



Children's Health Council

Annual Report | July 1, 2024 - June 30, 2025



ABOUT CHC

Children's Health Council (CHC) is a nonprofit agency that has been providing best-in-class **learning and mental health services** to families in our community for over **70 years**.

We offer programs for ADHD, learning differences, anxiety, depression, and autism through our schools, clinical services, robust community education programs, Schwab Learning Center, and curated online resources.

CHC serves our community across the Bay Area through teletherapy and in person at our facilities in Palo Alto, San Jose, and East Palo Alto.



Catherine T. Harvey Center for Clinical Services

Evaluations, therapy, consultations, Intensive Outpatient Program (IOP), psychiatry, parent coaching and more

Serving: Birth–25

Schwab Learning Center

Providing evaluations and one-on-one learning specialist services for individuals with ADHD, dyslexia, and other learning differences

Serving: 14+

Sand Hill School

Private, independent school focusing on strength based learning, for kids with ADHD, dyslexia and other learning differences

Serving: Grades 2–8

Esther B. Clark School

Therapeutic day school serving students with emotional and behavioral challenges referred from Bay Area public school districts

Serving: Grades K–12

Community Engagement

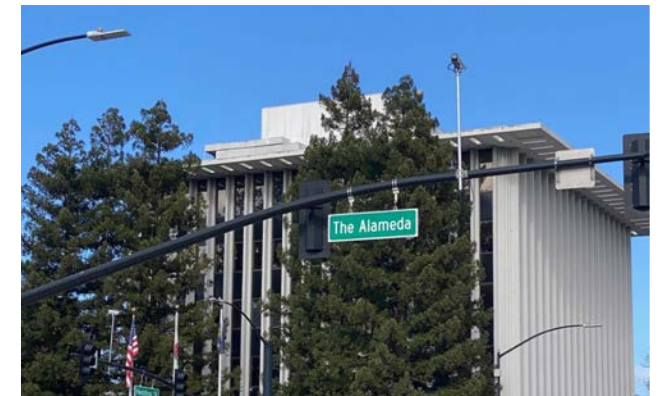
Provides parent and teacher education sessions, parent support groups, and recordings. We also have our online Resource Library and a successful podcast series called *Voices of Compassion*

Strategic Milestones

During FY25, CHC achieved pivotal milestones that strengthened our foundation and positioned us for long-term impact, advancing access, innovation, and excellence in care and education for youth with mental health and learning challenges. Together, these milestones reflect CHC's enduring commitment to meeting children and families where they are—helping every child learn, grow, and thrive.

FIVE-YEAR STRATEGIC PLAN LAUNCHED

In partnership with The Bridgespan Group, CHC developed and approved a comprehensive five-year strategic plan that establishes a bold course for the future. The plan prioritizes elevating the client and family experience, strengthening organizational resilience, and expanding equitable access to high-quality mental health and educational services throughout San Mateo and Santa Clara Counties.



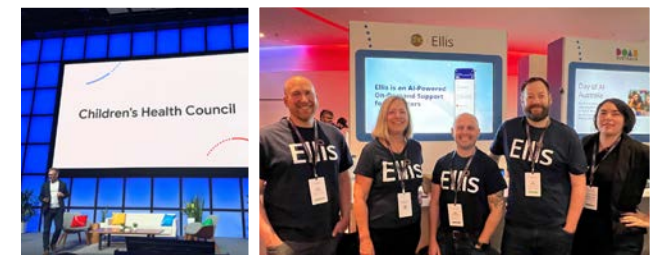
SOUTH BAY EXPANSION

CHC made significant progress expanding services in the South Bay to meet rising community needs. In spring 2025, CHC opened a new clinic at 1900 The Alameda in San José, providing culturally responsive therapy and evaluations for Santa Clara County Medi-Cal-eligible families and directly serving hundreds of youth and caregivers.



ELLIS AI FOR K-12 EDUCATORS

CHC also began beta testing for Ellis (AskEllis.org), an AI-powered resource designed to give K-12 educators immediate access to curated, evidence-aligned strategies that support students with learning differences and mental health challenges. Grounded in the expertise of CHC clinicians, educators, and trusted partners, Ellis was developed to strengthen educator confidence, support student-teacher relationships, and help schools respond more effectively to diverse student needs in real time.



Stories of Impact

A JOURNEY OF HEALING: HOW EBC TRANSFORMED ONE FAMILY'S LIFE

When your child is struggling—emotionally, behaviorally, academically—it changes everything. For Janet and her son Kyle, what began as small school challenges spiraled into daily battles, leaving Janet bracing for the next crisis.

"I was on edge all the time," she said. "Calls from school, meltdowns at home—I felt like I was walking on eggshells."

Kyle, a bright and creative child, once loved to draw. But as his anxiety grew, even his sketchbook sat untouched. Traditional schools weren't equipped to support him, and constant misunderstandings only deepened his struggles.

Then Janet discovered Esther B. Clark School (EBC), CHC's therapeutic day school. From her first conversation, she sensed something different.

"They didn't just ask about grades or behaviors," Janet said. "They asked about him—what he loved, what made him feel safe."

At EBC, Kyle entered a small, structured classroom where he was understood academically and emotionally. Staff noticed his artistic talent right away and encouraged him to draw again.

"His art came back before his words did," Janet said.

EBC also became a lifeline for Janet. Through family therapy and parent coaching, she learned how to support Kyle at home and connected with other parents who understood the toll.

