

when life gets
blurry...



...adjust your focus!

To say 2020 was a year like no other is an understatement. Clarity Child Guidance Center, like all non-profit agencies, faced many challenges. We are happy to report that we not only braved the worst of the COVID pandemic — and even the ice storm of 2021 — but we emerged stronger and better than ever.

That strength came from Clarity's incredible Board of Directors, passionate unflappable staff and understanding parents. It is hard to express our gratitude for their service and support! We had to constantly make hard decisions and then adjust programs accordingly. We asked a lot from you — our committed donors — and you never let us down.

These results are a remarkable start for 2021 which marks 135 years of Clarity Child Guidance Center's success helping children, adolescents and families overcome the effects of mental illness, and improving their ability to function successfully.

No doubt 2021 will throw some other challenges our way. However, this past year taught us that what we do is critically essential and reconfirms our passion for the families we serve!

We are proud to celebrate our 135 years of service to our community, and hope you join us as we renew our commitment to our vision that every child and family that needs our services receives our services.

Thank you,



Joanna Weidman

Joanna Weidman
Governing Board Chair
Clarity Child Guidance Center

Jessica Knudsen

Jessica Knudsen
President and CEO
Clarity Child Guidance Center

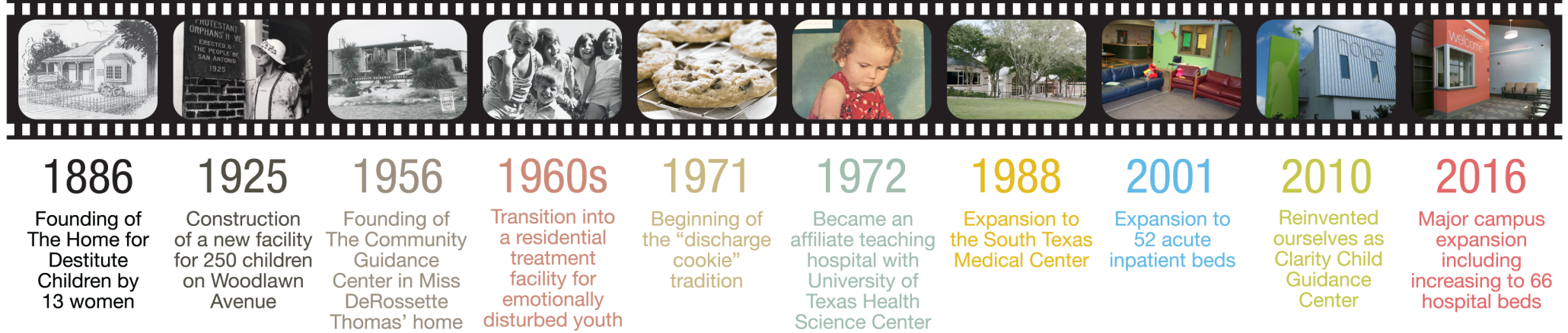
adjust to 2020

- Saw a **4% increase of inpatient admissions** from the previous year of services.
- Established the **Unit 3 Intensive Care Unit** for treatment of higher acuity patients.
- Created a **COVID Unit** to provide behavioral health treatment for asymptomatic COVID-positive patients while avoiding additional spread.
- Set up **telehealth counseling** sessions.
- Began the **Next Step Center** to help families navigate the behavioral health system.
- Launched a **new website** with resources for parents, providers and educators.
- Produced **“Claritycon Reimagined”** at KLRN to safely provide professionals with continuing education units during the pandemic.
- Continued to de-stigmatize mental health with **public and outreach awareness** initiatives.



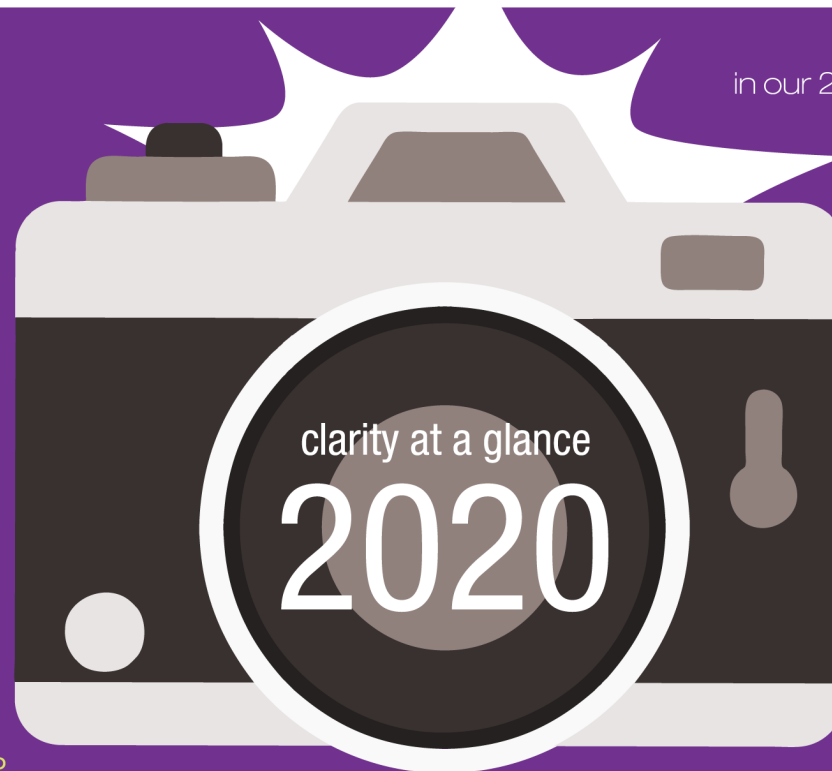
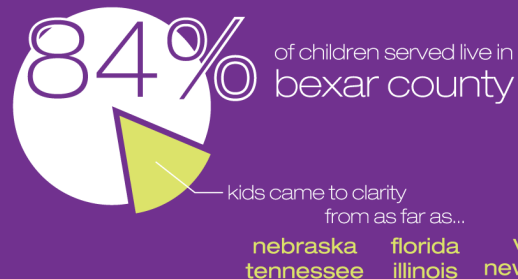
Originally founded in 1886 by 13 women as an orphanage, Clarity Child Guidance Center now focuses on the mental, emotional, and behavioral struggles facing kids ages 3 to 17.

