

The Children's Bereavement Center of South Texas

Linking hearts, mending spirits, transforming lives.

2012 Annual Report

From The Chairman & Executive Director

Marian Sokol, PhD Executive Director



Camille Mandigo Chairman

Dear Friends,

As leaders in grief support services in Bexar County, we continue to believe that the spirit of healing lives here. 2012 marked a year of establishing new benchmarks in fundraising, programming, public outreach and board development.

The year 2012 celebrated our 16th year of providing grief support to children and families in need. Throughout the year, we provided services to over 1,400 children and their caregivers through our Peer Support Group and Counseling Services. Additionally, the Center provided community outreach, education and training to an additional 600 individuals. In a year-to-year comparison, we increased our service numbers by 13% from 2011, and decreased the cost-per-session (one hour) by approximately \$50.

Separately, we were so honored to receive our first ever bequest from the estate of Isle Garrett. Ms. Garrett was a wonderful person who supported our mission for years. We are saddened by her passing, yet humbled that she remembered the Bereavement Center with such a generous gift. Her bequest paved the way for the establishment of our planned giving initiative. We are all very appreciative.

In February, The Friends of the Children's Bereavement Center hosted the 11th Annual Hearts in Harmony Gala at the San Antonio Country Club. It was a beautiful evening complete with a silent auction, followed by dinner, a live auction and music. We had the privilege of honoring Kitty Lange, Honorary Chair and Laura Nell Burton, The Barreras Volunteer of the Year. Both Kitty and Laura Nell have been instrumental in increasing community awareness about the Center, cultivating new donors, volunteers and board members and supporting our charitable and educational mission. Thanks to the generosity of our donors, the Gala raised approximately \$135,000!

In August, the Center launched a public outreach campaign with the explicit goal of increasing program enrollment. A 12-month campaign was kicked-off in September that utilized a media mix of radio ads, billboards, online banner ads and school bus advertisements. The creative messaging was testimonial-driven and delivered a clear message of our core service, FREE grief support for children. The tactics used increased website traffic and phone calls that in turn led to more families being served. Overall, the reaction and feedback was favorable and we were pleased with the results!

As we seek to decrease the gap in service for children with unresolved grief, we will also prepare ourselves to accommodate those who have yet to experience such heartbreak. And, with your help, we will continue to be the primary resource for children and their families challenged by loss.

Thank you for joining us with your continued support of the Children's Bereavement Center.

Main Dold Caville Mandigo

Our Mission

The mission of the Children's Bereavement Center of South Texas is to foster healing for grieving youth, their families and the community through peer support programs, counseling, training, education and outreach. The Children's Bereavement Center of South Texas is the only provider of FREE, open-ended grief support programs for children, teens and young adults in San Antonio and the surrounding communities of South Texas.



History

In 2012, the Children's Bereavement Center of South Texas celebrated 15 years of service to our community. The vision for this organization was born in the heart of our founder, Dr. Martha Atkins, who in 1997 was encouraged by her Educational Psychology Professor Dr. Larry Golden to pursue her project proposal for a children's service that

was currently unavailable in San Antonio. Since then, Martha's dream has become a reality, growing from its humble beginnings, operating out the trunk of her car, to the world class organization it is today.

The Children's Bereavement Center is a healthy, viable organization that serves more than 1,400 children and their caregivers mourning the death of a loved one each year. The organizational model adopted by the Center is considered by child-centered grief support experts to be among the most progressive and effective models in the nation. Over the past 15 years, as children and their family members have come to the Center in search of healing, they have left their marks on us, and on the hearts of all those who are still to come. Our walls are decorated with photos and paintings of loved ones, and messages communicating their new found strength in healing. The Children's Bereavement Center of South Texas is beautiful and that environment is one of many elements that make our 'home with a heart' a warm and wonderful place to be.

Spirit of Healing

Unresolved grief is often manifested as physical illness, depression, aggression, anxiety, hyperactivity, violence, alcohol and drug abuse, decreased academic performance, and many other maladaptive problems and disorders. Our programs are dedicated to helping children and families from every social and economic circumstance, process the profound psychological and emotional challenges of death and loss in a healing environment specifically designed for children.

Our staff and volunteers utilize expressive therapeutic techniques that incorporate art, writing, music and movement, dance, and dramatic play to: 1) help process feelings of grief; 2) help grieving children develop healthy coping skills; 3) help stabilize and preserve family relationships. Within



this environment, we are able to reduce stress and anxiety while providing a safe, comfortable medium for the expression of emotional, social, and physical needs. The result is that behavioral and emotional issues are reduced or even avoided altogether.

