



ANNUAL REPORT 2023



**HOPE.
HEALTH.
CONNECTION.
COMMUNITY!**

LETTER FROM THE CEO



**RODGER
DINWIDDIE**
CEO

"To develop a complete mind: Study the art of science; study the science of art. Learn how to see. Realize that everything connects to everything else"
Leonardo DaVinci

I began year 38 with STARS in October of 2024. When our full staff gathered this past July, we began our time together with this quote from DaVinci. In my 38 years, never do I recall the many services at STARS being so well connected. We are connected through our mission and the community that exists with our staff, board, and those we serve.

One of the definitions of the word "community" is "a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals." While the community of STARS has increased to 215 staff, the sense of shared goals and community is clearly present.

As you peruse the 2023 Annual Report I hope you will sense the connection between STARS and the communities we are privileged to serve. While over 87% of our work is school-based, this report includes results from our community-based initiatives, training, and treatment services. At the end of the day, whether in schools, the juvenile justice system, other nonprofits, businesses or working with funders we understand the necessity of partnerships in building community. It takes time to develop solid partnerships. We believe those foundations to be trust and strong relationships. This is what builds and sustains community. Anything is possible when strong partnerships and community exists!

**Because sometimes it's hard to remember everything STARS does, in simple terms, this is it:
"Hope, Health, Connection, with Compassion through
Prevention, Intervention, Treatment, and Training!"
"Everything connects to everything else!"**

Your support of the young people, their families, educators, community partners, businesses and other organizations served, and most importantly, those receiving your love and kindness are the reason for the successes in the past and will be so in the future!

Gratefully,
Rodger Dinwiddie
CEO



OUR COMMUNITY!

STARS helps over 100,000 children and youth yearly by offering fair access to prevention, intervention and treatment services in schools and communities. Our school-based services support students dealing with various challenges such as trauma, violence, PTSD, substance abuse, depression, grief and loss, and bullying. These services, including mental health support and intensive outpatient treatment, are accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF).

Since 1984, STARS has served some of our most disenfranchised populations by providing school-based programs like these:

PREVENTION

Evidence-based programs that educate and connect, so children, youth and their communities have the resources and power to thrive.

INTERVENTION

School-based support to provide care and crisis intervention to prevent harm and improve functioning.

TREATMENT

School-based and intensive outpatient behavioral and mental health treatment services for adolescents and young adults who need a higher level of support.

TRAINING

Training and professional development to support youth voice and positive school culture by giving young people, schools, teachers, parents, community organizations and more the skills to create hope, health, and connection with compassion.





BECOME A MONTHLY DONOR

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



OUR IMPACTED COMMUNITY

"It gave me a place to work through what was happening, and it gave me someone to be able to talk about it with."

STARS Student



Kay Higgs with PowerYouth



Fisk Students Volunteer to put together Opioid Overdose Reversal Kits

"I found it most helpful learning different ways to cope with the urges to self-harm. With the help and work of my Therapist I was able to go from 1 day of no self-harm all the way up to a month of no self-harm. Therapy has also really helped me relax and taught me it is ok to set boundaries for myself."

STARS Student

96% of students felt supported by their therapists

89% of students were able to make progress toward their treatment goals

"This is one of the MOST important services my son is receiving at this time! I can tell he is learning and trying new tools to manage stress, recognize and process feelings, and cope with his disabilities/neurodivergence in a healthier way. He is processing residual grief and trauma from family circumstances without leaning into learned helplessness. He seems more hopeful, happy, and less anxious. He is learning to advocate for his needs in more appropriate ways. These things are huge for him! He has received years of outside therapy and support previously, but rarely have I seen any positive effects at all. The STARS program really works for him."

STARS Parent

"I felt like I was more heard and felt like someone was there for me throughout my hard times."

STARS Student

COMMUNITY PROGRAMS



HOPE. HEALTH. CONNECTION. COMPASSION.

Our mission is to help young people pursue their unlimited potential by providing hope, health and connection through

PREVENTION. INTERVENTION. TREATMENT. TRAINING.

PREVENTION

Kids on the Block

With help from our friends at the Nashville Predators, the puppets are now VIRTUAL! We have produced two-part videos to capture the magic and educational importance of our puppet presentations. Each video provides an overview of the topic and the puppet presentation and closes with a set of questions to promote reflection and discussion.

Nashville Thrives

Works to ensure every Nashvillian can improve, achieve and sustain health and well-being by advocating, facilitating and creating community-driven policies, systems, resources and services.

POWER Youth

Under the direction of Metro Action Commission, this program is a coordinated initiative launched to provide young people in Davidson County access to employment to gain social and emotional skills through actual work experience.

