



2020 Annual Report

The power of classroom wellness
Acknowledge Alliance

Inspired by
CLEO EULAU

March 2021

Dear Acknowledge Alliance Family,

What a year it's been! In 2020, we were called upon to engage with our mission like never before: to promote lifelong resilience in children and youth, and strengthen the caring capacity of the adults who influence their lives.

This annual report highlights the impact you've helped us make this past year to support educators and youth in 34 local schools and organizations. It also reflects the collective resilience we built as we navigated through the challenges of the coronavirus pandemic. Our staff quickly adapted to school closures and distance learning, and continued to "show up" for students and educators in new virtual formats. Our team of mental health professionals provided telehealth counseling services, facilitated online educator support groups, provided virtual social emotional learning lessons, and led resilience webinars for families.

Educators described the support that they received from our Resilience Consultation Program as a "vital lifeline," and felt that our services were especially important to their personal and professional resilience during distance learning. By learning to use resilience strategies to support their students, 91% of teachers indicated that our services increased their awareness of student social and emotional needs.

Youth in our Collaborative Counseling Program benefited from counseling sessions that allowed them to explore experiences, relationships, and feelings in a safe setting. Having a caring and trusted adult listen to them consistently without judgment helped them cope with traumas and pressures in their lives. We are proud that 95% of students we served are currently still enrolled in high school, graduated in June, or began college.

The power of relationships as a means to healing and hope for change and recovery began 26 years ago as the seed for the agency. Today, relationships and community connections still remain at the heart of our work. Our mission represents the best in all of us in our community – caring, giving, doing - to better lives. Together, we are making the world a better place. Thank you for your support.

With gratitude,

Steve Hope
 Steve Hope
 Board Chair

Sharon Navarro
 Sharon Navarro
 Executive Director

COVID-19 Response
 In addition to providing HIPAA-compliant telehealth services to students and educators, Acknowledge Alliance created resources for the whole community.
 Visit our website at [acknowledgealliance.org/covid19-resources](https://www.acknowledgealliance.org/covid19-resources) for tips to build resilience, take care of yourself, practice mindfulness, recognize strengths, and connect with friends.

10 Tips for Building Resilience

SELF-CARE QUESTIONS TO ASK YOURSELF DAILY

MINDFUL GRATITUDE PRACTICE

Focus on What is Strong, Not What is Wrong

Celebrate Friendships

26 Schools & Organizations Served

Elementary Schools:

Adelante Selby, Barron Park, Bishop, Cherry Chase, Cumberland, Ellis, Fairwood Explorer, Farallone View, Hoover, Huff, Lakewood, Ohlone, Palo Verde, San Miguel

K-8 Schools:

Beechwood, Clifford, North Star Academy

Middle Schools:

Columbia, Kennedy (Cupertino), Kennedy (Redwood City), Sunnyvale

District Offices:

Cupertino Union School District, Palo Alto Unified School District, Sunnyvale School District

Youth Development Organizations:

Boys & Girls Clubs of the Peninsula
Peninsula Bridge



The Acknowledge Alliance Resilience Consultant did a wonderful job in creating a safe, loving, and compassionate space where all teachers could openly share any experiences. It provided the space for me to reflect professional and personal conflicts, events, and successes. I learned so much from my peers and definitely feel more invested in my school community.

-Teacher

Educators reported that Resilience Groups helped them process emotions, share challenges, and gain strategies for supporting themselves and students.

524 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 resilience groups.

Educators were particularly grateful for Acknowledge Alliance's virtual services in 2020. During the pandemic, school closures, and distance learning, educators who received support felt less isolated and reported that:

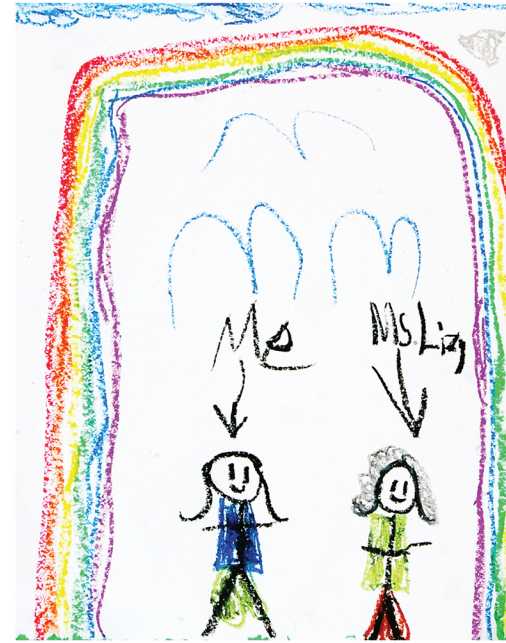
- The services were easy to understand and access.
- The services were important to their personal and professional resilience.
- The services helped them better support their students' social emotional well-being.

