YOUR IMPACT IN 2014

1,636 Teens and adults who engaged in a mental health triage conversation in-person or over the phone

6,750 Comprehensive healthcare visits

3,126 Teens and adults who attended The Big Picture performance

1,293 Individuals who stayed connected with us via our monthly e-newsletter

1,928 Hours spent training pediatric residents in adolescent-specific care

1,342 Number of therapy sessions provided by our licensed mental health clinicians

1,100 Facebook followers

1,342 Number of therapy sessions provided by our licensed mental health clinicians

72 New female and male adolescents with disordered eating served through our Center for Disordered Eating

184 Parents who received practical skills to help them raise confident and motivated teens through our free Parenting the Love and Logic Way® classes

3,050 Average number of people who visited our website each month

50 Number of adults and youth who support the work of our Youth Drug Free Coalition
Thanks to the strategic vision of our board and the sustained commitment from the United Way of Central Carolinas, Carolinas HealthCare System, Mecklenburg County and our many generous donors, Teen Health Connection ended 2014 boldly positioned for an epic year of service in 2015. Due to the need for adolescent specialized mental health services, we have extended our hours to be available when teens and families most need us. We also expanded our footprint, adding 2,500 more square feet which allowed us to more than double the size of our lobby, add four new medical exam rooms and increase the size of our multipurpose room. This is where we teach Parenting the Love and Logic Way© classes, and our Teen Advisory Board and Youth Drug Free Coalition gather to work collectively on reducing substance use and increasing adolescent health and wellbeing. It is because of the work and support of many that we are now entering our 23rd year of providing comprehensive medical and mental health care for our community’s youth. Thank you for making this life-changing work possible.

Libby Safrit
Executive Director

LETTER FROM OUR BOARD PRESIDENT

Through my role as President of the Board of Directors in 2014, I got to see firsthand the incredible work that Teen Health Connection does on a daily basis. From the free community parenting classes, to the one-on-one mental health counseling, Teen Health Connection truly is a unique organization and we couldn’t have done any of it without your generous support. I want to thank you, our volunteers, our donors, our community advocates, for giving yourself to this organization. Thanks to your help we were able to make a true impact on the lives of thousands of teens. Thanks to you, we were able to move closer to achieving our vision of empowering every adolescent to be healthy, safe and successful. I can’t wait to see the great things that this organization will continue to do in 2015 and beyond.

Kim Bartnik
President, Board of Directors (2014)

THANK YOU TO THE 2014 TEEN HEALTH CONNECTION BOARD OF DIRECTORS:

- Kim Bartnik, President, The Maids of Concord, NC
- Beth Brondyke, Treasurer, The Employer’s Association
- Marni Eisner, Freedom School Partners
- Audrey Hood, Carmel Christian School
- Deb Kaclik, Charlotte-Mecklenburg Schools
- Jenni Lewis, President-Elect, Dixon Hughes Goodman LLP
- Denise Moeman, Secretary, Carolinas HealthCare System
- Tanisha Myers, Wells Fargo Bank
- Kristen Piscitelli, Community Leader
- Kathryn Reddick, CliftonLarsonAllen, LLP
- Leslie Riggs, Belk, Inc.
- Eric Runge, Carolinas HealthCare System
- Kathryn Thomas, Barium Springs Home for Children
- David Walker, Past President, GreerWalker
- Liz Winer, Community Leader

- We could not do this important work without our volunteers. In 2014, more than 130 volunteers gave more than 950 hours to Teen Health Connection.
- Our volunteers dedicated their time to various committees, served as mentors and helped with our many health education initiatives, community outreach programs and fundraising events. Thank you!
WHY I GIVE: JENNIFER GARDNER

Having been a long time employee of Carolinas HealthCare System and a parent of two teenage sons, Teen Health Connection was a familiar name but I really didn’t know the full spectrum of care provided for the teens in the community. I became more familiar with and connected to Teen Health Connection after my oldest son joined the Teen Health Connection Teen Advisory Board. He has been a member for the past three years. This has been a great opportunity for him to not only connect with fellow teens and leaders within the community focusing on issues surrounding teens but also for him to give back to his fellow teens. We really connected to Teen Health Connection through my son’s role on the Teen Advisory Board and it has been a pleasure. So much that we are in the process of aligning both of my teen’s healthcare to Teen Health Connection.

