

Spring 2020

CONNECTIONS

Natalie's Story

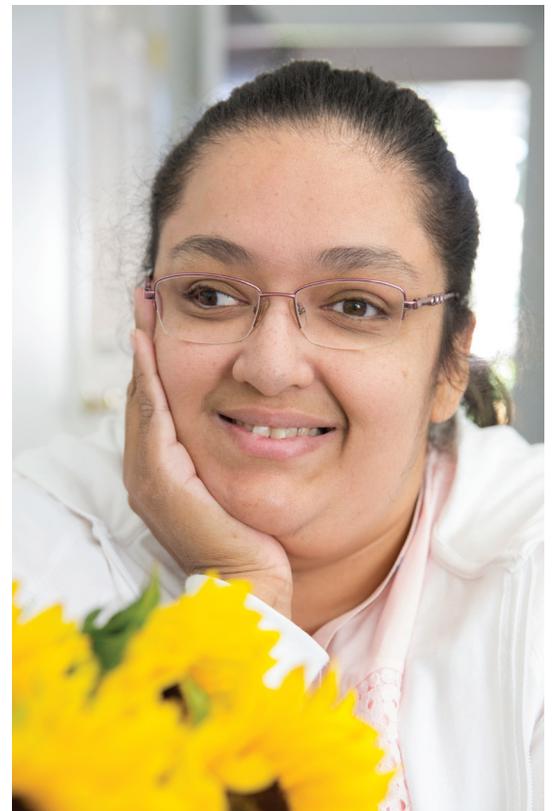
Turning the darkness into light

As a child, Natalie always felt different. She recalls “everyone said I was too sensitive, and I cried a lot.” As Natalie matured, her feelings of sadness continued. At the age of 19, while experiencing tremendous physical and emotional stress, Natalie found herself with suicidal ideations. She was admitted to a psychiatric hospital and diagnosed with major depressive disorder. Throughout her life, Natalie has dealt with emotions unimaginable to most. “I was suicidal at times, in and out of hospitals. It was a dark, dark world,” she remembers.

Upon discharge from the hospital, Natalie was connected to Caminar’s case management program. A decade later and still part of the Caminar family,

Natalie is flourishing and has gained valuable skills to manage her mental health condition. Notably, Natalie loves to write, through which she mitigates her internal unrest and expresses feelings of all kinds. Natalie credits Caminar with sharing resources to improve her health and well-being and giving her the courage to live independently.

Natalie’s message to anyone feeling sad, alone, or hopeless is that “lots of people haven’t seen the light at the end of the tunnel, but there’s always a light.” With thanks to our donors and funders, we are honored to be part of Natalie’s light.



These unsettling times are even more difficult for those with behavioral health conditions and complex needs. You can help the most vulnerable members of our community by investing in Caminar’s mission. Your donation helps to provide life-changing, compassionate, and science-based services to individuals and families as they move toward resilience, wellness, and independence.

Donate online at www.caminar.org/donate

Or, please contact Joanna Oshman at joshman@caminar.org or 650-513-1509 to learn more, schedule a tour, or get involved.

Thank you for your thoughtfulness and generosity.

An Update from Our CEO

Dear Friends,

Thank you for your support of Caminar and our divisions. We especially appreciate your compassion and generosity during these uncertain and trying times.

Your support helps to provide comprehensive care for our clients, many of whom are among the most vulnerable in our communities. Often faced with complex needs and underlying medical conditions, in addition to behavioral health conditions, our clients sometimes have no other place to turn. Thank you for ensuring they can always turn to Caminar.

We recently published our 2019 Annual Report, which details the progress we have made to improve the health of our community.

Through our partnerships with government payors, individual donors, foundations, and corporations, last year we were able to reach over 20,000 individuals across five counties in Northern California. For thousands of our neighbors, Caminar brought compassionate care, based in science, to address behavioral health needs. These needs could have prevented our neighbors from living the full potential of what their lives hold. But because of your support, thousands of people were able to engage with meaningful employment, secure and maintain housing, re-engage with their families, participate more effectively in their education, and live freer of addiction and mental health symptoms. **Thank you!**

This newsletter shares highlights of the annual report. To view the full report, with more stories of the people you have helped and how we are continuing to address the needs of our community, please visit www.caminar.org/2019, or call 650.513.1509 to request a printed copy.

