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NEWS RELEASE
For Immediate Release

**MOTHER-DAUGHTER TEAM SHARE JOURNEY TO SURVIVING BIPOLAR DISORDER
AT CLARITYCON 2017**

***Fifth annual summit on children's mental health, June 15-16, includes
self-compassion expert Dr. Kristin Neff and other national mental health experts***

SAN ANTONIO – The Johnsons were a close family of two parents and two daughters living in the Seattle area. Their world turned upside down when their youngest daughter, Linea, a talented musician and athlete, began experiencing crippling bouts of suicidal depression. A diagnosis of bipolar disorder took the family on a journey that included multiple hospital visits, several trial runs of drugs and therapies, and ultimately to Linea's survival.

Linea and her mother Cinda will share their experience at Claritycon2017, the annual conference on children's mental health sponsored by Clarity Child Guidance Center. The Johnsons, who co-authored the book "Perfect Chaos: A Daughter's Journey to Survive Bipolar, a Mother's Struggle to Save Her," will deliver the Claritycon luncheon presentation, hosted by One in Five Minds, on June 15. Tickets are available to the luncheon only or included in registration for the entire conference at <https://claritycon2017.eventbrite.com>. The conference takes place June 15-16 at Norris Conference Center, 618 NW Loop 410.

The Thursday keynote speaker is Kristin Neff, PhD, associate professor at the University of Texas Austin and a pioneer in the study of self-compassion. Neff is the author of a book called "Self-Compassion: The Proven Power of Being Kind to Yourself." She will discuss how mental health professionals can care for others without losing themselves by practicing self-compassion.

Elizabeth McIngvale, PhD, LMSW, author of "Mental Illness Robbed My Childhood but Not My Life: Lessons from My Lifelong Battle with Obsessive Compulsive Disorder," will deliver a keynote presentation on Friday. These speakers join more than 20 other internationally renowned children's mental health professionals who will deliver workshops and presentations on a variety of topics relating to children's mental health.

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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 in adolescents, substance abuse and reducing the risk of teen suicide. Mental health professionals may earn up to 11 CEUs at Claritycon2017. The conference is a resource for mental health professionals or anyone interested in in-depth learning about mental illness in children.

All luncheon and keynote presentations, breakfast and snacks are included with each paid conference registration. Tickets are also available for the Johnsons' lunch presentation only for \$35 each. For more information or to register, go online to www.claritycgc.org under "Events" or call 210-582-6406. For information on sponsorship opportunities, including luncheon table sponsorships, contact Michele Brown at 210-582-6406.

Claritycon2017 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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