



2022-2023 Annual Report

The power of classroom wellness
Acknowledge Alliance

Inspired by
**CLEO
EULAU**

March 2024

Dear Acknowledge Alliance Family,

Thanks to your unwavering support last year, Acknowledge Alliance once again helped students and teachers prioritize social and emotional well being with the same intentionality as reading and math. Even though in-person learning and most routine activities have resumed for some time now, students and educators are still coping with post-pandemic grief, isolation, and stress, while simultaneously trying to recover from a year of interrupted learning and decreased engagement. Our work building lifelong resilience is grounded in a belief that students who are mentally healthy will be able to access academic content. We could not do this important work without our community. You helped us provide a local means of addressing a nationwide behavioral health crisis and reach nearly 2,150 youth and educators across 28 schools and organizations. Our results were inspiring - 100% of students who may have been on a probation or suspension track were instead on their way to graduating, and 84% of educators had increased empathy and understanding of the lives of their students. This annual report demonstrates the collective impact we have made, and the transformative outcomes our students, youth and educators have experienced.

Across the nation, over 20% of students experience a mental health condition. The majority of students (70%) who need services are not able to access them. In contrast, youth in our Collaborative Counseling Program engaged in 7,357 hours of counseling with our therapists, a 5% increase from last year. Therapists spent an average of 14% more time supporting each student this year, and the benefits from this were clear - students reported significant decreases in depression, anxiety, and trauma-specific symptoms. Educators valued the ongoing, individualized and campus-wide support our Resilience Consultation Program provided. They were challenged to make up for learning loss spurred by the pandemic's virtual learning and chronic absenteeism, all while tackling continued exhaustion and burnout. By providing direct services to 412 educators and 1,497 students, in addition to reaching 10,143 students with our indirect services, we uplifted entire school communities. Students and staff feel healthy, empowered and proud to contribute to a positive school climate.

We are committed to pushing the boundaries of what is possible in school-based mental health care. We strongly believe in the power of integrity, inclusion, relationships, and collaboration in fostering safe, nurturing learning environments where all students and teachers can thrive. We look forward to the year ahead as we continue to build networks of care to connect and strengthen school communities for all. Thank you for transforming lives with us, one classroom at a time.

With gratitude,

Lowell E. Boyd
Lowell Boyd
Board Chair

S. Navarro
Sharon Navarro
Executive Director

Our Mission

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

"I no longer am scared to show my emotions and have become able to express traumatic events without panic. I have really learned who I am."

- Collaborative Counseling Program Student



20 Schools & District Offices Served

Elementary Schools:
 Adelante Selby, Bishop, Cherry Chase, Cumberland, Ellis, Fairwood Explorer, Lakewood, San Miguel, Vargas (Sunnyvale) Vargas (Mountain View Whisman)

K-8 Schools:
 Beechwood, North Star Academy

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

District Offices:
 Sunnyvale School District, Mountain View Whisman District



"[Our resilience counselor] is a source of moral and logistical support for me... just knowing she's there if I ever need her provides a strong sense of confidence that relates to all other aspects of my practice and life in general. She is a force of positivity, wisdom and compassion, and her presence in our school community benefits us all more than we can measure."

– Middle School Teacher

412 Educators Served

Teachers dealt with the lingering effects of the pandemic, with more students struggling to perform at grade level. Educators were challenged to make up for learning loss and create positive learning environments, all while tackling continued exhaustion and burnout. Educators valued the support they received through 1:1 resilience coaching, resilience groups and schoolwide social-emotional learning.

412 educators received 2,435 resilience consultations and coaching sessions that were tailored to meet individual needs.

65 teachers, principals, and administrators participated in 81 resilience group sessions, where each of the 16 groups had a safe space to create relationships with peers and learn resilience tools.

24 teachers and 1,479 students across 4 schools participated in *Project Resilience* social emotional learning lessons, which inspired new classroom practices that support the well-being of teachers and their students.

92% of educators participating in Resilience Support Groups increased their use of strategies to promote professional resilience.

