



A MESSAGE FROM OUR PRESIDENT AND CEO

Recent years stressed the need to build an inclusive community where resources are easily accessible to our most vulnerable members. Youth experience a multitude of challenges and barriers in daily life. With recent world issues, the mental and physical demands of teens have been exacerbated. While Youth180 is proud of its rich history in our community, we recognize that there remains work to be done to support marginalized youth and their families.

This past year, we strengthened partnerships with our service areas, foundations, and donors to deploy our team to those communities with the greatest needs. With their support, we initiated our first signature event, Drive Fore Youth180, and raised approximately \$30,000 to go directly to critical services in support of youth and their families.

To ensure our services align with the growing community needs, we worked with Suzanne Smith, of Social Impact Architects, to complete a comprehensive 5-year strategic plan. Adverse Childhood Experiences (ACE's) and the resulting trauma is the lens in which we view adolescent mental health and substance misuse issues. With this refined framework, we continue the expansion of our services to remove the stigma associated with mental health and substance misuse treatment.

None of the work we did this past year would have been possible without the generous support of our donors, funders, volunteers, board, and staff. So, we invite you to join and share our journey to reimagine the healing and transformation we can accomplish through the data and stories featured in this year's annual report.



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OUR WORK IN 2022

Clients & families served by Youth180 are from areas of Dallas shown to have some of the highest community needs. Many of our youth have experienced hardships and life events we refer to as **Adverse Child Experiences (ACE'S)**.

Trauma Focused

91% of our mental health clients report being victims of a crime

Abuse

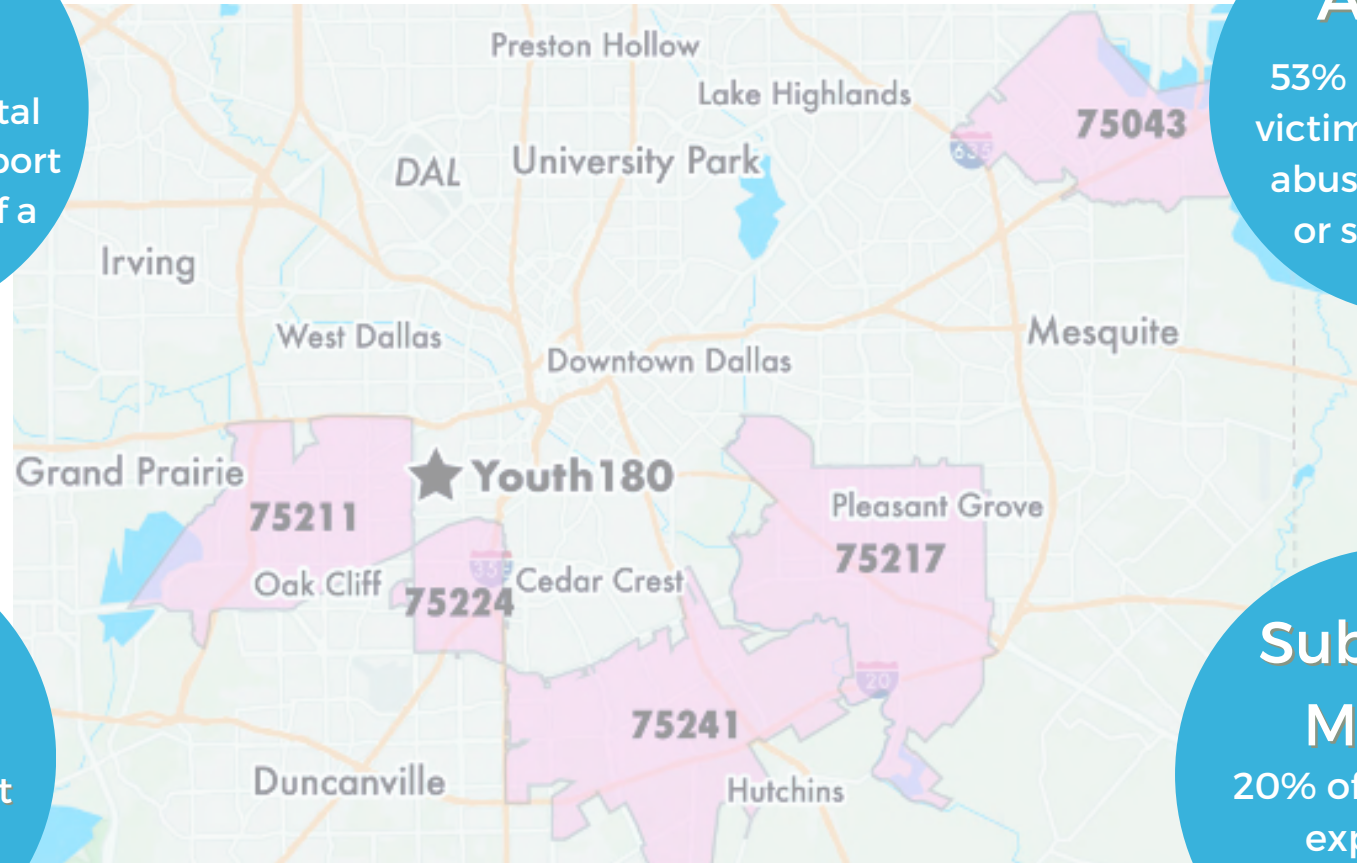
53% of clients are victims of domestic abuse, child abuse or sexual abuse

