



nourishing kids so they can flourish

ALEXANDER YOUTH NETWORK

2023 ANNUAL REPORT





## nourish

/ˈnəriSH/

verb:

to sustain with food or nutriment;  
supply with what is necessary for  
life, health, and growth.

## flourish

/ˈfləriSH/

verb:

grow or develop in a healthy  
or vigorous way, especially as  
the result of a particularly  
favorable environment.



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from the board

Thank you for making 2023, such a meaningful year for Alexander Youth Network. In 2023, we saw an increase in the need for mental health services for all children and adolescents. Because of the generosity of donors like you and our amazing staff, Alexander Youth Network continues to be the leading provider of children's mental and behavioral health services. Our combined agencies provided over 9,000 services to youth and their families in 2023.

According to research by the CDC, more than 2.5 million youth have major depression, and suicide has become the second leading cause of death for people ages 10-34 and the leading cause of death in 10-14 year olds in the state of North Carolina. At Alexander, we are part of the solution helping children and youth combat these challenging issues that lead to depression and suicide. We are committed to providing trauma-informed treatments that lead to lasting change. Unfortunately, approximately 60% of kids with mental health challenges do not get treatment. In 2023, we spent time as an agency evaluating obstacles keeping children from attending programs and how to make our programs more effective when the children are in our care. We provided a new curriculum in some programs to better meet the needs of the issues facing our children. We equipped our staff with the tools they need to meet the increased acuity in our population and the support they need to continue to find balance and emotional support to do this tough and often difficult work.

We engaged in partnerships with new volunteers to increase the number of interactions our kids have with their community at large. Our children participated in new clinics to learn new skills like soccer, cheerleading, and football. These activities help our children to connect to those around them and learn coping skills so

they can engage in positive social interactions.

All children deserve access to quality health care. At Alexander we are breaking down the barriers to that access and giving them what they need to heal. Alexander has been committed to treating children and youth who are experiencing mental and behavioral health challenges since 1947 by being innovative and meeting children and families where they are. In 2023, we continued the 135 year tradition of providing high quality care thanks to you.

We are so grateful to donors, our community partners, and staff for making 2023 another year to be proud of the difference we are making in the lives of the children and families we serve.



*Bryant Owens*  
Bryant Owens, Board Chair,  
Alexander Youth Network



*Rick Beckman*  
Rick Beckman, Board Chair  
Alexander Children's Foundation



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



*Lynn Crutchfield*  
Lynn Crutchfield, President,  
Alexander Children's Foundation





# learning to flourish part one

Tonya is a sweet, kind, thoughtful 13-year-old girl. However, her trauma made her life unbearable. Tonya had a history of neglect and trauma in her birth family. From a young age, her mother was actively abusing drugs and alcohol leaving Tonya to care for herself on her own. As a way of coping with her trauma, Tonya developed a habit of twirling her hair which ultimately led to trichotillomania (recurrent, irresistible urges to pull out body hair). This left Tonya with several bald spots on her head. As you may imagine, children would make fun of and tease her. She began to withdraw from peers, stopped participating in class, frequently cried, and shut down. She became frightened to be in crowds or groups.