"Seeing [our resilience counselor] brightens up my day. I feel more positive and optimistic about my interactions with students and classrooms after having been heard and listened to by my Acknowledge Alliance counselor."
– Elementary School Teacher

84% of educators felt increased empathy and understanding of the lives of their students.

1,497 Students Served Through Project Resilience

469 *Project Resilience* social emotional learning lessons were delivered to 1,479 students and 24 teachers across 4 schools.

Over half of teachers observed their students applying what they learned from these lessons a few times this year.

Friendship, Character Strengths, Mindfulness and Problem Solving & Teamwork were the top social emotional learning topics students found useful.

"[Working with my resilience counselor] helped me to identify ways to balance and accept that no matter how much I would like to, I can not do it all. This resulted in me prioritizing on a daily basis and being able to remain in the profession."
– Elementary School Teacher



"Learning character strengths helps me understand how I can be my best self. Having empathy for others helps me understand that my feelings are normal."
– Middle School Student

Impact on School Climate

How is RCP's support translating into tangible efforts to encourage a flourishing school climate?



81% Educators that prioritized working to promote a positive school climate



Middle schools with *Project Resilience* SEL lessons had significantly higher climate ratings than non-participating schools, with more teachers feeling students show pride in their school and that their work at school is valued.



Last year, I had a lot of fights with my parents, but Project Resilience helped me cope with my feelings and realize what I did wrong. I haven't had a fight with my parents in 4 months now (YAY)!"
– Middle School Student

302 Counseling Sessions Provided to Students and Families

18 students and their families received counseling over 302 individual sessions and 237 family sessions. Students shared that they enjoyed their time in counseling, and learned how to share their feelings and make good choices about what they said to others. Teachers also noticed that the students were better able to cope with classroom challenges and social interactions.

238 Students & Community Youth Served

The Collaborative Counseling Program (CCP) provides specialized individual and group mental health counseling services to youth who have experienced emotional trauma after facing adverse life events, poverty, racism and violence. These students are involved in the juvenile justice system, transitioning from the Court and Community School Counseling program, are 9th and 10th graders at high risk of failure in their transition to high school, or are attending youth development organizations in underserved communities. Even after high school graduation, our counselors support clients in their transition to college.

8 Schools & Organizations Served

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

Youth Development Organizations:
Boys & Girls Clubs of the Peninsula (Redwood City and East Palo Alto), Peninsula Bridge

How Did Counseling Help?

In their own words, students and youth said that counseling helped them:

- 99%** Build healthy relationships
- 82%** Learn about themselves
- 100%** Deal with stress and grief
- 100%** Express their emotions constructively

82% of clients said counseling has helped them to make positive choices in their lives.

7,357 Counseling Hours Provided (Up 5%)

Collaborative Counseling Program Psychotherapists and clinical interns provided a total of 7,357 hours of counseling and related hours:

- 2,596 hours of individual counseling
- 29 hours of group counseling
- 156 hours of student outreach
- 71 hours of crisis intervention
- 303 hours of client consultation
- 1,028 hours of staff consultation/professional development
- 3,174 hours of case management and clinical training

The average number of service hours per client increased by 14% over last year, meaning that therapists were spending more time on each individual youth they were counseling.



“I learned about how to cope with regret and learn from my mistakes and become the person I want to be in life. I am very thankful for this experience and how much it has helped me throughout the past year and a half. –Student”

Who Are Our Clients?

16.8 YEARS OLD

Average Age



- 63% Female
- 27% Male
- 2% Gender Non-binary

- 70%** identified as Hispanic or Latinx

4 MONTHS

Average Duration of Counseling

- 45%** of clients are benefiting from long-term therapy by being with CCP for more than 1 year



“I learned how to stop making wrong decisions in school and out, this helped me by focusing more on school, getting grades higher, and doing better at home.” –Student

88% of clients said counseling has helped them to talk about very difficult things that have happened in their lives.

86% of students felt that counseling helped them to deal with things that made them mad or frustrated in life.

