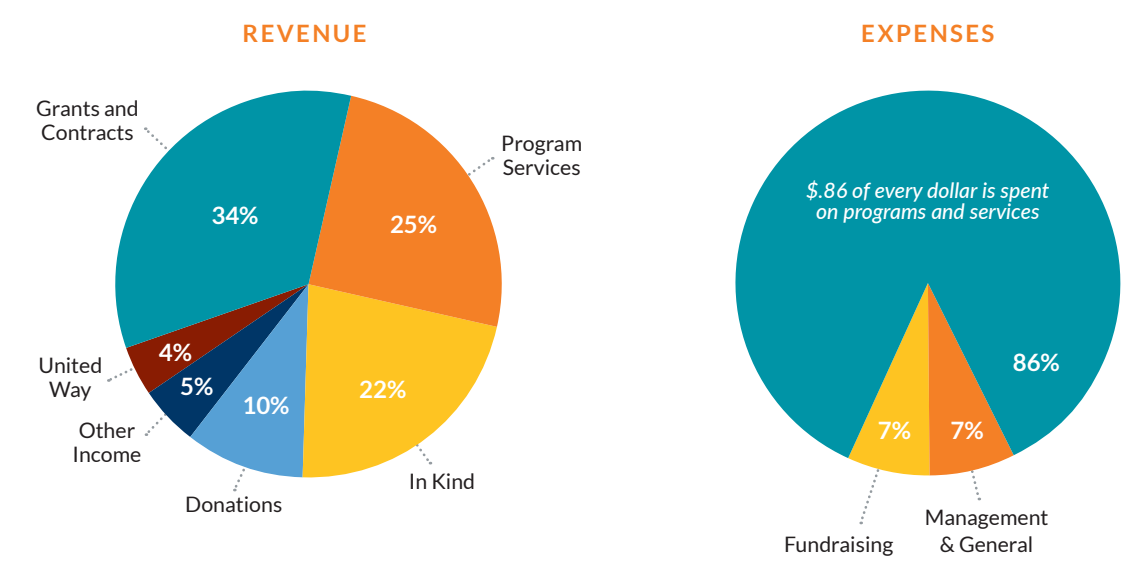


2021 Financial Information



JOHNSTON-ZIEGLER SCHOLARSHIP

The Johnston-Ziegler Scholarship is an annual merit-based scholarship recognizing a local teen for outstanding work in their school and community. Each year, the Teen Advisory Board reviews anonymous applications and selects the recipient.

CONGRATULATIONS TO ALL OUR 2021 FINALISTS

2021 Recipient: Breana Fowler, North Mecklenburg High School
Since the sixth grade, Breana has devoted over 180 hours as a Teen Court Defense Attorney and Ambassador. She founded and serves as the president of a student-led restorative discipline program for peer mediation and as a National Panelist on the Council of Great City Schools. She has been involved in White House Roundtable Discussions on High School Education with the US Secretary of Education, signing the Supreme Court amicus brief for the Mahony v. Levy case protecting students’ rights to free speech. In addition to her advocacy involvement and incredible grade point average, Breana works at a local restaurant and leads the North Mecklenburg softball team as the Varsity Captain.

Thank you Breana for your commitment to our community.



SEE HOW YOU HELPED IMPACT OUR COMMUNITY IN 2021!

Notes from Leadership

EXECUTIVE DIRECTOR:
LIBBY SAFRIT, MA, LPA

In 1985, the Board of County Commissioners sought a solution to an “adolescent healthcare crisis.” The term “crisis” feels just as pertinent today as it did then. Today, teens are not struggling in silence – they are calling for our help. Through the pandemic, Teen Health Connection stayed open and stood by the teens and families in our community. Our work in 2021 was a direct result of the commitment from our teammates, our partners, and our generous donors.

In the years to come, I know we will be called on to do even more. Philanthropic support is stretched as we collectively try to address challenges created and exacerbated by the pandemic. You - our advocates, our donors, and our friends make sure Teen Health Connection is accessible to this generation of teens. As you look back at 2021 and the many ways you helped to impact the teens and families we serve, I hope you will pledge to stand by us as we continue this vital mission.

