



EVERY ADOLESCENT EMPOWERED
TO BE HEALTHY, SAFE AND SUCCESSFUL



2018



COMMUNITY
IMPACT REPORT



EXECUTIVE DIRECTOR: LIBBY SAFRIT

Undoubtedly, 2018 can be described as a year of planning and preparation for what lies ahead. Through the development of our strategic plan, we are ready for changes in 2019 that will position us to be the best Teen Health Connection for our teens and families. Now with five medical providers and twelve mental health professionals, we are fully prepared to meet the growing demand for our comprehensive healthcare services. We have also secured additional physical space to maintain our “teen friendly, family-centered” atmosphere of clinical and program service delivery. By leasing the entire second floor at our Randolph Road location, our vision is taking hold. The metamorphosis of construction has already begun to allow teens and parents even more access to integrated medical, mental health and prevention services. We have much more to do but we’re up for the challenge. I am so proud of the visible commitment of our donors and stakeholders as this physical manifestation unfolds. Thank you for your continued support of the work done every day at Teen Health Connection to empower every adolescent to be healthy, safe and successful.

BOARD PRESIDENT: KRISTIN WASHAM

In 2018, Teen Health Connection launched an inclusive strategic planning process with the goal of creating a clear path forward as demand for adolescent services continues to grow. The process began with The Lee Institute conducting key stakeholder research to determine where our plan should be focused. After much commitment to the process, it became clear what our priorities should be. Teen Health Connection leadership and Board of Directors identified five key tenets that will define the organization’s path to continued growth and success while keeping us focused on how to best serve the teens in our community. These include: becoming a thought-leader in adolescent care; ensuring long-term financial viability; retaining a diverse, mission-driven board; improving communications and messaging; and strengthening collaboration with our strongest asset, Atrium Health. The strategic plan was approved by the Board of Directors in early 2019, sparking a renewed energy to ensure Teen Health Connection stays on track to fulfilling its vision. We’re ready for what lies ahead on this transformational journey.



MEDICAL DIRECTOR: DR. SHAMIEKA DIXON

As a model for integrated adolescent healthcare, Teen Health Connection continues to be on the forefront of establishing best practices and advancing research to meet the needs of today’s teens and young adults. Our medical team consists of two fellowship-trained adolescent medicine physicians and three advanced care practitioners whose expertise includes understanding the many psychosocial determinants that impact the health of teens and young adults. Our team presented two abstract presentations on long-acting reversible contraceptives at the 2018 Society for Adolescent Health and Medicine annual meeting. Research findings led to the development of specialized, motivational education practices for adolescent patients to encourage use of the most effective contraception methods and educational curriculum for local pediatric primary and specialty care practices in Charlotte. Additionally, through collaboration with Atrium Health Levine Children’s Hospital, a multidisciplinary Center for Gender Health at Teen Health Connection was developed to improve and expand access to medical and mental healthcare for gender diverse children, adolescents and young adults. We are proud to meet the needs of all teens in our community.

2019 BOARD OF DIRECTORS

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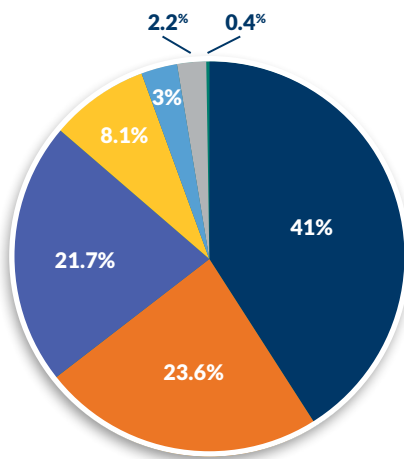
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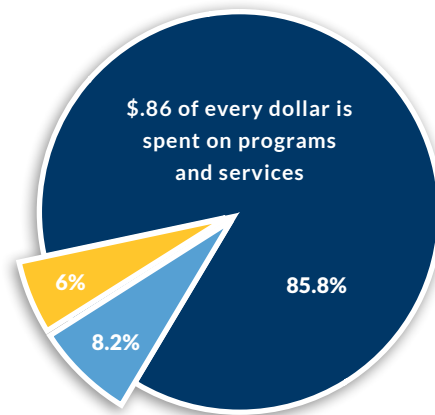
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FINANCIAL INFORMATION



INCOME/REVENUE

- Government Grants & Contracts (41%)
- Program Services (23.6%)
- In-Kind Goods & Services (21.7%)
- United Way of Central Carolinas (8.1%)
- Charitable Foundation Grants (3%)
- Individual Donations (2.2%)
- Corporate Grants, Sponsorships, Matching Gifts (0.4%)



EXPENSES

- Program Services (85.8%)
- Fundraising (8.2%)
- Management & General (6%)

RECOGNITION FOR EXCELLENCE



Johnston-Ziegler Youth Leadership Award

"I was so proud to be recognized by other teens in Charlotte for my commitment to community service and my success in school."
Ava Burgess, Mallard Creek High School Senior



Dr. John G. Johnston Award for Excellence in Adolescent Medicine and Health

"I was humbled to receive the Dr. Johnston Award. It felt really good to be recognized for my dedication to supporting the youth in our community."
Kevin Markle, Youth Engagement Specialist, Mental Health America

So Many Ways to Give



PROVIDING THE MEANS TO EMPOWER TEENS

Making giving easy for our donors, recurring or monthly gifts provide a reliable source of income to support the needs of our teens and families.



