

A close-up photograph of a pair of hands holding a large, red, heart-shaped sign. The sign has white text on it. In the background, a blurred face of a child is visible.

THANKS TO YOU,  
**HEARTS**  
ARE  
*Healing*



Children's Bereavement Center  
OF SOUTH TEXAS



# GRIEF EDUCATION INSTITUTE

The Grief Education Institute offers healthcare professionals, educators and clergy the opportunity to gain knowledge and skills that will strengthen their ability to assist families in mourning. The Institute's experienced faculty and guest speakers offer an annual series of presentations and workshops covering topics that range from healing through expressive arts to the physiological impact that accompanies complicated grief. In addition to the in-house trainings, the Institute will soon provide distance learning for professionals without access to a bereavement center in their area. CEUs can be provided for all trainings offered by the Center for mental health professionals and clergy.

The Grief Education Institute of the Children's Bereavement Center of South Texas also provides consultation services for other organizations. The Center's staff will work with your organization to incorporate our model of healing through expressive arts and bereavement counseling.

## GRIEF CAMP

At the Children's Bereavement Center of South Texas we believe that every grieving child is on a hero's journey. Their path may begin with pain and loss, but on the journey toward healing they can reclaim memories and laughter and discover the courage within. The Center has the honor of hosting the 'Camp Heroes' grief camp, which is designed for boys and girls, ages 7-12, who have experienced a death within the past two years, but are unable to attend our peer support groups due to various conflicts. In collaboration with Communities in Schools of San Antonio, the Center hosts approximately 16 heroes, twice a year, who attend a three-day, two-night camp experience at our "Home with a Heart," at no cost to their families.

The Camp's heroes have fun while making new friends with peers who have similar loss experiences, restoring a sense of normalcy to each child in a time when they often feel alone. Campers participate in sharing circles and learn healthy coping skills to help with their grief. Campers also engage in recreational and therapeutic activities to help express their feelings through art, journaling, dramatic play, music and drumming. 'Camp Heroes' is dedicated in loving memory of Reid Kelley, a young boy whose spirit and love brightened the lives of everyone he knew. Reid's family and friends have shown true strength and have proven to be true heroes in the lives of grieving children.



The Spirit  
Healing  
Lives  
Here.

*"The Center helps me  
remember my Dad  
and makes me feel happy"*







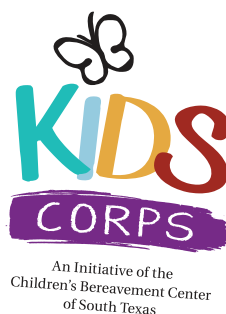
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## KIDS CORPS

The Children's Bereavement Center of South Texas serves as a lead agency, in partnership with the Red Cross, in organizing a group of mental health professionals who will respond in the aftermath of a community disaster. In this grass roots effort, called the 'Kids Corps,' all volunteers are recruited from area non-profits and health related organizations. These volunteers consist of child specialists and mental-health professionals who have volunteered to work in partnership with the already-strong community team in South Texas devoted to disaster preparedness. Their role is specifically to care for the mental health needs of children. Often what is needed most in these situations is not psychotherapy, but professionals who can help communicate with children, keep them calm, and maintain their focus on children's activities despite the chaos around them.



## FAMILY ACTIVITIES

At the Center we believe that each person's journey through grief is unique and therefore deserving of a distinct approach to healing. Staff and volunteers strive not only to help the family understand the depth of their sorrow, but also to help stabilize and preserve family relationships, while coping with the loss of their loved one. From the first day that a child and their family walk through the doors at the Center and hang a photo of their loved one on our memory wall, to the day that they feel safe and confident enough to walk the grief journey without our guidance, they are family. The Center remains in touch with our families throughout the year and hosts several fun family activities for the children. Those photos on our memory walls are just a reminder that we all belong to a larger family, that we are connected, and never alone.



## YOUNG PHILANTHROPISTS

The Center is honored to have many supporters in the community who believe in our work and we owe much of our success to them. In the past few months it seems they are getting younger! Young Philanthropists are taking the initiative and making a difference in their community. We predict the effect will last well into their adult years. Whether their support comes in the form of "Penny Wars," service projects, or donations to the Center in lieu of birthday gifts, philanthropy is important to the health of our community. The vision of a better world begins with our children. Thank you to all of our young donors and those young at heart.



