



2024 ANNUAL REPORT

# TEENS4TEENSHelp ANNUAL REPORT 2024

FOR THE FISCAL YEAR ENDING DECEMBER 31, 2024

**MAY 2025**



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# MISSION

Teens4TeensHelp's (T4TH) mission is to help teens find help, hope, and recovery from mental health and emotional challenges. We bridge the gap between suffering and services, fear and education, isolation and connection.

# VISION

T4TH's vision is to be a cornerstone of mental health and emotional well-being for teens and schools across America—fostering awareness, promoting understanding, and reducing stigma while making support more accessible.

## VALUES & CORE BELIEFS

T4TH believes that meaningful, caring, and thoughtful relationships combined with critical thinking and advanced knowledge provide the backbone for its teams and organization to succeed. In that, our values include:

- Honesty and transparency in all of our interactions
- Empathy, understanding, and expert knowledge
- Respect for the intrinsic value of each person
- Accountability, integrity, and kindness in everything we do

# PROGRAM OVERVIEW

## I. Online Mental Health Platform

Our digital platform features video stories of recovery from young people who have faced various mental health challenges, offering **hope** and **encouragement**.

It also provides informational videos—because **knowledge is power**—along with self-care strategies, coping skills, and expert-led discussions with mental health professionals and youth board members. The platform serves as a hub for resources, fostering **education**, **awareness**, and **connection**.



### Key elements of this program include:



**Video Offerings** – A venue for teens to see and hear video stories of recovery by their peers, which sheds light on their mental health issues. These include:

- Video Stories of Recovery
- Informational Videos
- Mental Health Advice, Coping Skills, and Self-Help Videos

**Teen Talks** – These remote 1-hour events are hosted by teens and professional guest speakers, and cover a variety of mental health topics.

**Resources** – Our site offers extensive resources for teens and those who work closely with them, ie school counselors, treatment centers, therapists, family, friends, youth groups, etc.

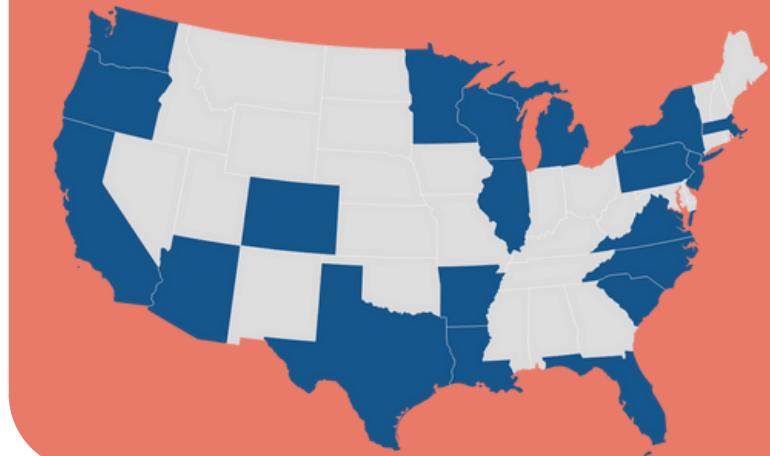
# PROGRAM OVERVIEW

## II. Youth Advisory Board

Comprised of teens from across the country, our Youth Advisory Board plays a vital role in shaping our organization. These young leaders:

- Provide input and guidance to ensure our initiatives resonate with youth.
- Deliver community presentations to educate peers, spark conversations, and reduce stigma.
- Develop leadership skills and create impactful content to support mental health awareness.

THE YOUTH BOARD IS  
COMPRISED OF OVER ~~70~~  
MEMBERS FROM ~~19~~ US STATES



# PROGRAM OVERVIEW CONT.

## II. Health Coping Skills Toolboxes

*The Healthy Coping Skills Toolboxes are another key way T4TH delivers direct support to adolescents in need.*

Through partnerships with high schools—particularly their Wellness Rooms—this program combines T4TH's trusted online platform with hands-on resources. Each toolbox is carefully curated with customized materials, including guided activities and essential resource lists, to help teens build resilience and emotional well-being.