I choose to support Teen Health Connection because the engagement and life changing programs and services they offer are directly related to the funding they receive. Without support, teens would be forced to face these tough issues on their own, often with inaccurate education and information. Teens are our upcoming leaders and I want to make sure my kids not only receive care in a teen centric environment but also feel comfortable in reaching out for help or guidance from an experienced, talented staff. Teen Health Connection has been a great resource for my son and I want to support the great cause driven mission of this organization.

WHY I GIVE: EDWARDE MOISE

I first heard about Teen Health Connection through a colleague and mentor of mine, Jaslyn Roberts. Jaslyn served as the President of the Teen Health Connection Board of Directors in 2011. She invited me to a GEMS meeting where I was further introduced to Teen Health Connection and to some of the specific services they offer. Jaslyn asked me to become a mentor and I’ve been serving as one ever since.

I remember my first experience with GEMS to be fun, engaging and touching at the same time. The young ladies shared personal experiences concerning their relationships with their parents. Some were going through serious issues and felt they were alone. I knew after the first session that I wanted to be part of the group to help them know they are NOT alone during tough times. And that they can talk to the mentors and have the group as a time to express what is on their minds. In the process, the mentors can help them make healthy lifestyle choices.

I choose to support Teen Health Connection through my time as a GEMS mentor, and also monetarily because I want to continue to support the program’s longevity and success. It is important to support programs such as GEMS and Teen Health Connection in general because there aren’t many programs like this in Mecklenburg County, even though there is a great need in our community.

2014 FINANCIAL INFORMATION

Teen Health Connection would not be able to provide the vast array of services it does without the generous support of our donors. Each of you make a difference every day and greatly impact our community’s teens. Thank you for your commitment and dedication to our cause.
NICOLE: PARENTING THE LOVE AND LOGIC WAY®

I came across the Parenting the Love and Logic Way® classes during my own online research. I am a young parent who was raised on “old school” principles. Between meeting other parents and having a great instructor, this class opened my eyes to another way to parent. I realized that I wasn’t the only one going through difficult things with my child. Nothing changed overnight. My son challenged everything that I tried. But I noticed I needed to surrender to the concept. Stress has been lifted. I am still learning but I have a new technique to help me now. I don’t feel as alone. I have support from Teen Connection and that is so rewarding.

I had never taken a parenting class, but I have been a part of other programs that try to help parents raise their children and there was never any love in these programs. Logic is definitely needed when dealing with children, but when you add love, it’s almost like everything falls into place. I have been involved with the Parenting the Love and Logic Way© classes for a little over a month now and I love it. I would recommend this class to friends, family and teaching staff. Love and Logic should be mandatory in school.

TEAL: GEMS (GIRLS EDUCATED AND MOTIVATED FOR SUCCESS)

GEMS is a program that helps teenagers like myself connect with each other. It is a safe haven for me to talk freely about things that are going on in my life. I learned to have a sense of confidence through GEMS. I would definitely recommend this program. I think it would help other teenagers like myself, especially girls, connect with other females.

RJ: TEEN ADVISORY BOARD

This year was my first year on the Teen Advisory Board. I was originally introduced to Teen Health Connection through my mom, a psychologist who works at Teen Health Connection. Through her, I got connected to the Teen Advisory Board. I am also a current patient at the practice.

Being on the Teen Advisory Board has definitely been a positive experience. It’s been great to meet new people and learn to work with others to solve the problems that teens in our community face today. I really enjoy being on the Teen Advisory Board because we get the opportunity to make a real difference in our community. I think that the best part about this group is the people we get to interact with.

