



MEDIA CONTACTS:

Cary Corbin, 830-609-1932

Rebecca Helterbrand, 210-616-0300

**NELSON WOLFF HELPS LAUNCH NEW "ONE IN FIVE MINDS" CAMPAIGN
TO PROMOTE TREATMENT OF CHILDREN'S MENTAL HEALTH DISORDERS**
Campaign aims to remove stigma, increase access to treatment

SAN ANTONIO -- One in five young people in the U.S. experience a mental, emotional or behavioral health disorder such as depression, anxiety, post-traumatic disorders, ADHD, bipolar and other serious problems. In Bexar County alone, there are an estimated 80,000 children affected by mental health disorders.

While there is an 80 percent success rate for treating such disorders, too few children are being treated because of lack of insurance, lack of access to care, or in many cases, the stigma associated with having a mental health disorder.

That's why **Clarity Child Guidance Center** is launching **One in Five Minds**, a campaign to reduce the stigma surrounding children's mental health disorders and increase access to treatment.

"If 80,000 children in Bexar County were diagnosed with cancer or diabetes, and 60,000 of them went untreated, there would be a tremendous public outcry," says Rebecca Helterbrand, VP of Marketing and Resource Development of Clarity Child Guidance Center. "But children's mental health is an epidemic on that scale, and 80 percent of those who are suffering do not receive treatment, mainly due to stigma and cost of access."

Bexar County Judge Nelson Wolff will deliver the keynote address at a March 28 kick-off event at Valero Headquarters that includes a panel of speakers discussing how children's mental health issues affect different segments of the community.

-MORE-

The campaign aims to help educate the community by recruiting 10,000 community advocates in South Texas to pledge their support for children with mental disorders and take steps to help eliminate the stigma of receiving mental health treatment.

For information on becoming an advocate, visit the campaign online at www.1in5minds.org. Supporters can sign the pledge by providing their name and email address. By signing the pledge, advocates resolve to learn more about the stigma and challenges involving children's mental health issues, to encourage others to speak openly and speak up about children's mental health disorders and to share information with their network of family and friends.

Advocates who have pledged their support include State Sen. Leticia Van De Putte, U.S. Representative Joaquin Castro, media personality Amparo Ortiz and Jackie Van de Walle, Assistant Vice President of the San Antonio Stock Show and Rodeo.

Community involvement is a crucial step to helping children with mental illness, says Helterbrand.

"A lot of families are suffering in silence because as a community we are not talking about children's mental illness," Helterbrand says. "Our goal with One in Five Minds is to eradicate the stigma, shine a light on the problem and get families the help they need."

The launch event includes a panel of speakers who will address the impact of children's mental health disorders on the community.

Panelists include Jeannie Von Stultz, Director of Mental Health Services for Bexar County Juvenile Probation; Dr. Deborah Healey, Director of Guidance and Counseling for Northside ISD; Steven Pliszka, M.D., Chief of the Division of Child and Adolescent Psychiatry at the University of Texas Health Science Center at San Antonio; and Al Philippus, Vice President of the Corporate Services and Security Division of Valero Energy Corporation and former Chief of Police and 27-year veteran of the San Antonio Police Department.

The event is open to the public. For more information or to register to attend visit the One in Five Campaign online at www.1in5minds.org/events.

-MORE-

Clarity CGC is the only non-profit treatment center in San Antonio specializing in children with serious mental and emotional problems. Clarity CGC treats over 8,000 children a year and improves their ability to function successfully at home, at school and in the community.

ABOUT CLARITY CHILD GUIDANCE CENTER

Clarity Child Guidance Center (CGC) is the only nonprofit in South Texas providing a full continuum of mental health care to children 17 and under, including services for acute cases for children as young as three.

Clarity CGC offers the region's largest concentration of child and adolescent psychiatrists, with its onsite affiliation with Southwest Psychiatric Physicians. In addition, the center serves as a teaching hospital for The University of Texas Health Science Center San Antonio. Clarity CGC provides outpatient therapy for children and families, day treatment (where the child is returned home each evening) and acute inpatient hospitalization at its 52-bed hospital.

As a nonprofit, Clarity CGC serves children in need, regardless of their ability to pay, while bringing a multitude of services to children and families through its case managers as a United Way agency.

###