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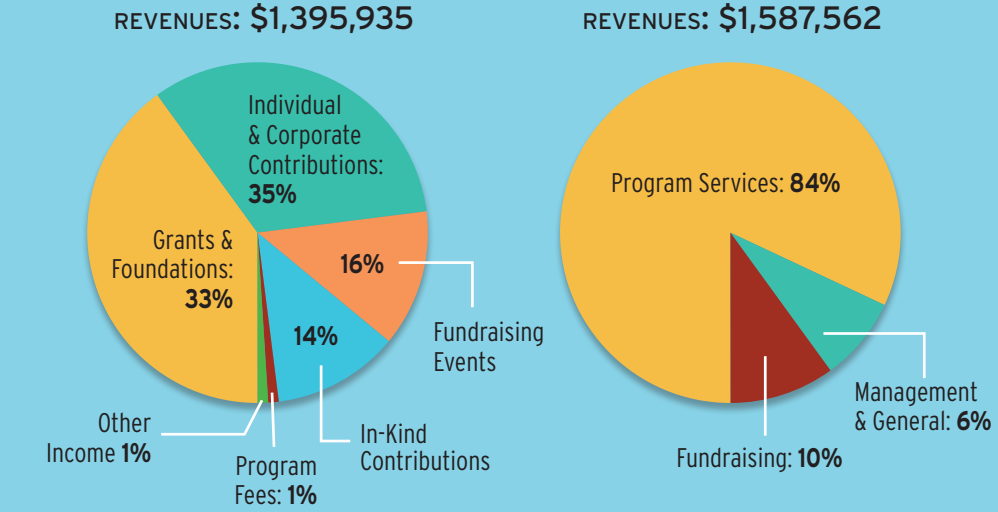
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Children's Bereavement Center of South Texas
205 W. Olmos Drive | San Antonio, Texas 78212 | cbctst.org | 210-736-4847 (HUGS)



HEALING HEARTS

2015 ANNUAL REPORT



*This list includes \$250+ gifts recorded to the best of our knowledge Jan.-Dec. 2015. Please notify our office if any information is incorrect.

OUR MISSION:

To foster healing for grieving youth, their families and the community through peer support programs, counseling, training, education and outreach.



2015 Year In Review

Suicide Prevention

A round table was initiated by the Center to discuss the increase in teen suicide. Over 60 experts attended, and ultimately formed the **Alamo Area Teen Suicide Prevention Coalition**. The goal is to work with teens and schools to increase awareness so that teens who are contemplating self-harm will be reached.

Expanding Teen Grief Reach

In January 2015, the Center began on-site peer support groups for Lanier High School students. Other external groups are held at SA YOUTH, Healy Murphy Center, and KIPP U Prep as part of the Teen Grief Reach program.

Outreach Coordinator

The addition of a full-time outreach coordinator has provided increased awareness throughout San Antonio of the Center's services, and the availability of its counselors to provide support and guidance in the community during grief-causing incidents.



Safe Sleep Initiatives

During the past year, the Center has hosted a Safe Sleep Coalition comprised of agencies and individuals focused on preventing the unintentional death of infants caused by co-sleeping. Siblings of the babies participate in the Center's Sibling Peer Support Group.

National & International Exposure

A highly successful event was held in conjunction with the Association of Death Education and Counseling, bringing more than 70 professionals from across the United States, Canada, and Australia to tour the Center's facility. The Host Committee included the most well known professors and authors in the field.



Ongoing Training

The Center's program staff are licensed professional counselors with master and doctoral degrees. Some staff also hold certifications in play therapy and credentials to supervise interns working towards licensure.

Grief Experts

Two of our counselors were chosen to present at the National Alliance for Grieving Children (NAGC) symposium. Presenters included nationally-known grief experts, staff from other bereavement centers, as well as therapists, counselors, and social workers who specialize in children's grief.

Increased Counseling Space

The Center moved administrative offices to an adjacent building in order to provide more space for individual and family counseling in the main building.