**1. Depression Relief Box**-Designed to combat low mood and foster hope, this box contains 24 items, including:

- CBT worksheets to challenge negative thoughts
- Coping skills, breathing techniques, and mood tracking

**2. Anxiety Relief Box**-Helps teens calm racing thoughts and regain control with:

- Anxiety-management worksheets (grounding exercises, worry logs)
- A weighted hug pillow for deep-pressure comfort
- Emotional "X-ray" art to express feelings creatively

**3. Grounding Box**-Supports focus and emotional regulation, especially for ADHD or dissociation, featuring:

- 5-4-3-2-1 technique cards for mindfulness
- Textured fidget tools (tangle toys, textured stones)
- Guided audio exercises via QR codes

**4. Distraction Box**-Offers a mental reset during moments of overwhelm with:

- Puzzles, origami, and brain teasers
- Fidget toys (pop-its, stress balls)





## MEET REGINA

### TEEN ADVOCATE

One of our story tellers who never gave up and shares her story of resilience and courage navigating the foster care system.

Regina, at the age of 10, found herself and her younger siblings in an unstable living situation when her father, the sole caretaker of the family, was diagnosed with cancer.

She and her siblings were put in the care of an unknown relative, who was living with substance abuse and was neglectful. Regina took on the role of caretaker for her younger siblings and was kept in the dark regarding her father's treatment and health status.

He passed away when she was 14 and soon after social services were alerted to their living situation and the children were placed in foster care. Regina was sent to several homes and went through a very dark time, feeling helpless, depressed and suffering from low self-worth.

*“Until all of us are well, none of us are well.”*

It was with the support of a school coach that Regina found a passion for running and was guided to resources that allowed her to attend UCLA. She worked hard to get her siblings all under one roof after several years and she is currently working towards her PhD in psychology.

Regina eloquently expresses her struggles, the magic found in hearing someone else's story, and the belief that “until all of us are well, none of us are well.”

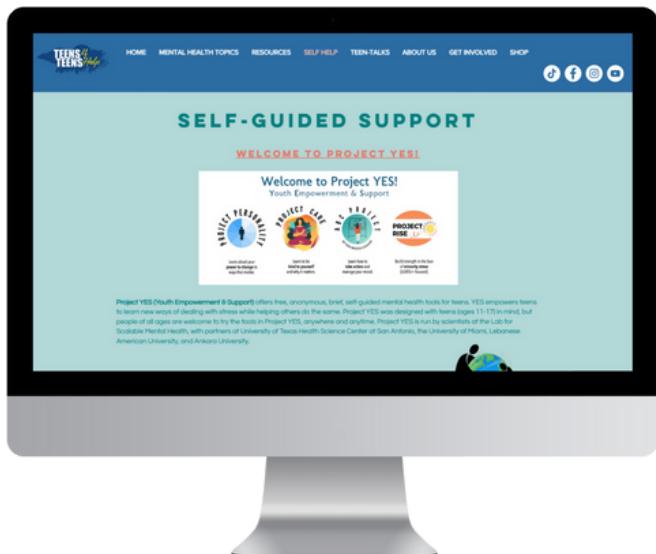
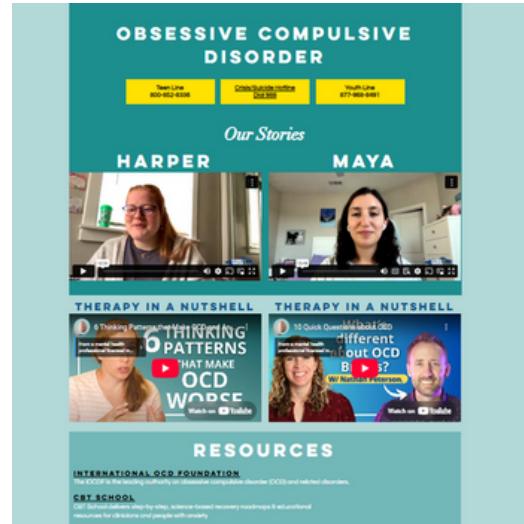
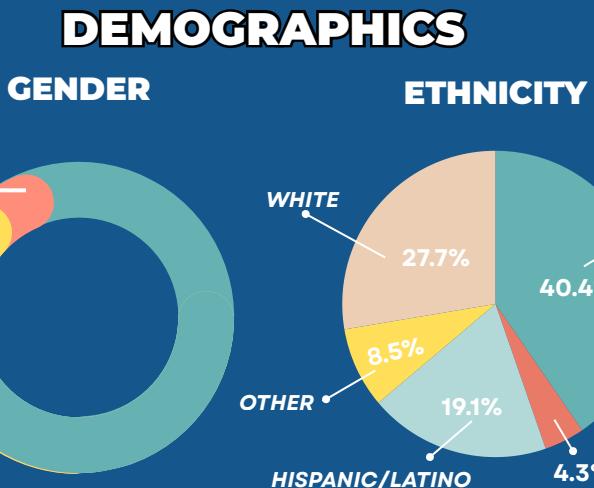
*Please listen to Regina's story and we hope you find strength and courage in her words.*