Substance Misuse

20% of clients are exposed to substance misuse at home

Mental Disorder

26% of clients are living with a parent suffering from a mental disorder



**Top Zipcodes served:
75211, 75224, 75241, 75217 and 75043**

ELIMINATING BARRIERS

From beginning to end, we address the most common barriers to receiving care to improve equity in the Greater Dallas Community.

Holistic Care

Youth180 serves a variety of individuals suffering from a number of experiences which requires our services to be holistic in practice.

- 30% of our clients were connected to additional community resources for support.

Addressing Racial Inequities

Black and Latino families have been disproportionately affected by the aftermath of the pandemic.

- 97% of our services are dedicated to Black and Latino families. (15% Black, and 82% Latino)

Affordable Services for All




While we accept Medicaid, we also ensure that uninsured clients can access our services affordably and no one is denied due to costs.

- 91% of families served by Youth180 live below the federal poverty level.

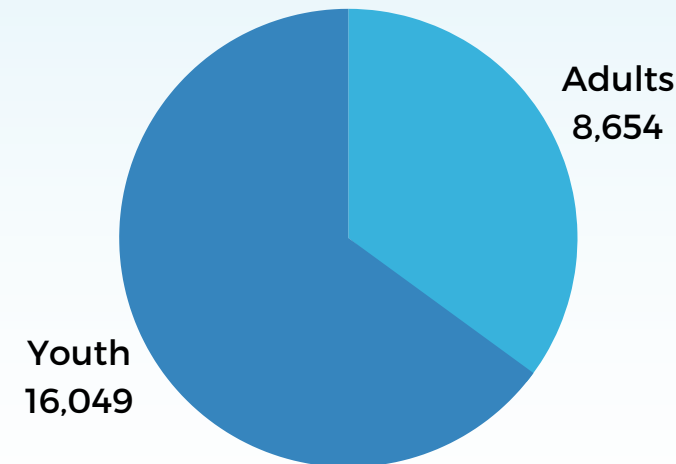


YOUTH180

PREVENTION BY THE NUMBERS

-  **694** Prevention Presentations
-  **49** Schools and Community Collaborators
-  **593** Positive Alternative Activities

Total Presentation Participants



of Youth receiving Education & Support



PREVENTION THROUGH EDUCATION & SUPPORT MATTERS



Cora Mosley,
ACPS
Prevention Director

"Early interventions are essential in promoting student behavioral and mental health. The participants have an outlet and know they are not experiencing issues alone. They have the safe space to talk/interact with their peers and strategize how to overcome shared daily barriers of their success."



