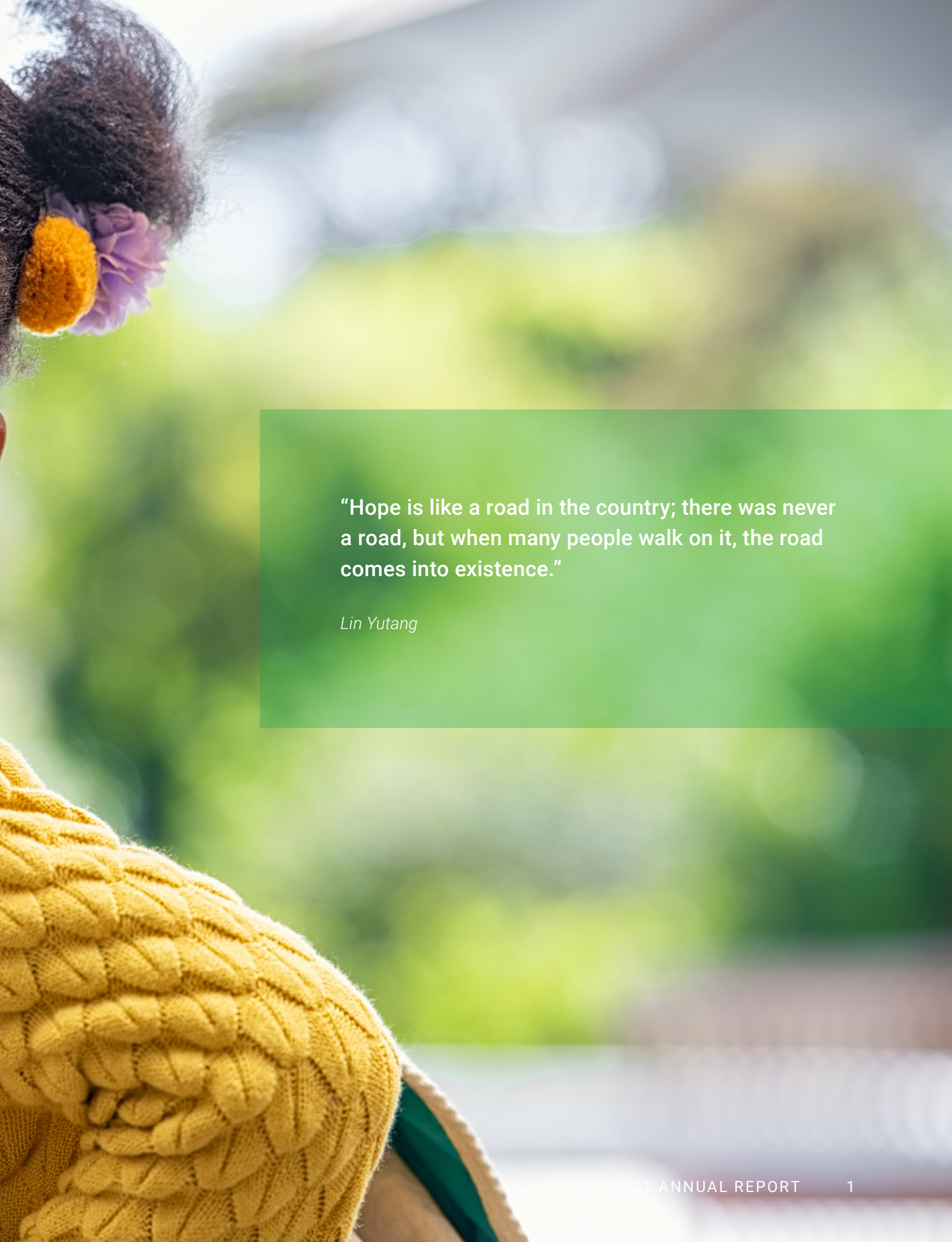




Inspiring Hope through Change

ALEXANDER YOUTH NETWORK 2021 ANNUAL REPORT





“Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence.”

Lin Yutang

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FROM THE BOARD

These past two years have brought about a tremendous amount of uncertainty, anxiety, and the need to adapt to the ever-changing COVID landscape for us all. Alexander Youth Network has provided excellent treatment for children and families for the past 134 years and 2021 was no exception. As North Carolina's leader in children's behavioral healthcare, Alexander rose to the occasion and served our children in creative and innovative ways. At Alexander Youth Network, we are so grateful for the donors, leaders, and partners who helped us push forward in 2021.

