

2

YEARS

TEEN HEALTH CONNECTION
2016 Community Report

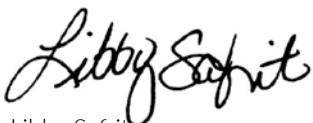
EVERY ADOLESCENT EMPOWERED TO BE HEALTHY, SAFE AND SUCCESSFUL

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TEEN HEALTH
CONNECTION

LETTER FROM EXECUTIVE DIRECTOR

After seven years of planning and many hours of dedicated volunteer efforts, the vision of a place for all Mecklenburg County teens to receive comprehensive healthcare became a reality on February 25, 1992. Over the course of the last 25 years, the issues faced by teens have become even more challenging, much in part due to the amazing advancements in technology that were not even fathomable in 1992 – a time when call waiting and voicemail without an answering machine on our home phones seemed revolutionary. While our society has made major advancements in technology and many other areas of our lives that impact us on a daily basis, one thing remains constant: the overall developmental milestones for adolescents as they transition from children to adults are much the same today as they were 25 years ago. Although these milestones remain constant, what has changed is the complexity of issues that impact the health and well-being of today's teens – changes in family dynamics, constant access to the internet and social media, school and cyber bullying, and so much more. What inspired the creation of Teen Health Connection in 1992 and keeps us moving forward each and every day is the need for teens to receive comprehensive, integrated healthcare in a family-friendly environment with care provided by medical and mental health clinicians whose expertise is adolescent health. The expansion of Teen Health Connection's services and programs over the past 25 years reflects the ongoing commitment of our community to ensure that every adolescent has the opportunity to be healthy, safe and successful. For this, I express my sincere gratitude to our donors, funders, community stakeholders, team members, volunteers and, most important, to the teens and families who entrust Teen Health Connection with their health and well-being.



Libby Safrit
Executive Director



Libby Safrit

LETTER FROM PAST AND CURRENT PRESIDENTS

We believe in a community that nurtures teens to be healthy, responsible and productive citizens as they transition through the tumultuous years of adolescence into adulthood. This is why we volunteer our time to serve on Teen Health Connection's Board of Directors. Teen Health Connection is a remarkable organization that dedicates itself solely to the health and well-being of adolescents ages 11-22. We are proud to be part of an organization that provides specialized care and prevention education resources for teens using an integrated care approach. This is what our teens needed in 1992; this is what our teens need today and will need for the next 25 years and beyond. Our vision as we launch ourselves into the next 25 years of service is to: deepen our connections in the community through our programs and services; elevate our name to be recognized as a regional and national leader in adolescent medical and mental healthcare; and serve as a best practice model that utilizes clinicians who are experts in the developmental psychology of teens and know how to address their unique needs. Most important, we will continue to care about and do more for the teens and parents of our community than ever before. We are incredibly honored to be part of Teen Health Connection during this milestone anniversary. As we celebrate the past and enjoy the festivities of this very special year, our vision of where we will be in another 25 years will begin to unfold. Rest assured, the health and well-being of teens will continue to be our legacy.



Leslie Riggs, President
2016 Board of Directors



Leslie Riggs



Kristen Piscitelli, President
2017 Board of Directors



Kristen Piscitelli

2017 BOARD OF DIRECTORS

Kristen Piscitelli, *President, Community Leader*

Maria Blue Minsker, *President-Elect, Community Leader*

Leslie Riggs, *Past President, Belk, Inc.*

Kristin Washam, *Treasurer, Terwilliger Pappas Multifamily Partners, LLC*

Denise Moseman, *Secretary, Carolinas HealthCare System*

Gabi Culpepper, *Community Leader*

Kathryn DeLashmutt-Griffin, *Cardinal Innovations*

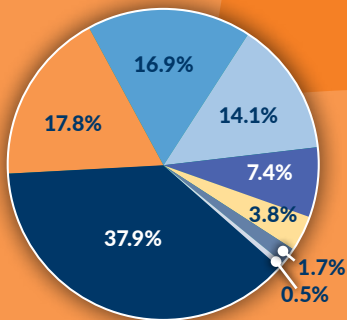
Jane Llewellyn, *Community Leader*

Brian Middleton, *Carolinas HealthCare System*

Heather Osterweil, *Truliant Federal Credit Union*

Elizabeth Winer, *Community Leader*

2016 FINANCIAL INFORMATION

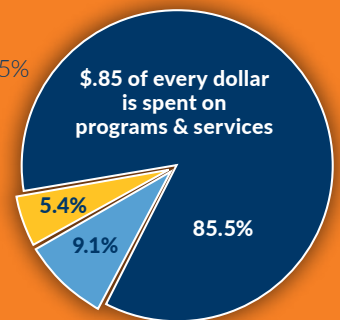


INCOME/REVENUE

- Government Grants & Contracts – 37.9%
- Charitable Foundation Grants – 17.8%
- In-Kind Goods & Services – 16.9%
- Program Services – 14.1%
- United Way of Central Carolinas – 7.4%
- Individual Donors – 3.8%
- Other Revenue – 1.7%
- Corporate Grants, Sponsorships, Matching Gifts – 0.5%

EXPENSES

- Program Services – 85.5%
- Fundraising – 9.1%
- Management & General – 5.4%



2016 A YEAR IN REVIEW



April: The Big Picture reaches 3,067 at the McGlohon Theatre.