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					Mrs. Marion Zoch

# FINANCIALS

## STATEMENT OF FINANCIAL POSITION

For the year ending December 31, 2013

### ASSETS

CASH AND CASH EQUIVALENTS: . . . . .	\$ 1,636,519
GRANTS AND PLEDGES RECEIVABLE. . . . .	99,910
PREPAID EXPENSES . . . . .	31,367
PROPERTY AND EQUIPMENT, NET . . . . .	2,148,345
<b>TOTAL ASSETS . . . . .</b>	<b>\$ 3,916,141</b>

### LIABILITIES AND NET ASSETS

#### LIABILITIES

ACCOUNTS PAYABLE . . . . .	\$ 8,977
ACCRUED EXPENSES . . . . .	33,317
DEFERRED INCOME . . . . .	45,167
<b>TOTAL LIABILITIES . . . . .</b>	<b>\$ 87,461</b>

#### NET ASSETS

<b>UNRESTRICTED</b>	
UNDESIGNATED . . . . .	\$ 1,037,648
BOARD DESIGNATED: FUTURE OPERATIONS . . . . .	500,000
BOARD DESIGNATED: INVESTMENT IN FIXED ASSETS . . . . .	2,148,345
<b>TOTAL UNRESTRICTED. . . . .</b>	<b>\$ 3,685,993</b>
TEMPORARILY RESTRICTED . . . . .	142,687
<b>TOTAL NET ASSETS . . . . .</b>	<b>\$ 3,828,680</b>
<b>TOTAL LIABILITIES AND NET ASSETS . . . . .</b>	<b>\$ 3,916,141</b>

## 2013 PROGRAM SERVICE NUMBERS

### PEER SUPPORT PROGRAMS

TOTAL NUMBER OF YOUTH SERVED:  
**486 individuals served**  
(6,916.8 UNITS OF SERVICE)\*

TOTAL NUMBER OF ADULT CAREGIVERS SERVED:  
**369 individuals served**  
(4,759.2 UNITS OF SERVICE)\*

### INDIVIDUAL & FAMILY COUNSELING PROGRAMS

TOTAL NUMBER OF YOUTH SERVED:  
**142 individuals served**  
(606 UNITS OF SERVICE)\*

TOTAL NUMBER OF CAREGIVERS SERVED:  
**41 individuals served**  
(177.6 UNITS OF SERVICE)\*

### FAMILY ASSESSMENTS

TOTAL NUMBER OF YOUTH SERVED:  
**472 individuals served**  
(1105.2 UNITS OF SERVICE)\*

TOTAL NUMBER OF CAREGIVERS SERVED:  
**437 individuals served**  
(860.4 UNITS OF SERVICE)\*

### FAMILY WORKSHOPS

**195 individuals served**  
(380 UNITS OF SERVICE)\*

### PHONE CONSULTATION SERVICE

**555 individuals served**  
(138.75 UNITS OF SERVICE)\*

### COMMUNITY OUTREACH SERVICES

TRAINING, EDUCATION AND OUTREACH:  
**5,156 individuals served**  
(7,101.75 UNITS OF SERVICE)\*

\* Each unit of service is based on a standard mental health hour of 50 minutes



1,100

VOLUNTEERS  
ASSISTING STAFF



15,000

OVERALL HOURS OF  
SERVICE PROVIDED



\$60,000

IN-KIND COUNSELING  
SERVICE & ADMIN HOURS

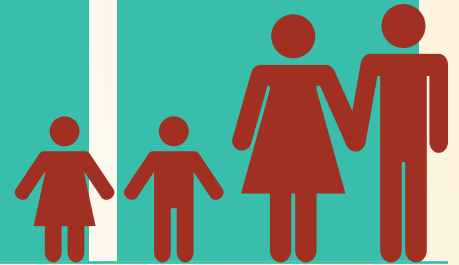
**GOAL: 90%** OF PARENTS  
& CHILDREN

93%

Describe the  
program as a safe  
and supportive  
environment to  
express feelings  
and grieve.\*

95%

Report a reduced  
sense of loneliness  
and isolation.\*



**GOAL: 90%** OF  
CHILDREN

94%

Describe the  
program as  
a safe and  
supportive  
environment  
to express  
feelings and  
grieve.\*

95%

Showed  
behavioral  
improvement  
with reported  
behavioral  
problems.\*

99%

Registered  
satisfaction  
with the  
program.\*



**GOAL: 90%** OF  
CARETAKERS

84%

Reported  
improvement in  
their children's  
mental /  
emotional state.\*

95%

Register satisfaction  
with the program.\*



*\*After attending two semesters, reports that were taken from the children and their families show the above results.*



Children's Bereavement Center  
OF SOUTH TEXAS

# STAFF & VOLUNTEER LEADERSHIP

## OUR LEADERSHIP

The Board of Directors of the Children's Bereavement Center is an independent Board charged with defining the mission and participating in strategic planning to review program priorities, financial standing and goals. Directors ensure financial responsibility by approving the annual budget and ensuring compliance, contracting for an independent audit, and controlling investment and fiscal management policies. In addition, the Center is honored to have an active Advisory Board whose members offer expertise and guidance.