SINCE OPENING IN 1992, TEEN HEALTH CONNECTION HAS PROVIDED OVER 218,620 COMPREHENSIVE HEALTHCARE VISITS



2021 Board of Directors

JANE LLEWELLYN, PRESIDENT
Community Leader

HOLLY WENGER, VICE PRESIDENT
Duke Energy

RICH BOVARD, TREASURER
CliftonLarsonAllen

ROBERT KIANOS, VICE TREASURER
PricewaterhouseCoopers

RYAN KILMER, SECRETARY
UNC Charlotte

MARION BISH
Leadership Consultant

BILLY CARBERRY
Accenture

GABI CULPEPPER
Dickens Mitchener

MAUREEN KARHUT
Attorney

MEGAN S. KING
Camp Southern Ground

CLAY LOCKLEAR
Atrium Health

TODD PARIS
MassMutual Carolinas

NICOLE RAMSDELL
Belk, Inc.

L. MICHELLE REESE
Community Leader

JOANN SPALETA
Charlotte AHEC

TRACIE TAYLOR
Atrium Health

STEPHEN VALDER, MD
Pediatrician

Teen Health Connection
3541 Randolph Road, Suite 206
Charlotte, NC 28211

THANK YOU FOR SUPPORTING TEEN HEALTH CONNECTION!



MEDICAL DIRECTOR:
SHAMIEKA DIXON, MD

I am proud to be a part of Teen Health Connection's legacy of care to our community. Our growth is not only visible in the number of patients we serve – but also visible in our skills, in our programs, in the ways we provide care. We withstood a global pandemic, and at the same time we increased access to care through virtual visits and specialized services. Our goal is to provide the highest quality and most accessible care - for all teens. I am proud of the compassion and outstanding service we provide for teens who are marginalized in our community. Those who may be of a different background, race, income, gender, or sexual orientation. Teen Health Connection is for ALL teens, and through our growing services and programs, ALL teens are getting the care they deserve.



BOARD PRESIDENT:
JANE LLEWELLYN

Thirty years ago, I helped paint the walls of our original location on Elizabeth Ave, and in my final year as the President of Teen Health Connection's Board of Directors, I am proud of our unrelenting commitment to the teens of Charlotte. When our community was tested the most, Teen Health Connection kept its doors open and continued to provide the highest quality and innovative teen care in the region. This year, our Board of Directors doubled down in its support. We asked hard questions, we embraced a commitment to Diversity, Equity, and Inclusion, we updated our strategic plan and made decisions that will help Teen Health Connection thrive in the years to come. At Teen Health Connection, we're more prepared than ever to serve our teens and their families. Thank you to Teen Health Connection's Board of Directors, thank you to the teammates working tirelessly everyday, thank you to the families who entrust their teens in our care, and thank you to our donors, without whom none of this would be possible.

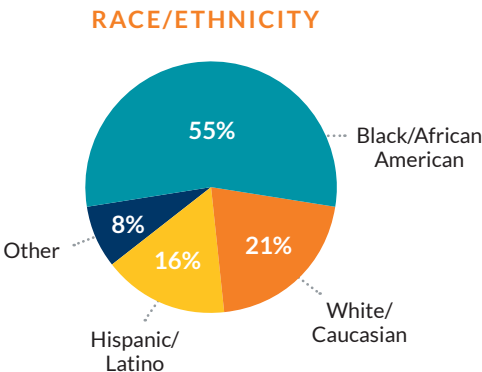
Adolescent Medicine

In 2021, we delivered over 5,050 comprehensive medical visits.

We provided accessible COVID-19 testing and vaccination as well as patient education on how to stay safe and connected during the pandemic.

To keep care accessible in the years to come, we will continue making virtual health visits available for our patients.

67% of patients are insured through Medicaid



“

BRITTANY THOMAS, MD

“Support for teens is critical. It can be the difference between finishing school or dropping out, between achieving personal goals or giving up on them. As primary care providers, we have a unique opportunity to get to know our patients. Because we know our patients, we can push for answers. Providing this space that is focused on them, with people who know them, has made a world of difference for our teens.”

Innovative Care

Teen Health Connection delivers specialized programs designed around the unique concerns and healthcare needs of local teen populations. Our adolescent medicine, behavioral health, and health education programs work together to help teens and their families achieve their goals.

THE CENTER FOR GENDER HEALTH

Through the Center for Gender Health, teens receive:

- » Specialized, best practice, gender-affirming, teen-centric care,
- » Support for families, including parents and siblings,
- » Linkages to behavioral health services, community support groups, and other resources.

Patient volume for the Center for Gender Health grew by 137% between 2020 and 2021.

TEENS AND TOTS

The Teens and Tots program launched in 2021 to provide integrated care and paired visits for teen parents and their infants.