Teen Health Connection is special because of the way it really focuses on the specific problems teens face. Additionally, they make accommodations to make teens feel comfortable with the doctors, like asking parents to leave the room when personal questions are asked. This creates a better, more honest relationship between the doctors and patients. I would definitely recommend Teen Health Connection to my friends, because I know they would get the best medical care possible. Teen Health Connection is a great resource for teens in our community and I hope every teen takes advantage of it.
ALEXA: INTEGRATED CARE

I first heard about Teen Health Connection after I was a member of the Teen Advisory Board. Once I got on the Board and saw the doctor’s office, I told my mom that I wanted to start seeing a doctor who focused on teenagers and not little kids. I have been a patient at Teen Health Connection for three years now. My experience at Teen Health Connection has been very positive. I really liked being treated like a responsible, mature person who could actually meet with a doctor on my own and not have my mom in the room like you do when you’re at the pediatrician’s office. I liked the whole vibe of the office. Teen Health Connection is different from other doctors’ offices because there are always pamphlets of information I can take home to read about different medical issues related to teens and adults that aren’t available at the pediatrician’s office. I like that I can pick them out discreetly. I’ve actually even shared them with my friends. It’s a one of a kind place that really understands the pressures teens face every day. Teen Health Connection helps teens figure out the right choices to make and how to spread that knowledge to other teens. They empower you.

MASHEEMBA: GENERATIONS OF CARE

I first came to Teen Health Connection when I was 11 and was a patient until I was about 15 years old. When my two teenage sons needed a doctor I thought of Teen Health Connection. Bringing my children here has been wonderful. As I talked to the nurse practitioner it brought back a lot of memories.

The best part about Teen Health Connection is that it has so many different services that the children can get at one facility. If they need to speak with someone dealing with mental health issues, they have it here. If you’re having problems with them eating or they just need special services, it’s at Teen Health Connection. As a parent, it’s the best place for your child because it offers all of the services that they need in one place. And that’s why my kids will continue to come here. I think it was the best choice for my boys.

I would recommend Teen Health Connection to everybody. Everybody. When you’re dealing with teenagers and adolescents, they need a doctor that they’re comfortable with. Somebody that will give them choices and will let them express their opinion. Every doctor doesn’t do that. It’s more or less the parent telling them ok, you’re going to have to do this and do that. And that doesn’t work with every child. And I feel like Teen Health Connection does that, and makes them feel grown up. It makes them feel like they have a choice in what’s going on in their life. I think this is why Teen Health Connection is the best choice for each and every child.

TEEN HEALTH CONNECTION IS TRULY INTEGRATIVE HEALTHCARE
2014 Highlights, Awards and Recognition

JANUARY

• Teen Health Connection’s Medical Director Dr. Preeti Matkins gave a Grand Rounds presentation for the Department of Pediatrics at Jeff Gordon Children’s Hospital on STIs in adolescents.
• Dr. Mary Tayal, Coordinator of Psychology Services, began serving on the NC Department of Health and Human Services Suicide Prevention Group.

FEBRUARY

• Dr. John Magee, one of our psychologists on the Independent Psychological Assessment team, was featured in a National Article about the importance of funding for creative art therapy. “A Child’s Art Could Be a Silent Expression of Their Fears (Abuse).”

MARCH

• Kate Strater Hogan, Teen Health Connection Program Evaluator, presented at the Children’s Mental Health Conference in Tampa, Florida. Her presentation was titled, Meeting the Needs of Child Welfare Involved Youth: Examining a Comprehensive Assessment Program within a System of Care.
• Stand Up and Get Down for Teens, our signature fundraiser raised $88,590 to support our mission and programs.
• Our Youth Drug Free Coalition spearheaded a pharmacy bag campaign focusing on the safe disposal of prescription drugs.

APRIL

• The Girl Scouts honored Dr. Preeti Matkins with the Women of Distinction Award for significant achievement in healthy living.
• We presented seven performances of The Big Picture reaching 3,126 parents and students.

MAY

• Dr. Preeti Matkins and Dr. Shamieka Dixon were interviewed and featured in a question and answer section about adolescent health in Girls Life magazine.
• Teen Health Connection’s Executive Director, Libby Safrit, and Dr. Preeti Matkins were participants at the Pediatric Behavioral Health Consortium.
• Libby Safrit served as a community conversation panelist at the Child Well-Being in Charlotte discussion. She served alongside Peggy Eagan and Charles Bradley from the Department of Social Services Youth and Family Services Division.
• Dr. Shamieka Dixon, one of Teen Health Connection’s medical providers, gave a Grand Rounds presentation at CMC Main about male genital urinary exams.