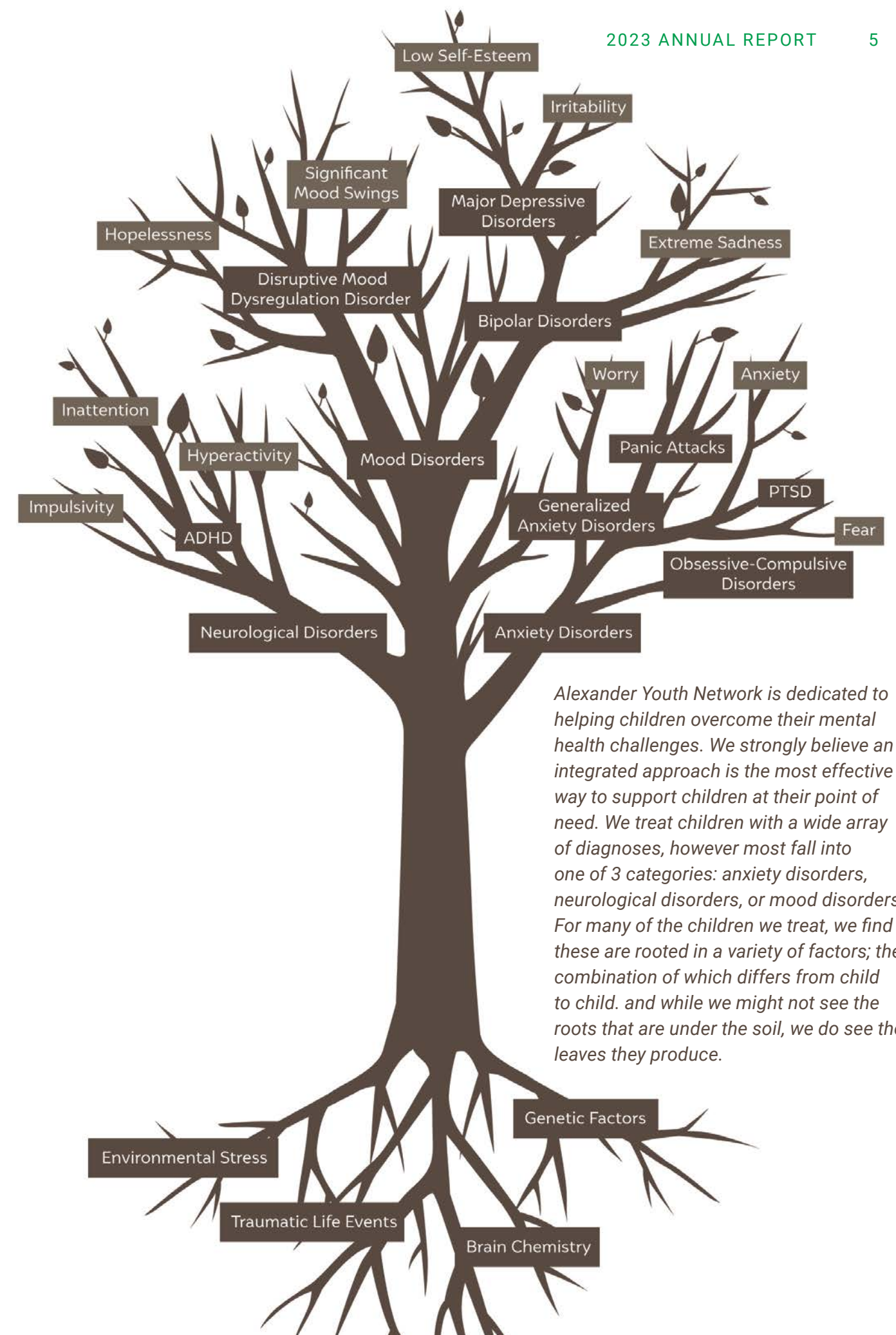
Because of her situation at home, Tonya entered foster care where she started receiving Intensive

In-Home services. When she refused to go to school—physically planting herself in her room—she was referred to Alexander’s Day Treatment program. Our Day Treatment program is a highly individualized treatment program for children in grades K-12 who are facing challenges in the classroom due to mental or behavioral health diagnoses. Tonya was diagnosed with major depressive disorder and anxiety. Her therapist, Amber Bullock, commented that “Tonya was very closed off when she arrived. She would just sit in the classroom and stare at her classmates.” She was not disruptive, just very quiet and kept to herself. Amber explains this is typical for girls. “They tend to be passive, quiet, and internalize their trauma themselves unlike boys who are more aggressive and act out.”

