Welcome and thank you for your interest in Teen Health Connection’s 2015 Community Report! Did you know that 2015 was an EPIC year for Teen Health Connection? We saw growth in programs, increased social media presence, and new grant awards which help us meet the unique needs of the teens and families that we serve. In 2015, Teen Health Connection provided 6,338 comprehensive healthcare visits and 1,824 individual and family counseling sessions. How amazing is that? Since 2011, when I started contributing my time and money to Teen Health Connection, I have been a first-hand witness to positive life-changing interactions between teens and their parents, siblings, teachers, and healthcare providers. Each year, I have seen Teen Health Connection grow exponentially, expanding their programs and having a positive impact on the community in collaborative and ingenious ways. This is why 2015 was the most EPIC year yet. It is truly remarkable to see teens make decisions to be healthier, safer, and more successful individuals as they transition into adulthood. I encourage you to be part of Teen Health Connection this year as we prepare for our upcoming celebration of 25 years of service to the community in 2017. I hope you feel the infinite joy that is returned, as I do, when you give to Teen Health Connection and see how the teens and families in our community benefit from this wonderful organization.

JENNIFER LEWIS, CPA
President, Board of Directors (2015)

Writing this letter for our annual report is a great time to celebrate the past year’s accomplishments and I am proud to say there were many, a few of which are highlighted in this report. It is also a time to ensure that we are leveraging our challenges into opportunities. However, this year, as we plan to recognize a monumental milestone - Teen Health Connection’s 25th anniversary in 2017 - it is especially apropos to reflect upon why this organization exists... to stop doing our many tasks and just be still in our mission. This is what I did. I stopped doing and just experienced the essence of why we do, what we do. I took off my badge and sat in our lobby with patients and families. I spent more time than expected, just feeling and witnessing the magic of family-centered healthcare. I spoke with teens and parents about why they chose us for their healthcare needs and many shared that it is because of the people who work here. I also heard our patients and families say, “they care about me/my child” and “I feel like I belong here” and “they listen to me,” but the one statement I heard from every patient and parent was... “I trust them.” We are trusted with our community’s most precious resource - our youth, our future. I thank the many teens and families who have trusted us since 1992 with their healthcare. I thank our supporters who have trusted us with their gifts - allowing us to be much more than just a doctor’s office. It is because of each of you that Teen Health Connection is truly a gem in Charlotte’s crown.

LIBBY SAFRIT, MA, LPA, HSP-PA
Executive Director

Welcome and thank you for your interest in Teen Health Connection's 2015 Community Report! Did you know that 2015 was an EPIC year for Teen Health Connection? We saw growth in programs, increased social media presence, and new grant awards which help us meet the unique needs of the teens and families that we serve. In 2015, Teen Health Connection provided 6,338 comprehensive healthcare visits and 1,824 individual and family counseling sessions. How amazing is that? Since 2011, when I started contributing my time and money to Teen Health Connection, I have been a first-hand witness to positive life-changing interactions between teens and their parents, siblings, teachers, and healthcare providers. Each year, I have seen Teen Health Connection grow exponentially, expanding their programs and having a positive impact on the community in collaborative and ingenious ways. This is why 2015 was the most EPIC year yet. It is truly remarkable to see teens make decisions to be healthier, safer, and more successful individuals as they transition into adulthood. I encourage you to be part of Teen Health Connection this year as we prepare for our upcoming celebration of 25 years of service to the community in 2017. I hope you feel the infinite joy that is returned, as I do, when you give to Teen Health Connection and see how the teens and families in our community benefit from this wonderful organization.

JENNIFER LEWIS, CPA
President, Board of Directors (2015)

Thank you to the 2015 Teen Health Connection Board of Directors

JENNI LEWIS
President, Bank of America

LESLIE RIGGS
President-Elect, Belk, Inc.