# WEBSITE ENGAGEMENT RESULTS

 Page Views  
**23,793**

Average Session Duration  
**6m 18s**

Pages Per Session  
**2.3**



## TOP PAGES

Suicide Prevention	1163
Anxiety	846
Addiction	784
Depression	649
Eating Disorders	491

0 200 400 600 800 1000 1200

# SOCIAL ENGAGEMENT RESULTS

TOTAL IMPRESSIONS  
ACROSS ALL PLATFORMS

**110K**

*Facebook, LinkedIn,  
Instagram, & TikTok*



**FEATURED PLATFORM  
INSTAGRAM**

FOLLOWERS  
**25%**

ENGAGEMENT  
**141%**

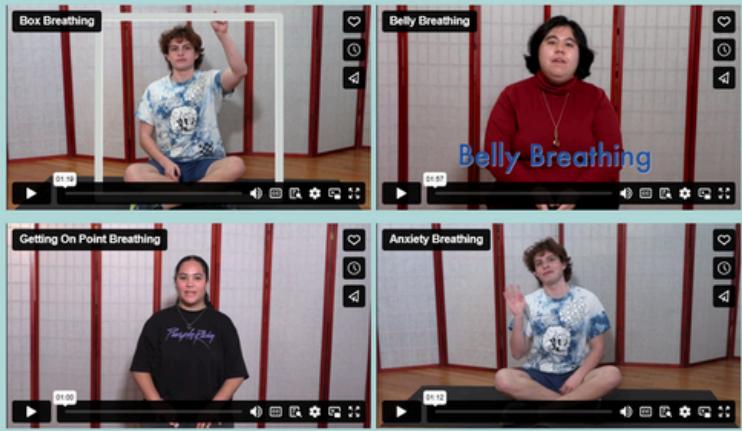
REACH  
**401%**

IMPRESSIONS  
**327%**

# 2024 YEAR IN REVIEW



## BREATHING



## Advisory Boards

In 2024, we were contacted by over 100 people, mostly young people, asking about our organization and the youth advisory board.

- We expanded our professional advisory board by **3 members**
- We expanded our youth advisory board to over **75 members**

## Videos

We added **30** new videos to the site in 2024, including:

- 4 New Teen Talks on-demand videos
- 2 new Mental Health Categories: OCD and Foster Care
- 3 new Therapy Explained videos
- Zines4Teens

## Events

In 2024, we sponsored and spoke at numerous events, including:

- OC Thrive Resource Fair
- LADMH Suicide Prevention Conference
- Milton Hershey School Professional Development Conference
- Women and Girls Leadership Conference
- Orange County School Counselors conference