July: Youth to Youth Southern States Conference held at Queens University.



September: Too Much Sylvia performs at the 5th annual Stand Up and Get Down for Teens.

TESTIMONIALS: INTEGRATED CARE

MARISOL

Marisol, a sophomore at Butler High School, began her counseling at Teen Health Connection in 2014. Every two to three weeks she meets with her licensed mental health clinician to learn ways to control her social anxiety. Before counseling, Marisol was shy and had difficulty managing her stress. She struggled to perform well in school, lashed out, talked back, and treated others disrespectfully.

Her mother heard about the adolescent-specific care at Teen Health Connection and thought her daughter could benefit from the one-on-one therapy. Once a patient, Marisol was introduced by her counselor to the Girls Educated and Motivated for Success (GEMS) mentoring program. Through GEMS, she could join a social group of girls similar in age to build her self-esteem and learn about topics important to teen girls. "I was hesitant about it and I really didn't like talking to others," says Marisol. "I was introverted, and talking to strangers was hard for me."

Marisol, however, found courage to stick with the group. Her participation in the GEMS program and the support of her counselor – paired with the family-friendly atmosphere at Teen Health Connection – were what she needed to excel at home and school. Today, Marisol is achieving higher grades, is responsible for her own actions, and has the confidence and skills necessary for handling stressful and new situations. Marisol continues, "I feel very connected to GEMS and Teen Health Connection because I now have a place where I can go to talk about anything and get the support I need."

Marisol and her mother are thankful to Teen Health Connection and GEMS for helping her to improve herself and become a more engaged young adult. After high school graduation, Marisol is looking forward to enrolling in the Airforce and becoming a lawyer.



NATI, SAGE AND DADE

Nati came to Teen Health Connection with her teens because they were struggling from the impact of domestic violence. "I was worried about the mental health of my kids. They were exhibiting signs of isolation, aggression, defiance and poor self-care," says Nati. She wanted a place where her teens' physical and mental health issues could be addressed with a connection between providers for diagnosis and treatment.

After physical exams and mental health screenings, two of her teens began therapy for mood disorder and PTSD. After receiving trauma therapy, Dade, the oldest son, is looking forward to college and getting his first car. Sage, the oldest daughter, is more engaged and attentive and is getting emotionally stronger. "I look forward to my therapy. I feel lighter when I leave and my counselor helps me to see that I have a future," shares Sage.

Nati is assured her teens are getting the care that they need – she sees it in them every day. Teen Health Connection is where they all feel comfortable and know they are in very good hands. Happily, Nati states, "I see a big difference in my children since coming to Teen Health Connection. They have opened up and are able to share their feelings." Dade explains, "This is the first time I was willing to do counseling. They care about me as a person and give me tools to cope."

PAST BOARD MEMBERS

Ana Acosta	Tim Croft	Betty Hunter	Peggy McBryde	Susan Salvin
James Alderman	Hilda Diaz	Bo Hussey	Franklin McCrary	Jack Santaniello
Chris Alexander	Alex Duffy	Scotty Jackson	Nicole McKinney	Downie Saussey
Vincent Alexander	Susan Dunn	David Jacobs	Jamie McLawhorn	Ella Scarborough
Faye Alston-Cook	Carla DuPuy	Tonya Jameson	Lura McMurray	John Schwabacher
Steward Anderson	Sandy DuPuy	Sporty Jeralds	B.G. Metzler	Ginny Shaw
Sarah Ashcraft	Deanna Dycus	Damian Johnson	Rachel Meyer	Lynne Sheffer
John Asinger	Marni Eisner	Matthew Johnson	Regan Miller	Jerry Shinn
Karen Aston	Jerry Enos	Sandy Johnson	Scott Moroney	Charlene Slaughter
Paula Banks	Nancy Falls	Deb Kaclik	John Morrice	Linda Steele
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Kim Bogues	Dee Fox	Philip Kline	Tom Neely	Adriana Taylor
Tyrone Bogues	Toni Freeman	Catherine Kneisl	Lotes Nelson	Nancy Teaff
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Karen Breach-	David Gee	Steve Landers	Gail Pope	Shannon Vandiver
Washington	Leslie Gerwitz	Nancy Langenfeld	Natalie Protze	David Walker
Abby Champion	Marshall Gilchrist	Susan Layton	Aalece Pugh-Lilly	Kevin Walker
Karen Chandler	Joan Greenfield	James Leavelle	Jim Rainear	Cynthia Walsh
William Christian	Terrie Hagler-Gray	Jenni Lewis	Joe Randolph	Felicia Washington
Ann Clark	Donna Maria Harris	Rett Liles	Kathryn Reddick	Jeff Watson
Linda Clark	Felicia Harris	Kerry Lindauer	Otis Roberson	Ramona Wesley
Xonna Clark	Beth Hattaway	H. Hilton L'Orange	Jaslyn Roberts	Warren Williams
Kelley Cobb	Ike Heard	Mark Lovett	Alice Rogers	Brian Wise
Marian Coleman	Fred Hebert	Fred Lowrance	Lisa Romanoff	Beth Wolf
Pat Connor	Leroy Hill	Glenda Manning	Rita Rouse	Glenda Wooten
Kathy Cook	Karen Holleman	Alfred Marquetti	Chan Roush	Ann Young
Linda Crain	Audrey Hood	Mary Maxwell	Eric Runge	Geri Zhiss

