

## ***A Day in the Life***

“Woke up, got out of bed, dragged a comb across my head...” – John Lennon and Paul McCartney

Things aren't that simple for some young people in the communities served by Teens Alone. Most of them strive to stay in school, but knowing where they will wake up in the morning is not always a given. While some of our kids in the suburbs are fretting about a fumble in the last football game or who will ask them to prom, there's an almost hidden population of kids with much more serious worries. A boy in Hopkins might be on the verge of getting kicked out of his home simply because he's about to turn 18. A girl in Eden Prairie might struggle with her mom's violent boyfriend. In St. Louis Park, a young woman could be on the verge of running away because she's afraid to tell her parents that she's pregnant. A losing battle with alcohol might be overwhelming a Wayzata boy, jeopardizing his chances for graduating with his classmates.

## ***At Risk***

A very different “day in the life” might go something like this...

Angela sleeps bundled up in her friend's car for the second night this week. She doesn't think she can go home and things are piling up on her. Her mom and dad are disappointed in her and her grades are suffering. She was afraid to go home last night because she knows they got a call from school about unexcused absences. So she did her math homework at her friend's house and then simply didn't leave. She just got as far as the car. She thinks her parents are probably too busy to notice when she's not in her own bed at night.

That's her version. On the other side of the story there is a mom and dad who are very worried about their girl. They might not know where she is and are eager to find a way to bring her back home.

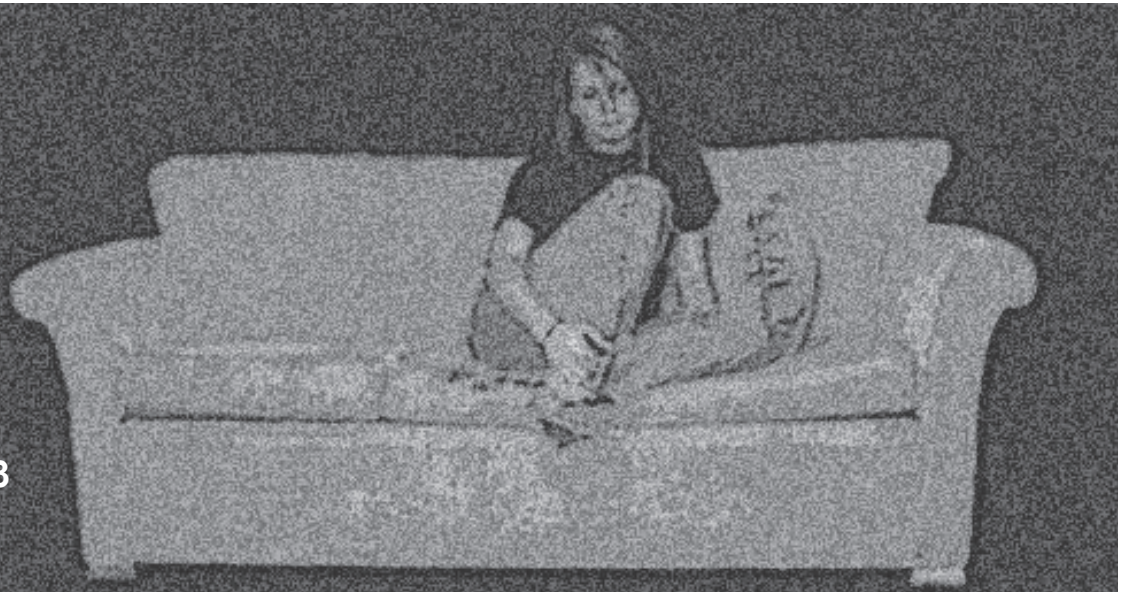
## ***A Safety Net***

So how will Angela find Teens Alone? A trusted teacher might notice that she seems tired and thin and help her find her way to a high school counselor's office or call Teens Alone on her behalf. Most referrals come from staff at teens' schools. The Teens Alone Youth Advisory Board works to build awareness in schools and hopefully, a kid like Angela will see a poster and may even call for counseling on her own.

When Angela contacts Teens Alone, that's the start of getting her back home and keeping her in school and

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getting help. A Teens Alone counselor will return her call by the next business day, and because she's only 16, she might not realize how unusual it is to talk to a skilled, experienced counselor on such short notice, without paying a penny or handing over an insurance card.

Not all young people who talk to our counselors and case managers are at risk of being homeless. Most have just hit a bump in the road and need someone to listen to them. Young people reach out to us about situations as varied as neglect, drug use and depression (theirs or a member of their family). Many factors can put teens at risk and Teens Alone is equipped to help. In spite of significant challenges, an impressively high percentage – more than 95% - of Teens Alone clients end up back at their family home and, through it all, most teens like Angela stay in school.