We are grateful for all the ways you partner with us to build healthier communities. Please enjoy this newsletter and brief updates on how your support has changed lives. Through our website, publications, and social media, we will continue to share with you our efforts to build Caminar and our divisions into a more compassionate, science-based care provider. We are grateful to be on this path with you.



With gratitude,

A handwritten signature in black ink that reads "Mark Cloutier". The signature is written in a cursive, flowing style.

Mark Cloutier, MPP, MPH
Chief Executive Officer

2019 HIGHLIGHTS

Together

with our donors and funders

Our diverse budget of
\$38MM funded

More than

**100 prevention, treatment,
and recovery programs**

Managed by over
**500 highly-skilled
team members**

who served

Over

20,000 individuals in need
as they moved toward wellness

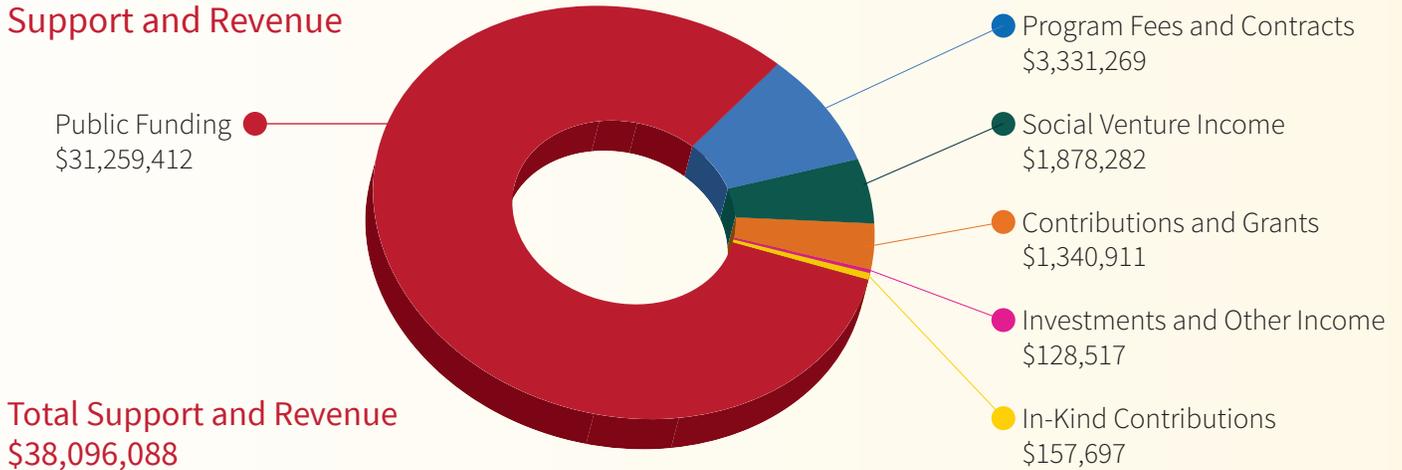
Across
**5 Northern California
counties**

Fiscal Year 2019 Statement of Financials

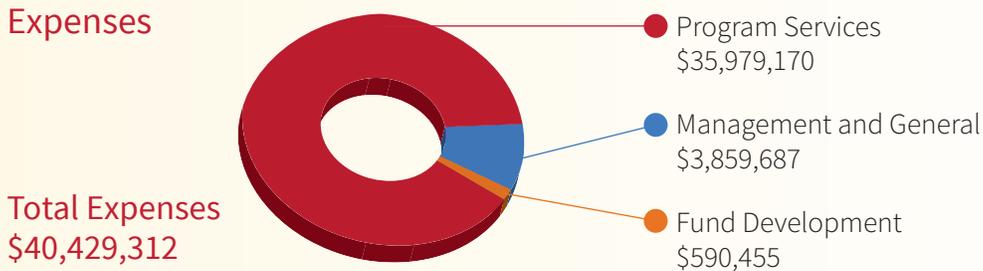
As a community-based organization, we take seriously the trust placed in us by our donors, funders, volunteers, and clients. We are dedicated to providing the highest quality services, operating efficiently and effectively, and adhering to the highest standards of fiscal management.