Regional Overdose Prevention Specialists (ROPS)

This program strives to enhance awareness throughout Tennessee regarding the risks associated with opioids and stimulants and to promote resources for opioid overdose prevention.

Restorative Practice Assistants (RPAs)

RPAs work with school staff to create a safe place to learn and understand how personal biases, punitive approaches, Adverse Childhood Experiences (ACEs), and trauma impact the fundamental hypothesis of Restorative Practices that human beings are more likely to make positive changes when those in positions of authority do things with them, rather than to them or for them.

School-Based Counseling (SAP)

The Student Assistance Program (SAP) by STARS is an award-winning initiative focusing on nurturing social and emotional competency in youth. Operating within schools, SAP counselors provide prevention, intervention and aftercare support services to address various challenges such as substance misuse, violence and academic struggles.

OUR IMPACTED COMMUNITY

"The STARS Therapist is diligent, compassionate and able to build trust and rapport with my son. She helped navigate several issues as a team and advocate for him and what is best for him. "

STARS Parent

"The STARS Therapist was always there to listen and provide comfort and advice towards what was going on with my son at the time. She went above and beyond for our family."

STARS Parent

91%

of students reported that the services they received were important to them and helped them to make improvements in their lives.

91%

of students reported that they feel more positive, strong, confident, or hopeful about their future due to their work with their therapist.

"I found my therapist most helpful when learning how to look at the world more vulnerably. He has been a very respectable and kind person during my journey to becoming a more self-loving person, I believe that without his kind heart and logical intellect, then I would not have made the massive amount of progress that I did."

STARS Student



Move2Stand Training with Eric Johnson



Kate Morris (STARS Counselor) and her "Mental Health Matters" Club at Centennial High School walking the "Out of Darkness" Suicide Prevention Walk



Kirk Johnson (Lifeline) and Andrea Hancock (ROPS) train Galen School of Nursing students

COMMUNITY PROGRAMS



INTERVENTION

School-Based Counseling (SAP)

Refer to page 6 for more information.

School-Based Therapy (ESAP)

The STARS Enhanced School Assistance Program (ESAP) provides in-school mental health treatment and addresses issues such as depression, anxiety and family conflicts through individual therapy, school-based plans, and group and family interventions and support.

TREATMENT

Lifeline Peer Project

The Lifeline Peer Project is established to reduce stigma related to the disease of addiction and increase access to substance abuse recovery such as Alcoholics Anonymous and Narcotics Anonymous meetings.

School-Based Therapy (ESAP)

See above for more information.

Youth Overcoming Drug Abuse (YODA)

Youth Overcoming Drug Abuse (YODA) is an intensive outpatient program by STARS, catering to adolescents ages 13 to 18 facing substance use and co-occurring disorders. Services are free for Tennessee residents ages 13 to 18 who are uninsured or lack coverage for treatment, reflecting a commitment to supporting recovery for all youth.

TRAINING

Youth Trainings & School-Community Trainings

STARS' training programs make us the leader in Middle Tennessee for our youth prevention curriculum and resources. We provide training and professional development for entire school systems, school administrators, teachers, school counselors, school support personnel, parents and community-based organizations to address non-academic barriers that challenge students every day.

OUR IMPACTED COMMUNITY

"The STARS Therapist gave my daughter several tools that she can use to help control her emotions and anxiety. I have seen my daughter slow down and breathe, where before the anxiety or emotions would have taken her into a state that she would not have been able to control mentally. I feel like she now has ownership of her emotions, rather than them owning her. Also, I was given tools, so that if my daughter does not instinctively go to the place of calm, I know how to intervene and support the work that's being done."

STARS Parent

94% reported their therapist helped them access the resources, skills and knowledge they needed to make progress toward their goals.



STARS students at a County Wide Leadership Summit in Sumner County.

"It was extremely accessible in terms of being able to see my therapist when I desperately needed it. There were times where I was in a very difficult place and needed to see my therapist as fast as possible which always happened."

STARS Student



Kids on the Block filming virtual presentations with the Nashville Predators

"Giving my son an additional outlet to be able to talk to and to help him navigate tough emotions and tough situations in life is invaluable to me. I have a comfort knowing that he has so much support as do I with any concerns that come up."

STARS Parent

"There was a saying I said to [my therapist]...therapy is like walking into a dark room. At first, you are scared...but over time, you begin walking through this dark room...until finally, you feel this switch, and when you do, the lights flick on, and there are no more monsters...you finally feel safe, you feel happy. That is how this journey has been. It's been scary, it's been uncomfortable, but at the end, the light flicks on, and for once in my life, I wasn't upset with myself, I truly cared about myself. I do not believe I would feel like this now if it wasn't for [my therapist] or STARS in general."

