



# Impact Report

## FY22-23



# Caminar's Commitment

Caminar is committed to breaking down barriers and providing access to quality behavioral health treatment and care—and hope—for all. We believe treating just one person has a powerful ripple effect in our community.

Caminar offers a combination of proven programs that connect individuals and families to the resources they need to avoid falling through the cracks, including services for those who are

- Coping with mild to severe mental health conditions and require psychiatry, psychotherapy, and/ or case management services
- Requiring substance use treatment or in recovery from substance use conditions
- Experiencing housing insecurity
- Experiencing domestic violence
- Needing affirming support, care, and resources in the LGBTQIA+ community
- Seeking prevention, education, and supportive services for emotional wellness and well-being

When an individual or family receives the treatment and support they need and deserve, they are better equipped to navigate life's challenges, build healthy relationships, and pursue their goals. This positive change in one person's life can inspire others to seek help, creating more healing and growth.

But the benefits don't stop there. When individuals have access to behavioral health treatment and care, they are more likely to maintain stable housing and succeed with school and employment. They are also less likely to engage in behaviors that cause harm to themselves or others, reducing the burden on our healthcare and criminal legal systems.

Thank you for supporting Caminar's work and creating ripples of positive change in our clients, their families, our community, and beyond.

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# Letter from Our CEO, Mark Cloutier



Dear Friends,

Thank you for being part of our Caminar community. As a community-based behavioral health treatment and care organization, we take seriously the trust our donors, funders, volunteers, and clients place in us:

**We are dedicated to providing the highest quality science-based services and compassionate care, operating efficiently and effectively, and adhering to the highest standards of fiscal management.**

Caminar addresses the mental health and substance use treatment needs of our most vulnerable neighbors. In partnership with you and the greater community, adolescents, families, and adults are better equipped to find their path toward wellness, and, ultimately, succeed in daily living, relationships, work, and education. Thank you for joining us in this mission!

In 2020, we embarked on an ambitious and focused three-year strategic plan. I am pleased to report that all the plan initiatives have been launched, and nearly all are complete.

We are already working on a new strategic plan that will build on the last plan and focus on expanding care and access in the community, creating more job opportunities for our staff, and increasing revenue to reinvest in client and community outcomes.

**Thank you for supporting Caminar's work and helping to create ripples of positive change for clients, their families, our community, and beyond.** Please reach out to me if you want to learn more about ways to get involved with Caminar or to share your thoughts—I value your feedback.

With gratitude,

Mark Cloutier, MPP, MPH  
CEO, Caminar

Highlights of our strategic plan work in fiscal year 2023 include:

**Improving** client and clinical outcomes and demonstrating our impact in the community: *Caminar's programs and services reached over 31,000 individuals in the last fiscal year.*

**Expanding** services and service areas to provide access and treatment for as many people as possible: *Caminar added services in Contra Costa County and won exciting new contracts last year, and we have more expansion projects in store for 2024.*

**Increasing** our voice, presence, and influence in the community: *Across Op-Eds, interviews, podcasts, and events, we tackled the difficult conversations of adolescent mental health, suicide, and how to improve mental health access, delivery, and care.*

**Evolving** our organizational brand and identity to position us for future growth and to better communicate who we are, what we do, and how we care for our clients and the community: *We can't wait to share this work with you in 2024!*

Dear Friends of Caminar,

As I embark on my third year as board chair, I am deeply humbled to be part of this organization and to lead our committed, expert board. **Thank you for joining us on this journey to improve the mental health and well-being of our clients and the community.**

With the strong support of our board, the Caminar team continues to execute on the promise—and deep dedication—of delivering high-quality, evidence-based, compassionate mental health and substance use care for individuals in our community who need it most.

As the agency explored our roots, purpose, and direction for an updated brand, we found incredible consistency across staff, leadership, board members, community members, and clients about WHO we are and WHY we do our work. Our “secret sauce”—the exceptional quality that makes something successful—became very clear, and I am delighted to share it with you:

- **A shared belief** in the value of the work Caminar delivers
- **A consistent drive** to deliver the best quality to clients is clearly evident
- **A collective ambition** to go further – and provide more – brings people together around a common goal

**Thank YOU for being part of our collective purpose to ensure the most vulnerable members of our community receive the best possible mental health and substance use treatment they need to move forward in wellness, evolve their minds, and thrive.** Your ongoing and generous support of Caminar, our programs, our staff, and our clients is appreciated.

