



CHILDREN'S TRUST
OF ALACHUA COUNTY

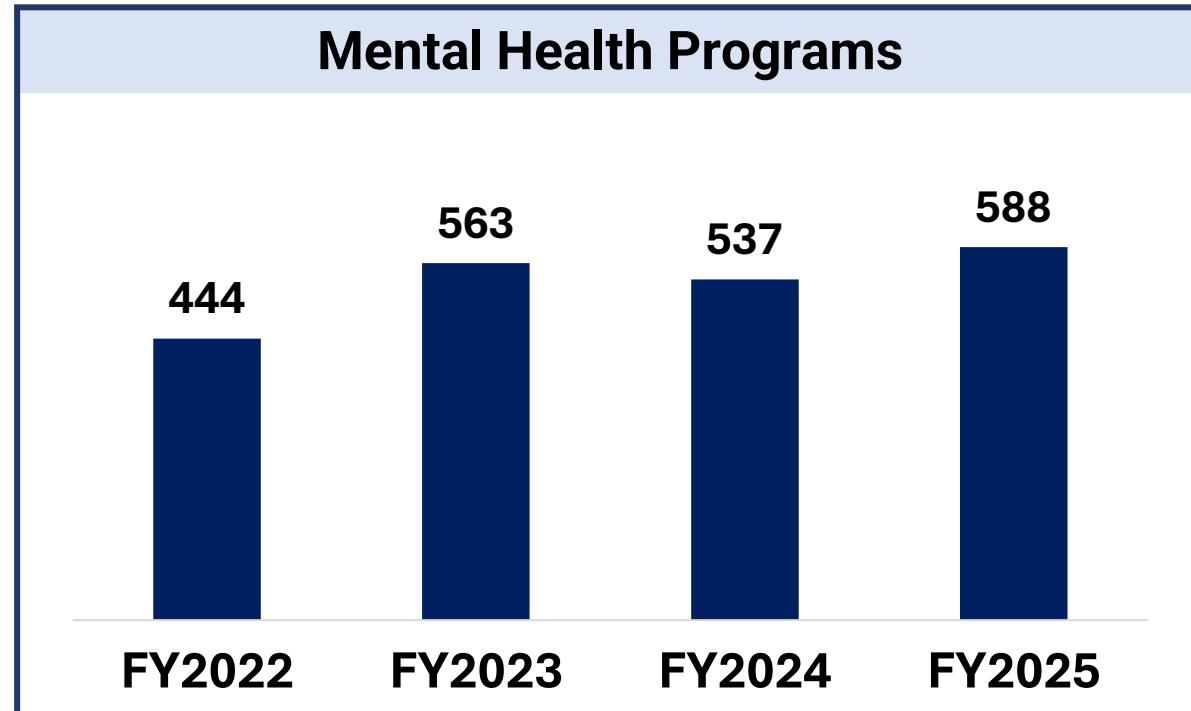
Mental Health Programs – Evaluation Results

February 9th, 2026

Children Served



**Children served with funding from
Children's Trust of Alachua County:**

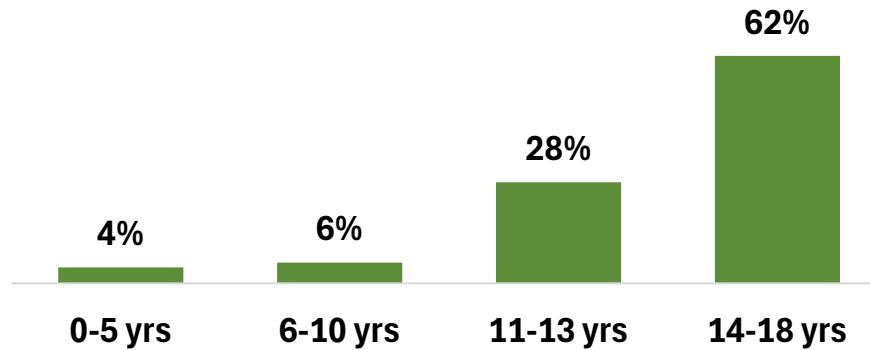


- In FY2023, an additional program (Reducing Trauma Therapy Program) was added.

