



MEDIA CONTACTS:

Cary Corbin, 830-708-3940

Mike Hannan, 210-582-6439

Michele Brown, 210-884-8075

NEWS RELEASE
For Immediate Release

**NOTABLE CHILD MENTAL HEALTH EXPERTS COME TO SAN ANTONIO FOR
CLARITYCON2018**

***Fifth annual summit on children's mental health, June 21-22, includes
workshops on raising resilient children, helping military children and more***

SAN ANTONIO – Over 30 years of treating patients, pediatrician Timothy Johanson, MD, and psychologist Michael Anderson have witnessed a shift in parenting that's resulted in an increasing number of children growing up unprepared to be independent adults.

The two, co-authors of the 2014 book *Gist: The Essence of Raising Life-Ready Kids*, will deliver the luncheon address at Claritycon2018, the annual conference on children's mental health sponsored by Clarity Child Guidance Center, taking place June 21-22. Their presentation, entitled "Sticks and Stones: Fostering Resilient Kids," will discuss ways parents can help children become ready for life in the adult world.

Anderson and Johanson are among more than 20 notable children's mental health professionals presenting at Claritycon2018 on a variety of topics relating to children's mental health.

Other speakers include Navy Capt. Michael Colston, a psychiatrist, who will present the Thursday keynote address entitled "Helping Military Children with ADHD: What We've Learned." His presentation will discuss the challenges facing military children, such as frequent moves, deployments and adapting to new schools, and helping children with ADHD navigate these obstacles.

Abigail Baird, PhD, a professor of psychology at Vassar College, has extensively researched brain development and its influence on teenage behavior. Her Friday keynote presentation, "What Were You Thinking? The Teen Species" will examine why teenagers do some of the seemingly thoughtless things they do.

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The conference provides training to mental health professionals by bringing in recognized authorities on a variety of mental health topics, including anxiety, addiction, autism and disruptive mood dysregulation disorder (DMDD) and medications. Mental health professionals may earn up to 11 CEUs at Claritycon2018. The conference is a resource for mental health professionals or anyone interested in in-depth learning about mental illness in children.

For more information or to register for the conference, go online to <https://claritycon2018.eventbrite.com> or call 210-582-6406.

Claritycon2018 is hosted by Clarity Child Guidance Center, the region's only not-for-profit mental health treatment center providing a continuum of services designed specifically for children ages 3 – 17.

ABOUT CLARITY CHILD GUIDANCE CENTER

[Clarity Child Guidance Center](#) (CGC) is the only not-for-profit organization in South Texas providing crisis assessment, inpatient, outpatient and day treatment mental health care to children ages 3-17.

Clarity CGC offers the region's largest concentration of child and adolescent psychiatrists, with its onsite affiliation with Southwest Psychiatric Physicians. In addition, the center serves as a teaching hospital for UT Health San Antonio and Baylor College of Medicine. Clarity CGC's treatment network includes an eight-acre campus in the South Texas Medical Center with a 66-bed hospital and six-bed Crisis Assessment Center, as well as a Clarity Child Guidance Clinic located on the West Side of San Antonio .

Clarity CGC is also committed to removing the stigma often associated with mental illness and has created the [One in Five Minds](#) campaign to raise awareness and educate the community, parents, professionals, and leaders about mental illness. Learn more and take the pledge at 1in5minds.org.

Clarity CGC is a United Way agency and serves children in need, regardless of their family's ability to pay.

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