Our commitment and ability to provide high-quality treatment have remained steadfast. Over the past year, we opened two new programs to keep children and adolescents safe and stable while identifying the appropriate level of care needed or appropriate placement. Our community partners stepped up this year to ensure we had the tools necessary to be successful and enabled our staff to use a hybrid of virtual and in-person strategies to meet the needs of the families we serve. When staffing needs were at an all-time high, our staff stepped back into in-person care with ease and enthusiasm.

Research has shown how detrimental isolation can be to us all, so Alexander has worked hard to make sure our clients have someone to connect to and interact with on an ongoing basis. We have found making meaningful connections to be a critical part of mental wellbeing. Having a support system has always been a guiding principle of Alexander Youth Network, so creating those relationships is an area where our staff and senior leaders excel. In addition, we hope to inspire our clients, families, and partners to think outside of the box on ways to remain connected to each other. Whether virtually, in person, or letter-writing, creating connections with clients, families, each other, and our community partners have been an integral part of our success in 2021.

Our campuses have remained closed to outside visitors, and we are especially grateful to those who have complied with the restrictions put in place to keep our children and families safe. We look forward to welcoming you back in 2022.

We are so grateful to all of you for helping Alexander meet the needs of our children and families in 2021. With your support, encouragement, and financial investment, we emerged more robust and more determined to meet the needs of those struggling with mental wellness. Your dedication to Alexander has allowed us to create change through hope. Thank you!



Thomas Korona, Board Chair,
Alexander Youth Network



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Alexander Children's Foundation



N. Craig Bass, Chief Executive Officer,
Alexander Youth Network



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Alexander Children's Foundation

INSPIRING HOPE THROUGH A NEW APPROACH

Hi, I'm Jimmy and this is my buddy Billy co-regulating during technology time! Sometimes, I struggle with moving on from negative experiences and tend to hold grudges against my peers; no matter how small the incident was. These feelings can cause me to distance myself from others and respond negatively towards staff. I start to shut down emotionally and it becomes hard for me to focus and finish my classwork. Here at AYN Southmont Day Treatment program, I am learning to understand and use different coping skills-like coloring, walking away, deep breathing, and my favorite...pop-it fidget spinner! I've learned that using my coping skills, in the moment, helps me to calm down.

One time, my buddy Billy and I were doing a sensory activity called "buried treasure" using kinetic sand. I was super excited about participating because I love everything about pirates, battleships, and treasures! We had to find all 10 buried treasures in the sand using one hand. I had found the last treasure first, and my buddy 'B' snatched it out of my hand. This made me so mad because Billy has done this before! I got upset, immediately started walking away, knocked papers and a book off my desk, paced the floor with my fist balled up, and was breathing in and out. I wanted to hit my peer, but I followed the staff's prompts to stay near my desk and use a coping skill to help get my mind off the situation.

I sat down and started coloring. I processed with staff about my response to the incident and thought I was going to be in trouble. I was surprised about all the praise I got instead. They were proud that I used my coping skill of walking away from the situation **independently!** I'm starting to co-regulate with my buddy Billy a little better and longer because I know I can walk away from him when I need a break.



Tiffany Rook, Southmont Day Treatment Program Manager with Jimmy



JESSE: INSPIRING HOPE THROUGH GROWTH

Jesse's social history was one straight out of a graduate school case study. His environment growing up was very chaotic. He witnessed domestic violence between his biological mother and father, experienced constant moves and neglect, and lived with the day to day impact of his care givers' substance use. His biological father was sent to prison for rape and his mother died of suicide to a drug overdose. As a result, his paternal grandmother was granted guardianship. Jesse's behaviors often included physical aggression, cursing and intimidating behaviors towards others, and going into hiding under tables or behind corners when there were arguments or fights. He was in the sixth grade but reading on a high third-grade level.

It was challenging, in the beginning, to establish trust with him. After all, I was "just another" therapist. Up until coming to Day Treatment at Alexander, police officers, therapists, and even teachers were people he had difficulty establishing a relationship with because he viewed them [us] as the problem. I often completed "Friend Visits" where I would visit him and his grandmother in the home (pre-COVID) just to get to know Jesse and his grandmother outside of school.