BECAUSE WE CARE ABOUT TEENS

Honoring the year we were established, the 1992 Society celebrates our major donors whose investments have tangible, positive impact on teens' lives.



NAME US NOW SUPPORT US LATER

By naming Teen Health Connection in your will or trust, your legacy in support of the health and well-being of teens will be honored in perpetuity.



Donor Generosity

“We believe in the health and well-being of our young people. When our young people thrive, our community thrives, making Charlotte a better place to live, work and grow. At Teen Health Connection, our community's teens receive specialized medical and mental healthcare from professionals trained to address the unique needs of adolescents in today's society. They also provide outreach education through programming built upon best practices in teen development, substance use prevention, and leadership. As donors, it's important that our investments help to advance positive change. At Teen Health Connection, thousands of teens and families have access to quality healthcare, resources and programs that empower them to lead healthier lives.

Bradley and Elizabeth Winer

“Having been involved with Teen Health Connection since the beginning over 26 years ago, it is very exciting to belong to the Legacy Society. We have seen the organization grow from just a small clinic on Elizabeth Avenue to providing comprehensive physical and mental health services to teens in a bright and large facility on Randolph Road. It's important to provide continuing funds through the Legacy Society so more of our community's teens will be able to be seen and cared for. Through the Legacy Society, we can be assured that teens have a healthy future and that we will be benefiting Teen Health Connection's mission after our life time. We hope many of you will join us by becoming Legacy Society members.”

Barbara and Herm Ziegler



Integrated Care

Half of all adult mental health problems begin by the age of 14 (Substance Abuse and Mental Health Services Administration, 2017)

21 % | patients received one-on-one consultation from a mental health or health education triage clinician during medical appointments

100 % | patients, who met with a triage clinician and completed a survey, reported receiving information to improve their health

TRAUMA AND ADVERSE EXPERIENCES

Screening for Adverse Childhood Experiences (ACEs) begins with all patients

31 % | patients reported 3+ ACEs, resulting in higher risk for chronic health, mental health, vocational, and social challenges

80 % | received on-the-spot, one-on-one psycho-education and referral from a mental health clinician during primary care visit

11% of children experience 3+ ACEs during their lifetimes (National Survey of Children's Health, 2017)

SUBSTANCE ABUSE PREVENTION

90 % | patients screened for substance use during their medical visits

79 % | received immediate psycho-education or intervention

21 % | met with a mental health clinician on same-day visit

Among CMS high school students, 25% report current use of alcohol, 21% current use of marijuana, and 16% lifetime misuse of prescription drugs (Youth Risk Behavior Survey, 2017)

PREGNANCY PREVENTION

1 in 5 female patients reported ambivalence on intention to get pregnant in the next year

Education uses motivational interviewing techniques to address ambivalence

29 % | patients counseled on contraception selected long-acting reversible contraception (LARC), the most effective method available

95 % | increase in LARC insertions between 2016 and 2018

1 in 4 CMS high school students report being sexually active (Youth Risk Behavior Survey, 2017)

THE IMPACT OF YOUR GIFTS

3,916

Medical Visits

3,980

Mental Health Visits

1,018

Triage Services



LILY, ELLA & OLIVIA

Gabi is a mom of three teen girls. It's important to her that they receive the best medical care possible to help them through their adolescent years. When she realized her girls were outgrowing their pediatrician, a friend recommended Teen Health Connection. With daughters who were dancers and gymnasts, Gabi wanted to be sure her girls' providers understood teen issues, like eating disorders, and practiced integrated care. She found it all at Teen Health Connection. Gabi explains, "Dr. Dixon is a board-certified adolescent medicine physician. We see specialists for many reasons – so why not for our teens' health?" Gabi is very satisfied with her daughters' care and feels confident that any teen-related issues that arise will be handled head on. And it's not just about their medical care. Lily and Ella also serve on the Teen Advisory Board and attend the Youth Leadership Conference.

HEAVEN

Heaven's parents searched for solutions to challenges of raising a teen. They found Teen Health Connection as the place where Heaven could have a safe environment to talk about difficult issues, especially those from early childhood trauma, and be involved in programs. She began therapy with Betsy as a vulnerable, unmotivated teen who was doubtful about the future; now she knows herself better, has less anxiety and is more equipped to handle social situations. Her parents, Shaun and Alexis, participated in therapy and completed Parenting the Love and Logic Way. When she felt stronger, Heaven joined the Teen Advisory Board and attended Youth Leadership Conference. According to Shaun, "Teen Health Connection is the only place that provides comprehensive solutions for teens and parents to deal with today's issues and where teens can get the support they need. This is the only place I know where teens receive positive peer pressure."



