

Who are the girls at Excelsior?

Quick Facts:

- Last year 361 girls were served. The girls are learning healthier lifestyles and constructive decision-making skills.
- Sixty-one percent of Excelsior's residents, often from low income families or absent families, come from Colorado.
- Of the out-of-state population, the vast majority came from cities throughout California.
- Thirty-eight girls were served by the new Community Based Services Program (see details below)
- Most (53%) of Excelsior's clients are court ordered. Those who are not court ordered are referred by a mental health facility, a school district, or some are privately placed.
- The ethnicity of our students: 54% Caucasian; 19% Hispanic; 12% African American; 12% Multiracial; 2% Native American; 1% Asian
- Excelsior employs more than 300 people.
- More than 250 volunteers participate annually in a variety of activities including campus wide seasonal festivities, dog therapy, garden projects, scrapbooking & arts/crafts, popcorn/movie parties. During the holidays, hundreds of volunteers provided gifts and special events/activities for the girls.



Excelsior

YOUTH CENTER

Safety. Structure. Success.

Annual Report

What brought them to Excelsior?

Most of the girls came from a detention facility (26%), a psychiatric hospital (28%) or another residential treatment center (9%). Prior placements also included group and foster homes, shelters and 21% of them lived at home. The girls' histories include: depression- 73%; runaway- 65%; school truancy and/or expulsion- 51%; and suicidal ideation- 49%.

QUOTE: *"The staff at Excelsior were there for me when I really needed someone. I do not know where I would be today without the guidance I received."*

What Progress do they make?

- 93% of girls are discharged to a less restrictive setting.
- 57% returned to their families. Moving to a group home or foster home were 25% and transitioning to emancipation were 5% of the girls.
- Girls have significant decrease (31%) in psychotropic medications.
- Girls show a significant improvement (30%) in test results for depression.



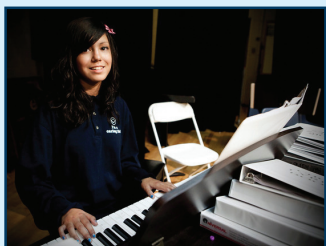
**July 1, 2010 –
June 30, 2011**

High School Progress:

Excelsior's accredited school features small classroom sizes and individualized instruction. The students benefit from the proper level of instruction and catch up on school credits to graduate.

- Twenty girls graduated from Excelsior High School in three ceremonies- August, December and May.
- Excelsior Scholarships: Last year, ten former Excelsior students received financial assistance from Excelsior to further their academic success.

At Excelsior, school attendance is mandatory. By attending school consistently, there is a marked improvement in their daily classroom grades. Our students advanced an average of 1.5 grade levels in Math and 1.6 grade levels in Language in one academic year.



Excelsior works hard to give each girl an area where she can feel some success. Then, we build on that one success, that one area where they shine. It might be art class or dog therapy or soccer. They might shine in Culinary Arts or volleyball or math. They can take that praise and attention and try another task." *Joan Gabrielson, Executive Director.*



Excelsior girls enjoy a myriad of recreational & wellness activities throughout campus. Girls and staff utilize the ellipticals, exercise bikes, Wii Fit, swimming pool, flag football and they participate in a campus-wide competitive fitness contest, assist with organic gardening and enjoy camaraderie in the Teen Center.



Triumphant Women were honored at the March Passport Party, Excelsior's annual fundraising party. Pictured, left to right, Glory Weisberg, Rhonda Vickers, Victoria Aguilar, Cindy Acree, Sheryl Renee, Ryta Sondergard, Lisza Gulyas, Rebecca Bell. The event's major sponsors included CoBiz Wealth, Denver Investments, Land Rover Denver East, Sysco Denver, FastSigns Denver and Colorado Homes & Lifestyles Magazine.

