student

*Counseling helped me loosen stress. It also helped me make better choices in life, and become a better person in my community.*

-Student



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

**Teachers, program staff and probation officers across all the schools and organizations observed positive changes in students who received our counseling services.**

*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.*

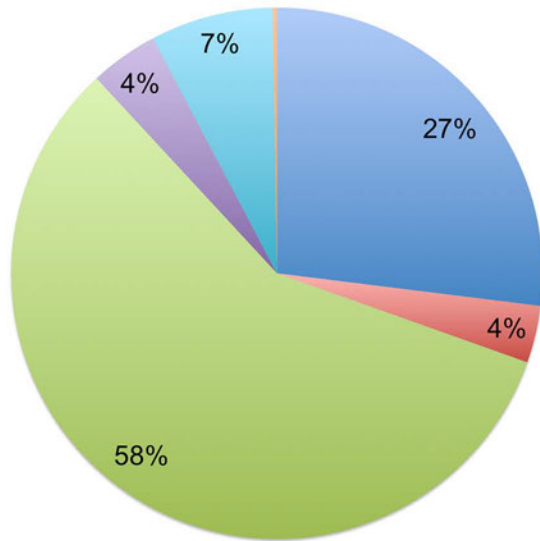
-Teacher

*Students have come to me after meeting with their Acknowledge Alliance counselor stating how they feel so much better, and that they know how to tackle specific obstacles they might be going through. I've witnessed students looking stressed and overwhelmed before a session. After, these students come out glowing with a plan to be better organized with their thoughts and a plan for organizing parts of their lives they can control.*

-Youth Development Program Staff

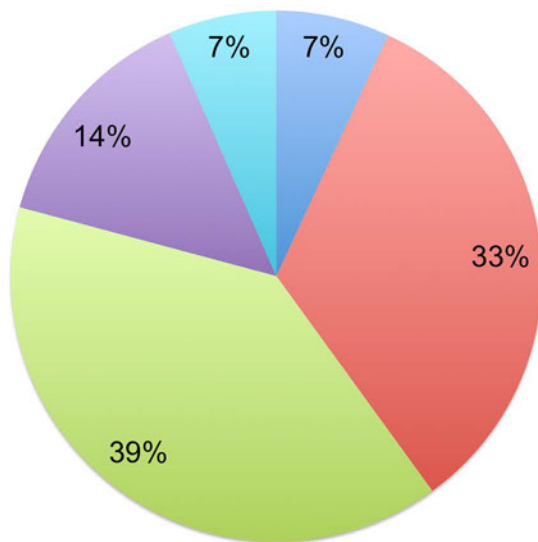


# STATEMENT OF ACTIVITIES & FINANCIAL POSITION



## 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
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<b>Total Revenue</b>	<b>\$1,390,457</b>



## EXPENSES

Outreach program	\$ 112,839
Collaborative counseling	541,093
Resilience consultation	640,236
Management and general	232,448
Fundraising	92,199
<hr/>	
<b>Total Expenses</b>	<b>1,618,815</b>
*Change in net assets	\$(228,358)

\*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.

## ASSETS

Current assets	\$392,353
Other assets	11,600
<hr/>	
<b>Total assets</b>	<b>\$403,953</b>

## LIABILITIES & NET ASSETS

Current liabilities	\$ 2,583
Accrued vacation	36,253
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<b>Total liabilities</b>	<b>38,836</b>
Unrestricted net assets	190,617
Temporarily restricted	174,500
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<b>Total net assets</b>	<b>365,117</b>
<b>Total liabilities &amp; net assets</b>	<b>\$403,953</b>

# 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, 2018 to June 30, 2019.

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The San Francisco Zoological Society  
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Vino Locale  
Waterdog Tavern  
West Park Bistro  
Winchester Mystery House

The power of classroom wellness  
**Acknowledge Alliance**

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*Inspiring Resilience and Hope*

**2019  
Annual  
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