

A photograph of four children of diverse backgrounds and ages, smiling and looking upwards. They are arranged in a circle, with their heads pointing towards the center. The background is a bright, cloudy sky. The children are wearing colorful clothing: a blue denim jacket, a green long-sleeved shirt, a pink long-sleeved shirt, and a green and white patterned sweater.

2013 annual report

clarity | child
guidance
center
healing young minds & hearts

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who we are

Clarity Child Guidance Center's legacy dates back to 1886 when thirteen caring women founded an orphanage for children who had been left behind by society. The children who lived at the orphanage throughout their entire childhood were most often the children suffering from mental, emotional and behavioral disorders. Over decades, the agency evolved to become a premiere resource for children in need of mental health treatment.

In 2010, Southwest Mental Health Center merged with the Child Guidance Center and was renamed Clarity Child Guidance Center. We became the region's only nonprofit that provides a continuum of mental health care for children ages 3–17 suffering from serious disorders.

Clarity Child Guidance Center's mission is to help children, adolescents and families overcome the disabling effects of mental illness, and to improve their ability to function successfully at home, at school and in the community.

We help heal young minds and hearts.

**"They treated my daughter with
respect and made her feel safe;
they really understood her."**

—Clarity Parent

letter from our leadership

On behalf of the board of directors, the management team, and the staff of Clarity Child Guidance Center, we are pleased to submit the 2013 Clarity Child Guidance Center (CGC) annual report for your review. This report is a document of our performance over the past 12 months. It outlines the activities we undertook, and the accomplishments we achieved, that allow Clarity CGC to provide care for children and adolescents in our community struggling with mental, emotional or behavioral issues.

As you review our accomplishments, we hope you are as encouraged about the results as we are. The results of this year have positioned Clarity CGC for significant growth and expansion in the next two years. The opening of the first Clarity Child Guidance Clinic in late 2013, thanks to grants from the Baptist Health Foundation, Hogg Foundation and H-E-B's Tournament of Champions, will expand our services to meet the needs of the West Side of San Antonio. We will also undertake an expansion on our main campus in 2014, which will add 14 beds and a six-bed emergency service for children in crisis. After making the first clinic opening effective and efficient, it is our intention to open other clinics in areas of high-need.

However, our excitement is tempered by the knowledge that more children and adolescents are requiring the services Clarity CGC has to offer. There are a number of factors that may be contributing to this, but the fact remains that nearly 80,000 kids in Bexar County are struggling, and there are limited resources to meet their needs. The Clarity Child Guidance Clinics and hospital expansion will help to address this gap.

We are not doing this on our own. We would like to extend our sincere appreciation to you for your interest in, and support of, Clarity Child Guidance Center. Thank you to our community partners, our visionary board, and our dedicated staff. Together, we are making a difference in the lives of children and adolescents in our community.

Each day our staff is helping to heal young minds and hearts. It's gratifying to see the results of their work reflected in a child who is able to return to his or her family, school and friends.

Thank you for making this possible.

Sincerely,



Paul R. Brochu
Chair, Board of Directors



Frederick W. Hines
President & CEO

accomplishments & future plans

“Because you have helped me understand the changes my teen daughter will go through in her adolescence, I will be able to help her.”

—Clarity Patient's Mother

At the close of our year on June 30, 2013, Clarity CGC had cared for nearly 7,500 children and adolescents in the inpatient, outpatient and day treatment programs. When we share that number with people, they're usually surprised, and a little shocked that there are so many kids who need treatment. But there are over 80,000 children in Bexar County who are struggling with a mental, emotional or behavioral issue. The need is great. But thanks to treatment, there are 7,500 more kids who will have the opportunity to live healthy, productive lives. Seeking help is the most important step.

We're not alone in our care. Families, schools, and even other community organizations can be part of the caring network. Engaging, educating, and connecting with our network helped us to achieve new milestones in 2013 that included:

ClarityCare Knowledge Shared

We trained staff and partners at Haven for Hope and shared our best in class approach to treatment, utilizing trauma informed care principles. This is just one agency we've partnered with to assist in training staff on mental health topics.

Children's Summit Conference

We launched a conference on children's mental health that was attended by over 200 mental health professionals (pictured below). In addition to the Children's Summit Conference, there were hundreds more we addressed at conferences, trained at other non-profit agencies, or educated through our parenting classes and monthly community education events. Altogether, we estimate that we shared information with over 5,000 people at over 150 sessions throughout the year.



Child and Adolescent Physicians Trained

Clarity CGC continues to support The University of Texas Health Science Center at San Antonio by serving as a training hospital for residents. Clarity CGC has the largest group of child and adolescent psychiatrists, led by Clarity CGC Senior Medical Director Soad Michelsen, MD.

United Way Record Participation

Clarity CGC staff generously donated to the United Way campaign, reaching a record donation level and 100% participation. As a United Way Agency, we believe it's essential to support the goals of the United Way. We also supported United Way by making nearly 45 presentations to over 2,100 people this year.

Pinwheel Run for Hope 5K

The third annual Pinwheel Run for Hope raised funds and awareness for Clarity CGC. 200 participants walked or ran through our beautiful campus and the Medical Foundation Trails in support of raising funds for children's mental health care.

