



stars

2021/2022

ANNUAL REPORT



A LETTER FROM OUR CEO, Rodger Dinwiddie

"Gratitude is often described as a positive emotion that involves being thankful and appreciative and is associated with several mental and physical health benefits. Gratitude is also defined as being aware of and thankful for the good things that happen in your life and taking the time to express appreciation and return kindness. Being grateful is more than saying thank you. When you express gratitude, it can actually lead to a stronger sense of well-being." (Common Sense Media, Very Well Mind)

At STARS, we have a lot to be grateful for in 2021-2022. The growth in services for young people and families these last twelve months is almost incomprehensible. As the need for mental health services has significantly increased across the nation, STARS has been able to respond. The addition of more mental health counselors, therapists, and newly added Restorative Practice Assistants leaves our board and staff with an enormous expression of gratitude. We are grateful that school systems believe in our ability to provide support for young people. While this expansion in services is exciting, the benefits to young people and their families is what generates gratitude. As the parent of one of the young people we've had the privilege to serve shares, "It was very important to us that our child was able to access therapy during the school day and at no cost. We had explored other therapy options in the past, but the cost was prohibitive, and the time it took to travel to appointments meant my child would have to leave school early." We are grateful we've been able to support families in accessing services for their children. And, we are grateful that schools have seen the importance of providing this opportunity in their buildings. This young person is one of the thousands of reasons we have to be grateful!

It's been 38 years since a group of committed community business and educational leaders had the vision to bring STARS to Middle TN from its beginnings in Chattanooga. Our expressions of gratitude today would not be possible without those early visionaries. In August of this year, we lost one of those visionaries, Patricia Ingram Hart. Patricia, the late Joe M. Rodgers, and Bill Stanfield, Principal at Overton High School (our first site for service), believed that the work of STARS was critical for the well-being of our young people and their families. They envisioned this day. Without them, and without your continued support today, the results included in our 2021-2022 Annual Report would not have occurred. For you, our friends and supporters, we are thankful. Please know how grateful we are for your continued belief in and support of STARS!

Rodger Dinwiddie
CEO



**Our Mission:
To help young
people pursue
their
unlimited
potential by
providing
HOPE, HEALTH,
& CONNECTION**



Who We Are

Established in 1984, the mission of STARS is to help all young people pursue their unlimited potential by providing hope, health, and connection. Recognized by the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices (NREPP), our Student Assistance Program (SAP) services provide the only evidence-based prevention and intervention service in the southeast. Our school-based mental health services and Intensive Outpatient Treatment services are accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF).

Our services have had proven and lasting results including:

- Strengthened youth resistance
- Increased refusal and decision-making skills related to alcohol, drugs, sexual activity, and violence
- Increased school attachment
- Increased positive orientation to their own future
- Promoted youth involvement in their community

Youth served by STARS have better self-awareness, self-confidence, and better understand the importance of personal safety and accountability.

Most importantly, young people served by STARS develop a sense of worth and importance provided to them by a caring adult, as well as develop healthy interactions with peers. Our services address barriers to learning, encourage a collaborative team approach working with other reform initiatives with a commitment to improve school climate, reduce student risk factors, enhance protective factors, increase pro-social assets, recognize and foster resiliency and help students achieve academic and social emotional success. We believe all young people deserve hope, health and connection!



WHY THIS MATTERS

"It was helpful that I could reach out to my therapist at school whenever I wanted or needed to, and, when I was talking to my therapist, it felt like they didn't judge me, and when I was worried about whether they were or not, they reassured me. They made me feel validated."

STARS Client

IN THEIR OWN WORDS

"My therapist helped me organize and structure my daily life. They helped me realize I can choose to be depressed and feel like there are no options, or I can choose to do something about it and regain control."

STARS Client

"I've been through many therapists throughout my life, but this was the first experience I've had with a therapist where they made me feel truly comfortable and made me feel like I was being heard. My therapist helped me gain tools and coping skills that I felt like were impossible for a long time."

STARS Client

"My therapist always supported me and made me feel better about how I handle difficult situations."

STARS Client

"I appreciate that the STARS Therapy program exists to give kids a boost in areas where they need help."