Warmly,

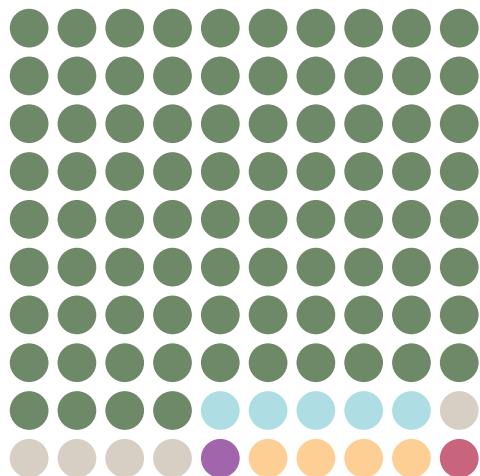
Barbara Patterson  
Caminar Board Chair

# Letter from Our Board Chair, Barbara Patterson



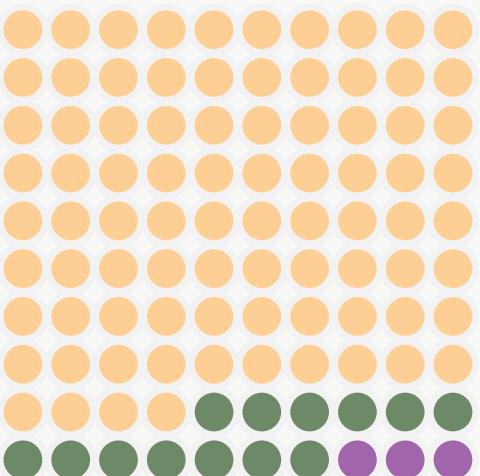
# Statement of Financials for the Fiscal Year 2023

## Support and Revenue



● Public Funding	<b>\$38,163,529</b>
● Program Fees and Contracts	<b>\$2,491,248</b>
● Contributions and Grants	<b>\$2,505,040</b>
● In-Kind Contributions	<b>\$245,705</b>
● Social Venture Income	<b>\$1,726,276</b>
● Investments and Other Income	<b>\$65,490</b>
<b>Total Support and Revenue</b>	<b>\$45,197,288</b>

## Expenses



● Program Services	<b>\$38,008,976</b>
● Management and General	<b>\$6,083,998</b>
● Marketing, Communications, and Fundraising	<b>\$1,447,157</b>
<b>Total Expenses</b>	<b>\$45,540,131</b>

Our fiscal year 2023 expenses are slightly above our revenue due to strategic investments that are not covered by our revenue sources. For additional details, see our [audited FY 2023 financial statement](#).

# Our Call to Action

Behavioral health needs have been rising over the course of the last several years. The prevalence of mental health, substance use, domestic violence, and other conditions—combined with inadequate numbers of behavioral health care professionals and other resources—underscores the importance of community-focused and evidence-based behavioral health organizations like Caminar.

## Adult Mental Health

More than **one in five U.S. adults** live with a mental illness in the United States ([CDC](#))

Mood disorders, such as **depression and bipolar disorder**, drive most hospitalizations for Americans under the age of 45, adjusting for pregnancy and childbirth ([MHA 2023](#))

28% of all adults with a mental illness reported that they were **not able to receive the treatment** they needed ([MHA 2023](#))

Among people in the U.S. aged 18-44, psychosis spectrum and mood disorders account for nearly **600,000 hospitalizations** each year ([AHRQ](#))

## Youth and Adolescent Mental Health

57% of teen girls reported feeling persistently sad or hopeless in the past year—**a nearly 60% increase** from 36% in 2011 ([CDC](#))

29% of teen boys reported feeling **persistently sad or hopeless** in 2021, an increase from 21% in 2011 ([CDC](#))

59.8% of youth in the U.S. with major depression **do not receive any mental health treatment** ([MHA 2023](#))

## LGBTQIA+ Mental Health and Wellness

LGBTQIA+ youth are **more than twice as likely** to report experiencing persistent feelings of sadness or hopelessness than their heterosexual peers ([CDC](#))

Transgender youth face further disparities as they are twice as likely to experience depressive symptoms, **seriously consider suicide, and attempt suicide** compared to cisgender lesbian, gay, bisexual, queer and questioning youth ([Journal of Adolescent Health](#))

# Substance Use and Co-occurring Conditions

93.5% of adults with a substance use condition

**did not receive any form of treatment** ([MHA 2023](#))

33.5% of U.S.