"I didn't feel blamed. I felt seen," she said.

Progress came slowly but steadily. Janet recalls the moment Kyle, instead of melting down, asked for a break and went to draw.

"EBC didn't just help Kyle find his way, they helped us find our way back to each other." -JANET



READ MORE



With EBC's support, Kyle built tools to manage his emotions and eventually transition back to a less restrictive classroom, where he is now thriving.

Today, Kyle is still an artist, but now with resilience to match his creativity.

THANKS TO YOUR SUPPORT

2,908
CLIENTS AND
STUDENTS
served



192
STUDENTS ENROLLED
in Sand Hill School and
Esther B. Clark Schools



284
STUDENTS AND FAMILIES
RECEIVED \$1.83M IN FINANCIAL
ASSISTANCE ensuring access to
CHC's clinical services and schools



65+
SCHOOLS
AND
DISTRICTS
served



22,776
MONTHLY VISITORS
to the CHC
Resource Library

89%
OF ELLIS PILOT USERS,
CHC's AI-powered
resource, reported better
individualized planning, and
82% feel more confident
supporting students



600
MEDI-CAL CLIENTS served
through partnerships with
Health Plan of San Mateo
and Santa Clara Family
Health Plan



351
STUDENTS
ENROLLED
in the Schwab
Learning Center



1,154
HOURS of bilingual, culturally responsive
therapy and evaluations—expanding access
to free care and DBT skills groups



Stories of Impact

FROM HOPELESSNESS TO HEALING: ONE TEEN'S JOURNEY WITH CHC'S RISE PROGRAM

At 17, Abby felt like she was drowning. In just two and a half months, she had been hospitalized twice. Her family was terrified as their bright, passionate daughter slipped further into hopelessness.

Then came a turning point: her psychiatrist recommended CHC's RISE Intensive Outpatient Program. Unlike traditional therapy, RISE offers a structured Dialectical Behavior Therapy (DBT) approach for teens struggling with severe depression, suicidal thoughts, and/or self-harming behaviors. It's not just about crisis management; it's about building lifelong skills and creating a life worth living.

At first, Abby doubted anything could help. But RISE's clinicians, including her coach Sarah, saw potential where she only saw darkness. Through 24/7 phone coaching, intensive group therapy, and DBT skills training in mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness, Abby began to heal.

She learned to validate her feelings, cope with distress in healthy ways, and communicate more effectively. Slowly, hope returned. Instead of shutting down, she began expressing herself. Instead of spiraling, she turned to grounding techniques.

RISE isn't just about treating a crisis—it empowers teens to reclaim their lives. Abby gained confidence, joined her school's Student Diversity Coalition, and became an advocate for her peers. She started seeing herself not as someone broken, but as someone who could make a difference.



"RISE didn't just help me survive. It gave me a future."—Abby

READ MORE

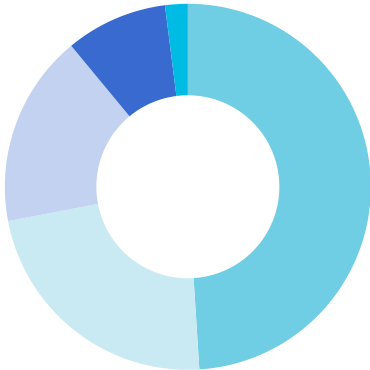


Today, Abby is preparing for college, planning to study social justice and tutor underprivileged students. She now shares DBT strategies with friends, extending her healing to others.

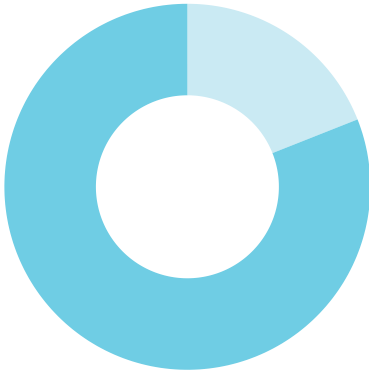
FY24-25 AT A GLANCE

REVENUE: \$41,650,000

EXPENSES: \$41,500,000



- Government **49%**
- Earned **23%**
- Philanthropic **17%**
- Endowment **9%**
- Other **2%**



- Programs **81%**
- Administration, Management, & General **19%**

UTILIZATION OF PHILANTHROPIC SUPPORT: \$4,591,620



● Community Services: **60%**

- Resources provided at no cost:*
- CHC Ravenswood
 - Community Engagement
 - Early Support Program for Autism

● Financial Assistance: **40%**

- Cost reductions for families:*
- Clinical Private Pay
 - Sand Hill School
 - Schwab Learning Center

CHC Supporters

We are deeply grateful to all our supporters who make our work in the community possible. Every gift received makes a difference towards our mission.



Gifts received July 1, 2024, to June 30, 2025

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Please forgive any accidental errors or omissions.

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“It is amazing that Children’s Health Council has been doing **meaningful work in our community for decades**. Having both served on the CHC board, we saw firsthand the dedication that makes CHC such an effective organization.

When we realized we were in a position to do so, we decided to **give back in a more permanent way** by including Children’s Health Council in our wills.

We believe that **endowment gifts strengthen CHC** and help ensure that the organization continues to provide essential services to children and families now and in the future.”

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Children's Health Council

Our Mission is to transform young lives by providing culturally responsive, best-in-class services for learning differences and mental health to families from diverse backgrounds regardless of language, location, or ability to pay.

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