STARS Client's Parent

Our Impact

★ STARS Counselors served a total of
60,983 students in
67 schools across
8 Middle Tennessee Counties

★ STARS Therapists served a total of
685 students

★ Kids on the Block served a total of
7,968 elementary school students

★ STARS Trainings served a total of
12,294 students and
1,767 adults

★ STARS Intensive Outpatient Program served a total of
50 students

★ Regional Overdose Prevention Specialists (ROPS)
completed
399 presentations, serving over
6,548 people

What risk factors does STARS address?

- **11%** demonstrated anger management problems
- **15%** reported family conflicts & **14%** reported peer conflict issues
- **12%** reported being bullied
- **10%** of students needed assistance with basic living needs
- **8%** of students exhibited self-harming behavior
- **29%** of students reported significant issues with anxiety, and **15%** experienced other mental health issues

What did students say after receiving STARS services?

90% Reported that they felt connected to school.

91% Reported they made positive changes in their life, attitude, and behavior.

93% Reported they felt positive about their future.

95% Reported they would recommend STARS to a friend who needed help.

WHY THIS MATTERS

"It was very important to us that our child was able to access therapy during the school day and at no cost to us. We had explored other therapy options in the past, but the cost was prohibitive, and the time it took to travel to appointments often meant my child would have to leave school early."

STARS Client's Parent

"My therapist has been one of the only people in my life who hasn't treated me any differently because of what I am/was struggling with. They were always calm during times I was having a crisis, and they encouraged me to think about things in a more complex and rational way."

STARS Client

"Being a part of the STARS therapy program helped me begin to understand myself better and made me reflect on things I had otherwise neglected. It has given me a place to talk about things I would have kept to myself, and, through this, my therapist has given me support, care, and resources."

STARS Client

IN THEIR OWN WORDS

"I found it helpful to have a stable, consistent person to talk to. My therapist provided me with the real-world coping strategies and information which had previously eluded me."

STARS Client

"Every time I walk out of my therapist's room, I get the sensation that I'm starting fresh. Every time I walk in their room, I feel appreciated and safe."

STARS Client

BECOME A MONTHLY DONOR

Young people deserve equitable access to care
and YOU can make it happen!

HOPE

SPREAD HOPE WITH A \$10 MONTHLY DONATION

With a \$10 monthly donation, a young person will have access to group counseling for a whole year...or 12 students are able to participate in a prevention activity.

HEALTH

SPREAD HEALTH WITH A \$25 MONTHLY DONATION

With a \$25 monthly donation, a young person will receive seven individual counseling sessions...or four adolescents will have access to Intensive Outpatient Treatment services for substance misuse and co-occurring mental health disorders.