## Signs of Depression or Anxiety in Children/Youth:

- Irritability or cranky mood
- Isolation- change in behaviors-used to like to go out, now doesn't want to
- Extreme fears around things
- Lack of energy or interest in once liked things
- Aches and pains in stomach, head, etc
- Significant change in habits-sleeping, eating,
- Engage in attention seeking behaviors-act up in class, talk back to parents & teachers, self harm
- Marked by hopelessness and an inability to believe in the prospect of change

**Why does it matter?** Some of these behaviors are typical behaviors of children and adolescents and if we aren't paying close attention they can be overlooked.



Alexander Youth Network is dedicated to helping children overcome their mental health challenges. We strongly believe an integrated approach is the most effective way to support children at their point of need. We treat children with a wide array of diagnoses, however most fall into one of 3 categories: anxiety disorders, neurological disorders, or mood disorders. For many of the children we treat, we find these are rooted in a variety of factors; the combination of which differs from child to child. and while we might not see the roots that are under the soil, we do see the leaves they produce.



## learning to flourish part two

With the supportive environment provided through day treatment, Tonya began to have a different experience in the classroom. She slowly started to engage and feel comfortable in her environment. The kids in her class didn't laugh at her or make fun of her for the way she looked. She learned that all kids have challenges. She made friends and felt safe with her classmates. She connected with her teachers who encouraged her. They allowed her to work at her pace and do things in her own time frame. They met her where she was. Alexander's Day Treatment gave her what she needed to feel safe and secure. Simultaneously, she worked hard in therapy. She developed new coping skills with the help of fidgets, pop bracelets, deep breathing exercises, long walks, and role play. Amber said, "we had to do a lot of processing with her and debrief about the things that had gone on in her home."

Today, Tonya is back in her home school in a small classroom setting. While she still struggles, she now has a whole new set of tools to positively deal with her anxiety and depression. Her hair pulling has stopped completely and she is making friends. Tonya is an example of how the good work being done by a caring and talented team at Alexander can create lasting change.

**"Alexander's Day Treatment gave her what she needed to feel safe and secure."**

Alexander wants to give kids the right environment to nourish their healing and growth. Utilizing trauma-informed treatment modalities, our approach also emphasizes the importance of involving the whole family in treatment. We employ rhythmic, repetitive, relational, rewarding, relevant and respectful interventions (the 6 R's) to get to the heart of trauma and allow for healing to begin. and we use comprehensive assessment tools throughout treatment to guide our services

in a way that is highly individualized. Because of all these factors, Alexander has highly effective outcomes. and from these new roots, we see kids take what they have experienced at Alexander and begin to flourish at school, in their homes, and most importantly within themselves. and we believe these roots will grow in depth and strength over the years and our kids will have a new foundation grounding them for a better future.







## helping kids flourish

### volunteer spotlight

Alexander Youth Network is so fortunate to have outstanding student philanthropists like Cora Wickham as a member of our volunteer team. Cora is a senior in high school at Charlotte Latin School and has been giving her time and talent to Alexander Youth Network for the past couple of years. She was first introduced to Alexander when she participated in a program called My First Cast, which is a non-profit dedicated to improving the lives of children through fishing. Once she met our kids, she knew she wanted to work with them again. So, Cora chose Alexander as her charity of choice this year. Cora learned first-hand how important it is to give back to her community by watching the example set at home by her parents, Leslie and Mitchell.

Over the past year, Cora has been supporting Alexander's Volunteer Engagement Officer, Ashley Nieves. Cora has helped in many different ways utilizing a wide variety of skills. From spending one on one time with a child, to working with our kids in group settings, to helping organize in-kind gifts in our on-campus store, Kidzarama, as well as working on a spreadsheet to pair angels with donors in our Angel Network program, Cora is making a meaningful difference. As she forms bonds with the kids we serve, she gives the greatest gift of all. She shows them how much they matter.