*Names in **bold** indicate past board presidents

2017 CALENDAR OF EVENTS

25th Anniversary Celebration Luncheon, February 28, 2017

Teen Health Connection celebrates 25 years of service to teens and families at the Mint Museum Uptown at Levine Center for the Arts. Special guest, Tyrone “Muggsy” Bogues, member of Teen Health Connection’s Board of Directors from 1992-1993, is keynote speaker. Event sponsors include Action Plus Ideas, Carolinas HealthCare Foundation, Johnston, Allison & Hord, and BB&T.

The Big Picture, April 17-20, 2017

The Big Picture is a dynamic health education and community outreach initiative that is written and performed by and for teens, addressing current trends and health-related issues facing teenagers. Several performances will be held, including the premiere performance on Monday, April 17, for key community stakeholders and donors with a special VIP reception. A free community performance is on Thursday, April 20. Teen Health Connection’s Youth Drug Free Coalition Teen Advisory Board will showcase their PhotoVoice project, highlighting protective factors and community norms related to youth substance use and abuse.

Youth to Youth Southern States Conference, July 19-22, 2017

This four-day leadership conference held at Queens University is for rising 8th-12th grade students. Participants will meet and befriend drug-free teens from all over the country as they work together to develop skills to make positive choices. Participants attend interactive workshops, hear nationally-known speakers, develop substance abuse prevention action plans to create change in their schools and communities, and learn vital leadership skills that will be used for a lifetime. Teen Health Connection’s first Southern States Conference was held in 2016 and hosted 111 teens. The conference resulted in significant positive outcomes for participants and served as a catalyst for more local teens to become involved in the substance use prevention work of the Youth Drug Free Coalition.

Stand Up and Get Down for Teens, September 23, 2017

To honor its 25th year of service to teens and families, Stand Up and Get Down for Teens, Teen Health Connection’s signature fundraising event, will be held at the internationally-recognized Ballantyne Hotel and Lodge. Dinner, comedy and music, by Too Much Sylvia, will be rolled out in the Ballantyne Ballroom for 300 guests. A vibrant silent auction with mobile bidding promises an exciting time for guests as they compete to win a variety of items donated from local businesses. The 2017 recipient of the Dr. John G. Johnston Award for Excellence in Adolescent Medicine and Health will be announced.

DONOR SPOTLIGHT

BOB AND WENDY BRADFORD

Since 1993, Bob and Wendy Bradford have supported Teen Health Connection's mission because they believe in giving back to the community. They also believe teenagers are unique individuals whose formative years can be wrought with struggles and complications. The Bradfords are lifelong friends of Dr. John G. Johnston and Barbara Ziegler, the heart and soul behind the establishment of Teen Health Connection.



Bob shares, "There is no one I admire more than John. I saw the passion he had for teens when he interacted with his own kids and he was willing to give up a private practice to serve as the medical director of this wonderful organization. The quality care John provided to teens was unprecedented and continues today." Wendy remembers her time as an attorney at the Children's Law Center when she worked with youth in Department of Social Services custody. She recalls, "I always asked the social workers if the youth went to Teen Health Connection for their healthcare because I knew this was where they would receive the best care."

Nearly 25 years ago, Dr. Johnston invited the Bradfords to get involved and there has been no looking back. The Bradfords are philanthropists who know how important donor funds are to the operation of non-profit organizations, but they also get something in return. "We have a soft spot in our hearts for adolescents. Teen Health Connection fills a need in the community that we care deeply about. But we also do it for us – to feel that we are contributing to something bigger than ourselves," shares Bob and Wendy. The Bradford's vision for Teen Health Connection is that one day its impact could extend beyond county and state lines. In the meantime, they hope philanthropists like themselves will recognize what a vital role Teen Health Connection plays in the community and choose to support its outstanding work.