KIM BARTNIK
Past President, The Maids of Concord, NC

KATHRYN REDDICK
Treasurer, CliftonLarsonAllen, LLP

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Secretary, Carolinas HealthCare System

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Charlotte-Mecklenburg Schools

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Carolinas HealthCare System

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Wells Fargo Bank

KRISTEN PISCITELLI
Community Leader

AALECE PUGH-LILLY
Carolinas HealthCare System

ERIC RUNGE
Carolinas HealthCare System

KRISTIN WASHAM
Terwilliger Pappas Multifamily Partners, LLC

ELIZABETH WINER
Community Leader
In the 1980’s a report was issued that said all adolescents in our community were underserved due to lack of medical and mental healthcare focusing on the unique needs of teens. I was a strong advocate in support of a free-standing adolescent health practice and felt the need to do something. I quickly got to work with about 50 other persons on a committee in collaboration with the Medical Alliance and the Junior League, also strong supporters of adolescent healthcare. Before long, I found myself a co-founder of Teen Health Connection.

Comprehensive adolescent healthcare was something I cared deeply about on a community and a personal level. My own family could have used Teen Health Connection as a resource when we were struggling with our adolescents. The integrative care that Teen Health Connection provides helps teens make significant changes with their health and mental health so they are better prepared to enter adulthood. I would like all parents to understand this.

I began giving to Teen Health Connection because I understood that new organizations need donors to survive. After 23 years, I continue to give because I know they have stayed true to their mission and I trust them to use my gifts wisely. My vision for Teen Health Connection is to expand and reach more families, increasing awareness about the needs of teens throughout the county. My husband and I have planned a legacy gift to Teen Health Connection. I am proud to say that we are the first donors of Teen Health Connection’s new Legacy Society that will be rolled out for their 25th anniversary in 2017.

As a physician, I didn’t know where to turn. My daughter was struggling and we needed help. I researched providers but was wary of someone I didn’t know or trust. I found that Dr. Matkins was Director of the Center for Disordered Eating. I knew Dr. Matkins but I did not know about the Center. My daughter was seen the day I reached out and there began our difficult journey to better health. Their team helped us to feel that everything would be okay, allowing my daughter to play a role in the decision making of her care.

My decision to give came about two years after my daughter had her first visit. I realized how much better she was doing and that we were coming out the other side. As a new donor, I feel it’s important to raise awareness about the Center for Disordered Eating and the important work they do. Two years ago, I had no idea it existed. Today, I know they saved my daughter’s life.

Long-Term Donor: Sandy Dupuy

First-Time Donor: Dr. Vicki Light

2015 Financial Information

<table>
<thead>
<tr>
<th>Income/Revenue</th>
<th>Expenses</th>
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<tbody>
<tr>
<td>Government Grants &amp; Contracts - 43.6%</td>
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<td>In-Kind Goods &amp; Services - 25.2%</td>
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<td>Charitable Foundation Grants - 4.8%</td>
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<tr>
<td>Individual Donors - 4.0%</td>
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<tr>
<td>Corporate Grants, Sponsorships, Matching Gifts - 0.6%</td>
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</table>

$84 of every dollar is spent on programs & services

6.8% 8.9% 84.3%
THE IMPACT OF YOUR GIFTS

THE TYSON FAMILY: FAMILY-CENTERED CARE

LLATAVIA, MOTHER: After I saw The Big Picture, I knew that Teen Health Connection was where I wanted my sons to receive healthcare. I was so impressed by all of the topics they highlighted - things that teens face on a daily basis. I was especially impressed that they addressed suicide, a topic that most people don’t talk about with teens. I have three sons and my two oldest sons have been coming here for years now. I love that every time I call the office the staff is always friendly. With my busy schedule, I appreciate that they allow me to schedule their appointments at the same time. When my youngest son is old enough to be a patient at Teen Health Connection, I will definitely be taking him here. My family trusts and appreciates the care we receive.

DEJAUN, SON: I am 17 years old and my brother, Johntes, is 14. We are both patients at Teen Health Connection. We moved to Charlotte in 2011 and a year later a friend of my mother invited us to see The Big Picture. My mother took me to the event and thought the show and the message were so good that the next day she contacted Teen Health Connection so that we could become patients. Our father took us to our first appointment and we thought it was pretty cool that we could see a doctor who specifically took care of kids our age. The doctor took time to talk with us without our father being in the room, which made us feel comfortable. My brother and I like the way we are treated here. I think many adults talk down to teens and don’t think what we feel matters. At Teen Health Connection, what we are going through and the feelings we have really matter. When we are older, we will always remember how well we were treated by the doctors and nurses.