## ***Our Inspiration***

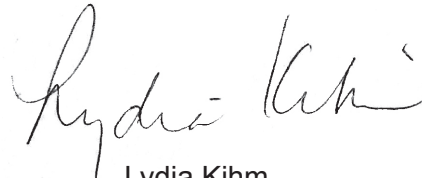
Teens Alone is here to serve these kids – to help them stay at home when it's possible and to help them find another roof over their heads when it's not. Teens Alone offers barrier-free, no cost individual counseling to kids and their families, offering an easy-access safety net. We facilitate group sessions to support kids in complicated situations where they are relieved to find common ground with their peers and a trusted adult to help lead the way. When young people feel like things are slipping out of their control, Teens Alone counselors are there to empower them and help them know how to keep safe and stay in school .

Everyone involved with Teens Alone – our counselors and case managers, our referral sources and our dedicated volunteers – remains inspired at the resilience of youth and the generosity of our combined communities. We stand committed to the belief that, “to know Teens Alone is to love Teens Alone,” and hope you will help us in letting more people learn about the uniquely accessible and successful services we provide to the kids in our suburbs. We are so very grateful for your continued support.

Warm regards,



Peg Keenan  
Chair, Teens Alone Board of Directors



Lydia Kihm  
Executive Director

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## **Our Mission and Vision**

Teens Alone is on a mission to ensure that every teen and young adult is safely housed and working towards their educational and life goals.

## **Our Programs**

After more than twenty years of helping at-risk suburban teens, young adults and families, Teens Alone has proven through results that our three-pronged approach of providing prevention, intervention and crisis services is needed to keep our area's students safely housed and help them graduate from high school. Most Teens Alone clients are students between 16 and 19 years of age, but teens and young adults (12-21) are encouraged to seek help from our organization. We provide:

- **Free, Confidential Teen and Family Counseling.** Last year, staff fielded more than 500 crisis calls and walk-ins and counseled 273 teens, young adults and families.
- **School and Community-based Crisis Prevention Groups for At-risk.** Teens Alone coordinated and facilitated six weekly group sessions last year in our area schools, with an average of ten students involved in each group.
- **Homeless Youth Advocacy.** Staff worked with almost 100 young people who were either at risk of homelessness or actually homeless. After

working with Teens Alone, ninety-six percent of young people were safely housed and 97% stayed with, or were reunified with their family.

- **Community Capacity Building.** Teens Alone continues to provide leadership in recruiting and developing housing options for homeless teens and emerging adults in our service area.

## **Area Served**

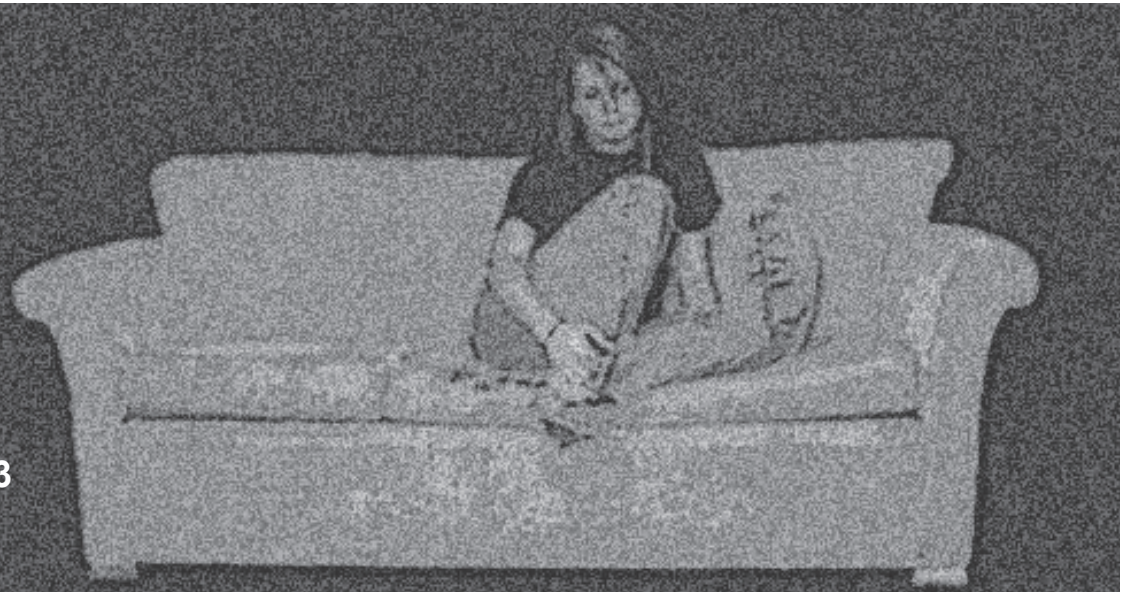
Teens Alone works to serve teens, young adults (12-21) and their families who attend school and/or live in the Hopkins, St. Louis Park, Wayzata Eden Prairie school districts and the Main Street School for the Performing Arts charter school.

