



Impact Report 2024

60 Years of Changing Lives

1960s

1964 — Recognizing the need for additional support for people released from Agnews State Hospital, a small group of dedicated social workers, clinicians, and mental health administrators join forces to create ongoing support and care.

With the backing of the San Mateo County Board of Supervisors, they develop El Camino House, the first of its kind in the area. It offers transitional housing and programs focused on building daily living skills, supporting 41 individuals in the first year.

1970s

As state mental hospitals begin to close, Caminar and San Mateo County work together to expand community-based support including residential housing and wellness programs aimed at helping individuals develop recovery skills.

New programs including the Satellite Adult Independent Living (SAIL) Housing and Redwood House, a crisis residential service, begin operation.

1980s

Caminar continues to grow as San Mateo County provides funding to train community mental health workers and partners with organizations including Community Living Centers (CLC) and Mateo Lodge.

1981— Eucalyptus House opens, offering transitional residential services.

1990s

1996 — Community Living Centers (CLC) and Caminar merge to create a single, more robust agency known as Caminar/CLC.

Throughout the decade, Caminar continues to grow, establishing new programs like Jobs Plus and REACH, which focuses on financial empowerment and community housing. These efforts are driven by the needs of the community and a commitment to learning and adapting.

2000s

Caminar expands its reach into Solano County and outside California. Programs like Laurel Creek Crisis Residential and Laurel Gardens provides essential housing and support for individuals in need.

2010s

2012 — Caminar introduces Olivos, offering private-pay mental health services that allow clients to receive care in their homes while also supporting Caminar's general fund.

2017 — Caminar merges with Family & Children Services of Silicon Valley, broadening Caminar's reach and service offerings to include substance use treatment, domestic violence prevention, and LGBTQ+ programs.

2018 — Caminar welcomes Project Ninety (P90) into the fold, expanding the focus on substance use treatment.

2020s

Caminar enters a focused growth period guided by a three-year strategic plan built on strengthening services, preparing for the future, and remaining a trusted community partner.

2023 — Caminar expands into Contra Costa County, offering homelessness prevention services and direct financial assistance.

2024 — Caminar begins providing services at the San Mateo County Mental Health Rehabilitation Center, continuing to serve clients with complex needs.

2024 — Caminar expands into Shasta County, offering Friendship Circle to adults with developmental disabilities.

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LETTER FROM OUR CEO

Mark Cloutier



Dear Friends,

I appreciate your support of Caminar!

Last year, Caminar celebrated its 60th anniversary and helped transform the lives of over 41,000 youth and adults in San Mateo, Santa Clara, San Francisco, Solano, Contra Costa, Butte, and Shasta counties through evidence-based, whole-person mental health, substance use, and wrap-around treatment and services.

Your support ensures treatment for at-risk populations whose conditions frequently originate in poverty, trauma, complex family situations, difficult emotions, and challenges to daily functioning. And because of your support, tens of thousands of people live purposefully, connected to family, thriving at work, and experiencing joy. **Thank you.**

I am pleased to share our Fiscal Year 2023–2024 Impact Report.

Thank you for joining Caminar's mission to build strength and stability through comprehensive mental health and substance use treatment delivered through evidence-based, whole-person care. Together, we help build thriving lives and supportive, uplifting communities.

Please get in touch with me if you want to learn more about ways to get involved with Caminar or share your thoughts—I value your feedback.

With gratitude,
Mark Cloutier, MPP, MPH
Caminar CEO

HIGHLIGHTS

In fiscal year 2023–2024, we

Advanced client outcomes and served over 41,000 individuals: With a dedication to scientific understanding, we used our knowledge and resources to contribute to measurable outcomes that advance the health of our clients, our communities, and beyond.

Grew our impact in Contra Costa County and introduced services into Shasta County: With a wide range of services across drop-in, outpatient, and residential settings, we provide clients and participants with the options that best suit their needs.

Amplified our work and cause through events, media, and speaking engagements: Our work doesn't stop at the individual but extends to the communities we serve by addressing the stigma and broader social determinants that hinder thriving communities.

Evolved our messaging and branding to increase visibility, diversify revenue sources, and serve more individuals and communities: We exist to support the most vulnerable members of our communities and believe everyone deserves access to the care and support they need to live fulfilling lives.



LETTER FROM OUR BOARD CHAIR

Barbara Patterson

Dear Friends of Caminar,

Thank you so very much for joining us in our mission to help build strength and stability in our clients and community through comprehensive mental health, substance use, and supportive services. The entire Caminar community and I greatly appreciate your support and compassion.

