



The Arlington Youth Counseling Center (AYCC) is a state-licensed, community-based mental health center serving Arlington youth (ages 3-21) and their families. AYCC is the leading provider of outpatient and school-based child and adolescent mental health services in Arlington, offering individual, group, and family counseling, psychiatric evaluation, and medication management. Central to its mission, AYCC is committed to ensuring that all community youth and families have access to comprehensive, culturally sensitive, and high quality mental health care, regardless of their ability to pay. In addition to mental health services, AYCC oversees First Step- a support group for victims and survivors of domestic violence, and offers community resource coordination and case management services to Arlington residents experiencing unmet basic needs.

The following list captures some of AYCC's highlights from 2023:

- Provided mental health services to a total of 425 children, teens, and adult caregivers, 135 of whom were new AYCC clients. Roughly 30% of AYCC clients were enrolled in a public insurance plan or received income-based grant funding from AYCC.
- Conducted a total of 9,932 sessions (including psychotherapy, psychiatric evaluation, and medication treatment), as well as 41 group sessions. 2,809 of all sessions were conducted via telehealth.
- Provided an additional 612 hours of clinical consultation and care coordination to AYCC clients and families.
- Provided 1,324 counseling sessions to 99 Arlington Public School students, including students in Arlington's METCO program, through AYCC's school-based Project Success program.
- Hired two new full-time clinicians and one part-time clinician to address the growing AYCC waitlist of community youth and families seeking mental health services at AYCC.
- Conducted three school-based and two clinic-based therapeutic groups for Arlington children and adolescents. Group topics included: music therapy, art therapy, social emotional skills, and coping strategies skills.
- Trained 18 AYCC clinicians on Solution Focused Therapy (short-term therapy) and provided short-term therapy to 30 waitlisted families over the summer.
- Collaborated with Robbins Library and the Rainbow Commission to provide supervision and support to middle school and high school attendees of the annual Pride Prom
- Engaged over 75 Arlington residents in case management services to assess unmet basic needs and facilitate access to local and statewide resources and assistance programs. Additionally, provided resource coordination and support to 16 migrant families sheltering in Arlington.
- Participated in Town's first annual Community Resource and Connections Fair, organized by AYCC's Community Resource Specialist, in partnership with DEI's Community Outreach and Engagement Coordinator.
- Coordinated the Holiday Help fundraising campaign and assistance program. Through the generous support of community members, civic groups, churches, schools and local businesses, Holiday Help raised nearly \$30,000, which assisted 192 families in purchasing gifts for their 330 children during the holiday season.

- Collaborated with the Board of Youth Services (now, the AYCC Advisory Board) to rename and update the Board's charter vote to better reflect the role and work of board members, and to provide additional flexibility in the board composition.
- Collaborated with the AYCC Advisory Board on a successful year-end fundraising appeal. Through the generous support of community members and local businesses, AYCC and the BYS raised over \$35,000 to support youth mental health services at AYCC.
- Partnered with the Arlington Health and Human Services Charitable Corporation to establish a Migrant Families Relief Fund to support the essential needs of migrant families who had recently arrived in Massachusetts and were being sheltered in Arlington. Through an end of year appeal, AYCC/HHS raised over \$11,000 in relief funding, and received a \$10,000 Clinton Family Fund grant, to support identified existing needs and future housing needs for sheltered migrant families in Arlington.