It was great to have support from the Acknowledge Alliance Resilience Consultant and the Teacher Resilience Group during an extra stressful time of year. We were all launched into new territory with no warning or training. Knowing I had them and my colleagues from the Resilience Group to reach out to made it more manageable.

-Teacher

Teachers used these strengths-based strategies to support their students' social-emotional resilience:

1. Talked supportively with students who are struggling
2. Connected personally with individual students
3. Supported struggling students' social and emotional needs
4. Recognized students' strengths
5. Found ways to help struggling students participate in learning
6. Communicated a belief in students' abilities



Empathy was the most useful topic because it helped me put myself in others' shoes. Friendship was also helpful because I learned how to handle exclusions.

-5th Grade Student



When I felt stressed, mindfulness helped calm me down. Coping with feelings helped me become less angry. Lastly, character strengths helped me feel good about myself.

-7th Grade Student

Parents have personally emailed to thank me and our school for introducing the Project Resilience lessons during distance learning. They could see that their students needed extra support and this helped. From my perspective, it opened up a conversation with certain students that allowed me to connect, help, or refer them to a counselor. It has also been good for mindfulness and positive thinking.

-Teacher

145 Students Received Counseling Services

Teachers noticed that students became more self-aware after receiving counseling services. Students gained valuable coping strategies that helped them deal with their emotions, manage anxiety and stress, and interact better with peers. Teachers felt that students benefited from having an extra supportive adult to talk to and connect with.



1,796 Students Served Through Project Resilience

Social emotional learning (SEL) lessons, also known as *Project Resilience*, were delivered to 1,796 students in 84 classrooms.

57 teachers participated in *Project Resilience* with their students.

Mindfulness, friendship, empathy, and character strengths were some of the social emotional learning topics students found useful.

91% of teachers reported that *Project Resilience* helped increase their awareness of student social and emotional needs.

10 Schools & Organization Served

Court & Community Schools:
Gateway, Hillcrest

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

Youth Development Organizations:
Boys & Girls Clubs of the Peninsula,
Peninsula Bridge

320 Students Served

Acknowledge Alliance therapists and clinical interns shifted to telehealth to continue supporting students during the pandemic. **4,293 total hours of counseling services were provided to 320 students:**

- 2,433 hours of individual counseling
- 215 hours of group counseling
- 80 hours of crisis intervention
- 96 hours of crisis prevention
- 1,469 hours of case management & consultations

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, 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 high schools in the Sequoia Union High School District, we continue to provide them counseling services and support until they graduate. Acknowledge Alliance offers mental health services to community-based youth development organizations, where future graduates are also supported to and through college.

Before counseling, I was a loose cannon. Now I feel calmer and I know that things are going to be okay for me.

–Student



This student shared how life has changed for the better after receiving counseling services from Acknowledge Alliance. He increased his school attendance, significantly improved his ability to manage his anger, and left a history of probation violations in his past. He gained confidence in himself and got a job permit from his school to work part-time. He started feeling hope for his future.

Students reported that **counseling was helpful.**

Key themes of comments related to:

- The importance of being heard
- Healthy expression of feelings
- New life skills
- Reduced stress and anxiety
- Increased self-awareness and control of emotions
- Positive plans and hope for the future

Counseling was very helpful to me. It impacted me in a very positive way. I'm more aware of myself. Counseling taught me it's okay to be going through a rough time. It taught me how to handle situations differently.

–Student

I always felt good after counseling. It helped me release my emotions and it made me think more about myself in a positive way.

–Student



100% of students reported that their counselor listened to them without judgment.

95% of students stayed enrolled in high school and worked towards graduation.

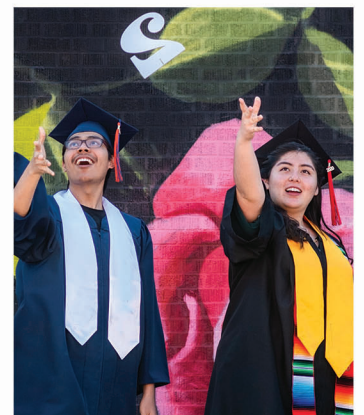
Teachers, program staff, and probation officers across all the schools and organizations observed positive changes in students who received counseling services.