Annual Gala Record Funds Raised

In 2013, Clarity CGC honored Mayor Julian Castro and raised over \$600,000 so more children could receive care. In addition to the Gala, Clarity raised more funds in 2013 than the last several years combined. Thanks to the generosity of our supporters through this, and other fundraising efforts, we also have two ground-breaking, innovative projects in different stages of development:

Clarity Child Guidance Clinic Grand Opening Scheduled for Late 2013

Our first Clarity Child Guidance Clinic will allow us to provide rapid access services to children in need on the West Side of San Antonio. Services will include therapy, medication management and a day treatment program.

Main Campus Expansion Planned for 2014

We will be adding a six-bed psychiatric emergency service for kids, 14 additional inpatient beds, a new and expanded outpatient center, and other additions to increase care to children.



Mayor Julian Castro speaks at the 2013 Clarity CGC Annual Gala



From left to right: Barbara Gentry, Clarity CEO Fred Hines and City Manager Sheryl Sculley at the 2013 Clarity CGC Annual Gala

Last year, nine out of ten parents of children receiving care at Clarity CGC reported improvement after their treatment. However, for many of these kids, the treatment will be ongoing, as they learn how to manage what is sometimes a lifelong challenge.

For the kids who aren't receiving treatment, it's often due to stigma. Helping our community overcome the stigma of children's mental health, and providing greater access to treatment was the motivation for our *One in Five Minds* advocacy campaign.

The campaign was launched in early 2013 with several community leaders joining the cause, and over 200 people pledging to help overcome the stigma of children's mental illness. In just a few months, the *One in Five Minds* campaign has reached over 1,000 fans and followers on Facebook and Twitter.

This is just the beginning. We will continue to raise awareness of the need for treatment for children, and then expand our facilities and resources to provide it. It's a big goal, but we asked ourselves, "If not us, who? If not now, when?" Thanks to your support we're one step closer to providing many more kids with hope and healing.

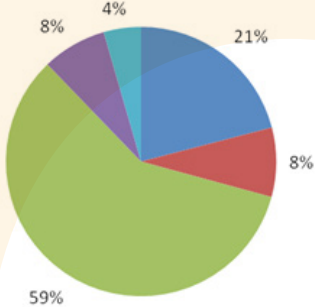
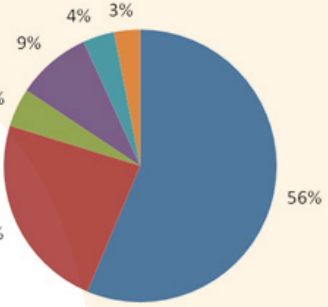
For more information or to join our campaign, please check 1in5minds.org.

Bexar County Judge Nelson Wolff (pictured) spoke at the One in Five Minds launch event. Other key advocates for the campaign include Congressman Joaquin Castro, Justice Luz Elena Chapa, Dr. Deborah Healey, Jesse James Leija, Judge Laura Parker, Al Philippus, Dr. Steven Pliszka, Amparo Ortiz, Senator Leticia Van de Putte, and Jackie Van de Walle.



impact

In the past 5 years, our number of patient days for our inpatient and day treatment has grown by 25%

	inpatient	outpatient
Total patients treated:	839	6,673
Primary diagnosis:	 <ul style="list-style-type: none"> Major Depressive Disorders: 21% Bipolar Disorders: 8% Other mood disorders: 59% Schizophrenia/Psychotic Disorders: 8% Other disorders: 4% 	 <ul style="list-style-type: none"> ADHD¹: 56% Other psychiatric disorders: 23% Major Depressive Disorders: 5% Other mood disorders: 9% Bipolar Disorders: 4% Anxiety Disorders: 3%
Number of visits:	17,275 Inpatient days	38,667 Outpatient visits
Satisfaction rate: (% of patients who report that our providers listen, care and communicate) ²	Inpatient medical clinical and nursing teams: 98%	Outpatient clinical and medical teams: 96%

¹ A substantial portion of children diagnosed with ADHD are also diagnosed with Oppositional Defiant Disorder, Conduct Disorder, Mood Disorders, Anxiety Disorders, Learning Disorders, and/or Communication Disorders.

² Top two-box score consisting of "always" and "usually" responses.

financials

Fiscal stewardship and an exceptional and compassionate staff are at the foundation of our success. The administration and fundraising ratio at Clarity Child Guidance Center amounts to 11.9% of our overall budget. Our expense-to-revenue ratio is low when compared to the 21% average for other non-profit organizations in the healthcare field.

income	fy 2013 actual
Income from patient services	\$14,426,293
Other income	\$723,989
United Way contribution	\$968,457
All other contributions	
Foundations	\$719,120
Corporations	\$514,923
Individuals	\$239,491
Total	\$17,592,273

expenses	estimated fy 2013
Cost of programs	\$15,492,379
Cost of the center's management	\$1,846,424
Cost of fundraising	\$246,190
Total	\$17,584,993

staff	number in 2013
Medical team (MD/DO, Residents, Pharmacists)	32
Clinical team (PhD, PsyD, and other licensed counselors)	38
Nursing team (RN, LVN, MHCs)	130



“I feel my child was treated well and with respect. My son is seen and cared for as an individual, and I feel the staff, doctors and therapist make an effort to see and treat his uniqueness.

Clarity is able to provide safety in a crisis situation.”

—Clarity Patient’s Mother

donors

Clarity CGC gratefully acknowledges the foundations, corporations and individuals who are an integral part of the work of healing young minds and hearts through their generous contributions.

corporations, organizations & foundations

A & A Transportation
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