After his time in our Day Treatment, I continued to do "Friend Visits" to help with his transition. During those

visits, he began opening up more about his upbringing, how it affected him, identifying his triggers, and actively working on learning and applying coping skills. At our last visit, his grandmother shared a letter Jesse received from his dad encouraging him to make better choices. Besides celebrating how much Jesse's reading skills had improved, it was inspiring to see him make the connection that his father's actions do not have to be his. I will always remember that moment. He started crying and I asked him if I could give him a hug. Right there in his living room with his grandmother, I was also moved to tears. That's when I knew he trusted me and I was just not "just another" therapist. He saw my human side and I saw his growth. He is now in a traditional classroom setting and doing exceptionally well. He is a testimony of how growth inspires hope and that hope can make you an overcomer.

| Photo:
Tamikka Gilmore, Howard Day Treatment Therapist



INSPIRING HOPE THROUGH SUPPORT

Sometimes in the darkest of times is when hope and healing are at work in the most usual of circumstances. One of our Intensive In-Home teams experienced just this scenario. They began working with a young man who was transitioning from a residential placement back to his home environment. They worked closely with both Tim and his family to help decrease impulsivity, decrease verbal and physical aggression, increase the use of coping strategies, and maintain healthy boundaries. The team worked with Tim in his home and also out in the community. Through this, the Alexander staff formed relationships with many of the people who were Tim's support system; school staff and students, Tim's parents, and his girlfriend, Taylor.

"While we, as a team, and as an agency, never want to lose a client, this experience highlighted the level of compassion and professional support we provide our families."

Jamie Gomes
Executive Director of Intensive In-Home Programs

Thandie, the Intensive In-Home lead staff member, was on her way one evening to meet Tim at the local community college he attended. She began receiving

concerning messages from Tim's parents and girlfriend about Tim ending his life. The team immediately alerted the necessary school officials. Unfortunately, the outcome was devastating. Tim died by suicide late that evening.

As soon as the staff at Alexander learned the news, they quickly swept into action to provide support to Tim's parents and girlfriend, Taylor. They grieved along with the family and were with them every step of the way, up to and including the days/weeks after the funeral. The Alexander team reached out to provide mental health resources to the school as well; helping the school provide answers to difficult questions many of the students had. Thandie and her teammates, Katie and Justin, still maintain close contact with everyone impacted to ensure they are getting what is needed to process this unimaginable tragedy. Tim's parents have expressed how grateful they are to the Alexander team for their continued and steadfast support. They have said they don't know how they would have gotten through this without Alexander Youth Network. The words of Jamie Gomes, Executive Director of the Intensive In-Home programs, sum it up best "While we, as a team, and as an agency, never want to lose a client, this experience highlighted the level of compassion and professional support we provide our families". We are committed to meeting a family where they are and providing support for the right amount of time, in the right way and with the right service.



INSPIRING HOPE THROUGH SOBRIETY

Before coming to Alexander's residential substance use treatment program in Greensboro, Alex was struggling. Wrapped up in caring for his wheelchair-bound mother, he wasn't attending school, he had lost his own identity, and had no goals or hope for the future. Substance use was an easy escape. Fortunately, the ASAP program was there when he was ready to get the help he needed.

The ASAP Program allowed him to focus on his wellbeing. He tried new hobbies that didn't involve getting in trouble. He learned how to better process his actions and feelings without drugs or alcohol. He attended school daily and saw his grades improve tremendously. He made excellent progress towards his treatment goals including taking on a more prominent and positive leadership role amongst his peers in the program, being responsive to directives, and being honest and upfront with the staff. Most of all, he was excited about being able to be a kid again and having the weight of taking care of others lifted off of his shoulders.

Through the ASAP Program, he received the support, guidance, and mentoring he needed to become who he wanted to be. Now that his grades are better, he can play football for his high school team. He has formed good relationships with people that don't rely on substance use. And he is better able to care for others while also caring for himself.

*Photo:
Preston Tate, ASAP Program Manager and Sheretta Mitchell,
Director of Substance Abuse Services*



INSPIRING HOPE THROUGH HELPING OTHERS

Like many of our greater Alexander family, Chris Adams was first introduced to AYN as a guest at the annual Celebrating Our Kids luncheon. He was new to town and eager to learn more about local groups bettering the lives of others. Following his introduction to Alexander, Chris was so impressed by an organization that was “made up of humble, heroic people doing great work on the front lines of some of the most heartbreaking battles we can imagine.” He continued to attend for the next few years, and soon found himself not only serving as a table captain but as a volunteer in the lunch buddy program.

