



Children's Bereavement Center
OF SOUTH TEXAS

ANNUAL REPORT

2023

OUR MISSION

To foster healing for grieving children and youth, their families and the community.



2023 *at* CBCST

In 2023, the Children's Bereavement Center of South Texas provided compassionate care to over 2,900 grieving children and their caregivers, offering a safe space for healing and emotional expression.

Our dedicated team shared innovative therapeutic experiences with their clients to help them process their grief in creative and meaningful ways. As we look ahead, our staff at the Center is committed to expanding our outreach efforts to underserved communities, ensuring that no child in our community is left without the support they need.

The journey ahead is filled with hope and a steadfast dedication to fostering resilience and recovery. None of this would be possible without the remarkable group of supporters who deeply believe in our mission.

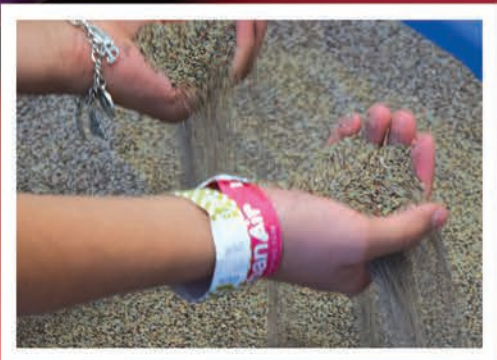
Thank you!





therapeutic
healing
through
creative
expression

Art therapy at the Children's Bereavement Center provides a powerful outlet for clients to express emotions that are often difficult to verbalize. Through creative activities like drawing, painting, and collaging, clients of all ages can explore their grief in a safe and supportive environment. This expressive form of therapy not only helps in reducing anxiety and stress, but also fosters emotional resilience and self-awareness, along with other healthy coping skills. The therapeutic process allows children to make sense of their experiences, promoting healing and personal growth as they navigate their journey through loss.



Dear Friends,

I write this letter with a mixture of emotions - sad to be leaving, but excited for what the future holds under new leadership. For the past 11 years, it has been my utmost pleasure to help grieving families by serving as the Chief Executive Officer for the Children's Bereavement Center of South Texas. As I transition into this next chapter of my life, I cannot help but reminisce on the incredible work CBCST has accomplished.

It has been an honor to work alongside such empathetic, generous colleagues during my tenure with the Center. Throughout my years here at CBCST, we have touched the hearts of so many people across South Texas. With the launches of the Center in the Rio Grande Valley and satellite offices in Floresville, and most recently Uvalde, we have been able to connect with numerous children, families, and community members as they navigate the complexities of grief.

I wanted to take time to thank our Board of Directors, Advisory Board, and Friends of the Center for all the amazing work they have put into filling our space with hope and love. Through their leadership and kindness, CBCST has been able to flourish, both in the community and internally. We cannot accomplish our mission without the immense support shown by our different boards and various community members.

As I close out my time as CEO, I look back on all of the great work we have been able to help families achieve as they carry the heavy burden of grief. The commitment to being a shining light in the lives of those who are enduring their grief journey has touched my heart beyond words. I want to thank my colleagues, staff, peers, and family for being a rock in my career. Thank you to CBCST for 11 wonderful years! I look forward to seeing the continual growth of this incredible organization.

Sincerely,


Marian



Dear South Texas Community,

It is with immense joy that I write to you as the new Chief Executive Officer of the Children's Bereavement Center of South Texas! Having been a former client, I hold a profound connection to this organization and the invaluable services we provide to those who have experienced unimaginable loss. Stepping into this role, I am filled with excitement and a deep commitment to furthering the mission and growth of CBCST.

I am incredibly grateful to the Board of Directors, Advisory Board, and Friends of the Center for entrusting me with the responsibilities of CEO. I also wish to extend my heartfelt thanks to Marian for her exceptional leadership over the past decade, laying a strong foundation for the Center's future. She truly leaves shoes no one could fill!

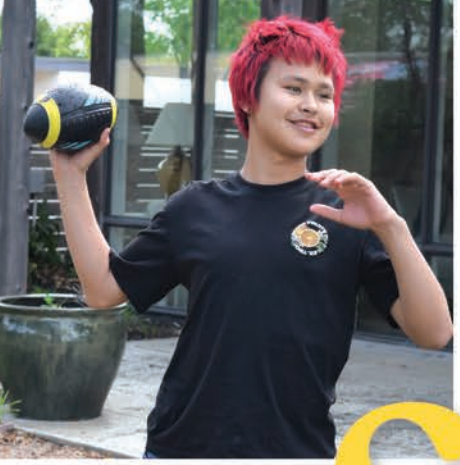
As we embark on this new chapter in the Center's history, I am honored to collaborate with our incredible teams in both San Antonio and Uvalde. The coming years promise to bring tremendous growth and change for Center, and I am ready to embrace any challenges that lie ahead. Our mission to provide no-cost grief counseling and peer support group services remains steadfast.

