



2022 Annual Report

The power of classroom wellness
Acknowledge Alliance

Inspired by
**CLEO
EULAU**

March 2023

Dear Acknowledge Alliance Family,

Thanks to your steadfast support, we successfully navigated a year filled with extraordinary challenges and turbulent transitions. As we cautiously resumed many pre-pandemic activities and welcomed students and teachers back to classrooms after a grueling year of virtual learning, we quickly learned how vital our work building lifelong resilience truly is for school communities. After spending so much time apart while facing a steadily growing list of challenges to our physical and mental health, well-being and ability to thrive, we all yearned for connection and community. Together we filled that critical need - reaching nearly 3,300 youth and educators across 25 schools and organizations last year. And the results were amazing - 93% of students who may have been on a probation track were instead on their way to graduating, and 86% of educators used self-care strategies to support their personal and professional resilience. This annual report demonstrates the collective impact we have made, and the transformative outcomes our students, youth and educators have experienced.

Youth in our Collaborative Counseling Program engaged in 6,989 hours of counseling with our psychotherapists, a 10% increase from last year. The benefits from this more frequent and extended timeframe of counseling is clear - students reported decreases in depression and anxiety, fewer trauma-specific symptoms, deeper connections with their community, and stronger positive family and social relationships. Educators were grateful for the ongoing individualized and campuswide support our Resilience Consultation Program provided as they faced increased social-emotional and academic need all while dealing with ongoing exhaustion and burnout. With a 48% increase in educators served this year, we helped more teachers and principals than ever to feel healthy and empowered to address classroom challenges. Entire school communities were uplifted, with students who participated in our Project Resilience social-emotional learning lessons sharing they learned to understand themselves and their peers better.

Whether it's through our Collaborative Counseling Program, Resilience Consultation Program, or intern training program, we are committed to strengthening the teaching profession, disrupting the pipeline to prison, and training the next generation of mental health professionals. We firmly believe in the power of integrity, inclusion, relationships and collaboration in building the deep connections that allow school communities to thrive. We are all stronger together; thank you for supporting our enduring community partnership.

With gratitude,

Genny Rumancik
Board Chair

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've learned to let go and view life in a brighter light."

- Collaborative Counseling Program Student



17 Schools & District Offices Served

Elementary Schools:

Adelante Selby, Bishop, Cherry Chase, Cumberland, Ellis, Fairwood Explorer, Lakewood, San Miguel, Vargas

K-8 Schools:

Beechwood, North Star Academy

Middle Schools:

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

District Offices:

Los Gatos Saratoga Union High School District, Sunnyvale School District

86% of educators are using strategies to promote personal and professional resilience, like setting boundaries and recognizing their own strengths.

They are the backbone of our school, different from the administration. They make our lives better. They validate us in a world that is not seeing educators' worth.

– Elementary School Teacher

77% of educators felt an increased awareness of their students' strengths related to social and emotional issues.

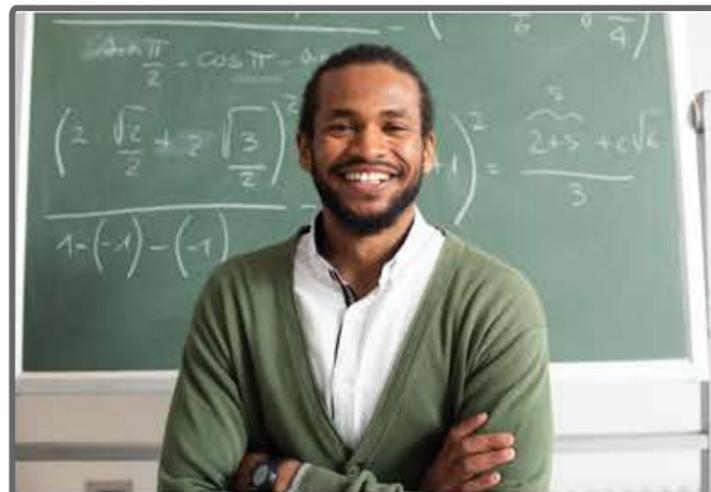
645 Educators Served

Teachers faced lingering pandemic-related challenges in transitioning students back to the classroom, addressing areas of social-emotional and academic need, and dealing with continued exhaustion and burnout. Educators valued the support they received through 1:1 resilience coaching, resilience groups and schoolwide social-emotional learning.

547 educators received 2,611 resilience consultations and coaching sessions that were tailored to meet individual needs.

67 teachers, principals, and administrators participated in 66 resilience group sessions, where each of the 10 groups had a safe space to create relationships with peers and learn resilience tools.

94 classrooms participated in *Project Resilience* social emotional learning lessons, which inspired new classroom practices that support the well-being of teachers and their students.



"I see the resilience consultants as supportive partners to help staff deal with the strong emotions of this job. Whether it is dealing with students who have strong emotions, the burnout from long days of dealing with behaviors, not feeling appreciated, lack of support...having a consultant available is necessary to educators' mental health."

–Teacher

2,308 Students Served Through *Project Resilience* (Up 48%)

622 *Project Resilience* social emotional learning lessons were delivered to 2,308 students and 31 teachers across 5 schools.

Nearly half of teachers observed their students applying what they learned from these lessons during the school day.

Friendship, Character Strengths, Coping Skills and Communication were the top social emotional learning topics students found useful.

83% of teachers supported their students' resilience by talking supportively with students who are struggling.



"There has been an increase in staff morale and resilience which has positively impacted the general social-emotional well-being of our students as well. When staff is well, our students are well."

– Teacher

745 Counseling Sessions Provided to Students and Families (Up 118%)

26 students and their families received counseling over 433 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.



