



2025 ANNUAL REPORT

celebrating 40 years of hope, health, & connection.



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

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A Letter from Rodger Dinwiddie

On October 1st, 1986, my friend and colleague, Charlie Newman, offered me a position to work with what was then Project 714—now known as STARS. I had the privilege of learning the work from the ground up, and I could not have imagined that on October 1st, 2025 I would begin my 40th year as CEO.

STARS began in 1985 offering school-based substance misuse prevention services at John Overton High School. Visionary leaders including Joe M. Rodgers, Patricia Ingram Hart, Dr. T.B. Boyd, Ed Martin, Billy Webb, Dr. Jim Cotham, Dr. David Dodd, Ed Rodgers Jr., and Principal Dr. William Stanfield raised financial support and made this work possible. While services initially focused on substance misuse, STARS quickly evolved to address the whole child—a broad-brush student assistance program addressing the wide range of issues impacting young people's success.

In 2015, STARS made a bold decision to begin offering school-based mental health services. With 30 years of established relationships with school districts, in-school clinical services were implemented—eliminating barriers of access, transportation, and cost. What began as a pilot in one school has transformed our work!

Today, STARS helps over 100,000 children and youth each year by providing access to prevention, intervention, and treatment services throughout schools and communities. We provide outpatient substance abuse treatment for youth aged 13-18. We offer free school-based, mental health counseling and therapy. We educate the public on reversing overdoses while reducing the stigma around addiction. STARS now employs 230 staff members serving 8 counties and 10 school districts with a budget of \$15,000,000.

After nearly 40 years, I have officially stepped back to part-time, serving as Co-CEO with Sandy Schmal as she becomes the next full-time CEO. There's been no greater joy than working with Sandy these past 24 years; from Social Work Intern to Counselor to Program Director to COO. Sandy is the perfect person to lead STARS toward continued innovation.

To highlight and summarize 40 years is impossible. However, this has been the joy of a lifetime. I am overwhelmed knowing STARS has served thousands of young people and their families. At the core of STARS is our commitment to plant seeds of hope, health, and connection in the lives of young people. I am confident in the foundation laid by our staff, board, and generous supporters. Thank you for an incredible four decades. Here's to many more!





"To my STARS Therapist: Thank you.
I wouldn't be here without you."

STARS Student

celebrating 40 years of hope, health, & connection.

Then...

In 1985...



Services in **3** schools.



Universal prevention (school-wide, classroom education) served **2,000** students.



Small groups (alcohol and drug prevention and support) served **100** students.

Now!

In 2025...



Therapists served **1,139** students.



Mental Health Counselors served **90,849** students in over **200** schools.

- 91% of students reported that they feel more positive about their future.
- 96% of parents reported that the services their child received were important to them and helped them make improvements in their lives.



Restorative Practice Assistants provided **15,498** conflict resolution interventions.



ROPS (Regional Overdose Prevention Specialists) provided **380** trainings to **5,166** individuals.



YODA (Youth Overcoming Drug Abuse) provided intensive outpatient treatment services to **50** clients.



"It was nice to know I had someone to talk to outside my family. I felt pretty lonely in the beginning and like a burden to others. It took a long time to feel comfortable sharing my feelings but it got easier. My STARS Therapist always made it calm and welcoming in her room."

STARS Student

celebrating 40 years of hope, health, & connection.

Then...

In 1987...



Our total revenue was **\$127,273**.

Now!

In 2025...



Our total revenue was **\$15,017,508**.

Our budget by area...



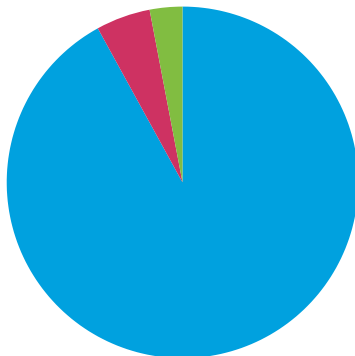
92% goes directly into **supporting our programs**.



5% goes toward **administrative support**.



3% goes toward **fundraising efforts**.



 *Programs*

 *Admin*

 *Fundraising*

The mission of STARS would not be possible without the dedication of our donors. Thank you for 40 years of friendship and support.



\$1 - \$249

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– 1985



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– 2001



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– 2015



– Current

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for 40 years of friendship, support, and impact.