For the July 1, 2018 to June 30, 2019 Fiscal Year

Support and Revenue



Expenses



Find our complete audited financial statements in the About section of our website (www.caminar.org), or request a printed copy by calling 650.513.1509.

Caminar's budget for the fiscal year 2018-2019 had a planned deficit as a function of the acquisition of new programs to expand the service footprint of the organization and grow the assets of the organization through real estate acquisitions. The operating budget for 2019-2020 projects a \$168,000 surplus. Please see our full Annual Report at www.caminar.org/2019 for more details.

“Our family has personal experience with behavioral health and substance abuse conditions, and my wife and I have come to realize there isn't a family we know who hasn't also been impacted by some form of it. It is everywhere, and it affects us all. We feel that for us to NOT be involved with Caminar and this cause would be egregiously irresponsible. We have an enormous effort in front of us to eliminate the stigma surrounding behavioral health conditions and help all who suffer move toward wellness. But, with our CEO, board, and staff, there is lots of excitement and passion for what we can do, and that gives me tremendous hope.”



John Bentley
Caminar Board of Directors

“Two main factors inspire me to come to work at Caminar each morning. First, across cultures, expertise, and experiences, the collaborative nature of this organization is unmatched. We all help each other help others, and the deep care and concern for our clients is genuine. Secondly, I am personally motivated to serve people with mental health conditions. As a Muslim who is ethnically of South Asian background, I see in both my religious and ethnic communities that mental health isn't discussed enough and is highly stigmatized. In my communities—and every community—I see those in need of mental health care are tremendously underserved.”



Khizer Subhani
RN, Clinic Nurse Manager, Caminar

“The Youth Space has done so much for me during my two years of attendance. Between giving me the resources to get out of homelessness, and connecting me to my wider LGBTQ+ community, I am forever in their debt. Due to the Youth Space's support and discussion groups, I feel so much more secure in my own queer identity as well.”



Pia Cruz
Participant in our LGBTQ Youth Space, a program of the Family & Children Services division of Caminar

Please join us for our virtual event

Thank You Underwriters

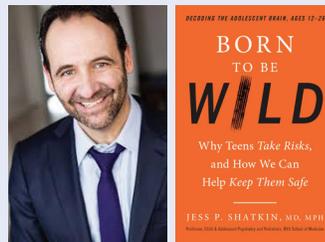
17th Annual
Circle of Support Luncheon

Presented by Caminar and our division
Family & Children Services of Silicon Valley

Friday, April 24, 2020
NOON

Highlighting Adolescent Mental Health
Evidence-based strategies for helping our youth now and beyond our current public health crisis

Register now at
www.caminar.org/events



Featuring
Jess P. Shatkin, MD, MPH

Dr. Shatkin is a nationally-recognized child and adolescent psychiatrist and author of *Born to Be Wild: Why Teens Take Risks, and How We Can Help Keep Them Safe*. Dr. Shatkin will speak to us from his office in New York. **Dr. Shatkin will share advice for families, teachers, and the community on adolescent mental health and how to look after our youth during this pandemic and beyond. He will also have time to answer your questions.**

Presenting
 El Camino Health

Partners

Terri Bullock, MBA, CFP
Jaynie and William Kind
Barbara Patterson and
Dr. Andrew Menkes

Pacesetters

Patti and John Bentley
Michael and Christine Curry
Linda and Richard Leao
Paula and Mike Rantz

Friends
Minnette Diamond
Carole Middleton
Betsy and Bill Pace
Ken Powell and Rona Foster

Media Sponsor
 PUNCH
www.punchmagazine.com

Caminar

Together, we are supporting and empowering individuals and families to move toward resilience, wellness, and independence.

www.caminar.org

Our divisions