JUNE

• Dr. Preeti Matkins presented on outpatient management of eating disorders during Grand Rounds for the Department of Pediatrics at Jeff Gordon Children’s Hospital.
• Carolinas HealthCare System honored Dr. Preeti Matkins with the Touchstone Award for excellence in patient safety, clinical outcomes, services and clinical efficiency.
• Libby Safrit along with Sarah Buckner and Shauna Waits (from Northwest School of the Arts) presented at the NC Healthy Schools Conference about Teen Health Connection’s biggest health education outreach initiative, The Big Picture.

JULY

• Share Charlotte, an online catalogue of Charlotte nonprofits, honored Teen Health Connection with the Nonprofit of the Week distinction.
• Dr. Shamieka Dixon was featured in the Society for Adolescent Health and Medicine Regional Chapter newsletter.
• Dr. Preeti Matkins presented at the PALS Recertification Course for Pediatric Residents.

AUGUST

• News Channel 14 featured Dr. Preeti Matkins in an interview segment on birth rates in teens.
• Dr. Preeti Matkins led a media training for pediatric residents and faculty with Dr. Sarah Horstmann for Carolinas HealthCare System.
• Dr. Shamieka Dixon presented at Grand Rounds at CMC North-East on the adolescent interview & HEADDSSS assessment.

SEPTEMBER

• At the 20th Regional Symposium on Child Abuse and Neglect, Dr. Preeti Matkins presented on adolescent victimization and adolescent puberty, brain development, and sexuality.
• Dr. Preeti Matkins presented on generational learning to residency program directors for UNC’s School of Medicine Charlotte campus at Carolinas Medical Center.

OCTOBER

• Dr. John G. Johnston, founding medical director, was nominated for the Distinguished Medical Alumni Award. He has since won and was awarded in Chapel Hill, NC in April 2015.
• Libby Safrit was honored as a Pinnacle Award nominee from Carolinas HealthCare System.

NOVEMBER

• Dr. Preeti Matkins served on the NC Department of Health and Human Services Suicide Prevention Group.
• We began testing extended clinical hours which included both early morning and late evening appointments. The extended hours were met with much success.
• Dr. Preeti Matkins began serving on the Governors NC Task Force of Human Trafficking: Child Sexual Abuse Prevention Committee.

DECEMBER

• We completed construction on our 2,500 square foot expansion which added four new patient exam rooms, doubled the size of our patient lobby and added five new offices and two new meeting rooms.
THE BIG PICTURE 2015

During the week of April 20-24 2015, Teen Health Connection’s largest community outreach initiative, The Big Picture, took the stage at McGlohon Theater for its 6th year. The play is a dynamic multimedia performance, written and performed by Northwest School of the Arts high school students, that pulls from local Youth Risk Behavior Survey data gathered from area high schools. In 2015, the week of performances included a VIP reception and performance for local elected officials, community partners and donors; a professional ethics conference for interested health care providers on Tuesday afternoon; four performances for area high school students; a community performance on Thursday night; and a youth conference for Teen Advisory Board members on Saturday. Throughout the week, a total of 3,645 teens, parents and community members saw the performance and heard its messages about the most pressing and relevant issues teens face today.

STAND UP AND GET DOWN FOR TEENS 2015
LOOKING FORWARD TO A ONE OF A KIND NIGHT!

Teen Health Connection’s signature fundraiser, Stand Up and Get Down for Teens has moved from the spring to the fall and is scheduled to take place on September 19, 2015 at The Fillmore in the NC Music Factory. This year’s event will feature the winner of the annual Dr. John G. Johnston Award for Excellence in Adolescent Medicine and Health, a delicious dinner, silent auction, and dancing to our favorite band, Too Much Sylvia. We are now accepting silent auction donations and event sponsorships are still available. Advanced purchase of a table is required so reserve yours today by calling Kelsey Lemieur at 704.381.8337.

TO STAY CONNECTED WITH US:

- Sign up for our monthly e-newsletter and free bi-monthly health and safety text messages via our website: www.teenhealthconnection.org
- Like us on Facebook at www.facebook.com/teenhealthconnection
- Follow us on Twitter at https://twitter.com/TeenHealthConnection
- Follow us on Instagram: Teen Health Connection
THANK YOU FOR HELPING US CHANGE THE LIVES OF THOUSANDS OF TEENS IN 2014.
Open to read how YOU made a difference.