When asked why she chose to volunteer at Alexander, Cora said "the first time I was able to participate, being around the kids felt so special and I love being able to bond with them and help them learn new things. I babysit very often, and being around kids is one of my favorite things. However, I wanted to use that connection to really help make a difference. After a few more volunteer experiences, I knew that working with AYN was something that I wanted to participate in. Being able to work with the kids and work behind the scenes with organization and planning has proved to be as much of an amazing experience as I thought, and I'm excited to continue".

Most volunteers say they always get more than they gave when volunteering. When asked what she has learned by volunteering Cora commented: "Going

into volunteering, I wasn't exactly sure what I was going to be helping with. Luckily, I have been able to do a little bit of everything, both with the kids and planning behind the scenes. It is amazing because even when I feel that something I am doing is not as significant at the moment, I am able to see the impact it makes a few weeks later. Working with AYN has really taught me how valuable everyone's help is, and that no amount of help is too small." Her favorite experience of all so far has been "working with a young girl, Finley, to make a reindeer craft. I have a little sister, and it was so rewarding to me to be able to connect with her one on one and learn about her favorite music (Taylor Swift), what she likes to do, and how much she loves art. Seeing the smile on her face made me so happy, and I'm so happy that I get to be a part of an organization like AYN that cares so much about its community". Finley said of Cora, "I hope I can be like her when I grow up, she's so nice, caring and pretty". Cora has set the bar high for young volunteers. She leaves big shoes to fill.

We are so grateful for the time Cora has spent with our kids and helping to make our volunteer experience better for others. Research shows that when kids engage with volunteers, it increases the effectiveness of the skills they are learning and improves their self-esteem. Unpaid, undivided, individual time spent with kids is one of the key components of nourishing our kids in a healing environment. Positive adult interaction is one of the roots from which healthy new branches grow for many years to come.

Thank you, Cora, for all you have given to Alexander Youth Network in 2023.

## Volunteers At Alexander



# 522

### volunteers in 2023

supported our kids and staff in a wide variety of ways



# 4,578

### hours volunteered in 2023

spent tutoring, mentoring, pen pals, and leading virtual extra-curricular activities.

