

FOR IMMEDIATE RELEASE:

**Clarity Child Guidance Center
FACT SHEET**

Founded in 1886, [Clarity Child Guidance Center](#) is the only nonprofit in South Texas providing a continuum of mental health care for children ages 3-17 and their families, to manage mental health conditions ranging from ADHD and anxiety to suicidal ideation, bipolar disorder and/or schizophrenia. What makes it unique:

- Stand-alone mental health hospital on an eight-acre campus in the South Texas Medical Center
- 66-bed hospital and 6-bed Crisis Service unit offering specialized inpatient/outpatient treatment for children
- Serves all children in need of care, regardless of their family's ability to pay; more than 60% of patients are disproportionately low-income
- Offers the region's largest concentration of child and adolescent psychiatrists through a partnership with Southwest Psychiatric Physicians
- Serves as a teaching hospital for the esteemed University of Texas Health Science Center at San Antonio, Baylor College of Medicine, Incarnate Word Nursing College, and several other nursing schools

Clarity CGC's continuum of treatment, intervention and prevention services include:

- Psychiatric emergency care in 24/7 Crisis Services area;
- Inpatient treatment for children in crisis and/or children experiencing long-term complex problems;
- First Step appointments help caregivers recognize when a child's behavior escalates from age-appropriate challenges to mental health disturbances requiring professional help;
- Partial hospitalization (day treatment) during daytime; children return home in the evening to practice coping skills outside of the treatment setting;
- Outpatient therapies, including individual, group and family sessions;
- Wraparound services such as case management, medication management, education support and an innovative Play with Purpose™ therapeutic art and active play program;
- Next Step program helps families transition out of treatment by ensuring medications are filled; answering questions; helping with school re-entry; connecting families with resources food and clothing; and making follow-up care appointments;
- One in Five Minds online resource is free for parents, including articles, videos and handbooks;
- Professional education and CEUs offered at [Claritycon](#), an annual children's mental health conferences;
- Collaborations with schools, churches, businesses and organizations.

THE NEED: A December 2021 advisory from U.S. Surgeon General Dr. Vivek Murthy addresses the nation's youth mental health crisis "further exposed by COVID-19 pandemic," filled with alarming statistics that Clarity CGC is experiencing in real time:

- Before COVID-19, mental health challenges were the leading cause of disability and poor life outcomes in young people, with up to 1 in 5 children ages 3 to 17 in the U.S. having a mental, emotional, developmental or behavioral disorder.
- From 2009 to 2019, the share of high school students reporting persistent feelings of sadness or hopelessness increased by 40%, to more than 1 in 3 students.
- Suicidal behaviors among high school students also increased during the decade preceding COVID, with 19% seriously considering attempting suicide, a 36% increase from 2009 to 2019, and about 16% having made a suicide plan in the prior year, a 44% increase from 2009 to 2019.
- Between 2007 and 2018, suicide rates among youth ages 10-24 in the U.S. increased by 57%, and early estimates show more than 6,600 suicide deaths among this age group in 2020.

In Texas, more than 67% of Texas children who need treatment will never receive it—even though 25% have onset by age 7—due to three barriers: a lack of service providers where they live; stigma around mental health; and the ability to pay for services. Ranked #43 in the nation, that equals 180,000 youth in Texas untreated in 2020.

Absence of treatment harms children and their families, often leading:

- to higher risk for incarceration as adults. 60% of Texas youth entering state juvenile justice facilities have a moderate to severe mental health issue;
- high school students to drop out of school since students with significant symptoms of depression are twice as likely to drop out;
- to substance use disorder, with average onset for substance use disorders at 15 years old.

INCREASE DEMAND FOR SERVICES AT CLARITY: *Over the last two years*, Clarity CGC has experienced:

- 27% increase in inpatient admissions
- 8% increase the average daily census on the inpatient units
- 19% increase in the number of patients admitted and placed on suicide risk precautions
- 65% increase in patients admitted to an inpatient unit that have not had previous treatment at Clarity
- 159% increase in the use of Psychiatric Emergency Services Beds

COMMUNITY OUTREACH: Besides Clarity’s continuum of care cited above, CCGC develops many community partnerships and collaborations aimed at quality assurance, providing parent education, increasing children served, increasing children's mental health providers, and reducing duplication of services with partners and United Way partner agencies including:

- Reciprocate patient referrals with Center for Health Care Services, Hill Country MHDD Centers, Roy Maas Youth Alternatives, Stonebridge Alliance, San Marcos Treatment Center, St. PJ's Children's Home, The Cohen Clinic, Meridell Achievement Center and many others.
- “Food for the Soul” initiative allows volunteers to bring in and serve a meal to the kids. Other volunteer opportunities include gardening, campus upkeep (“Caring for Clarity”), in-kind donation drives (“bridge the gap”) to provide food and clothing, and an on-going [Amazon wish list](#) for clothing and educational supplies.

POSITIVE RESPONSE: With the right treatment, the response rate for psychiatric disorders is high. Prevention programs and parental participation in treatment can reduce symptoms by as much as 60% in school age children; 81% of children with anxiety respond in as little as 12 weeks, and 86% of children experiencing depression improve within 36 weeks.

In FY20, Clarity CGC treated over 5,600 children with 18,497 inpatient nights, 6,860 day treatment days, and 27,255 outpatient visits. Children served resided predominantly in Bexar County with remaining from 48 other Texas counties and 7 states outside of Texas who could not find or afford services in their area. 60% were uninsured, under-insured, or low-income.

Clarity CGC accepts most insurance and accommodates families by billing them on a sliding scale based on their income. However, for uninsured patients, mental health treatment remains cost prohibitive, and insurance company reimbursements, especially for companies such as CHIP and Managed Medicaid, do not fully cover the cost of treatment. Day treatment is often completely excluded from coverage.

Clarity serves all children in need of care, regardless of their family’s ability to pay. Those wanting more information about [Clarity Child Guidance Center](#) can visit www.claritycgc.org or contact 210-616-0300 or info@claritycgc.org. Those wanting to donate can visit www.claritycgc.org/give-now/.