I liked character strengths because it helped me understand myself better. Teamwork, problem solving, and decision making helped me work with others better.

–Student

I was able to boost my confidence and make myself realize how important my friends really are.

–Student

These topics are useful because they help me analyze my feelings and when I see that other people have a hard time, I relate to them which makes me feel better and like I am not alone.

–Student

338 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

6 Clinical Interns Trained

Through a partnership with the Wright Institute of Psychology, doctoral students were placed in 4 schools served by CCP across San Mateo County. The interns received clinical training and direct counseling experience required for their graduate degrees.



"I learned to allow patients' individuality to inform my understanding of them culturally, and not the other way around, and the value of therapy as a consistent force in the lives of this client population." - Intern

6,989 Counseling Hours Provided (Up 10%)

Collaborative Counseling Program Psychotherapists and clinical interns provided a total of 6,988.5 hours of counseling and related hours:

- 3,896 hours of individual counseling
- 11 hours of group counseling
- 81 hours of student outreach
- 109 hours of crisis intervention
- 159 hours of client consultation
- 752 hours of staff consultation/professional development
- 1,982 hours of case management and clinical training



According to assessments of counselors, students and youth experienced

significant positive changes:

- 25% fewer youth experiencing depression
- 15% fewer needing intervention for anxiety
- 31% fewer suffering from trauma-specific symptoms
- 19% more discovering positive interpersonal relationships
- 31% more becoming connected with their community

In their own words, students and youth said that counseling made a world of impact and that

counseling helped them:

- Build healthy relationships
- Learn about themselves and their feelings
- Deal with anger and frustration
- Talk about difficult life experiences

93% of students who may have been on a probation track are instead in the process of graduating.



"I have learned how to communicate and share my feelings without feeling judgment. I have learned how to share and be vulnerable, which aren't bad things. It has helped me because I have needed a space where I can share freely and really feel all my emotions. -Student

100% of clients felt their counselor listened to them without judgement and was someone they trusted.

91% of students were more aware of their feelings since they started counseling.



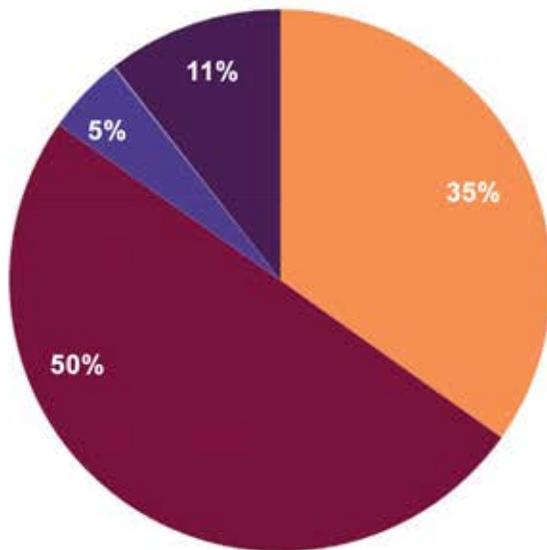
"Counseling has made me more aware of my own actions and why I do or react to things a certain way. It has provided me with the proper tools to deal with things in a healthier way. It's helped me tremendously and I appreciate my therapist so much." -Student



"Our students are dealing with short-term, long-term and intergenerational trauma that will benefit from long-term interventions. What is needed is much more than a one-time grief counselor or a person to be there the day after a specific traumatic event occurred. Acknowledge Alliance's model seems much more transformative and supportive."

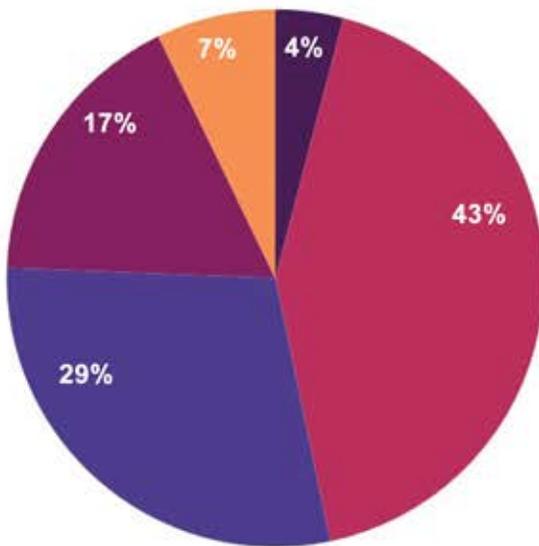
- Teacher

STATEMENT OF ACTIVITIES & FINANCIAL POSITION



REVENUE

Philanthropic Support	\$ 877,999
Program service	1,257,855
In-kind services	117,615
Other income	1,892
Forgiven Loans (PPP and Sequoia Healthcare District)	264,722
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Total Revenue	\$2,520,083



EXPENSES

Outreach Program	\$ 80,305
Collaborative Counseling	840,320
Resilience Consultation	569,275
Management and General	339,112
Fundraising	141,260
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Total Expenses	1,970,272
*Change in net assets	\$ 549,811

ASSETS

Current assets	\$1,584,090
Other assets	9,792
	—
Total assets	\$1,593,882

LIABILITIES & NET ASSETS

Current liabilities	\$ 27,680
Accrued vacation	48,531
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Total liabilities	76,211
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Net assets without donor restrictions	1,223,837
Net assets with donor restrictions	293,834
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Total net assets	1,517,671
Total liabilities & net assets	\$1,593,882

**Generous contributions from donors, and the forgiveness of the Paycheck Protection Program and Sequoia Healthcare District loans, provided additional operational and programmatic funding in FY22. 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.*

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, 2021 to June 30, 2022.

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Acknowledge Alliance thanks the following organizations for their nonprofit discount on services:

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