Lakeysha Jones-Hill,
ACPS
Prevention Director

"Our program gives youth opportunities to figure out who they are while empowering them with the life skills to create a healthy and productive life. Most importantly, it creates a safe space for youth to make mistakes with a supportive community where they always have someone to turn to."

INTERVENTION THROUGH MENTAL HEALTH MATTERS



"We want to teach our clients to ask for help when they are struggling. To find a safe and healthy outlet when things get hard."

Viviana Triana, MDiv, LCSW-S
EMDRIA Certified, Approved
Consultant, and Trainer
Senior Programs Director

YOUTH180

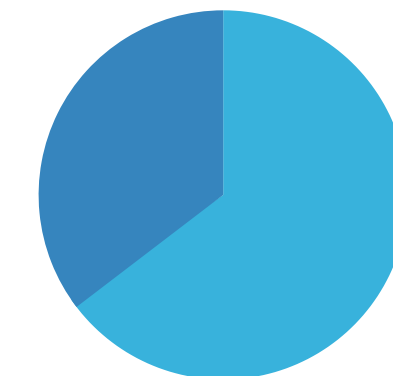
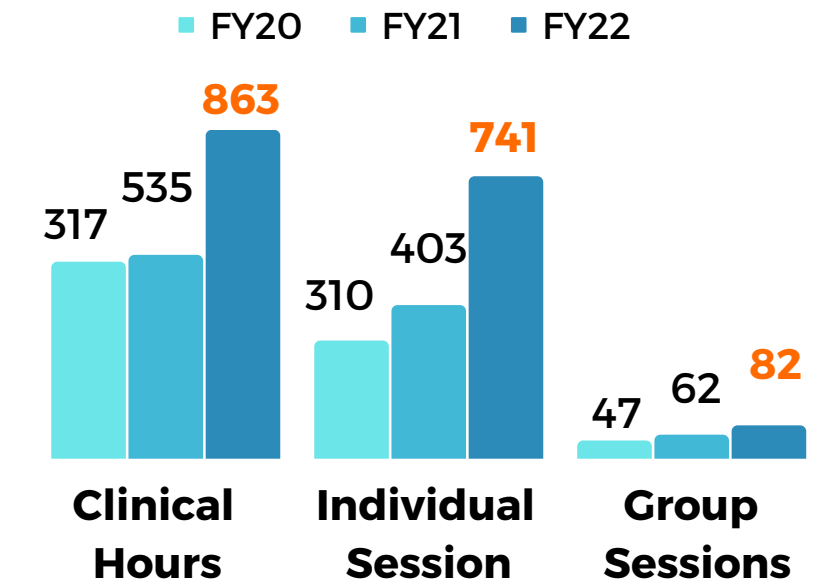
CLINICAL BY THE NUMBERS



65
Mental Health Clients



41
Clients who attended group support



66%
of youth reduced their mental health symptoms compared to 52% last fiscal year.

SUBSTANCE TREATMENT MATTERS

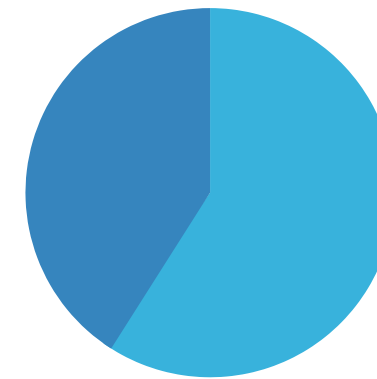
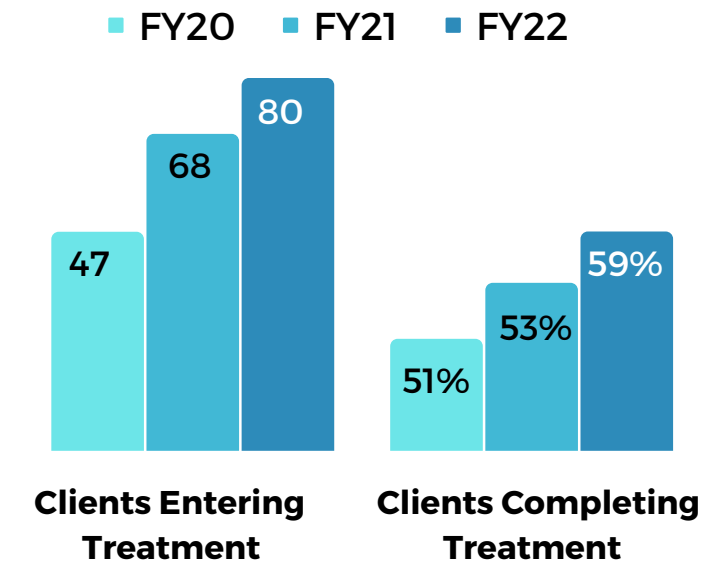