AT TEEN HEALTH CONNECTION, WHAT WE ARE GOING THROUGH AND THE FEELINGS WE HAVE REALLY MATTER

YOUTH DRUG FREE COALITION

The Youth Drug Free Coalition (YDFC) is a group of active and dedicated community volunteers, representing every sector in our community, with a goal to prevent youth substance use. The YDFC works collaboratively with Teen Health Connection and its Teen Advisory Board, providing direction for its substance abuse prevention and education initiatives. It’s an exciting time for the YDFC because in 2015 Teen Health Connection was awarded a five-year, $625,000 grant from the Office of National Drug Control Policy. This funding allows the YDFC to further identify and address youth alcohol and substance use among teens to create sustainable community-level change through prevention strategies.

One of the prevention strategies implemented every year is the production of The Big Picture. The Big Picture is a dynamic theatrical performance written and performed by adolescents, for adolescents. It addresses the most critical and relevant challenges faced by our community’s youth based on data from the Centers for Disease Control Youth Risk Behavior Survey. The Big Picture continues to be a thought-provoking initiative that allows teens, parents and community members the opportunity to have real conversations about health and safety issues that teens are experiencing daily. This innovative strategy was recently awarded the People’s Choice Award by attendees at the Community Anti-Drug Coalitions of America (CADCA) Annual National Leadership Forum in Washington, DC.
**TEASHA: INTEGRATED CARE**

I began my care at Teen Health Connection in 2014. It didn’t take me long to know that this is where I belonged. I lost my mom and dad when I was younger and I didn’t properly grieve. I felt hopeless and wasn’t eating or sleeping well. My first visit was for a regular check-up with Dr. Dixon. I love Dr. Dixon – she treats me like a person and always checks in with me to ask how my life is going. She had me see their dietitian and therapist. Betsy, my therapist, helped me with my depression and is one of my favorite people. She is very to the point but cares about me; she listens even if she has an objection to what I have to say. Today I am more positive; I have learned to think before I react and I have coping skills. When I age out of Teen Health Connection, I will miss the nurses who always smile and laugh and I will miss my providers who treat me with respect and make me feel comfortable being me.

**ALLISON: PARENTING THE LOVE AND LOGIC WAY©**

I have two sons soon to enter the teenage years. There will certainly be challenges ahead as they grow into young men. I want them to be prepared for adulthood and I want to be prepared for parenting. I first heard about Parenting the Love and Logic Way© through my mom who encouraged me to investigate the program. When I heard that Teen Health Connection was offering the program at no cost at my church, I decided to register.

With Parenting the Love and Logic Way©, parents learn how to deal with their teens through practical, real-world strategies while providing empathy and guidance. The program changed the way I think about responsible parenting because I learned that I need to allow my children to fail, get hurt and solve problems on their own. If I solve it for them, I take away the learning experience and they don’t build the resilience they need to be healthy, responsible adults.

I wish I knew about Parenting the Love and Logic Way© earlier, but I’m glad I know about it now. Children grow up quickly and I want an enjoyable home environment for my family while they are with me. Through Parenting the Love and Logic Way©, I am better prepared for success with my teens.

**LATISHA: GIRLS EDUCATED AND MOTIVATED FOR SUCCESS (GEMS)**

I started the GEMS program when I was 12 years old and remained in the program for six years. Now, at 20 years old, I have come full circle and volunteer as a mentor. Back then, I was a shy girl and kept to myself but GEMS helped me to grow. I learned to speak up and advocate for myself as I built bonds with the other girls and mentors in the program. I enjoyed everything about GEMS from learning public speaking to listening to guest speakers to going on field trips. I want to pass on what I learned to new GEMS girls – like commitment, respect and how to conduct yourself. I want to inspire and educate these girls to help them grow into healthy women. I know first-hand that the behavioral and social experiences of GEMS challenges young girls to be different and they learn skills they will use for a lifetime.
AWARDS & RECOGNITION
Libby Safrit, Executive Director of Teen Health Connection, was
• One of 12 recipients of the Carolinas Healthcare System Pinnacle Award
• Recipient of the Virginias/Carolinas Regional Chapter Recognition Award of the Society for Adolescent Health and Medicine

MANY GENEROUS VOLUNTEERS
1,997 Hours dedicated to helping teens and families

PARENTING THE LOVE AND LOGIC WAY®

FAMILY-CENTERED CARE
6,338 Comprehensive healthcare visits
1,105 Triage services during office visits
286 Center for disordered eating visits