CREATE YOUR LEGACY FOR TEENS

Each of us wants to live on in the memory of those who are important to us. Leaving a planned gift to a charity is one way to create a legacy for generations to come. Teen Health Connection is proud to unveil the Teen Health Connection Legacy Society, which recognizes and honors the generosity of donors who are committed to ensuring teens in the community have access to affordable, family-centered, comprehensive medical and mental healthcare under one roof. Many can relate to the awkwardness and, oftentimes, difficult teen years. Teen Health Connection is the only practice in the community solely dedicated to adolescent healthcare, meeting the unique needs and struggles of teens.

We make a difference in the lives of thousands of teens every year. It is our legacy. Please join us in creating yours. Teen Health Connection is proud to partner with Foundation for the Carolinas to administer its legacy fund.



\$25,000 FOR 25 YEARS: MATCH GRANT FROM THE LEON LEVINE FOUNDATION

Celebrating the remarkable milestone of its 25th anniversary, Teen Health Connection is honored to receive a \$25,000 match grant from The Leon Levine Foundation. This is a prestigious award with a purpose to encourage and incentivize donors to give to Teen Health Connection in one of the following ways: as a first-time donor; as a current donor who increases his or her donation from the prior year; or as a returning donor who has not given to Teen Health Connection in the past two years. The match grant runs from January 1 to June 1, 2017. Teen Health Connection remains grateful to The Leon Levine Foundation for its continued support over the years and encourages everyone who cares about teens to explore how making a gift during the match period can be more impactful than ever.



TAB HISTORICAL PERSPECTIVE (1992-2016)

STEPHANIE AND MOLLY SIMON

Stephanie Simon was a senior at South Mecklenburg High School when founding executive director Barbara Ziegler approached her about serving on the first Teen Advisory Board (TAB). Not knowing much about the newly-formed organization, she jumped in and got involved, unaware of the impact Teen Health Connection would have from that day forward.

During her time on TAB, Stephanie and her fellow “Tabbies” discussed issues that affected teens, volunteered in the community, and painted a mural on the wall in the first practice location on Elizabeth Avenue. Once off to college, she stayed in touch with Teen Health Connection news and happenings through the newsletter and donated each and every year, even if it was just ten dollars.

In 2014, Stephanie and her husband, Jon, attended the second annual Stand Up and Get Down for Teens, Teen Health Connection’s signature fundraising event. There she saw a brochure for TAB, which sparked the memory of her previous involvement and the possibility of the same for her middle school daughter, Molly. A student at Carmel Middle School, Molly has been involved in TAB for two years now.

“There’s no way, as her parent, I could have given her an opportunity like this to be surrounded by such outstanding role models and to make an impact in the community,” says Stephanie. “You know teenagers don’t always share details, so I’m not totally sure what all Molly’s doing for Teen Health Connection, but I can tell you Teen Health Connection is doing a world of good for Molly.”

Tabbies sign a pledge to abstain from using tobacco, alcohol and other drugs, and the group focuses on substance use prevention activities in Mecklenburg County in coordination with the Youth Drug Free Coalition. These like-minded teens come together from various schools, neighborhoods, cultures and faith communities, offering a unique and inclusive learning environment some may not be able to experience otherwise.

Stephanie is proud to see her daughter following in her footsteps and thrilled Molly’s journey started at an even earlier age than it did for her. “This organization has always been a constant in my life,” Stephanie continues, “and it’s remarkable to think that it will be the same for Molly.”



2016 QUICK FACTS

6,113

COMPREHENSIVE
HEALTHCARE VISITS

752

TRIAGE SERVICES
DURING OFFICE VISITS

5,148

VOLUNTEER HOURS
DEDICATED TO
HELPING TEENS & FAMILIES

368

CENTER FOR DISORDERED
EATING VISITS

2,950

INDIVIDUAL & FAMILY
COUNSELING SESSIONS

500

LOVE & LOGIC
PARTICIPANTS

MISSION STATEMENT

To improve the health of adolescents by providing physical and mental healthcare, education, advocacy and research through connections with teens, parents and the community.

WE believe that every individual deserves respect.

WE believe in a safe, non-judgmental and family-centered environment.

WE believe in education and advocacy at every opportunity.

WE believe in caring and compassion.

WE believe that parents and the community have ownership in assuring safe passage from adolescence to adulthood.

WE believe that every adolescent deserves opportunities to be successful.



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Charlotte, NC 28211

For more information or to make an appointment
704-381-TEEN (8336) | teenhealthconnection.org



Carolinas HealthCare System