**adults with mental illness also experienced a substance use condition in 2021** ([SAMHSA](#))

## Community Impact

The national economic cost of domestic and family violence is estimated to be over

**\$12 billion per year** ([NIH](#))

The impact depression and anxiety have on the global economy can be measured in

**\$1 trillion in lost productivity**  
each year ([MHA 2023](#))

About 2 in 5 people  
**who are incarcerated**

have a history of mental illness ([NAMI](#))

## Education

### An extra year of education

led to a lower likelihood of reporting any symptoms related to depression (11.3%) and anxiety (9.8%) ([NIH](#))

More educated people

**suffer less severe symptoms of depression**

(6.1%) and anxiety (5.6%) ([NIH](#))

At least  
**8.4 million people**

in the U.S. provide care to an adult with a mental or emotional health issue ([NAC](#))

Across the U.S. economy, serious mental illness causes

**\$193.2 billion in lost earnings**  
each year ([NIH](#))

**70% of youth**

in the juvenile legal system have a mental health condition ([NDTAC](#))

## Housing/ Services for Unhoused Individuals

Among individuals experiencing

**housing insecurity**,

20.8% have a serious mental health condition ([HUD](#))

Family and domestic violence are estimated to affect

**10 million people**  
in the United States every year ([NIH](#))

## Neglect, Violence, Abuse, and Domestic Violence

# Our Impact

Thanks to our partners—including government funders, individual donors, foundations, corporations, community benefit partners, and board of directors—Caminar has continued addressing our community's significant need for behavioral health services. In 2023, we:

- Strengthened our program portfolio to position Caminar as a leading mission-driven behavioral healthcare organization in Northern California
- Began work on our next strategic plan, with the goal to continue focusing on advancing and unifying our clinical operations to ensure our success in serving current—and new—clients in need
- Expanded our service area to include Contra Costa County
- Reached over 31,000 children, young adults, and adults across six Bay Area and Northern California counties with clinical mental health and substance use treatment combined with supportive wrap-around services to address housing insecurity, income support, and job training:

**2,847**

individuals accessed residential or outpatient mental health treatment (including psychiatry and/ or psychotherapy), case management, and essential wellness services

**2,297**

adults moved forward in recovery from substance use through treatment and case management services

**1,507**

local youth, families, and teachers accessed counseling, consultation, and support through programs connected to their schools

**7,635**

lesbian, gay, bisexual, transgender, queer, intersex, asexual, and beyond (LGBTQIA+) and ally youth and young adults thoughtfully engaged in mental health services, holistic wellness resources, and affirming social environments

**377**

young adults and adults gained skills to understand the cycles of neglect, violence, and abuse; identify domestic violence; and prioritize their safety

**1,024**

young adults and adults received supportive services to build networks of support, resume their education, or reenter the workforce

**1,288**

individuals in the greater community received education from our LGBTQ Youth Space Speakers Bureau on how to foster inclusivity, celebrate diversity, prioritize equity, and eliminate stigma

**14,283**

lives were transformed by housing outreach work, stable housing, and wrap-around supportive services to keep them housed

## Our specialty mental health practice

focuses on individuals, families, and youth with chronic and serious mental health conditions who have histories of unstable housing and frequent hospitalization and/or incarceration. Services include intensive case management and mental health treatment, psychiatry, medication management, and linkage with ancillary services such as substance use treatment and health care.

GOAL	OUTCOME
Reduce hospitalizations to <b>&lt;25%</b>	<b>6%</b> Achieved
Reduce incarcerations to <b>&lt;16%</b>	<b>1%</b> Achieved
Reduce homelessness to <b>&lt;11%</b>	<b>4%</b> Achieved

## Our intensive specialty mental health practice

serves clients who are chronically homeless and at risk for homelessness and/or individuals with serious and chronic mental health conditions. Services include intensive case management and mental health treatment, psychiatry, medication management, and linkage with ancillary services such as substance use treatment and health care.

GOAL	OUTCOME
Reduce hospitalizations to <b>&lt;25%</b>	<b>18%</b> Achieved
Reduce incarcerations to <b>&lt;10%</b>	<b>10%</b> Achieved

## Our adult mental health practice

supports individuals experiencing mild to moderate mental health conditions. Services include individual therapy, case management, and medication services.

GOAL	OUTCOME
Reduce homelessness to <b>&lt;12%</b>	<b>6%</b> Achieved
Reduce incarcerations to <b>&lt;5%</b>	<b>0%</b> Achieved

## Caminar Jobs Plus is a full-service employment program

providing evidence-based practices for people with complex mental health conditions seeking competitive employment. Employment can contribute to positive health outcomes for individuals with serious mental health conditions. The hard work and dedication Jobs Plus clients showed was rewarded through promotions and educational advancement, which also made obtaining independent housing possible. This year, Jobs Plus clients successfully found employment and earned competitive pay rates.