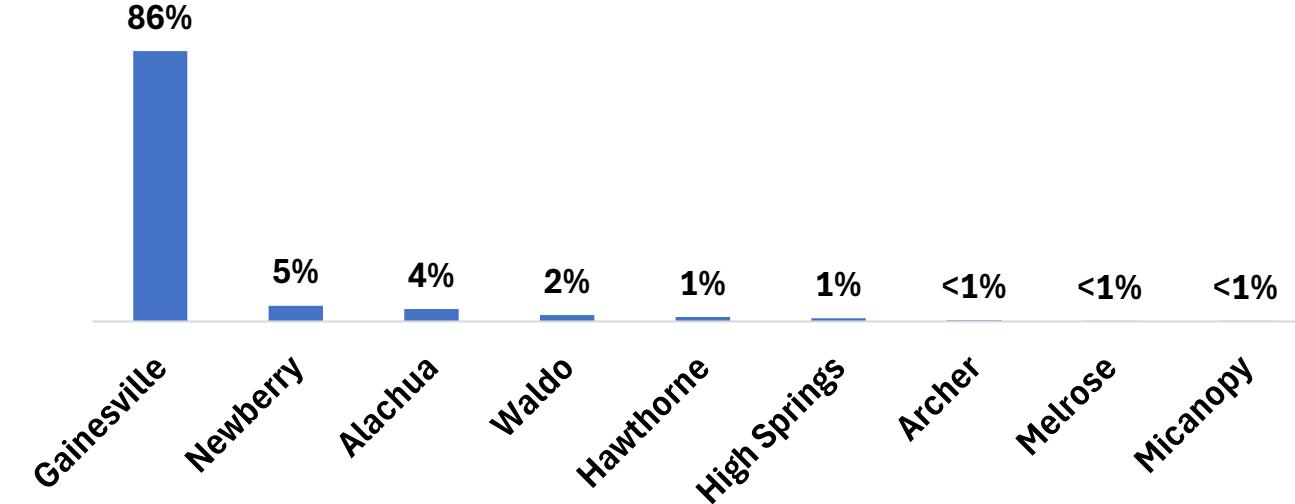
Who are Children Served?