We want every grieving child in our community to have access to compassionate and competent grief support and we will work every single day toward that end. Thank you to each one of you for supporting our work through the years. We are so grateful for your partnership, advocacy, and generosity. So many hearts have been healed because of your commitment and support of our mission. Together, we can ensure that no child will walk the painful journey of grief alone.

Sincerely,

Kristina
Kristina





Peer support GROUPS

Peer Support Group Visits:

4,675

Peer support groups offer children a profound sense of belonging and validation as they connect with others who understand their experiences of loss. These groups provide a safe space for children to openly share their stories, listen to others, and find solace in knowing they are not alone in their grief. Combining these therapeutic approaches gives children a comprehensive support system that empowers them to navigate their healing journey with compassion and strength, fostering resilience.



individual COUNSELING

Individual counseling is essential for assisting grieving children in managing the deep loss of a loved one. In individual counseling sessions, children are provided with a secure and confidential environment to express their feelings, navigate their grief, and cultivate coping mechanisms customized to their specific circumstances. Our trained clinicians offer personalized guidance and support, building trust and empathy in every session.



Individual Counseling Sessions:

4,074



School-Based programs



Professionals Served Through Staff-Led Trainings:

931

School-Based Program Visits:

2,442

School Districts We Serve

Harlandale ISD • Judson ISD • Northside ISD
San Antonio ISD • South San ISD

Our School-Based program offers vital support to grieving children citywide, recognizing the impact loss can have on their classroom behavior and academic performance. By integrating grief counseling directly into the school environment, children can easily access support that fits seamlessly into their daily routines. This proactive approach recognizes the diverse ways grief can manifest, affecting both behavior and academics. Its aim is to mitigate these challenges, ensuring a child's overall well-being and supporting their educational progress.

Our trained clinicians create a safe and nurturing space for children to express emotions, develop healthy coping strategies, and receive personalized support. Through targeted interventions that address the underlying causes of distress, school-based grief counseling empowers children to navigate their grief journey, promoting emotional healing and academic success despite their adversities.



grief

CAMPS



Our grief camps are a lifeline for children facing the deep loss of a loved one, offering compassionate care throughout the year. Four camps are held annually, including Camp Heroes day camps in March and November at the Center as well as Summer Camp Heroes and Camp Cardinal in July and August. These camps offer tailored support for families based on their specific needs.

Each camp provides diverse activities such as archery, fishing, and sports, encouraging self-expression and healing. Camp Cardinal, specifically designed for families who experienced a loss, allows for collective healing. In these nurturing environments, children freely express emotions, share stories, and connect with peers navigating similar journeys. Guided by trained clinicians and dedicated volunteers, children develop coping skills and deepen their understanding of grief, realizing they are not alone. The impact of grief camps lies the collective ability to inspire resilience, facilitate healing, and empower each other to find hope and joy amidst their grief.



Children & Caregivers Served Through Grief Camps:

634





UVALDE

Individuals Served Through Counseling & Support Groups: **144**

Our work in Uvalde is far from over. Despite the time that has passed, we remain dedicated to supporting this heartbroken community. We continue to offer compassionate care by providing guidance to those navigating the difficult journey of grief. Through counseling, support groups, and outreach programs, we ensure that no one faces their sorrow alone, helping the community heal and find strength in the wake of loss.



Unduplicated *Clients*

Unduplicated clients at the Children's Bereavement Center of South Texas are individual children or caregivers seeking support and counseling for their grief journey, each representing a unique story of loss and pain. Recognizing the significance of every interaction, our dedicated staff tailors their approach to ensure personalized care and a nurturing environment. Through compassionate guidance and therapeutic interventions, these encounters become transformative moments where children and families find comfort, understanding, and the tools to navigate their grief with resilience and hope.

.....
2,921

*Unduplicated Children
& Caregivers in 2023*

.....



LEAVE *a Legacy*



The Children's Bereavement Center of South Texas stands as a pillar of enduring support, dedicated to providing solace and healing to grieving children for many years to come.

Legacy giving through the Children's Bereavement Center of South Texas Foundation offers donors a meaningful opportunity to leave a lasting impact.

The exclusive Monarch Society, comprised of the founding members of the Foundation, exemplifies the impactful generosity and vision that drives this mission forward. By including the Center in your estate planning, you can join this distinguished group in making a difference that transcends generations.

To learn more about how you can contribute to this lasting legacy, we invite you to reach out to our Chief Executive Officer, **Kristina Hernandez** at **210-736-4847**. Together, we can build a future where every child finds hope and healing.