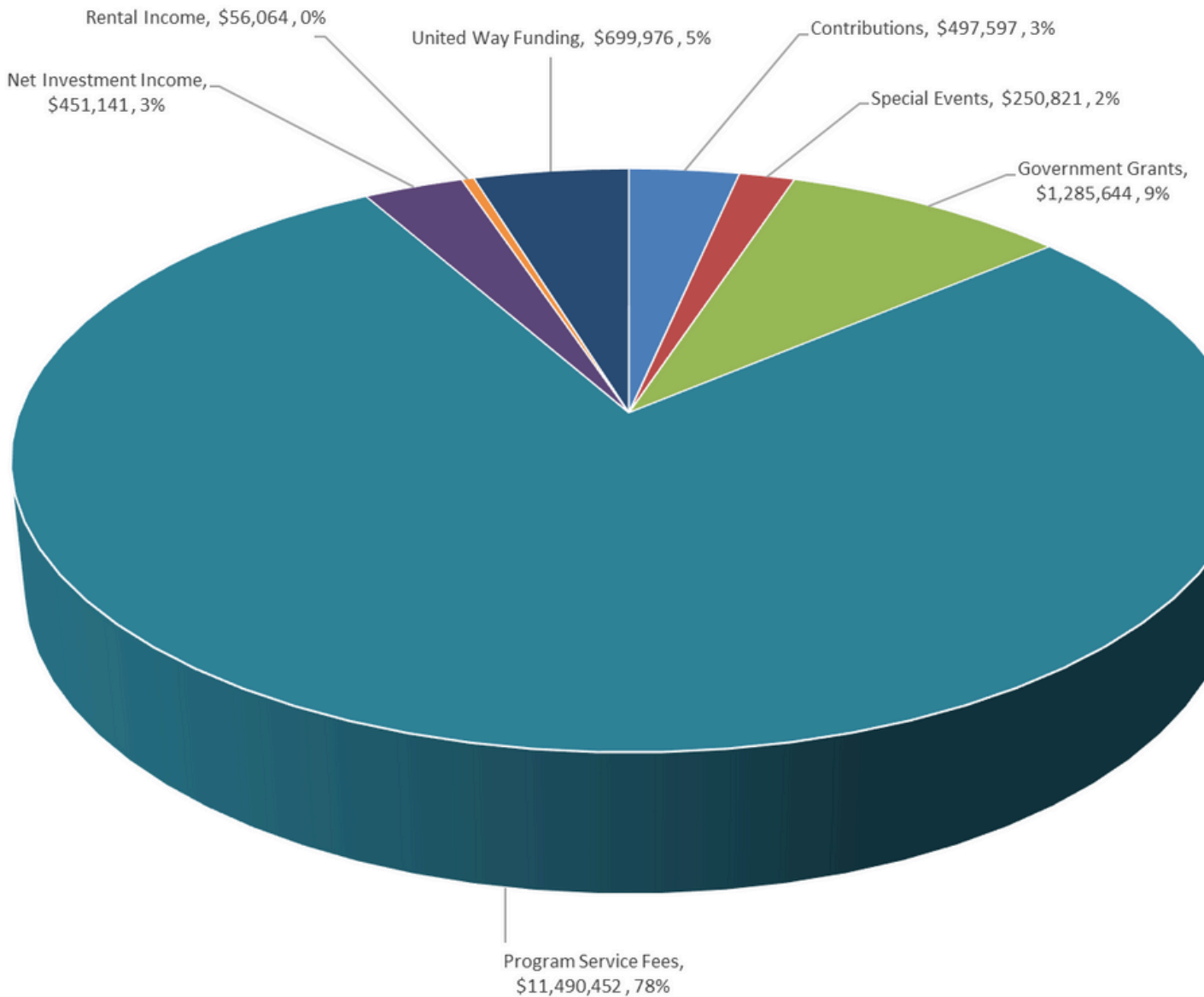
STARS Student



FINANCIAL STATEMENTS

TOTAL STARS REVENUE 2023-2024:
14,731,695

STARS Revenue Fiscal Year Ended June 30, 2024



2023 SUPPORT

(January 1, 2023 - December 31, 2023).

We are honored to recognize those individuals, companies, & stakeholders who invested in the hope, health, & connection of those we served in 2023.

\$1 - \$249

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If you made an annual gift to STARS in 2023 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](mailto:development@starsnashville.org) at 615.983.6805 or email development@starsnashville.org.



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OUR MISSION

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



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