The program aims to:

- » Improve maternal and infant health and social determinants of health,
- » Prevent additional unintended pregnancies,
- » Decrease likelihood of abuse and neglect.

TEENS AND TOTS PARENT

“It’s really nice to go to one place for all our care. I wouldn’t have time to go to different offices for appointments, and I wouldn’t have talked about some of these problems I’m having. A pediatrician wouldn’t deal with my worries. It’s nice my baby and I are both supported.”



Behavioral Health

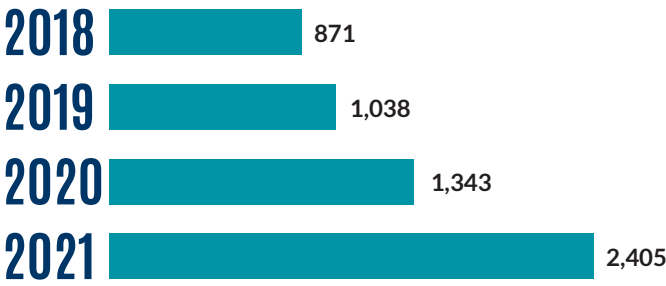
BEHAVIORAL HEALTH TRIAGE

Our licensed triage therapists work with the medical team and attend to our patients’ behavioral health needs, academic concerns, and social determinants of health. They also take phone calls from concerned teens, parents, and professionals throughout our community, providing information and linking them to care. In 2021, the Triage Team grew to two full-time clinicians.

Our medical patients are routinely screened for behavioral health symptoms:

- » 34% report current symptoms of depression,
- » 30% report substance use in the past year,
- » 47% report experiencing 3+ Adverse Childhood Experiences.

TRIAGE CONSULTATIONS



“

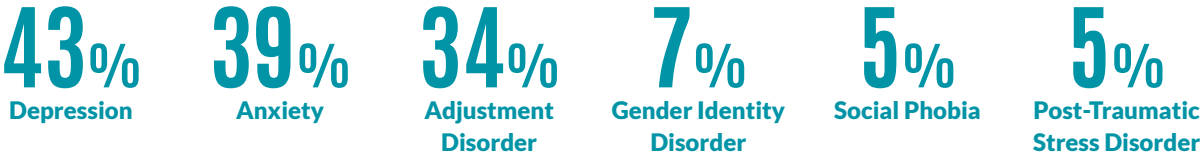
JESSICA CONLEY, LCMHC, BEHAVIORAL HEALTH THERAPIST

“When I ask teens how they are, I commonly hear ‘I don’t know how I feel... I’m sad... I’m numb... I’m angry.’ Teens are desensitized amid an ongoing national crisis, to loneliness, risk, fears, even to violence. They haven’t had their friends, teachers, or coaches to help shape their experiences. They’re missing important social and self-regulation skills. They’ve looked for ways to feel included, to interact, to get feedback, even if it meant putting themselves at risk. There’s been a break in natural development we can’t ignore. All of their support systems – families, schools, providers, all of us – can check in, be patient, and listen to this generation without judgement. At Teen Health Connection, we’re able to help teens navigate their way. In 2021, we were a guide for teens, families, community providers, and school staff.”

BEHAVIORAL HEALTH THERAPY

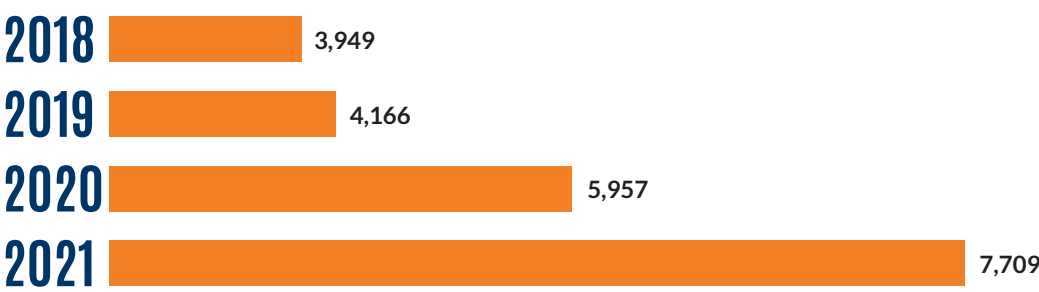
Our team of eight behavioral health clinicians deliver best practice therapy and evidence-based treatments in adolescent care.