MONARCH
SOCIETY

A LEGACY CIRCLE OF THE CHILDREN'S BEREAVEMENT CENTER

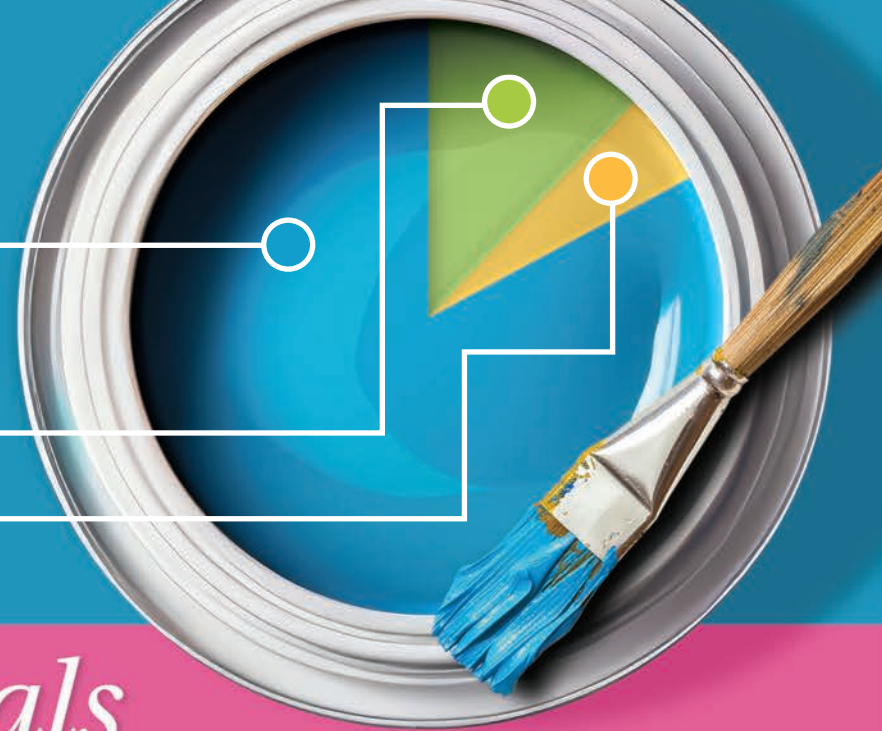


Total Expenses
\$4,985,572

Program Services: 82%

Management & General: 12%

Fundraising: 6%



CBCST *financials*

In-Kind Contributions: 5%

Uvalde: 8%

Event Income: 9%

Individual & Corporate Contributions: 18%

Other Income: 18%*

*Investment income and in-kind contributions to the construction of our Center in Uvalde.

Government Grants: 19%

Grants & Foundations: 23%

Total Revenue
\$5,098,909





OUR *amazing* TEAM

Kristina Hernandez, MNM | *Chief Executive Officer*
Marian Sokol, MPH, Ph.D. | *Retired Chief Executive Officer*

Sylvia Montemayor, CPA | *Chief Financial Officer*
Adriana McKinnon, LPC, NCC, LCCA | *Interim Chief Program Officer*

Julia Anderson, M.Ed. | *Special Events Manager & Friends Board Liason*

Polett Coss, Ph.D., LPC | *Program Therapist*

Kayla Davis, LPC | *Internship Coordinator*

Bridget Dupnick | *Receptionist*

Ana Ezeta, LMFT Associate (Supervised by Claire C. Loucka, Ph.D., LMFT-S) | *School-Based Program Therapist*

Brenda Faulkner, LPC-S | *Uvalde Center Director*

Yolanda Flores-Capelo | *Receptionist*

Connie From | *Assistant Director of Operations*

Chloe Galvan, MSB | *Marketing & Communications Manager*

Anita Garcia | *Intake Coordinator*

Marleen Garza, LPC Associate (Supervised by Michelle L. Jacinto, LPC-S) | *School-Based Program Therapist*

Kristy Gonzalez, LPC Associate (Supervised by Catrina Drinning-Davis, LPC-S) | *Intake Coordinator*

Kymberly Gonzalez | *Program Administrator*

Shannon Holliday, LPC | *School-Based Program Therapist*

Lauren Jefferies, LPC | *Program Therapist*

Tami Logsdon, LPC-S | *Grief Education Specialist*

Elizabeth "Liz" Martinez | *Operations Manager - Uvalde*

Sharol Mejia, LPC | *School-Based Program Therapist*

Paola Misteli, LPC | *School-Based Program Therapist*

Diego Montoya, LPC Associate (Supervised by Cecilia Segura-Paz, LPC-S) | *School-Based Program Therapist*

Emily Price, LPC | *Director of Grief Support Services*

Michelle Ramirez, MS, FT | *Community Engagement Manager - Uvalde*

Lizette Salcido, LPC Associate (Supervised by Cecilia Segura-Paz, LPC-S) | *School-Based Program Therapist*

Mario Salgado, LPC | *Program Therapist*

Angelica Santiago, LPC | *Program Therapist - Uvalde*

Ben Sanchez | *Community Engagement Manager*

Keaton Scarff, LPC | *School-Based Program Manager*

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