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## FRIENDS OF THE CHILDREN'S BEREAVEMENT CENTER OF SOUTH TEXAS

The Friends of the CBCST is a membership-based alliance of caring individuals committed to increasing community awareness of the Center and its programs, as well as supporting the charitable and educational mission of the Center. The Friends plan the annual Hearts in Harmony Gala, Sisterhood Soirée, serve as Potluck Partners, and host quarterly fun activities for our children and their families. They are advocates for our grieving children and recruit new "Friends" to support the work of the Center.

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## OUR VOLUNTEERS

Volunteer recruitment and development is imperative to the success of our agency. The Center offers the peer support group programs at no cost to families; and as a result, we rely heavily on the tireless efforts of our practicum students, interns and community volunteers. They commit more than 15,000 hours annually and make it possible for us to serve more families. Our valued volunteers serve in the following capacities: support group facilitators, greeters, dinner sponsors, event coordinators and special project volunteers.





## 2013 BOARD OF DIRECTORS

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\*Almeda Hodge

\*Kitty Lange

Bonny Osterhage

Day Smith

Mary Lou Vielock

Katharine Welder

\*Janie Worth

*\*Advisors of the Friends  
of the CBCST Board*

## 2013 – 2014 STAFF

\*Marian Sokol, Ph.D., MPH  
*Executive Director*

\*Blair Thompson, MDiv  
*Managing Director*

\*Julia Anderson, M. Ed.  
*Director of Volunteer Services*

\*Laura Cavazos, LPC  
*Licensed Professional Counselor*

\*Tammy Cochran, M. Ed., LPC  
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\*Morgan Fenoglio, LPC  
*Licensed Professional Counselor*

Christin Gish  
*Community Relations  
Coordinator*

\*Tami Logsdon, LPC  
*Licensed Professional Counselor*

\*Connie Martinez  
*Data & Operations Assistant*

\*Kerry Menn, LPC-S  
*Licensed Professional Counselor-  
Supervisor  
Program Director*

Michelle Palmer, LPC-S  
*Licensed Professional Counselor-  
Supervisor  
Program Director*

\*Denise Rizzo  
*Development Director*

\*Maria Rodriguez  
*Customer Services Specialist*

\*Patricia A. Ruiz, Ph.D  
*Director of External Initiatives*

\*Francesca Velten, CNP  
*Development and  
Marketing Coordinator*

Laura Worth  
*Community Relations Assistant*

*\*Current staff as of publication*

*"Seeing smiles on the faces  
of our children is the  
ultimate reward."*



**Children's Bereavement Center**  
OF SOUTH TEXAS

# PROGRAMS & SERVICES

## COUNSELING SERVICES

Our licensed professional counselors provide individual and family counseling combined with an expressive arts focus for families who have experienced a death or who are anticipating the death of a loved one. The Center's unique approach to therapy helps develop coping strategies for family issues that arise during the grieving process. Clients can choose from a multitude of expressive art modalities in a tranquil and supportive environment to accentuate the healing process.

## SUPPORT PROGRAMS

Our peer support group programs bring together children, teens, and families with similar loss experiences to help normalize feelings, share experiences, and grieve. Peer support group programs are open-ended and are at no cost to families. Each group meets twice per month in our beautiful homelike setting, which provides a safe, nurturing environment conducive to healing. Children engage in therapeutic activities such as dramatic play, art, poetry, journaling, music, meditation, guided imagery, dance/movement, and recreational activities to help process feelings of grief.

## COMMUNITY OUTREACH AND TRAINING

The Center offers community presentations, crisis intervention, and a variety of professional education trainings. Continuing Education Units (CEUs) are available to Social Workers and Licensed Professional Counselors through the Grief Education Institute.

### *Beyond* ILLNESS

For those who have lost a parent to chronic illness.



### *Beyond* SUDDEN DEATH

For those who have experienced the sudden death of a parent.

### *Beyond* VIOLENCE

For those who have experienced the murder of a parent or other family member.

### *Beyond* SELF HURT

For those who have had a parent or sibling die of suicide.

## SIBLING

For those who have experienced the death of a brother or sister, either suddenly or as the result of a chronic illness.

## FAMILY

For those who have experienced the death of a grandparent, extended family member or friend.

## LITTLE HEARTS

For preschoolers who have experienced any type of death loss.

All support groups are facilitated by an exemplary team, made up of five licensed professional counselors and over 1,000 students and volunteers. The teams utilize expressive therapeutic techniques that incorporate art, writing, music and movement, dance, and dramatic play to help process feelings of grief. Our unique approach helps grieving children develop healthy coping skills, while stabilizing and preserving family relationships.

*\*All support groups are for children, teens, and young adults, ages 3-24.*





Children's Bereavement Center  
OF SOUTH TEXAS

205 W. Olmos Drive  
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*fax:* (210) 832-8919

[www.cbcst.org](http://www.cbcst.org)