Major Accomplishments This Year:

Community Based Services:

Created through collaborative efforts with social services and mental health centers to respond to the needs of the community, Excelsior introduced the Community Based Services Program. Teenage girls in crisis in hospital emergency rooms (most with suicidal gestures) can stabilize their behaviors at Excelsior and return home in 3 to 5 days. Excelsior serves the crisis needs for metro Denver girls and their families to SAVE LIVES and provide an alternative to costly hospitalization. **The goal is to return the girl home and keep her safe with her family.**

Excelsior's Community Based Services Program kicked into high gear in February 2011 and by July, 38 girls had participated. Working with the therapist and treatment team from Excelsior, the girls are able to live at home and attend their home school. Through regular home-based treatment with the girl and her family, Excelsior's treatment team effectively addresses her mental health needs to promote stability and increase behavioral health and functioning.

Another option for girls who have not been successful in regular school settings is Excelsior's Day Treatment program. Girls live at home or foster care and Excelsior transports them daily to our campus for our fully accredited school program and treatment services.

Excelsior saves the Colorado taxpayers millions of Medicaid dollars annually by providing an alternative to hospitalization that can cost \$1,000 a day and/or jail that can cost half that per day. Excelsior's residential care is \$240 a day and our successful newly implemented Community Based Services averages \$136 per day.

Excelsior's new program gets girls out of the hospital, out of detention centers, out of long term residential care and BACK TO THEIR FAMILIES.

QUOTE: "Excelsior's Board of Directors is a very active Board that provides support, oversight, and direction for the entire operation. Under the Board's guidance Excelsior has developed a strategy of innovation and has developed into one of the largest and most successful residential treatment programs for adolescent girls in the entire country,"
Jim Peters, Board Chair

Summit School: In October 2010, Excelsior opened a self contained classroom on campus for students with specific behavioral concerns that made it difficult for them to function in Excelsior's regular classroom setting. No more than 12 girls are enrolled at a time. Summit School features one-on-one personalized instruction and behavioral programs. Students integrate back into Excelsior's regular school program once they demonstrate stable behavior and effort in school. Most girls remain 3 months in this structured, individualized school program.

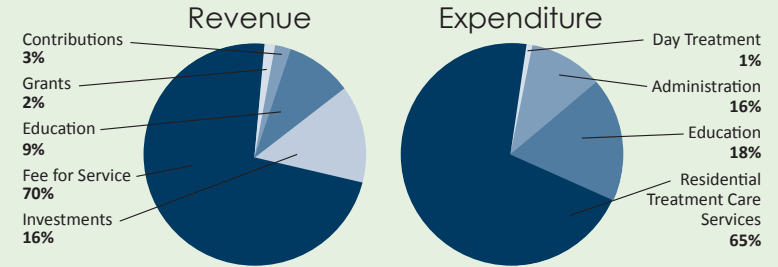
COA Accreditation: Every four years, Excelsior Youth Center conducts an exhaustive yet purposeful evaluation of its operation to satisfy the extraordinary expectations of the Counsel on Accreditation (COA). In June 2011, COA wrote: "COA congratulates Excelsior Youth Center for their hard work and wonderful achievement and is proud to have it part of COA's Community of Excellence." COA is an independent international accreditor of 1,800 behavioral health care and human service organizations.



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Excelsior Youth Center



June 30, 2011

Assets

Cash and Cash Equivalents	\$ 847,820
Accounts Receivable, Net	1,499,400
Property and Equipment, Net	5,981,077
Investments	18,527,853
Scholarship Fund	372,694
Other Assets	192,064
Total Assets	\$26,920,908

Liabilities and Net Assets

Accounts Payable	\$ 305,574
Accrued Payroll and Benefits	919,963
Long-Term Debt	2,160,000
Other Liabilities	125,546
Total Liabilities	3,511,083

Net Assets

Unrestricted Fund	17,068,056
Property and Equipment, Net	5,981,077
Restricted Assets	360,692
Total Net Assets	23,409,825
Total Liabilities and Net Assets	\$26,920,908

Independent Auditors: Kunderling, Corder & Engle, P.C., Denver, Colorado

A full audit is available upon request. Note: The above figures include the combined net assets of Excelsior Youth Center and The Excelsior Youth Foundation.

QUOTE: "At the present time the major economic downturn that has impacted much of the world has also had a significant effect on Excelsior. In an effort to meet this funding crisis, Excelsior has developed a strategy to reduce financial expenses and also to create new programs that will match up with the community's evolving needs," **Jim Peters, Board Chair**

Board of Directors

July 1, 2010 -
June 30, 2011

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