Having recently switched careers, Chris was thrilled to have enough time in one place to make the weekly commitment required of lunch buddies. He is now involved with his third young man, but he considers his first relationship with a boy we will call “Darrell” to be the most formative. Before meeting Darrell, Chris learned during training that he had lived a life with a lot of chaos, little structure, and had a history of self-harm. Despite being reserved during their first few encounters, Chris remembers Darrell having an infectious smile and a remarkably positive outlook for a kid with so many challenges. Going through the lunch line, Darrell would respond to the friendly inquiries of the kitchen staff with his customary response, “I’m great – living my best life!” Like so many of our beloved lunch buddies, Chris is frequently reminded by the behavior of our kids how precarious life can be, noting that the weekly visits have ultimately affected his own everyday life. “It is the least I can do to adopt more of the attitude of this child who has been through such tough circumstances and is still this positive.”

The hour of time passes quickly according to Chris,

usually a hurried lunch to enable more time for basketball, biking, chess, or most often, a competitive game of checkers. After three buddies, Chris recognizes how important it is for the children to know that someone has taken the time to be their friend, for no reason other than they care. “Each individual visit is unremarkable, but suddenly after several visits, the unexpected hug goodbye reminds me that I am making a positive impression on the child.” What is a key element to Chris’ success as a buddy? He lets the children lead the way and the play saying “the less I try, the better it goes.”

“When I am looking across the lunchroom imagining what these kids have been through, it feels so good to see them in a safe space, laughing and talking with their peers and the staff.”

Chris Adams
Board Member, Donor, and Volunteer

When it was time for Darrell to leave Alexander, Chris gave him the beaten-up checkers game he had been bringing over the previous few months. Darrell was blown away that he could actually take the game home with him! Chris also gave him a stretchy bracelet with the Adams family motto “Be Nice, Be Fun, Work Hard,



2021 VOLUNTEERS AT-A-GLANCE



**439
VOLUNTEERS**

served in creative ways, virtually when necessary, to support our kids and staff in a wide variety of ways including tutoring, mentoring, pen pals, and leading virtual extra-curricular activities



**4,839
HOURS**

of volunteer time equaling

\$138,105

of in-kind work

| *Chris playing chess with his lunch buddy*

Help Others,” so that Darrell would have a piece of Chris with him on his journey. Their emotional farewell was capped with the “high hug” Darrell had taught Chris when he had finally earned his trust, several weeks into their friendship.

Reflecting on his 3+ years as a lunch buddy, Chris shares:

“When I am looking across the lunchroom imagining what these kids have been through, it feels so good to see them in a safe space, laughing and talking with their peers and the staff. In my experience, the staff goes the extra mile, taking a kid who goes from a challenging state to being a part of this community. It feels so good to be a part of this organization, every time I stop to process what they are accomplishing every single day. AYN is giving these kids a support model that will help them traverse their childhood with the right kinds of tools to thrive in the long run. I am proud to play a small role in the larger picture.”

In addition to his many years of service as a lunch buddy, Chris joined the Alexander Children’s Foundation Board in 2019. Thank you Chris for your commitment to Alexander, as a board member and as a volunteer. Let’s hope that we can continue to live up to Chris’ family motto and that more of the children we serve can be blessed with the loving friendship of a buddy like Chris.



INSPIRING HOPE THROUGH GENEROSITY

When I think about generosity and kindness, Bryant Owens comes to mind. He has been involved with Alexander Youth Network since 2015, giving not only treasure but also his time and talents. Whether it's building gingerbread houses with the kids in our Psychiatric Residential Treatment Facility, spreading mulch on the campus with work associates, or playing games with the kids in Day Treatment, you will find Bryant on campus engaging, learning, playing, and providing guidance on the board of directors.

It's a family affair for the Owens. His wife Maria and children, Maya and Max, are often on campus volunteering. Prior to COVID, the Owens family along with their extended family would purchase and spend an afternoon putting together gingerbread houses for our kids living on our campus, as well as provide Christmas gifts. Bryant learned this lesson through his own parents as they taught him by example. Both of his parents have been involved with advocating for children and families in the juvenile justice system and have taught their own children how important it is to give to others. Bryant served on the Alexander Children's Foundation board for six years prior to joining the Alexander Youth Network board. The Owens have

As a family we feel fortunate to be involved with such an amazing organization as Alexander Youth Network. The children that AYN serves are really what makes it special and the staff at AYN does a tremendous job providing support to the children and families that need it the most.