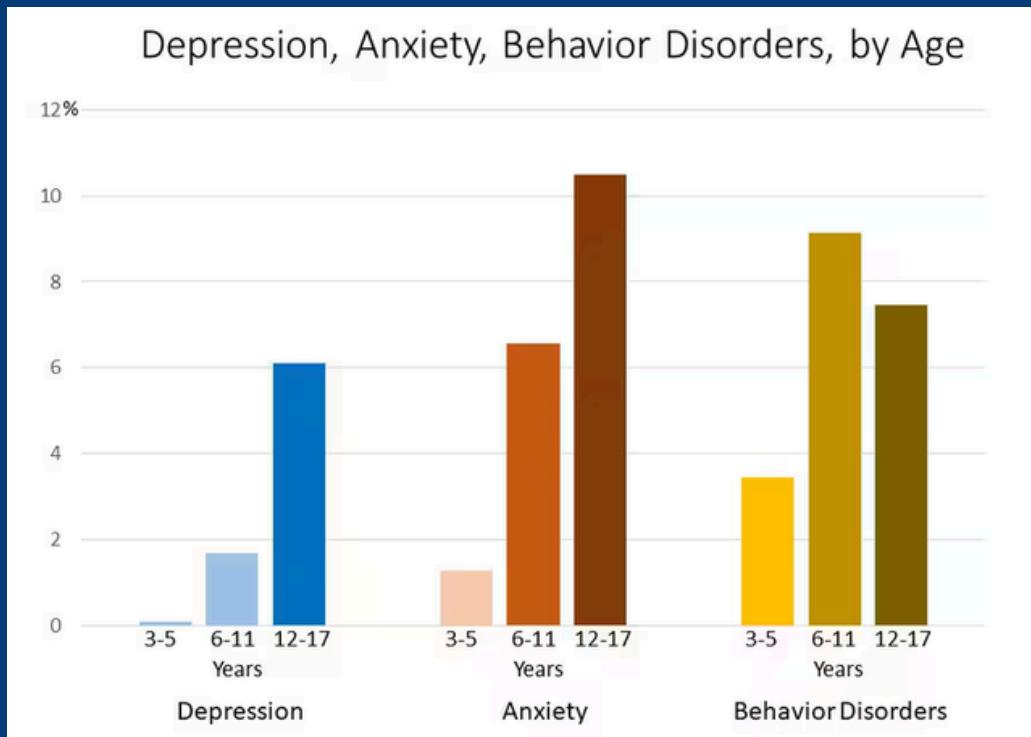


# 45%

of LGBTQ youth have had  
serious thoughts of suicide

# 22%

of high school students have  
had thoughts about suicide



[HTTPS://WWW.CDC.GOV/CHILDRENSMENTALHEALTH/DATA.HTML](https://www.cdc.gov/childrensmentalhealth/data.html)

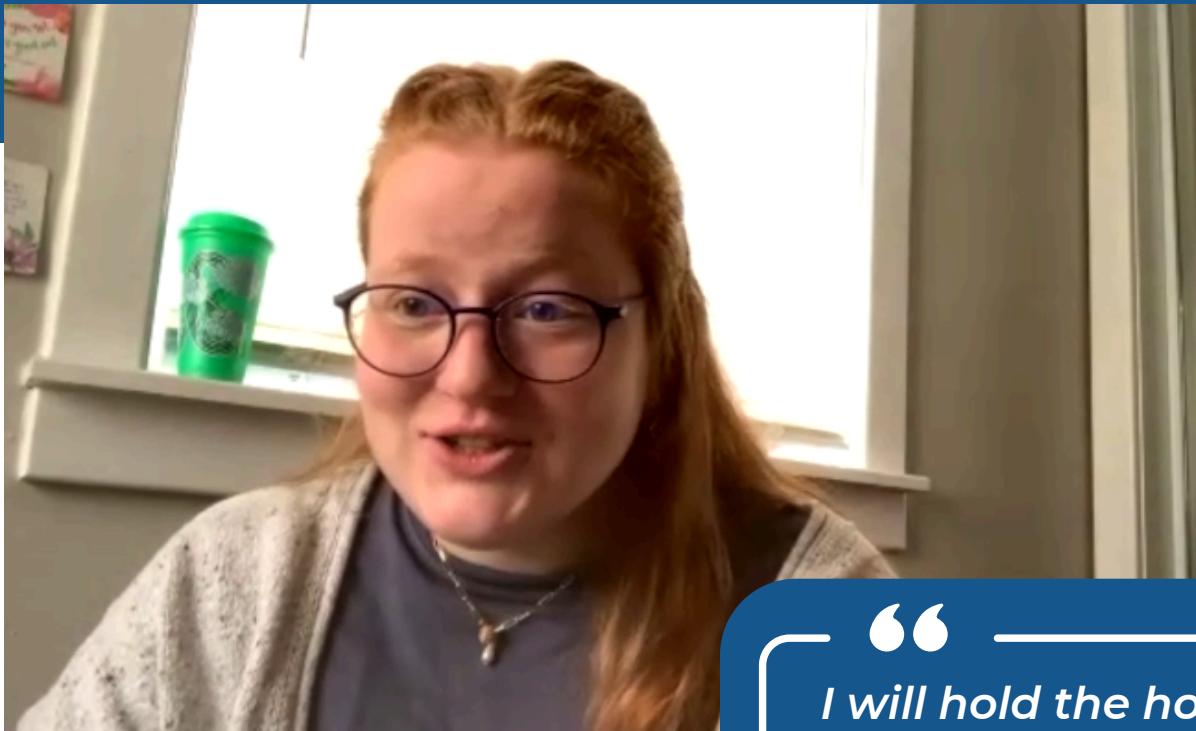
# TEEN MENTAL HEALTH STATISTICS

For adolescents, depression, substance use and suicide are important concerns. Among adolescents aged 12-17 years reporting on the past year:

- 15.1% had a major depressive episode.
- 36.7% had persistent feelings of sadness or hopelessness.
- 4.1% had a substance use disorder.
- 1.6% had an alcohol use disorder.
- 3.2% had an illicit drug use disorder.
- 15.7% made a suicide plan.
- 8.9% attempted suicide.