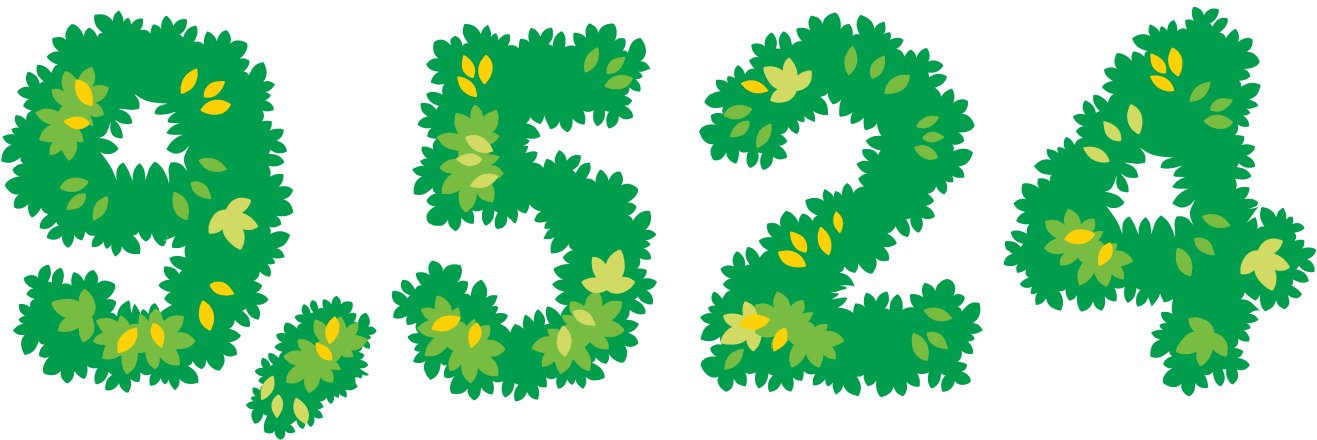


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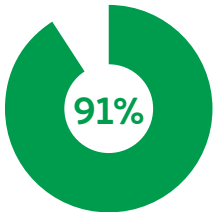
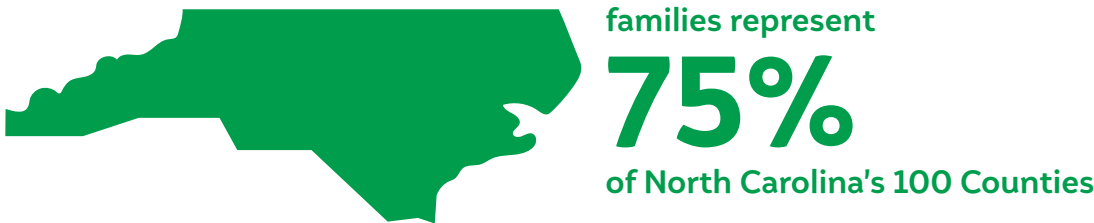
# \$145,580

### of in-kind work

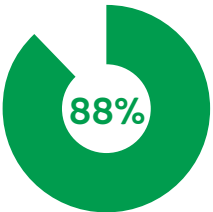




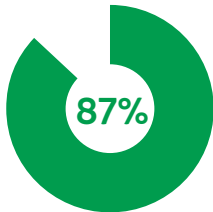
children and families served through  
Alexander Youth Network and our affiliates in 2023



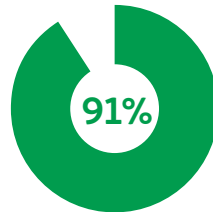
of families served  
by Alexander were  
satisfied with  
access to care



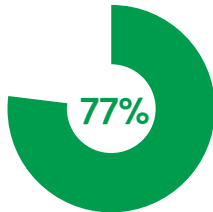
of IIH clients  
stayed in school  
because of  
services provided



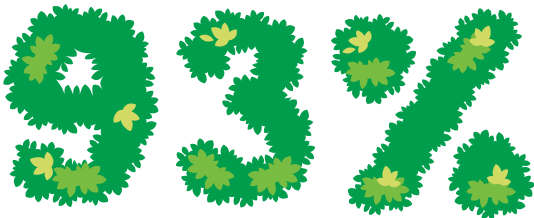
of IIH clients were  
able to remain in  
the home due to  
services provided



of clients in OPS  
stabilized or  
improved with  
services



of Day Treatment  
clients stabilized  
or improved with  
services



of kids receiving Residential  
Treatment Services transitioned  
to a less restrictive setting





blossoming generosity

.....

donor spotlight

Some of the ways Alexander creates a healing environment for our kids include measurement driven care, trauma-based interventions, and ensuring families are able to participate in treatment. The activities that fall under these categories can be costly and Medicaid/insurance does not cover the full cost. and yet, we are committed to ensuring kids from across the state of North Carolina have access to this kind of care regardless of any barriers. This includes a family’s inability to pay or a lack of transportation. Therefore, we rely on the generosity of our donors to make this vision a reality. With that in mind, Alexander is blessed to have such a passionate, talented, and generous Board Member, volunteer, and donor as Virginia Molan.

Virgina became involved with Alexander through her involvement with the Junior League of Charlotte in 2013. Through the League a small group of women hosted special events throughout the year on the main campus with our children in our residential treatment program, such as a spring fling carnival, ice cream social, and field day. She enjoyed volunteering at AYN so much that she continued to be involved for several years and was eventually asked to be on the board.

Her passion for our kids became evident on day one. While she was on campus she always jumped right in and engaged with kids. They gravitated toward this beautiful young woman. Virginia is as beautiful on the inside as she is on the outside. The young girls in our program thought they had met Barbie in real life.