MENTAL HEALTH MATTERS
1,824 Individual and family counseling sessions provided
37.1% Adjustment disorders
16.6% Depression/mood disorders
12.6% Anxiety-related disorders

OUR HEALTHCARE TEAM

6 MENTAL HEALTH CLINICIANS
5 PSYCHOLOGISTS
2 PHYSICIANS
1 REGISTERED DIETITIAN
5 HEALTH EDUCATORS
1 SOCIAL WORKER
5 NURSES
2 FAMILY NURSE PRACTITIONERS
1 PROGRAM EVALUATOR

DRUG FREE COMMUNITIES GRANT

THE OFFICE OF NATIONAL DRUG CONTROL POLICY AWARDS
$625,000 Over five years to Teen Health Connection’s Youth Drug Free Coalition to prevent youth substance use

747 Parents and teachers participated, learning real-life techniques for dealing with adolescents

2015... A YEAR IN REVIEW
In 2016, Teen Health Connection will host its fifth annual Stand Up and Get Down for Teens on Saturday, September 24th, at The Fillmore Charlotte. This signature fundraising event has been a success for Teen Health Connection since its inception and is getting better every year. We will once again announce the recipient of the Dr. John G. Johnston Award for Excellence in Adolescent Medicine and Health to follow our 2015 recipient, Ann Clark, Superintendent of Schools for CMS. Entertainment will feature comedian Juston McKinney, as seen on The Tonight Show and Comedy Central, as well as our favorite party band, Too Much Sylvia. All proceeds from event sponsorships and our silent auction will benefit the teens and families served by Teen Health Connection.

As we approach our 25th anniversary, reflecting on the past and forming a vision for our future, we recognize the importance of legacy giving to the sustainability of our organization and the future of our teens. In 2017, we will formally announce our new Legacy Society. We are especially thankful for donors, such as Dr. David and Mrs. Sandy DuPuy, who continue to give generously during their lifetime yet have the foresight to make a difference for generations of teens to come. We are honored to share that the DuPuy's will become our first Legacy Society donors and we could not be more proud.

Teen Health Connection will celebrate a milestone anniversary in 2017. Just imagine... 25 years of serving teens and families in the Charlotte community! Before we put our party hats on, there is much work to be done to plan a celebration. Throughout 2016, Teen Health Connection will be planning activities with the guidance of Carolina PR and many dedicated and talented past and current Board members – not to mention our visionary co-founders, Dr. John Johnston and Barbara Ziegler, who continue to support us today. The celebration will focus on our many accomplishments since our doors opened in 1992, the impact Teen Health Connection has had on teens, as well as our vision for the future of the organization. Just imagine where Teen Health Connection and our teens will be in another 25 years!

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We are very excited to be partnering with Youth to Youth International to host our first Southern States Youth Leadership Conference at Queens University from July 19-22, 2016. Nationally, Youth to Youth is the recognized leader for engaging youth in positive change. Each summer, Youth to Youth offers amazing leadership opportunities for high school students and the adults who work with them and this year that opportunity will be available in our very own community.

This one-of-a-kind conference experience, led by trained teens alongside adults, allows participants to learn how to serve as vital catalysts to initiate or improve youth prevention programming. By attending this four-day conference, teens will: meet and befriend drug-free teens from all over the country; develop skills to make positive choices; attend interactive and informative workshops; hear nationally-known speakers; develop action plans to create change back home in their schools and communities; and learn vital leadership qualities and skills they can use for a lifetime. The Teen Health Connection team, Teen Advisory Board members, Youth Drug Free Coalition leaders, and community partners will have an opportunity to serve as youth and adult staff at the conference.

COMING SOON - 25 YEARS OF SERVING TEENS AND FAMILIES

THE FIFTH ANNUAL STAND UP AND GET DOWN FOR TEENS

BUILDING A LEGACY FOR THE FUTURE OF OUR TEENS
OUR MISSION IS TO IMPROVE THE HEALTH OF ADOLESCENTS BY PROVIDING PHYSICAL AND MENTAL HEALTHCARE, EDUCATION, ADVOCACY AND RESEARCH THROUGH CONNECTIONS WITH TEENS, PARENTS AND THE COMMUNITY.