Adverse childhood events (ACEs) are associated with children's physical and mental health.

- Children who were discriminated against based on race or ethnicity had higher percentages of one or more physical health conditions (37.8% versus 27.1%), and one or more mental health conditions (28.9% versus 17.8%)
- Racial/ethnic discrimination was almost seven times as common among children with three other ACEs compared to those with no other ACEs



## MEET HARPER

### TEEN ADVOCATE

Harper has the distinction of being the 206th person in the world to receive Deep Brain Stimulation surgery to alleviate her intense OCD symptoms.

Harpers story begins at age 2 when she became obsessed with the fear of family members dying after a family friend passed away. Then, at the age of 14, her depression and obsessions became severe after her grandmother died.

Harper experienced numerous PHP (partial hospitalization programs) and was ultimately released with no resolution, and she was informed that she had treatment resistant OCD.

A therapist suggested she was a candidate for Deep Brain Stimulation surgery. A procedure that involves electrodes being implanted in her upper chest wall and linked to other electrodes in her brain.

*I will hold the hope for you, until you can feel hopeful about your life and your situation.*

This proved to be life changing for Harper and she went from 39 to 21, on a rating scale of 0 – 40 (zero having no OCD symptoms).

Harper shares the highs and lows of her experience, the deep depression and pain of living with severe OCD, to finally feeling happy with her life. She expresses deep empathy for those who are suffering and promises to “hold the hope for you, until you can feel hopeful about your life and your situation.”

*You can find Harper’s story in the OCD category on our website.*

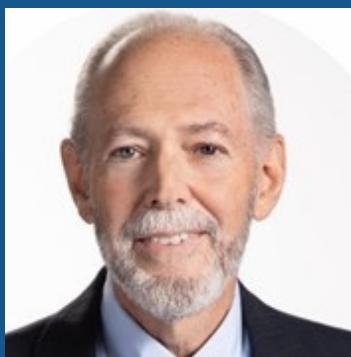
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# FOUNDERS



Founders Jeff, Kathy, and Kara Long, a family with lived experience, created T4TH with the desire to change the system, and to help more teens, their friends and families find their way through the maze of teen mental health to health and recovery.

# EXTERNAL ADVISORS



T4TH has also engaged Jim Wind and Cassandra Fatouros, MBD, LSCW as external business advisors. As the CEO of Capstone Consulting Services Group, Wind is a highly seasoned corporate and social services executive with a long, successful track record creating and course-correcting organizational strategies and expanding service capabilities. Cassandra's background includes experience as a professor, a behavioral healthcare executive and nonprofit leader, and also is Managing Director and Principal at Capstone Solutions Consulting Group.

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# LEADERSHIP

## BOARD OF DIRECTORS



### TODD HANSON

Todd is currently the COO with the Council on Aging Southern California. He has more than 30 years as a nonprofit professional and community volunteer. He served as Executive Director of Camp Fire Boys & Girls from 1993 - 2001. Todd served as the Vice President of the Orange County Community Foundation from 2001 - 2021 and was responsible for ensuring that the Orange County Community Foundation was the leading resource on philanthropy.



### DR. HEATHER TETER, LSW

Heather has 30 years of experience in the field of social work including experience in public mental health, both direct service as well as program management and program development, teaching, and school social work in a private residential school setting. She is currently the Senior Manager of Student Health Services at Milton Hershey School and an Adjunct Faculty member at Elizabethtown College.

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# LEADERSHIP

## BOARD OF DIRECTORS



### JENNIFER PARGA, MSW

Jennifer is an Associate Professor at USC Suzanne Dworak-Peck School of Social Work. She focuses on supporting students throughout their internship experience and expanding the school's understanding of the needs of remote faculty, developing virtual communities, and exploring ways of increasing the digital literacy of faculty and students. Prior to joining USC, Parga supported first-generation high school and college students via service-learning opportunities. Parga currently gives strategic support and consultation to the Trauma Informed Care Task Force of Greater Los Angeles and the Journey Foundation for Caregivers.



### DANIEL E. KENNEDY, DSW, MC, MBA

Daniel E. Kennedy is a counselor, author, and social impact filmmaker. Dr. Kennedy received his Doctor of Social Work degree from the University of Southern California in 2024 to complement his master's degrees in marriage and family therapy and business administration. Dr. Kennedy's experience as a healthcare executive and educator is the foundation of his work, including producing films, writing books, and developing programs to promote well-being. He is an expert, presenter, and author on social issues, family dynamics, cancer, longevity, and grief.