Bryant Owens
Board Member, Donor, and Volunteer

| Photo: Bryant Owens and Family

opened their home on several occasions to educate others about the needs of kids and families who are struggling with mental and behavioral challenges and how Alexander is helping them. They help to change the way we talk about mental health by providing a warm and inviting venue to engage in these critical conversations. There is no shame or judgment at the Owens house, just an opportunity to learn and share.

Over the years they have given so generously to Alexander. Thousands of children have benefited from the gifts they have given, and our programs are better resourced because of the steadfast support the Owens provide. Bryant has introduced so many people to Alexander by bringing his fellow Wells Fargo associates out to campus for volunteer activities as well as recruiting several new board members and tutors.

We feel so fortunate to have Bryant and his family as friends of Alexander. They are making a difference in Charlotte for those managing mental health issues. Alexander Youth Network is blessed to have found a true advocate for mental wellness in Bryant. Thank you to Bryant, Maria, Maya, and Max for giving so much to Alexander and the Charlotte community.



2021 GIVING AT-A-GLANCE

2021 Giving (ACF/AYN Combined)

Unrestricted	\$1,012,941.71
Restricted	\$2,585,235.80
Endowment	\$327,819.28

TOTAL	\$3,925,997.49
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Donors

Current	319
New	190

TOTAL	509
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AVERAGE GIFT AMOUNT	\$1,931
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Sources of Giving

Individuals	\$1,082,490
Corporations/ Organizations	\$224,812
Government Grants	\$2,130,540
Foundations	\$293,468
Trusts	\$11,558
United Way	\$183,177

TOTAL	\$3,926,045
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ALEXANDER YOUTH NETWORK

is inspiring hope for countless children and families
across North Carolina through its many services.

4,972

young people and
their families were
impacted through
Alexander Youth
Network's services
last year

Alexander and its related organizations, The Relatives
and Youth Focus, brought hope and healing to 8,849
children and adolescents during fiscal year 2020-2021.

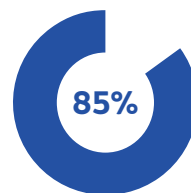
.....



of children and adolescents
who received Outpatient
Counseling maintained or
improved their mental health



of children and adolescents
who received Day Treatment
services maintained or
improved their mental health



of children and adolescents
who received Multi-Systemic
Therapy remained in school or
work at discharge



of children and adolescents
who received Intensive In-
home treatment remained in
school or work at discharge



464

children and adolescents received mental and behavioral health treatment through our community-based services such as Multi-Systemic Therapy and Intensive In-Home

151

children and adolescents received mental and behavioral health treatment in our residential treatment programs



274

children and adolescents received therapeutic academic instruction in our 15 Day Treatment programs



3,336

children and adolescents received outpatient or school-based therapy



219

children and adolescents received services through our Therapeutic Foster Care program



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\$25,000+
per year for 5 years

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FINANCIALS

Fiscal Year 2020-2021 Financial Results for Alexander Youth Network

Revenue, Gains, Losses & Other Support

Service Revenue (Medicaid, Insurance, etc)	\$22,171,669
Governmental & MCO Services	\$2,135,040
Government Grants	\$365,718
Investment Income (Loss)	\$202,079
PPP Loan Forgiveness	\$3,091,750
Provider Relief Fund	\$1,379,557
Change in Value of Beneficial Interest in Perpetual Trusts	\$409,236
Other Income	\$155,058
Total Revenue	\$29,910,107

Expenses

Program Expenses	\$23,781,899
General and Administrative	\$2,688,218
Transfers	\$283,900
Total Expenses	\$26,754,017

Net Revenue	\$3,162,090
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Financial Results for Alexander Children's Foundation

Revenue, Gains, Losses & Other Support

Private Contributions	\$ 1,608,000
Investment Income (Loss)	\$1,996,870
Transfers	\$223,107
Total Revenue	\$3,827,977

Expenses

Fundraising Expenses	\$709,080
Total Expenses	\$709,080

Net Revenue	\$3,118,897
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ALEXANDER
YOUTH NETWORK



ALEXANDER
Children's Foundation