"This current generation is challenged unlike any other. Providing them a safe place to reflect on their challenges and explore their own needs and desires ultimately gives them an opportunity to become successful adults.

We aspire that being able to address these in some conjunction will empower clients and families to learn lifelong skills for long-term success."

**Genesis Morales, M.S., LPC, NCC,
EMDR- Trained
Clinical Program Manager**

YOUTH180 CLINICAL BY THE NUMBERS



59% of youth reduced or eliminated their substance use after clinical treatment compared to 53% last fiscal year.



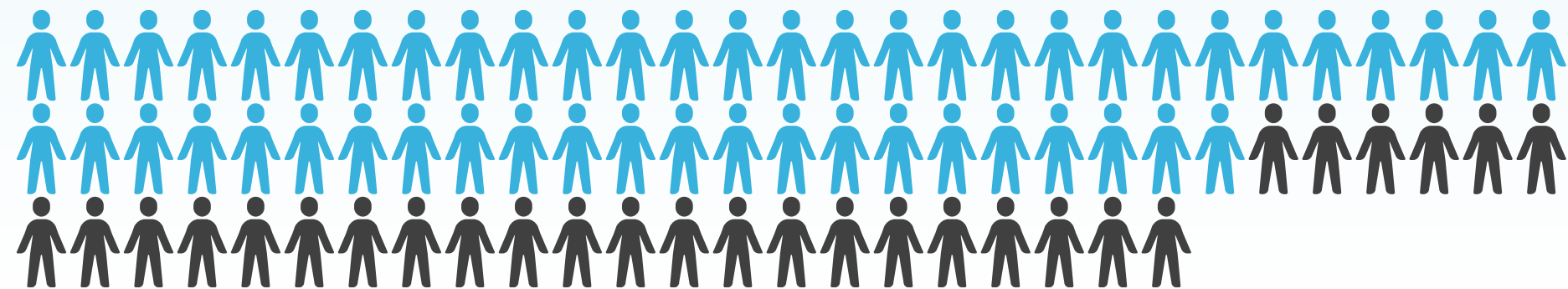
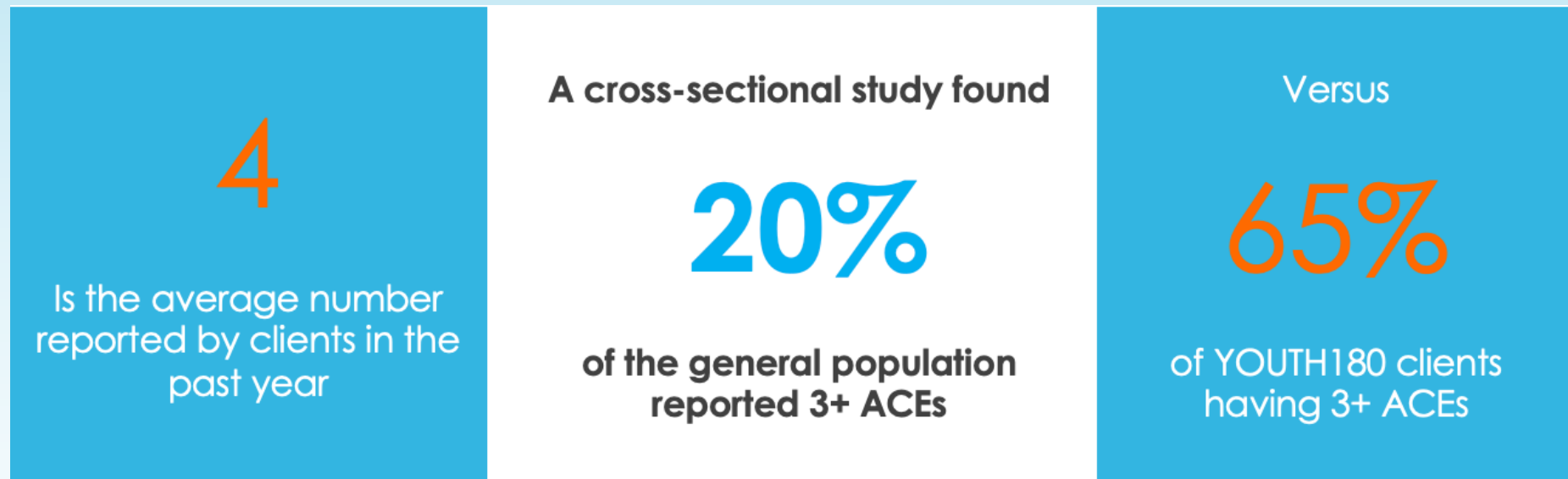
"I came to Youth180 seeking treatment because I was caught vaping at school. My parents were concerned about me and my progress at school.