Her experience with the Junior League made her a great candidate for board membership. She has been a board member since 2019 and has served on the executive committee for the past two years and is currently serving as the secretary of the board. Virginia has been a very active member of our young affiliates program. She and her husband, Brendan are the parents to two young boys. Virginia is also a recruiter for Wells Fargo. We are so blessed to have her as both a donor and board member.

When asked about why she wanted to deepen her involvement with Alexander, and why giving is so important. Virginia replied: “I choose to support the organization both financially and as a volunteer as I can directly see the impact of my dollars and time as it serves children in our community. Becoming a new parent during COVID has furthered my interest in serving the mental health needs of children in and around the Charlotte area.”

We also asked Virgina about she has learned from volunteering. She stated:

“Showing up for a child is so impactful. Having an adult, they can rely on gives them something to look forward to and helps create positive relationships that a child may not otherwise have outside of AYN. I love seeing the growth that children make while on campus”.

The annual Christmas tree lighting is a highlight of the holiday season for Virgina. “As my children get older, I’m excited to start including them in all the fun activities! The excitement of the children when Santa arrives is heartwarming. Sponsoring a child for the angel tree each year has also been impactful. While there is always an ask for toys there is always something so innocent and simple on the list like a new coat or socks; something the child otherwise may not have gotten that year. I would encourage everyone to sponsor a child (also a great way to get a group involved) or help clear some wishes on AYN’s amazon list”.

*“I choose to support the organization both financially and as a volunteer as I can directly see the impact of my dollars and time as it serves children in our community.”*

Virginia Molan  
AYN Donor and Volunteer

# 2023

## giving overview

2023 Giving (ACF/AYN Combined)	
Unrestricted	\$1,338,806
Restricted	\$2,429,385
Endowment	\$163,434
TOTAL	\$3,931,625
Donors	
Current	388
New	174
TOTAL	562
AVERAGE GIFT AMOUNT	\$1,839
Sources of Giving	
Individuals	\$1,201,057
Corporations & Organizations	\$224,336
Government Grants	\$2,072,414
Foundations	\$340,398
Trusts	\$8,316
United Way	\$85,104
TOTAL	\$3,931,625



donors of alexander

garsed legacy society members

The Garsed Legacy Society recognizes individuals who have included Alexander Youth Network in their estate plans.

- Betty and Glenn Robinson Endowment
- Robert H. & Margaret M. Gabriel Charitable Remainder Trust
- Mr. and Mrs. Craig Bass
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- Mr. Harry L. Van Gorder
- Mrs. Kate S. Winchester
- Mr. and Mrs. David L. Hood, Jr.
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The Alexander Youth Network Multi-Year Giving Society continues to grow. Multi-year donors provide a stable future for the agency by pledging a five-year commitment at a leadership level.

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\$25,000+  
Per Year For 5 Years
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- Capitala Investment Advisors, Llc
- Hood Hargett & Associates, Inc.





annual giving individuals

Our donors make a difference in the lives of children served by Alexander Youth Network across North Carolina. We are thankful for their generosity and recognize them for their gifts made from October 1, 2022 to September 30, 2023

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\$25,000 +

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Mr. and Mrs. William T. Crowder, Jr.  
Estate of Edward T. Garsed  
Mr. and Mrs. Douglas R. Lebda  
Mr. and Mrs. Bryant H. Owens

1888 SOCIETY  
\$10,000 - \$24,999

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Mr. and Mrs. Bradford H. Boland  
Mr. and Mrs. Bob Calton  
Lynn and Elliott Crutchfield  
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Mr. and Mrs. Mark Tankle  
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annual giving organizations

*In 2022, generous charitable contributions from the following institutions made a difference in the lives of children and their families served by Alexander.*