135 years of history at clarity

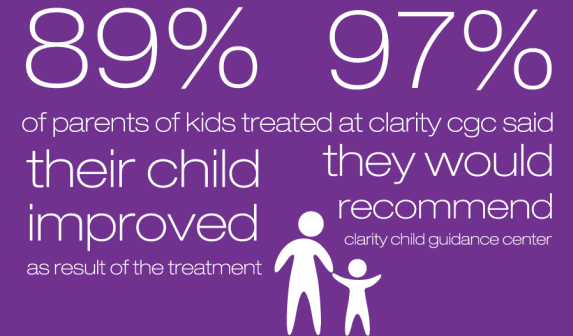


clarity cgc served

6,534 children
during fiscal year 2020



in our 2020 voice of the customer survey...



with your help, we can continue adjusting our focus to the changing needs of the kids in our community for the next 135 years! ↗

review the facts about children's mental health

the problem

suicide is the **2nd** leading cause of death for youth ages 15-34



50% of all lifetime cases of mental illness begin by age 14

1 in 6 children (age 2-8) have a diagnosed mental, behavioral, or developmental disorder



1 in 8 Texas high school students reported attempting suicide

40% of **LGBTQ** youth have seriously considered attempting suicide in the past year

the suicide rate among teenage latinas is close to **double** that of non-Hispanic youth and young adult females

the risks

60% of Texas youth entering state juvenile justice facilities have a moderate to severe mental health issue



high school students with significant symptoms of depression are **twice** as likely to drop out



about **1 in 2** people who experience a mental illness during their lives also experience a substance use disorder



children who experience **4 or more** types of trauma were **30x** more likely to have behavior & learning problems

the barriers to treatment

the average delay between the onset of symptoms & treatment is **11 years**

mental health professional shortages in Texas mean we only meet about **36%** of the state's needs



173 Texas counties do NOT have a single licensed psychiatrist



24 additional counties only have one psychiatrist

our hope

prevention programs & parental participation can reduce symptoms by as much as **60%** in school age children



81% of kids with anxiety respond to treatment in just 12 weeks



86% of parents said their child had benefited from telehealth mental health services during the COVID-19 pandemic



Sources: 1) "Suicide Facts & Figures: Texas 2019" by American Association for Suicide Prevention. 2) "Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication" in National Library of Medicine. 3) "National Survey of Children's Health" by Data Resources Center for Child & Adolescent Health. 4) "Public Health Impact: Suicide" by America's Health Rankings. 5) "2020 National Survey on LGBTQ Youth Mental Health" by The Trevor Project. 6) "Texas Group Promotes Suicide Prevention Among Hispanics" by Substance Abuse and Mental Health Services Administration (SAMHSA). 7) "2022-2023 Legislative Appropriations Request" by Texas Juvenile Justice Department. 8) "Revisiting the Link Between Depression Symptoms and High School Dropout: Timing of Exposure Matters" in The Journal of Adolescent Health. 9) "Common Comorbidities with Substance Use Disorders Research Report" by National Institute on Drug Abuse. 10) "Childhood trauma linked to higher rates of mental health problems and obesity, says Stanford/Packard psychiatrist" by Stanford Medicine. 11) "Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication" in National Library of Medicine. 12) "Designated Health Professional Shortage Areas Statistics. Third Quarter of Fiscal Year 2020 Designated HPSA Quarterly Summary" by Bureau of Health Workforce Health Resources and Services Administration. 13) "Psychiatrists, 2019" by Texas Department of State Health Services. 14) "Psychiatrists, 2019" by Texas Department of State Health Services. 15) "Children's Mental Health Report" by Child Mind Institute. 16) "Children's Mental Health Report" by Child Mind Institute. 17) "2020 Children's Mental Health Report on Telehealth services during the COVID-19 pandemic" by Child Mind Institute.