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NEWS RELEASE
For Immediate Release

**ONE IN FIVE MINDS DEVELOPS RESOURCES TO HELP MILITARY FAMILIES
LEARN ABOUT CHILDREN'S MENTAL HEALTH**

***Grant from USAA helps fund free online information for military families,
training for mental health professionals***

SAN ANTONIO – Military parents and their children face unique challenges, including frequent moves, deployments and other situations that can create high anxiety or deep sadness.

When outside stressors affect mental health, many families aren't sure where to turn. To help military families learn more about children's mental health, One in Five Minds has created free resources for parents, including articles, videos and handbooks online at <http://www.1in5minds.org/>. These resources are made possible by a grant from USAA.

One in Five Minds is an advocacy campaign that aims to raise awareness about children's mental illness, break down stigma and increase access to treatment for children. One in Five Minds was created by Clarity Child Guidance Center, a not-for-profit mental health treatment center based in San Antonio serving children ages 3 – 17.

The online resources are designed for military families who are active duty, who have been discharged or retired. The site will cover subjects specific to the unique needs of military families, including dealing with children's strong emotions; warning signs of mental illness; helping a child cope with a parent's deployment or PTSD; and finding help in Bexar County and the surrounding areas. Other topics include common challenges facing military families, such as preparing a child for a move and helping a child when a parent is wounded. The website will add new content monthly, including articles and videos from experts.

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“Our goal is that all military parents know the warning signs of children’s mental illness and are better informed about how to get help. This website will allow military families to learn more in the privacy and comfort of their own homes, while informing them of the resources available in our area,” said Fred Hines, President and CEO of Clarity Child Guidance Center. “Because USAA recognized the need for this service and provided support, we’ll be able to reach many more children and families who need assistance.”

Research shows that military families face many unique challenges. According to the [Blue Star Families 2017 Annual Military Family Lifestyle survey](#), time away from family as a result of military service is the top concern among 46 percent of respondents, surpassing “Pay and Benefits,” the top concern since 2013. Forty percent of military members had experienced six or more months of separation from their families in the last 18 months; one-third of currently serving military members have experienced at least 25% of the last 16 years away from their families. More than half (54 percent) of military parents say their children had experienced separation anxiety, worry and/or sleeping problems as a result of a service member’s deployment, and 49 percent reported that their child had demonstrated behavior problems, such as acting out, irritability and/or aggression.

The survey also found that the top reason for leaving the military among those planning to exit service in the next two years (with the exception of retirement) is concern about the impact of military service on family.

The funding will help One in Five Minds educate families to reduce the stigma surrounding mental illness, one of the top barriers to treatment. Clarity CGC has experienced an increase in patients using military benefits in the last several years. However, the numbers are misleading because many families will pay out of pocket for services to avoid creating a record for their child’s mental health treatment.

In addition to providing resources to help military families, the grant also provides funding for Clarity CGC to train mental health professionals on better understanding the military experience in order to provide care for children and adolescents. Trainings include Continuing Education Unit (CEU) presentations and professional workshops at Claritycon, Clarity CGC’s annual summit on children’s mental health.

Clarity CGC offers a full range of services for children and teenagers experiencing emotional and behavioral problems, serving nearly 8,000 children each year. Clarity CGC offers the region's largest concentration of child and adolescent psychiatrists, with its onsite affiliation with Southwest Psychiatric Physicians. The center is also a teaching hospital for The UT Health San Antonio and Baylor College of Medicine. Follow 1 in 5 Minds on [Facebook](#) or [Twitter \(@1in5Minds\)](#) or visit www.OneinFiveMinds.org. Follow Clarity CGC on [Facebook](#) or [Twitter \(@claritycgc\)](#) or visit www.ClarityCGC.org or call 887-676-KIDS (5437).

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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 The 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.

ABOUT USAA

The USAA family of companies provides insurance, banking, investments, retirement products and advice to more than 12 million current and former members of the U.S. military and their families. Known for its legendary commitment to its members, USAA is consistently recognized for outstanding service, employee well-being and financial strength. USAA membership is open to all who are serving our nation in the U.S. military or have received a discharge type of Honorable – and their eligible family members. Founded in 1922, USAA is headquartered in San Antonio. For more information about USAA, follow us on [Facebook](#) or Twitter ([@USAA](#)), or visit usaa.com.

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