WILLIAM

Born with a severe health condition, William spent his first six months of life in the hospital. By his fourth birthday, he was diagnosed with Muscular Dystrophy, among other conditions. William was becoming angry. He couldn't understand why he was sick and began having outbursts. At 10 years old, William's mom, Abby, observed significant anger issues and saw her son pulling away. She was fearful when she found out her son didn't want to live. William told his mom, "I'm not like everyone else. I would rather die than live on earth with my limitations." William's physician wanted him in counseling and they came to Teen Health Connection. Abby soon realized this was the best thing for her son. Clark, his therapist, helped William build trust and confidence. Now he talks about anything – often deep stuff. Most importantly to William, Teen Health Connection is where he can go and 'not need any help' because he is treated like the other teens.



"Having pediatricians fellowship trained in adolescent medicine, a robust behavioral health support team, and a care team deeply committed to the unique needs of teens and young adults – all in a single location – allows for a collaborative, multi-disciplinary approach to care that is unmatched anywhere else in our community."

Jennifer J. Terry, MHA, FACHE, CMPE, Vice President, Levine Children's



MAKAYLA

Makayla wants to overcome challenges. This comes as no surprise since, when she was just four years old, through a direct placement from her birth-mother, she came to live with Peg and Joe, her adoptive parents. Developing trust and dealing with a learning disability were some things that Makayla needed help with. Makayla's initial therapy began in fifth grade, but she didn't connect with the therapists. By the time she reached seventh grade, her parents were concerned with ongoing depression and coping issues and she was being bullied at school. Makayla came to Teen Health Connection and established a strong relationship with her new therapist, Mimi, who helps her with anxiety, anger and stress management. Both Peg and Joe participate in her therapy – it's rare that they don't both attend. As for Makayla, she says, "I am more positive with myself now. More confident. I grow stronger each day."

JOE

Joe is an active, involved teen who attends Myers Park High School. Always looking to take on more, he joined the Teen Advisory Board after seeing The Big Picture for the first time. Joe was struck by the authenticity of the teens in the play and wanted to take on a leadership role working with other teens. According to Joe, "There is no downfall to participating on the Teen Advisory Board. It's 100% youth-led, fun and productive. My parents taught me to give back and this gives me the opportunity to help my community." Joe also attended Youth Leadership Conference and wants to be a youth leader and run a workshop at conference in 2019. His topic will address how music helps teens to deal with emotions when in tough situations. Joe is all about the anti-drug, anti-violence and anti-pressure approach of the Teen Advisory Board. He finds great satisfaction in seeing teens work with teens.



ANGEL

"The smart one." That's what he called her. They shared a special connection in a chaotic household. When Angel was 13 and he was 25, her brother took his own life with a firearm. Angel was referred to Teen Health Connection by her school counselor. Angel's therapist, Jessica, began treatment focusing on traumatic grief, called Trauma-Focused Cognitive Behavioral Therapy. At the beginning of therapy in 2017, Angel struggled to accept her brother's death; she blamed herself and refused to say his name. By mid-2018, she was feeling so much better and attended the Youth Leadership Conference on a scholarship, participating in four days of leadership development and prevention activities. She was an active participant, sharing personal poetry with her peers. Angel says, "Every day that I get out of bed, go to school and keep on living, I am beating my anxiety and depression."

PREVENTION PROGRAMS: A YEAR IN REVIEW



PARENTING THE LOVE & LOGIC WAY®

92% of parents who completed the course reported establishing clear family and house rules around underage drinking and drug use

"Love and Logic was very beneficial for our family. We were so blinded by the negative that we couldn't see all the good. Our eyes were opened to focus on love and our relationship. This class was so impactful, and we are grateful for the parenting tools."

Amy S., parent participant



THE BIG PICTURE

4 in 5 students reported they planned on making personal changes after seeing the 2018 performance

"The Big Picture was an amazing performance. It's beyond important that adults and professionals get to see and understand these topics."

Jaydah C., teen participant

YOUTH LEADERSHIP CONFERENCE

96% of teens reported deciding to be alcohol, tobacco and other drug (ATOD) free for at least the next year

"I learned that if we get out of our comfort zones and face our fears we can make ourselves better and eventually make the world better."

Hailey P., teen participant



YOUTH DRUG FREE COALITION TEEN ADVISORY BOARD

96% of members agree that TAB gives them an opportunity to be a youth leader in their community

"I enjoy coming because it's a fun way to improve my leadership skills as well as that it allows me to communicate with like-minded individuals from different backgrounds."

Madeline B., TAB member

OUR MISSION

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