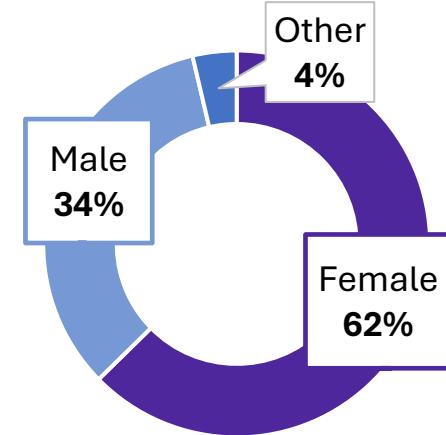
Age



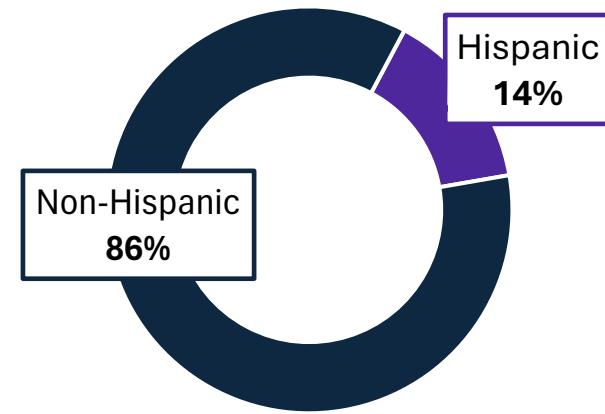
City of Residence



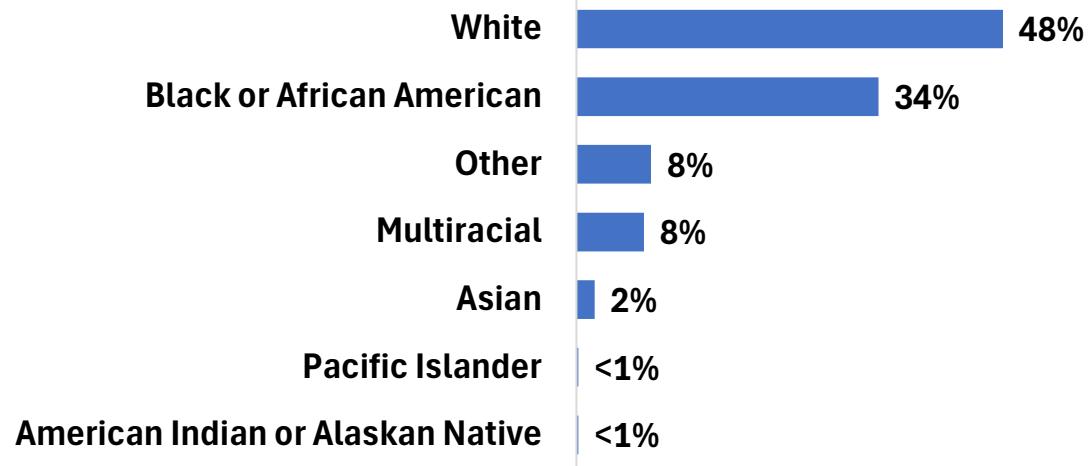
Gender



Ethnicity



Race



Where are Services Provided?



- Fort Clarke Middle School
- Howard Bishop Middle School
- Kanapaha Middle School
- Mebane Middle School
- Westwood Middle School
- Hawthorne Middle-High School
- Buchholz High School
- Eastside High School
- Gainesville High School
- Lofton High School
- Saint Francis Catholic Academy
- Santa Fe High School
- A. Quinn Jones School
- Project YouthBuild
- **Child Advocacy Center**
- **Pace Center for Girls**
- **UF Shands Psychiatric Hospital**





Provider Agencies



Missions

- **PALS:** Provide free individual, group, and family counseling in Alachua schools and UF Health Psychiatric Hospital. Offering mental health education, suicide prevention, and support groups for adolescents.
- **CAC Reducing Trauma:** Provide free individual, group, and family therapy for children that were exposed to severe abuse and neglect and non-offending family members. The program serves children ages 2.5 – 18 years old.
- **Pace Reach:** Provides free therapeutic mental health services to girls ages 11-17 who exhibit risk factors in 3 of 5 domains (school, family, health, behavior and victimization).

How Much Service Was Provided?