Student has made incredible progress. He was in danger of not graduating and was experiencing major depressive episodes, as well as housing insecurity. He also lost a loved one to suicide at the beginning of the school year. He has grown immensely over the last year, and was always committed to coming to therapy, even when he didn't feel like it. Even with COVID-19, although beginning with a rocky start, he worked hard to get back on track and motivate himself. He graduated from high school.

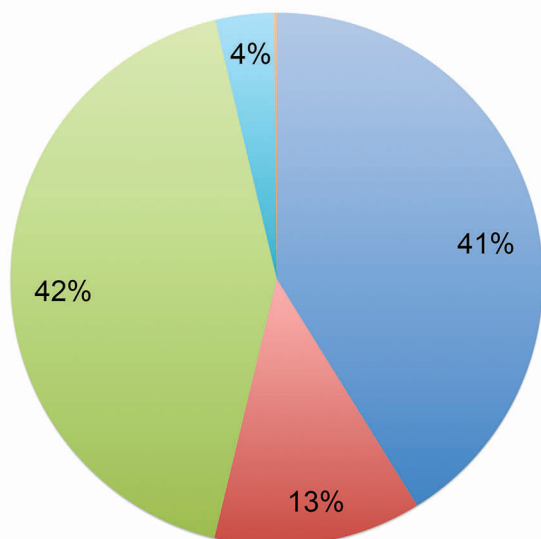
–Acknowledge Alliance Counselor

One student can get very adversarial and aggressive with school staff and students, but has shown an ability to stop, remain calm, express herself constructively, and/or remove herself from a potentially triggering situation. Students have explicitly told me that they like going to their counseling sessions, and feel more positive and calm as a result, and that they are frustrated when they miss the appointment.

–Teacher

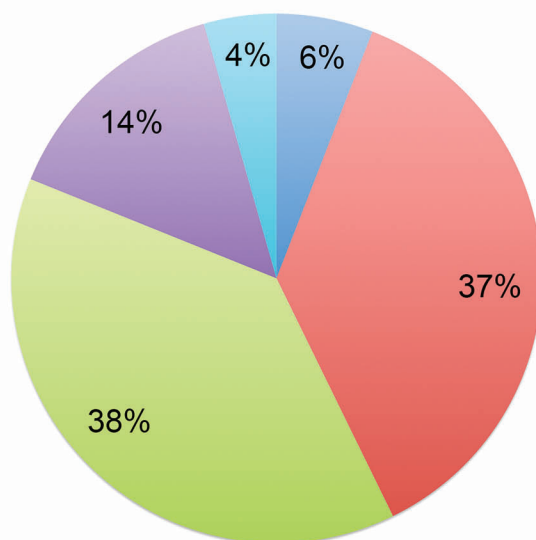


STATEMENT OF ACTIVITIES & FINANCIAL POSITION



REVENUE

| | |
|----------------------|--------------------|
| Grants | \$ 855,505 |
| Individual donations | 262,069 |
| Program service | 883,201 |
| In-kind services | 74,000 |
| Other income | 3,434 |
| Total Revenue | \$2,078,209 |



EXPENSES

| | |
|--------------------------|------------------|
| Outreach program | \$ 95,158 |
| Collaborative counseling | 594,372 |
| Resilience consultation | 618,464 |
| Management and general | 233,275 |
| Fundraising | 71,292 |
| Total Expenses | 1,612,561 |
| *Change in net assets | \$465,648 |

ASSETS

| | |
|---------------------|--------------------|
| Current assets | \$1,119,458 |
| Other assets | 19,424 |
| Total assets | \$1,138,882 |

LIABILITIES & NET ASSETS

| | |
|---|--------------------|
| Current liabilities | \$265,784 |
| Accrued vacation | 42,333 |
| Total liabilities | 308,117 |
| Net assets without donor restrictions | 790,765 |
| Net assets with donor restrictions | 40,000 |
| Total net assets | 830,765 |
| Total liabilities & net assets | \$1,138,882 |

*Acknowledge Alliance received a large one-time gift in fiscal year 2020 that has enabled us to build our cash reserve for the future. Cash reserves help ensure future sustainability.

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, 2019 to June 30, 2020.

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The Counter
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Laarni von Ruden

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Annual Report*



2020 Annual Report

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