Outreach To Military

The Center continues to seek opportunities to serve the military. Over 80 military and civilian leaders were welcomed and received a tour of the facilities. The Tragedy Assistance Program for Survivors (TAPS) began holding their meetings at the Center, during which children are provided with expressive arts activities.

Pony Picnic

The annual event provides children and their families with an opportunity to connect with each other outside a therapy setting. They enjoy real pony rides, a petting zoo, face painting, arts and crafts, all sorts of picnic food, and the simple pleasures of being a child.

Camp Heroes

The fourth session of Camp Heroes was a great success and has "graduated" over 60 campers since its inception in 2014. This session, Peers As Leaders (PALS) were added for the first time. PALS are teens and former clients who share their own experiences, which helps normalize the grief of younger campers.



Grief Education Institute

The center sponsored nationally-recognized speaker, William Killibrew who presented ***Beyond Violence: Building Resilience in Children***. This was one of the six opportunities provided last year by the Center's Grief Education Institute to help train healthcare professionals, educators, and clergy in areas of grief and bereavement.

Pet Therapy

The Center began partnering with pet-assisted therapy organizations on a pilot program to bring healing to children and adult caregivers in the sibling support group. Feedback from parents has been encouraging and children have formed bonds with the dogs and make a point to say goodbye to them at the end of each session.

Volunteer Facilitators

A number of additional volunteers were trained and added to the greatly-appreciated group of 100+ facilitators who make possible the peer support groups that take place at the Center each evening.



Camp Kangaroo

A total of 47 grieving children were brought together with grief specialists and music therapists from across the country for this three-day overnight camp experience, at no cost to their families. They spent plenty of time outdoors, made drums, tried the zip line, ate s'mores, and made friendships to last a lifetime.



Future Workforce

Each semester, the Center supervises ten master-level graduate student interns from various counseling and social work programs including UTSA, TAMU, Texas State, Wayland Baptist, and Sam Houston State University.

Statistics and Growth

The demand for services has nearly doubled over the past few years, increasing from 851 individuals served

in 2013 to 1510 served in 2015. Existing programs have been expanded and enhanced to meet the increased needs of grieving children in San Antonio and the surrounding area.

Technical Assistance for New Centers

The Center provided support and training for a grief Center in College Station in 2015, and is excited about the creation of a Center in the Rio Grande Valley in 2016.

GOALS

RESULTS

90%
Caregivers

92% Reported that the program not only helped their child but helped adults cope with their grief.*
92% of caregivers who reported children with behavioral or emotional problems on entering the program showed improvement.*

90%
Children

90% Identified the Center as a safe place to grieve*
90% Reported satisfaction with the program*

90%
Children &
Caregivers

91% of participants would recommend the Center to other children and their families. *
94% of participants are satisfied with the staff and volunteers. *

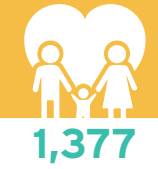
* Reports compiled after two semesters of evaluations.

2015 Program Service Numbers



847

+



1,377

+



969

Peer Support Groups

Children & Youth Served:
465 Individuals Served
(7,176 Units of Service*)

Adult Caregivers:
382 Individuals Served
(5,359 Units of Service*)

Individual & Family Counseling

Children & Youth Served:
204 Individuals Served
(1,590 Units of Service*)

Adult Caregivers:
98 Individuals Served
(961 Units of Service*)

Telephone Calls/Consults:
1,075 Individuals Served
(152 Units of Service*)

Family Assessments

Children & Youth Served:
523 Individuals Served
(941 Units of Service*)

Adult Caregivers:
446 Individuals Served
(835 Units of Service*)



183

+



335

+



10,538

Camps & External Groups

Camp (Children & Adults Served): 91 Individuals Served
(164 Units of Service*)

External Groups: 92 Children Served
(462 Units of Service*)

Family Workshops

335 Individuals Served
(1,005 Units of Service*)

Community Outreach

Training, Education & Outreach: 10,538

= TOTALS

12,046 Individuals Served for ALL programs and services
55,526 Units of Service for ALL programs and services*

* Each Unit of Service is based on a standard mental health hour of 50 minutes.