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# LEADERSHIP



**JEFF LONG**  
Executive Director, Co-Founder

Jeff has more than 20 years' experience as a business owner and video producer/director. He has helped Ad agencies and Fortune 500 companies market and sell their products and services. Jeff founded T4TH with his wife and daughter in 2020.



**KATHY LONG, L.A.c.**  
Programs Director, Co-Founder

Kathy is a Licensed Acupuncturist for over 25 years. She is a graduate of Yo San University in Santa Monica, CA and incorporates the practice of Functional Medicine along with Traditional Chinese Medicine in her practice. She is co-author of the book, *A Parent's Guide to Anorexia*, and since the onset of her child's diagnosis of anorexia, she has dedicated a great deal of her time to creating and running T4TH.

# 2024 FINANCIAL STATEMENT

**Click here to**  
**access our 2024**  
**Form-990**

# PLANNED ENDEAVORS

## TIMELINE

### **Year 1 (2022)**

- Capacity Building
- Program Refining - Online Video Platform 501(c)(3) Non-Profit Establishment

### **Year 2 (2023)**

- Program Expansion - Online Video Platform
- Program Launch - Healthy Coping Skills Toolbox Program for schools

### **Years 3-5 (2024-2026)**

- Program Growth & Expansion - Online & School Programs

**In year one (2022)**, we met all of our strategic plan goals focused on general capacity building, refinement of our current Online Video Teen Mental Health Platform program, and initial planning for the school services program and toolboxes.

**In year two (2023)**, we expanded with the addition and successful rollout of **Healthy Coping Skills Toolboxes for schools**.

**In year three (2024)**, we brought on a Youth Board Manager to expand the board and promote more involvement including in-person events promoting T4TH and mental health education.

**In years 4-5** we plan to encompass growth and expansion of both programs. We also are expanding our Mental Health Content. T4TH currently hosts 10 major mental health categories and plans to expand to 12+ categories over the next 2 years.

### ***Geographic Expansion***

T4TH has a clearly defined, scalable, long-term growth plan for the non-profit organization. During Year 1, we addressed local needs, connecting with teens, mental health professionals, schools, and organizational collaborations in Los Angeles, Orange, and Ventura counties. We are currently expanding our reach to cover all of California, and the entire United States. We are also being seen throughout the world.

### ***Spending Focus***

By focusing on building capacity during Years 1, 2, and 3, T4TH will have the team and operating resources needed for its critical long-term needs: outreach, content creation, and delivery of programs.

# AFFILIATES & MORE

## Affiliations

- University of Southern California
- University of California, San Francisco
- Northwestern University
- Song For Charlie
- Teen Line
- Insight to Teen Culture
- Tarzana Treatment Centers
- Peer Voices of Orange County
- Transitions Mental Health Association
- One Life Project



## Sponsors

- Born This Way Foundation
- Cotton On Foundation
- California DHCS
- Orange County Community Foundation
- Ventura County Community Foundation



## Memberships

- Orange County Community Suicide Prevention Initiative
- Insight To Teen Culture Professional Group
- Center for Nonprofit Learning

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# ACKNOWLEDGEMENTS

## **We would like to thank the following collaborators:**

Kara Long co-wrote one of Daniel Kennedy's award-winning short films focused on suicide prevention, titled *Wake Up Mijita!*

Insight to Teen Culture is a group of mental health care providers who host events throughout the community to provide information and support, such as a screening and panel discussion of *I Am Gen Z*, and an evening with Luke Love discussing the need for and use of NARCAN

Terri Allen is the founder of Angels of Light Children's Foundation.

Robert Scholz, LMFT, LPCC, is a licensed therapist and has served in many clinical and leadership roles over his twenty-five years working in university, community mental health, forensic, and private practice settings.

Song for Charlie is a nationally recognized nonprofit focused on dispersing information and support for fentanyl. Song for Charlie is a national family-run, nonprofit charity that encourages young people to choose healthy coping strategies over self-medication. They empower students to learn and share knowledge by providing research tools and promoting peer-to-peer learning programs.

Emily Hemendinger is the Clinical Director of the OCD Program, at the University of Colorado Anschutz Medical Campus.

Thank you to the Crazy Good Turns Podcast with Frank Blake for featuring us on their podcast and choosing us as a Crazy Good Turns Award recipient.



## CONTACT INFORMATION

### **Jeff Long**

Executive Director, Co-Founder

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Phone: (310)869-3500

**TEENS 4  
TEENS Help**