CONNECTION

SPREAD CONNECTION WITH A \$50 MONTHLY DONATION

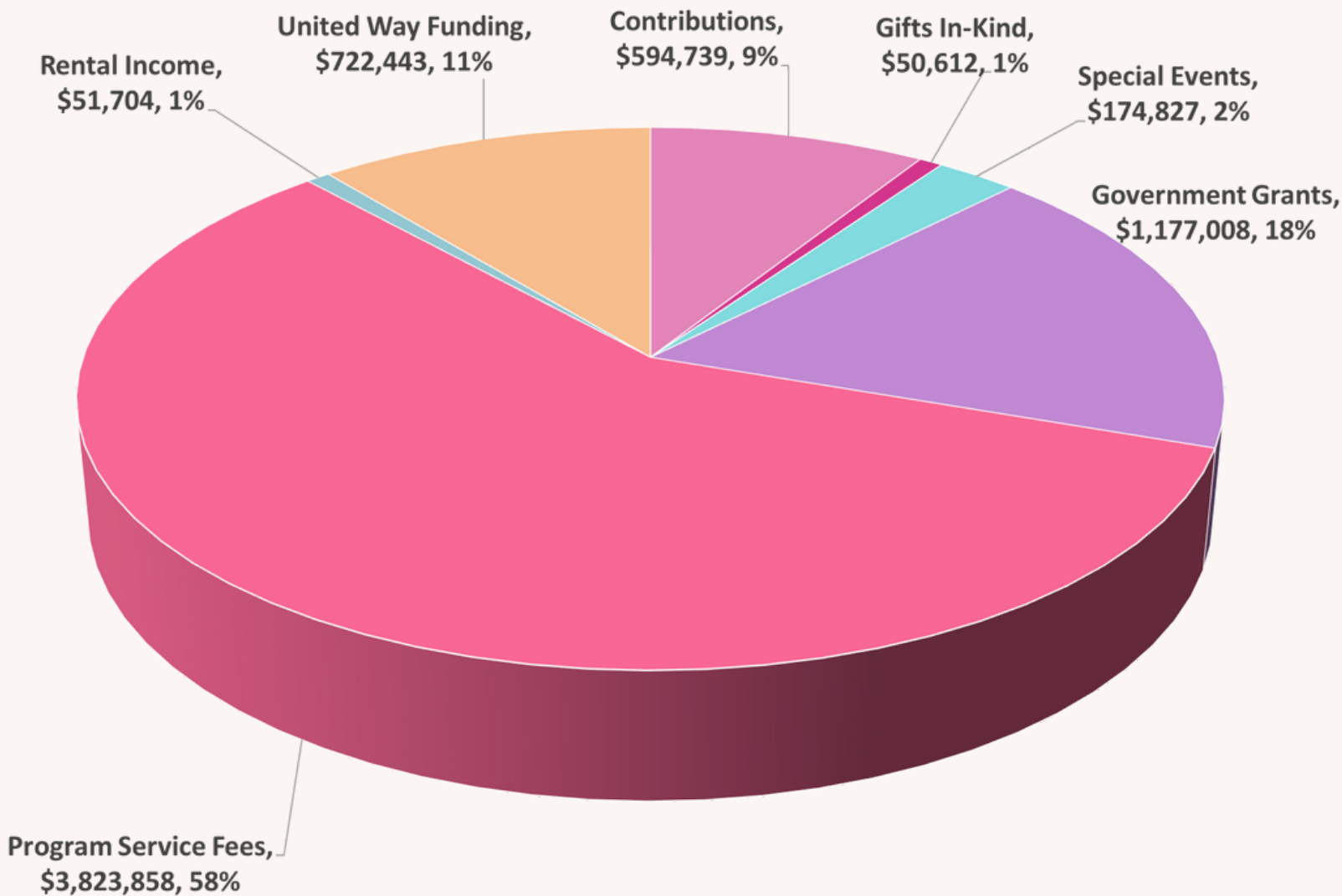
With a \$50 monthly donation, one young person will have access to a full year of school-based, mental health therapy.

TO BECOME A DONOR, VISIT
STARSNASHVILLE.KINDFUL.COM
OR SCAN THE QR CODE



HOW WE ARE FUNDED

TOTAL STARS REVENUE 2021-2022:
6,594,741



2021 SUPPORT

(January 1, 2021 - December 31, 2021)

We are honored to recognize those individuals, companies, & stakeholders who invested in the hope, health, & connection of those we served in 2021.

\$1 - \$249

Heather Adkins
Heather Aird
Amazon Smile Foundation
Elizabeth Anderson
Cindy & Darrell Baker
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2021 SUPPORT

\$500-\$999

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United Way of Saginaw County
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\$1000-\$2499

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Truxton Trust
Warrix Family Charitable Fund
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\$2500-\$4999

The Dorothy Cate and Thomas F. First Foundation
EBS Foundation
Ivy Insurance Partners Inc
Legal Access Plan LLC

M&B Burrow Family Giving Fund
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2021 SUPPORT

\$5000-\$9999

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Enterprise Holdings, LLC
Ezell Foundation
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Ingram Foundation
Middle Tennessee Electric
- Sharing Change, Inc
Nashville Predators Foundation
Rodgers/Dale Family Foundation
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The Enchiridion Foundation

\$10000-\$24999

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HCA Corporation
Ingram Industries, Inc
Joes C. Davis Foundation
Nissan Foundation
Patricia and Rodes Hart Foundation
Phoenix Club of Nashville
Anita & Mark Pirtle

\$25000-\$49999

HCA Foundation, Inc
Jackson National Life Insurance Company
United Way of Wilson & Upper Cumberland Counties
United Way of Sumner County

\$50000-\$99999

The Christy-Houston Foundation
Dugas Family Foundation
The Healing Trust
The Memorial Foundation
Nancy & Bill Rutherford
Steve and Kate Smith Community Trust
United Way of Rutherford & Cannon Counties

\$200000+

United Way of Greater Nashville

If you made an annual gift to stars in 2021 and your name does not appear or is misspelled in this report, we apologize for the mistake and ask that you contact the development office at 615.983.6805 or email development@starsnashville.org.

Thank you for believing in STARS.



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stars
hope. health. connection.

OUR MISSION:
to help young people pursue their
unlimited potential by providing
HOPE, HEALTH, & CONNECTION.

Thank you for supporting STARS!



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