Abbott Laboratories	Minor Foundation, Inc.	Wells Fargo Foundation
Ally Financial Inc.	Mint City Collective - South End Chapter	Wilson Family Foundation
Alston & Bird, LLP	OneDigital	Windermere Insurance Group
AmazonSmile Foundation	Pantheon Platform	Youth Opportunities Endowment
Ameritas	Paw Creek Presbyterian Church	
Asana Partners	Philadelphia Presbyterian Church	
Balanced Health Acupuncture	Pleasant Grove Presbyterian Church	
Bank of America Charitable Foundation	PNC Foundation	
Barnhardt Manufacturing Co.	Ranger Construction	
Beacon Partners	Salesforce	
Berkeley Capital Advisors	Selwyn Avenue Presbyterian Church	
Betty and Glenn Robinson Endowment	Sharon Presbyterian Church	
Bragg Financial Advisors	Sharon Presbyterian Church Women	
Cadwalader, Wickershanm & Taft	Sisters of Mercy of North Carolina Legacy	
Capitala Investment Advisors, LLC	South State Bank	
Carolina Complete Health	St. Gabriel Catholic Church	
Carolina Green Corp.	Teradyne	
Carter, P.C. Accounting and Consulting	The Dickson Foundation	
Champions For Education, Inc.	The Giving Block	
Wells Fargo Championship	The Leon Levine Foundation	
Christ Church Charlotte	The Merancas Foundation	
Christ Presbyterian Church	The Pampinella Family Charitable Foundation	
Common Ground Psychiatry	The RYT Skincare LLC	
Crowder Construction Company	The Starbucks Foundation	
Duke Energy Corporation PAC	The Stone Man	
Duke Energy Foundation Matching Gifts Program	The Trexler Foundation	
Global Endowment Management, LP	The Vanguard Group	
Greater Providence Baptist Church	The Women's Impact Fund	
Haynes and Boone, LLP	TIAA-CREF Community Relations/Employee Giving	
Hi Wire Brewing	TowneBank	
Holy Trinity Greek Orthodox Foundation of Charlotte, NC	Trina Loomis' Park Lane Jewelry	
Hood Hargett & Associates, Inc.	Truist	
HoopTee Charities, Inc	United Way of Forsyth County	
JLL	United Way of Greater Greensboro	
Kendra Scott Design, Inc.	Wells Fargo Advisors - Ratchford Wealth Management Group	
King & Spalding LLP		
Marsh USA Inc.		
McGuireWoods, LLP		





# financials

## fiscal year 2022-2023 financial results for alexander youth network

<b>Revenue, Gains, Losses &amp; Other Support</b>		
Service Revenue (Medicaid, Insurance, etc)	.....	\$26,222,662
Government Grants (Federal, excluding PRF)	.....	\$653,176
Non-Federal Grants	.....	\$3,990,267
Investment Income (Loss)	.....	\$222,772
Contributions	.....	\$360,960
Other Income	.....	\$27,175
<b>Total Revenue</b>	.....	<b>\$31,477,012</b>
<b>Expenses</b>		
Program Expenses	.....	\$29,356,641
General and Administrative	.....	\$3,444,740
Change in Value of Beneficial Interest in Perpetual Trusts	.....	\$45,663
<b>Total Expenses</b>	.....	<b>\$32,847,044</b>
<b>Change in Net Assets</b>	.....	<b>(\$1,370,032)</b>

## financial results for alexander children's foundation

<b>Revenue, Gains, Losses &amp; Other Support</b>		
Private Contributions	.....	\$ 1,459,486
Other	.....	\$91,446
Investment Income (Loss)	.....	\$1,362,514
<b>Total Revenue</b>	.....	<b>\$2,913,446</b>
<b>Expenses</b>		
General Administrative	.....	\$91,446
Fundraising Expenses	.....	\$725,866
Support for Youth Focus	.....	\$96,706
<b>Total Expenses</b>	.....	<b>\$914,018</b>
<b>Change in Net Assets</b>	.....	<b>\$1,999,428</b>







ALEXANDER  
YOUTH NETWORK



ALEXANDER  
Children's Foundation