IN 2021, TEENS PARTICIPATING IN THERAPY WERE SEEN FOR*:



*Often teens have more than one diagnosis for which they receive treatment

THERAPY VISITS



SUPPORTING OUR MOST VULNERABLE YOUTH

Teen Health Connection provides unique support for youth in foster care, including access to a trauma-informed medical home and integrated behavioral health and health education services.

Youth benefit from specialized clinical assessments conducted in partnership with the Department of Social Services- Youth and Family Services (DSS-YFS).

Doctoral-level psychologists, behavioral health clinicians, and support staff deliver:

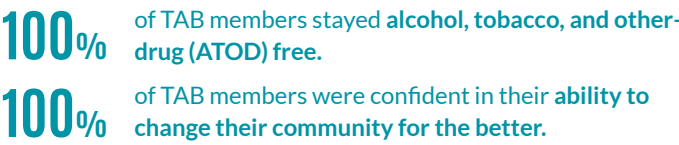
- » Independent Psychological Assessments for all youth (age 5+) entering custody to identify their unique needs and create a therapeutic network of services, supports, and resources,
- » Pre-custody assessments to address problems early and prevent removal from the home or inform placement recommendations,
- » Pre-adoption case reviews to provide adoptive parents with comprehensive healthcare, behavioral health, and family histories,
- » Ongoing case consultation for care teams and DSS-YFS clinical social workers.

75% of youth (age 5+) receiving an Independent Psychological Assessment in 2021 receiving an IPA were diagnosed with a trauma-related behavioral health disorder, including PTSD.

Health Education and Prevention

TEEN ADVISORY BOARD (TAB)

Teen Advisory Board members representing 20 middle and high schools participated in year-round prevention and leadership education. These teens planned and implemented community service projects, public service announcements, and prevention campaigns targeting substance use prevention.



FLETCHER PRIMIS, MYERS PARK HIGH SCHOOL

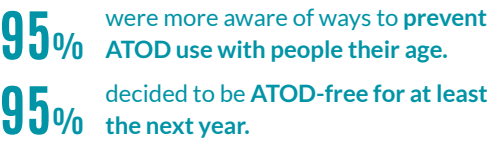
“Through TAB, I have been able to not only share my voice but also give people voices who might not have had one before.”

TAG MCVEY, SOUTH MECKLENBURG HIGH SCHOOL

“TAB has really helped me gain perspective on the issues that face people my age in my community, as well as what steps I can take to help make my community a better place as a whole.”

EMPOWER: TEEN LEADERSHIP SUMMIT

45 teen participants attended the 2021 Teen Leadership Summit held June 14-17. Teens participated in virtual workshops, activities, national speakers, and daily small group discussions.



2021 SUMMIT ATTENDEES

“At Summit I learned to believe in myself and set a goal. Even if you think something is impossible, do your best and you never know what might happen.”

“It was nice to be part of something that you’re accepted in, no matter the circumstances.”



“

AMBER JONES, TEEN PROGRAM COORDINATOR

“Our prevention model focuses on teens helping and learning from each other. We give teens the skills and confidence to be leaders and mentors in their own peer groups. We give them a safe space to connect to and we have high expectations that they give back to their school and community. In 2021, the support that we give to teens resonated back to their peers.”



Liquor locks distributed to prevent teens from accessing alcohol at home.

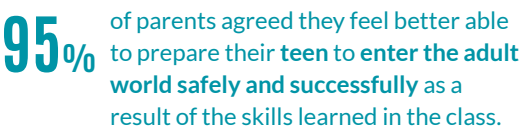


PSA billboards along South Blvd. were viewed by an estimated 1.3 million teens and adults.

PARENT EDUCATION

245 parents attended a parent education workshop in 2021. These workshops use Active Parenting, an evidence-based parenting curriculum that empowers parents and strengthens family relationships.

1,719 Atrium Healthcare Employees participated in a specially designed workshop titled “Building Resilience to Face Life’s Uncertainties.”



2021 PARENT PARTICIPANT

“The class really helped me to understand how to interact with my teenage daughter and see things with patience and a different perspective.”

“

KRIS HAWKINS, PARENT PROGRAM COORDINATOR

“In 2021, I reminded parents to look for ways to connect - to their family, their teens, and their communities. We as parents and professionals have a responsibility to model resilience. Parents are encouraged to talk about their attitude towards stress and to embrace change, to talk openly about the opportunities and challenges of transitions. We’re in this together as parents, as families, as a community.”

NEW SERVICE:

Teen Health Connection now offers one-on-one parent coaching for the parents of teens and teen parents. This service works directly with the behavioral health triage team and our specialized programs such as Teens and Tots.