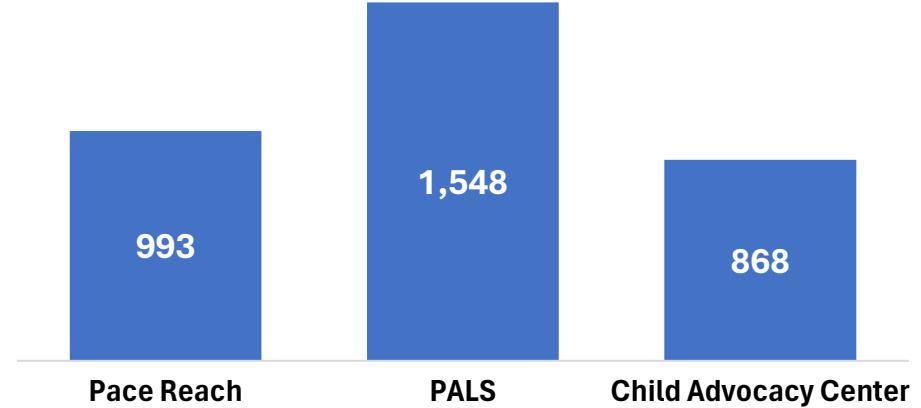


Individual Sessions: 3,409

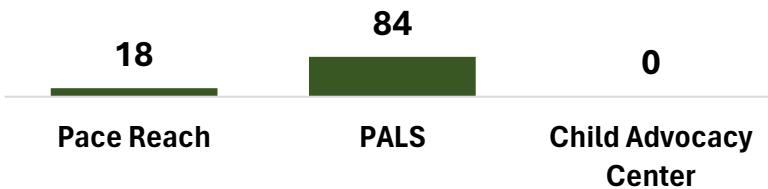
Family Sessions: 227

Group Sessions: 102

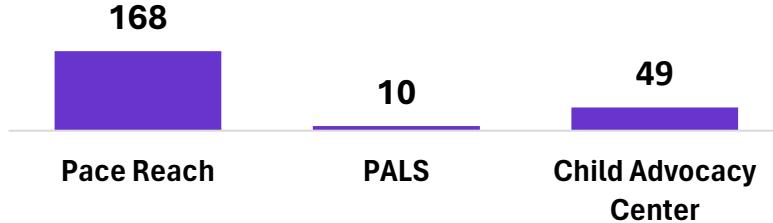
Individual Sessions



Group Sessions



Family Sessions



Performance Measures: How Much?



Pace Reach Counseling

Measure	Target	Actual
Girls Receiving Therapy	30	49
Individual Therapy Sessions	480	993
Group Therapy Sessions	20	18

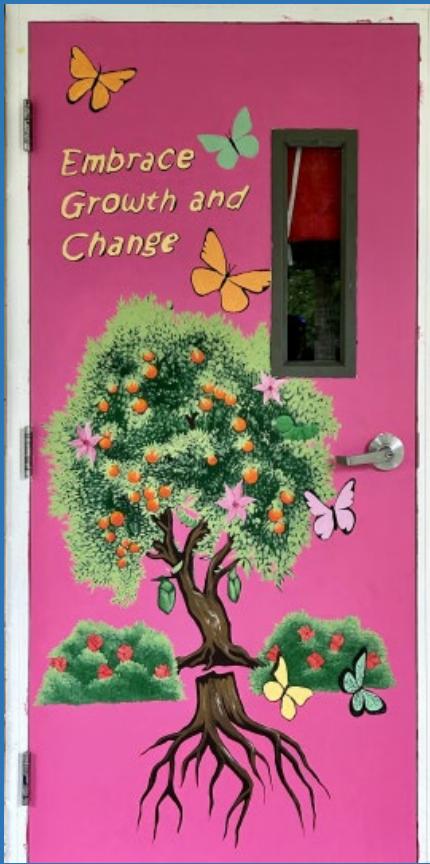
UF Health PALS

Measure	Target	Actual
Total Adolescents Served	350	451
Adolescents Receiving Individual Therapy	250	235
Adolescents Receiving Group Prevention	175	223
Adolescents in Peer Leadership Groups	12	12

Child Advocacy Trauma Therapy

Measure	Target	Actual
Children Receiving Therapy	60	88
Parents Participating in Therapy	40	45
Total Therapy Sessions	550	917

Performance Measures: How Well?