Treatment helped my parents learn to better support me and strengthen our family connections. I am now back on track in school and have a better relationship with my parents."

**15 Year Old Male
Former Youth180
Treatment Client**

RISE OF YOUTH AFFECTED BY ADVERSE CHILDHOOD EXPERIENCES

COVID-19 hit our client communities hard. It brought a rise in isolation, potential trauma, substance use, and lack of developmental experiences. This has led to increased rates of adolescent substance misuse, suicide, anxiety, and depression.



HOW CAN YOU HELP



Be a donor

Financial capital helps us expand our services and fuel our programs.



Volunteer with our organization

Hours of service make a large impact and are essential in filling the gaps in our services.



Sponsor an event or treatment

On average one counseling session costs about \$215

An entire treatment plan with 7 sessions costs about \$1,500



"When I began treatment I was experimenting with pills. I didn't realize the dangers I was putting myself in. Because of Youth180 I was able to find out the pills I was taking were laced with fentanyl.

I was shocked and it was the push I needed to make a change. Now I have the motivation to continue moving forward in my progress towards recovery."

16 Year Old Female Former Youth180 Treatment Client

BUILDING A SUPPORTIVE COMMUNITY

We create change with our community partners by identifying families in need and connecting with partners to create sustainable healthy living.

All Things Made New
Bland ISD
Capella University
Cedar Hill ISD
Children's Medical
Center
Commerce MS
Crandall ISD
Cristo Rey Preparatory
Dallas County Juvenile
Department
Dallas Housing
Authority
Dallas ISD
Duncanville ISD
Ebby's House
Family Gateway
Genesis Women's
Shelter
Grand Prairie ISD

Green Oaks
Greenville ISD
Hunt County Meeting
Irving ISD
Jonathan's Place
Lancaster ISD
Lone Oak ISD
Mesquite ISD
Momentous Institute
Mosaic Family Services
O.N.C.E. Meeting
Our Friend's Place
Phoenix House
Quinlan ISD
Rockwall ISD
Royse City ISD

Scurry-Rosser ISD
Shoreline City Church
Texas Can Academy
The Brand New
The Phoenix
TNT Coalition Meeting
Traffick911
UT Southwestern Medical
Center

"You helped
me with my
life."

Former Youth180 Program Student

THANK YOU TO OUR DONORS

We recognize the contributions of the individual and foundation gifts made between September 1, 2021 to August 31, 2022.

***Annual contributions of \$500 or more have been highlighted**

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Allison Wood
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