## **Teens Alone Board of Directors FYE 2013**

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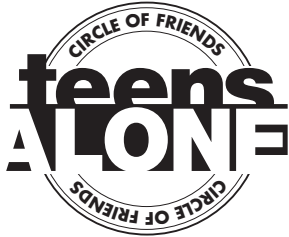
**Financial Information**

Statement of Activities Years Ended June 30, 2013 and 2012

	<b>2013</b>	<b>2012</b>
<b>UNRESTRICTED NET ASSETS</b>		
<b>Unrestricted Revenues and Other Support:</b>		
Grants and contributions	\$283,919	\$150,166
In-kind contributions	36,818	34,184
Government grants and contracts	157,553	124,834
Interest income	<u>799</u>	<u>236</u>
<b>TOTAL UNRESTRICTED REVENUES</b>	479,089	309,420
Net assets released from restrictions		
Restrictions satisfied by payments	<u>35,426</u>	<u>134,417</u>
<b>TOTAL UNRESTRICTED REVENUES AND OTHER SUPPORT</b>	514,515	443,837
<b>Expenses:</b>		
Program services	286,290	279,582
Management and general	74,314	68,491
Fundraising	<u>46,981</u>	<u>44,004</u>
<b>TOTAL EXPENSES</b>	<u>407,585</u>	<u>392,077</u>
<b>INCREASE IN UNRESTRICTED NET ASSETS</b>	106,930	51,760
<b>TEMPORARILY RESTRICTED NET ASSETS</b>		
Contributions	1,919	35,426
Net assets released from restrictions	<u>(35,426)</u>	<u>(134,417)</u>
<b>(DECREASE) IN TEMPORARILY RESTRICTED NET ASSETS</b>	<u>(33,507)</u>	<u>(98,991)</u>
<b>INCREASE (DECREASE) IN NET ASSETS</b>	73,423	(47,231)
<b>NET ASSETS AT BEGINNING OF YEAR</b>	<u>126,677</u>	<u>173,908</u>
<b>NET ASSETS AT END OF YEAR</b>	<u>200,100</u>	<u>126,677</u>

## FYE 2013 Donors

Thank you to all our donors who funded quickly accessible, no cost, barrier-free, professional counseling and case management to young people and their families in our area. Your contributions helped families stay together, helped keep kids in school and helped ensure that fewer young people in our suburbs are without safe housing.



### \$2000+ Safely Housed Teens

RBC Foundation - USA  
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Plymouth Lions  
The Rummage Sale Ministries  
Hennepin South Services Collaborative  
Eden Prairie Community Foundation  
Shepherd of the Hills Lutheran Church  
Owen Family Foundation  
Park Nicollet Foundation  
St. Louis Park Family Services Collaborative

### \$2000+ Safely Housed Teens (cont.)

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SCIP  
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Charlson Foundation  
Family Housing Fund

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### \$1000-1499 Flourishing Student

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**How to Donate to Teens Alone**

There are several ways to donate to Teens Alone.

Mail your check to:

**Teen Alone**  
**915 Mainstreet**  
**Hopkins, MN 55343**

Use your MasterCard, VISA, American Express or Discover Card and make a weekly, monthly or annual donation on-line at [www.teensalone.org](http://www.teensalone.org)

Please ask your employer if corporate match donations are available.

We welcome all donations, small and large. Here are a few examples of the life-altering effects your donations can accomplish:

- \$500 will support counseling to help two young people reunite with their families
- \$1000 will provide the counseling needed to help keep five young people in school who were at risk of dropping out.
- \$1500 allows a case manager to assist eight young people and their families navigate their way to accessing basic needs such as insurance, medical care and food.
- \$2000 will provide counseling for nine young homeless people, helping them to find safe and reliable housing.

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**support Teens Alone**

Friends,

You can help provide Teens Alone services by offering your financial support.

Send a check directly to **Teens Alone, 915 Mainstreet, Hopkins, MN 55343,**

or make a credit card donation via the website, [www.teensalone.org](http://www.teensalone.org)

We are grateful for your support!

\$500

\$250

\$100

\$50

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