Pace Reach Counseling

Measure	Target	Actual
Girls Participate for 3 months or Longer	80%	90%
Girls Receiving 10 or more Therapy Sessions	80%	90%
Girls Successfully Complete the Program	80%	70%

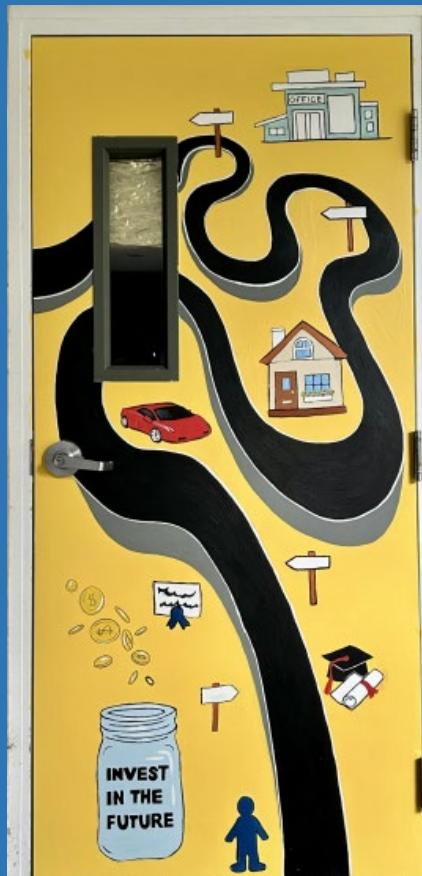
UF Health PALS

Measure	Target	Actual
Staff Receive Weekly Clinical Supervision	90%	96%
Staff Receiving Quarterly Written Evaluations	90%	100%
Adolescents retained in Individual Sessions	80%	82%
Adolescents report Improvement due to Services	90%	100%

Child Advocacy Trauma Therapy

Measure	Target	Actual
Prompt Referral Response	90%	93%
Child/Caregiver Satisfaction with Services	90%	100%
Services Helped Children Feel Safe	85%	95%
Children have Specialized Treatment Plans	80%	91%

Performance Measures: Better Off?



Pace Reach Counseling

Measure	Target	Actual
Improve/Maintain Low Concerns in Mental Health	60%	82%
Improve/Maintain Low Risk in Substance Use	70%	72%
Improve or Maintain Positive Relationships	80%	89%
No Involvement with Juvenile Justice System	95%	100%

UF Health PALS

Measure	Target	Actual
Improved Mental Health Well-Being	70%	87%
Allowed for Access to Mental Health Services	70%	95%
Less Likely to Bully and More Accepting of Difference	70%	99%

Child Advocacy Trauma Therapy

Measure	Target	Actual
Children report Decrease in Symptoms	80%	81%
Successful Progress Toward Treatment Goals	75%	80%
Skill & Knowledge in Addressing Trauma Reactions	80%	90%



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Impact on Children and Youth

Partners in Adolescent Lifestyle Support (PALS) - Impact Story

“My experience with PALS has been an emotional roller-coaster and through that I gained happiness, hope and modesty and lost sadness, a sense of not belonging that cringe worthy feeling that used to stab inside of me and now I’m a trillion or more times better.”

Pace Reach Counseling - Impact Story

‘Girl’ was referred for issues with family conflict, lying, stealing, and vaping. She and mom struggled with communication and effective skills to regulate disagreements. Girl and mom participated in family sessions to learn and practice communication skills and implement “fair fighting rules”. Girl participated in individual and group sessions to focus on values, respect in interpersonal relationships, substance use, and healthy coping skills. Girl has had a significant decrease in substance use and continues toward the goal of stopping use completely. She regained trust from her mom, learned to express her emotions effectively, and increased her consequential thinking.

Child Advocacy Reducing Trauma Therapy - Impact Story

When referred to therapy, this 12-year-old girl presented with significant trauma following having endured prolonged sexual and physical abuse. She initially struggled to articulate her emotions and demonstrated self-blame, shame, and diminished self-worth. Through consistent, trauma-responsive therapy, she began developing the capacity to recognize, name, and process her emotions. A key milestone in her progress has been her growing ability to practice self-compassion. Most notably, she no longer blames herself for the abuse she experienced. Where she once internalized shame and responsibility, she now understands that what happened was not her fault. This re-framing has supported the rebuilding of her self-esteem and sense of personal safety.

