a year of Resilience
Welcome
Amy O’Leary
Executive Director
President’s Report

Glenn Schneider
YS Board President
Slate Presentation

Tom Klise
YS Immediate Past President
Introducing

Jeff Thoelecke
Incoming YS Board President
Financials
FY2021 Highlights
Steve Koltun
YS Board Treasurer
Revenue

Similar revenue level as prior year $1.9M

Higher fee income as we continue to expand our counseling services as the demand continues to increase

Expanded services with local schools

Event fundraising was down, this was offset substantially by increases in government and individual contributions

State of IL significant contribution expected in FY22 for the first time in several years
Personnel

Expenses in line with plan and prior year, with increases expected for FY22 to support organization’s growth and agency needs.
Expenses

Break-even year totaling **$1.94M**
excluding two non-recurring substantial contributions

**Achieved agency budget**

Maintained similar allocation to prior year:

- 74% Programming
- 15% Fundraising
- 11% General & Administrative

Balance Sheet

Strong position with investment portfolio
Lisa Hanneman
YS Development Director

Development Report
Fundraising Highlights

Events were greatly impacted, but individual donations experienced growth

<table>
<thead>
<tr>
<th>Limited In-Person Event</th>
<th>Virtual Event</th>
<th>Revenue Recovery Event</th>
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<tbody>
<tr>
<td>Golf Outing</td>
<td>Pride Event</td>
<td>Holiday Variety Show</td>
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<td>Spring Gala</td>
<td>Window Painting Project</td>
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<td>Chili Cook-off &amp; Trivia</td>
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Annual Meeting 2020-2021 | Resilience
Volunteers

Developed on-site and off-site volunteer opportunities to take advantage of volunteer’s available time and talents. **Holiday Gift program and Study Buddies**

100+ volunteers helped with our **Community Window Painting Project** to share joy and brighten Glenview in May.

Volunteers have been invited back into the building and limited groups started scheduling opportunities to help.
Recognition
National Charity League (NCL)
2021 Volunteer Award
Recognition
Making Life Better (MLB)
2021 Corporate Sponsor Award
Making Life Better Glenview (MLB)
Clinical Report

Jeni Brickman, MSW, LCSW
YS Clinical Director
How is the pandemic affecting our children’s mental health?

Among 1,000 parents polled across the US

69% say the pandemic is the worst thing to happen to their child.

Which pillars of mental health have been compromised?

- 57% Socializing
- 49% Exercising
- 41% Eating well
- 40% Sleeping well
- 40% Taking breaks
- 15% Talking with parents

67% wish they’d been more vigilant about their child’s mental health from the beginning.
Demand for our specialized, yet affordable therapy services increased by 35%.

How Youth Services can help...

$278,000 in therapy scholarships

*Therapy scholarships represent the amount subsidized for families who lack adequate health insurance coverage for mental health services.

Ways we are increasing capacity

- Hiring additional therapists
- Increasing number of therapy groups
- Partnering with local school districts to provide therapy on-site during the school day
Watch us grow!

1439 therapy sessions → 5901 therapy sessions

After school groups grew from 3 communities → 5 communities!

Social Skills Group
Then = 3 social skills groups
Now = 4 social skills groups, 2 process groups and a DBT group

Pride Program
From nothing to thriving in less than 5 years!
prideSUPPORT was 2.5x higher than last year
In FY2021 we had 2x the group intakes for program participants
Our pride program is currently running 5 support groups

FY 2017 to FY 2021
Our Clients
Are struggling with:

- Returning to social situations & increases in social anxiety
- Feeling behind in school due to e-learning
- Managing overscheduled lives after Covid slowdown
- Long waits for psychiatric care & medication evals

Outpatient therapists are also managing extremely intense caseloads
Our Clients

Are also:

Very happy to be back in the YS building!

Pride Youth are feeling empowered to stay Radically Optimistic

The SAIL program now includes additional grade levels

More young people feel comfortable talking about mental health and ask for help
Our Staff

- Continuing to adapt to virtual therapy
- Clients in college are continuing services
- Schedules are becoming increasingly complicated
- Providing in person groups while maintaining safety precautions can be challenging
- Increased anxiety, depression, behavioral incidents and substance use at school
- Health and safety have increased
Our Commitment to Improvement

- Internship Program
- Racial Justice Committee
- Action Camp for Pride Youth
- Summer at Flick
- Committee Work
We always do more

- Attending high school graduation to provide support so they don’t feel alone
- Dropping off supplies to families that are in need
- Helping clients acclimate to college
- Responding after hours for clients that need someone to talk to
- Helping clients fill out FAFSA forms for college
- Annual Meeting 2020-2021 | Resilience
Spotlight

Stefany Nilsen, MA, LPC
YS Clinician

Spanish Speaking Mom’s Group
Program Spotlight

- Need and evolution
- Three-fold Purpose
  - Community
  - Support
  - Education
- Examples
  - Covid
  - Celebrations

Spanish Speaking Mom’s Group
CaseStudy

Jess Levine, MSW, LCSW
YS Clinician
Individual Therapy Case Study

• 19 year old cisgender female
• Suicidality and history of self-harm
• Early childhood trauma
• Academic challenges
• Resilience
Thank You to Our Generous FY21 Corporate Partners
Closing & Thank You

Amy O’Leary
YS Executive Director