Clients earning above minimum wage	<b>100%</b>
Average client wages above minimum wage	<b>30% Higher</b>

# Our Donors and Funders

We are grateful for the generosity and compassion of the individuals, families, corporations, and foundations that invest in sustaining our mission, services, and programs. This list reflects gifts made in the 18 months between July 1, 2022, and December 31, 2023, which includes the fiscal year 22-23 and the calendar year 2023. We sincerely regret any errors or omissions. Should you notice an error, please advise us: 650.513.1509, [development@caminar.org](mailto:development@caminar.org).

## Government Funders

California Department of Rehabilitation  
City of San Jose - Parks, Recreation and Neighborhood Services  
County of Butte - Department of Behavioral Health Service  
County of Contra Costa - Health Services - Health, Housing and Homeless Services  
County of San Mateo - Behavioral Health and Recovery Services  
County of Santa Clara  
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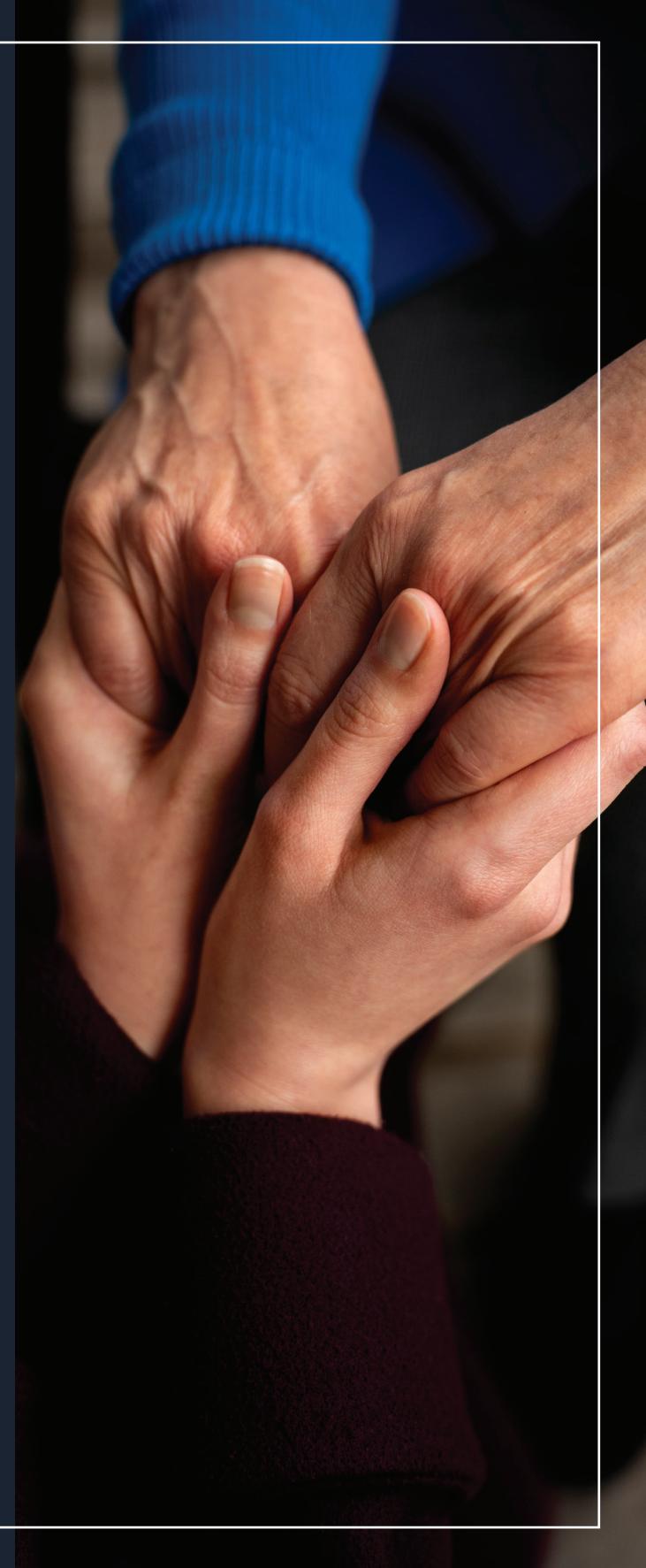
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