Programs and Services

COUNSELING SERVICES

Our licensed professional counselors provide psychotherapy combined with an expressive arts focus for families who have experienced a death or are anticipating the death of a loved one. Our unique approach to therapy helps develop coping strategies for family issues that arise during the grieving process. Clients can choose 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 the death of a loved one. Peer support 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. Our on-going peer support groups are listed in the panel to the right.

COMMUNITY OUTREACH AND TRAINING

We offer community presentations, crisis intervention, and professional education trainings. Continuing Education Units (CEU's) are available to Social Workers and Licensed Professional Counselors. In 2013, the Center will formalize and expand the array of workshops offered, under the auspices of our 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 members.

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 disease.

FAMILY

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

LITTLE HEARTS

For preschoolers who have experienced any death loss.

*Support groups are for children, teens, and young adults, ages 3-24

2012 Program Service Numbers

PEER SUPPORT GROUP PROGRAM (Unduplicated, 1 hour)		
	INDIVIDUALS	UNITS OF SERVED SERVICE
TOTAL NUMBER OF YOUTH SERVED	407	1,501
TOTAL NUMBER OF ADULT CAREGIVERS SERVED	292	1,050
INTAKE UNITS		610
TOTAL	699	3,161
INDIVIDUAL/FAMILY COUNSELING PROGRAM (Unduplicate	ed, 1 hour)	
TOTAL NUMBER OF YOUTH SERVED	203	849
TOTAL NUMBER OF CAREGIVERS SERVED	59	221
FAMILY ASSESSMENTS (1.5 hours)		
TOTAL NUMBER OF YOUTH SERVED	201	301.5
TOTAL NUMBER OF CAREGIVERS SERVED	175	262.5
TOTAL	638	1,634
FAMILY WORKSHOPS	66	132
PHONE CONSULTATION SERVICE (fourth quarter only, 0.5 hour)	301	75
TOTAL PEER SUPPORT/COUNSELING CLIENTS SERVED	1,704	5,002
COMMUNITY OUTREACH SERVICES		
TRAINING, EDUCATION AND OUTREACH	639	2,186
TOTAL FOR ALL PROGRAMS AND SERVICES	2,343	7,188

TOTAL SUPPORT AND REVENUE

\$1,304,113

Contributions (Individuals & Corporate)

\$575,460

Fundraising Events, net of direct expenses

\$161,670

Program Fees

\$28,893

Grants and Foundations

\$464,817

In-kind Services

\$63,564

Other Income

\$9,709

TOTAL EXPENSES

\$1,224,437

Program Services

\$938,123

Supporting Services

\$286,314

NET ASSETS, END OF YEAR

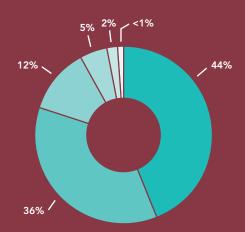
\$4,004,865

Increase in Net Assets

\$79,676

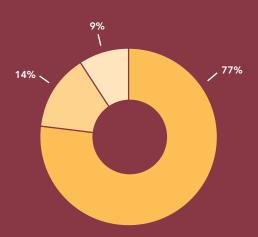
Net Assets, Beginning of Year

\$3,925,189



REVENUE BY SOURCE

PRIVATE CONTRIBUTIONS 44%	CONTRIBUTED GOODS & SERVICES 5%
PRIVATE FOUNDATIONS 36%	EARNED INCOME
SPECIAL EVENTS 12%	OTHER INCOME



EXPENSE BY FUNCTION

PROGRAMS & COMMUNITY OUTREACH	.77%
FINANCIAL DEVELOPMENT	. 14%
MANAGEMENT & GENERAL	9%

Staff and Volunteer Leadership

OUR LEADERSHIP

The Children's Bereavement Center of South Texas' Board of Directors is an independent Board of Directors 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.

FRIENDS OF THE CHILDREN'S BEREAVEMENT CENTER OF SOUTH TEXAS

Established in 2006, the Friends of the CBCST is a membership-based alliance of caring individuals committed to increasing community awareness of the Center and its programs, providing activities and events for our grieving children, teens and families and supporting the charitable and educational mission of the Center. This work includes planning and hosting the annual Hearts in Harmony Gala, Sisterhood Soirée and Porter Loring Speaker Event as well as hosting quarterly activities for our children, teens and families, serving as Potluck Partners and recruiting new "Friends" to help support the work of the Center.

OUR VOLUNTEERS

Volunteer recruitment and development is imperative to the success of our agency. The Center does not charge a fee for peer support programs; and as a result, we rely heavily on the tireless efforts of our practicum students, interns and community volunteers who commit more than 10,000 hours annually and make it possible for us to serve more children, teens and families. Our valued volunteers serve in the following capacities: support group facilitators, greeters, dinner sponsors, event coordinators and special project volunteers.

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