According to assessments of counselors, students and youth experienced

significant positive changes:

- 19% fewer youth experiencing depression
- 30% fewer needing intervention for anxiety
- 36% fewer suffering from trauma-specific symptoms



100% of students who may have been on a probation or suspension track are instead in the process of graduating.

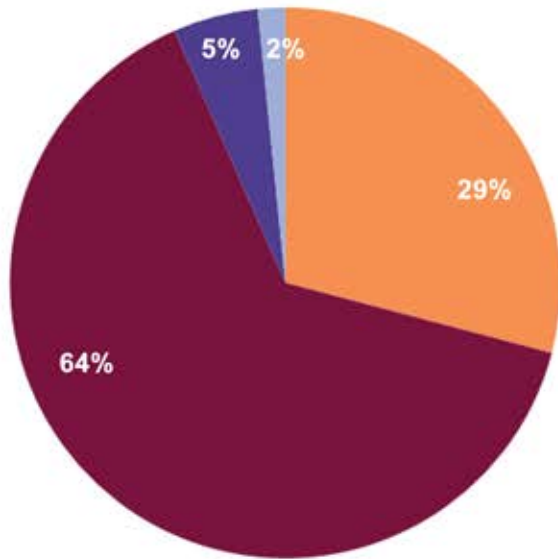


“One student in particular was completely despondent for two grading periods, and nothing I did could help him. Since he has been having counseling, his grade went from 35% up to a B+! He is having thoughtful conversations with partners and smiles during class. I am so happy you have helped him find his way.”

– Teacher

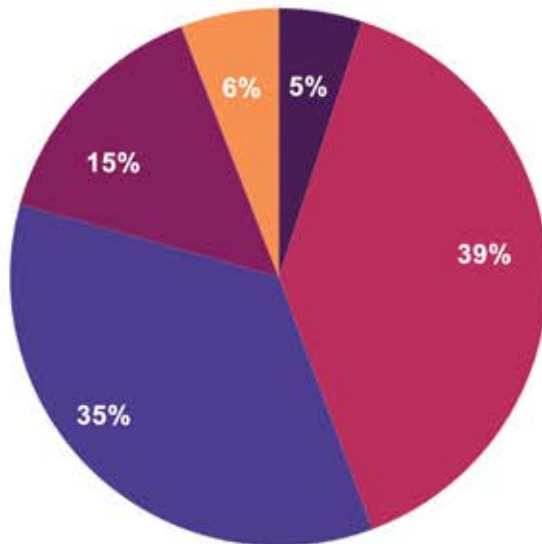
STATEMENT OF ACTIVITIES & FINANCIAL POSITION

JULY 1, 2022 TO JUNE 30, 2023



REVENUE

Philanthropic Support	\$ 510,343
Program service	1,127,574
In-kind services	87,579
Other income	28,148
Total Revenue	\$1,753,644



EXPENSES

Outreach Program	\$ 112,762
Collaborative Counseling	884,204
Resilience Consultation	787,621
Management and General	330,876
Fundraising	132,729
Total Expenses	2,248,192
*Change in net assets	\$ (494,548)

ASSETS

Current assets	\$1,085,015
Operating ROU assets	113,826
Total assets	\$1,198,841

**Thanks to generous contributions from donors, Acknowledge Alliance was able to weather a decrease in net assets to continue to fulfill its mission of instilling resilience in students and teachers alike.*

LIABILITIES & NET ASSETS

Current liabilities	\$ 72,590
Operating Lease Liability	103,128
Total liabilities	175,718
Net assets without donor restrictions	765,623
Net assets with donor restrictions	257,500
Total net assets	1,023,123
Total liabilities & net assets	\$1,198,841

Thank you

Our work at Acknowledge Alliance is possible because of the dedicated individuals, businesses and foundations that support us.

This list reflects donations received from July 1, 2022 to June 30, 2023.

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Amazon Smile Foundation
Anthony and Sue Atwell
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CMIT Solutions
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