Last year brought dynamic changes in California's behavioral healthcare sector, with significant shifts in payment rules and methods. In the face of these changes, the Caminar board was singularly focused on strengthening the organization and ensuring its sustainability and service for another 60+ years. In fiscal year 2023-2024, the board:

- Engaged in ongoing education and decisions about the complexities of old and new financial models to support Caminar's vital work and workforce
- Approved a new strategic plan that reinforces the infrastructure in traditional programs, identifies potential new opportunities, builds partnerships for new business, and strengthens Caminar's human capital
- Developed relationships with donors, community leaders, and other nonprofit organizations to bolster the Caminar brand and reputation in our communities

Reflecting on my three-year term as board chair, I am most proud of how we expanded and diversified our board with a range of experiences, occupations, geographies, ethnicities, and cultural backgrounds. The result of that focus

strengthened our collective brain trust and infused important new perspectives into our work. We also enhanced our board infrastructure and communication processes, ensuring better access to information to support even more thoughtful and informed decision-making. I want to express my most sincere gratitude to the Caminar board, whose tireless dedication to the organization and the Caminar community is deeply inspiring.

While my term as board chair ended in December 2024, I am honored to remain a member and am thrilled to introduce you to Jo-Ann Sockolov, Caminar's new board chair.

A member of our board since 2021, Jo-Ann's dedication to our communities' mental health and well-being is unrivaled. Jo-Ann is well-grounded with experience in human resources management and executive leadership roles in the corporate sector, which is complimented by her considerable nonprofit board and donor development experience. Additionally, Jo-Ann brings a network of diverse community, government, and business leaders who will undoubtedly assist Caminar in the future. I know I leave the board chair role in capable and compassionate hands.

From the bottom of my heart, I thank you for supporting Caminar, our clients, and our community. Thank you for making a difference!

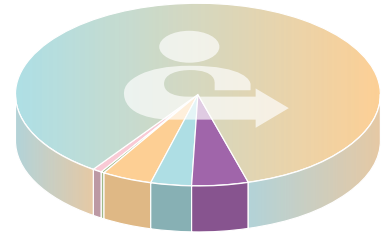
Warmly,
Barbara Patterson
Caminar Board Chair, 2022-2024

FISCAL YEAR 2023-2024




Statement of Financials

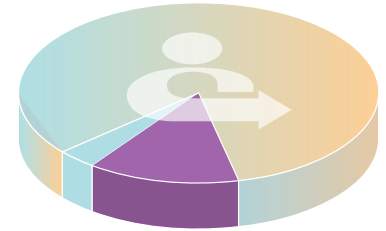
SUPPORT AND REVENUE

| | | |
|---|----------------------------------|---------------------|
|  | Public Funding | \$40,998,144 |
|  | Program Fees and Contracts | \$2,415,564 |
|  | Social Venture Income | \$1,702,121 |
|  | Contributions and Grants | \$2,204,836 |
|  | Investments and Other Income | \$157,715 |
|  | In-Kind Contributions | \$276,314 |
| | Total Support and Revenue | \$47,754,694 |



EXPENSES

| | | |
|---|------------------------|---------------------|
|  | Program Services | \$42,269,722 |
|  | Management and General | \$6,858,915 |
|  | Fund Development | \$1,775,007 |
| | Total Expenses | \$50,903,644 |



Fiscal year 2023-2024 expenses were above revenue, despite a \$2.6 million (7% year-over-year) increase in revenue. This was due to \$3.1 million in staffing and infrastructure investments. For additional details, please see our [audited financial statement](#).



Our Call to Action

▶ ADULT MENTAL HEALTH

- 23.08% of adults experienced a mental illness in the past year, equivalent to nearly 60 million Americans. Source: [MHA](#)
- 43% of adults say they felt more anxious in 2024 than they did the previous year, up from 37% in 2023 and 32% in 2022. Source: [APA](#)

▶ YOUTH MENTAL HEALTH

- 40% of high school students experienced persistent feelings of sadness or hopelessness. Source: [CDC](#)
- 20% of students seriously considered attempting suicide and almost 10% of students attempted suicide. Source: [CDC](#)
- Female and LGBTQ+ students were more likely than their peers to experience persistent feelings of sadness or hopelessness, poor mental health, and suicidal thoughts and behaviors. Source: [CDC](#)

▶ SUBSTANCE USE CONDITIONS

- 17.82% of adults in the U.S. had a substance use condition in the past year, totaling over 45 million people. Source: [MHA](#)
- 9.41% of adults in the U.S. had a drug use condition, and 11.28% of adults in the U.S. had an alcohol use condition in the past year. Source: [MHA](#)
- Over three-quarters (76.9%) of all adults with a substance use condition did not receive the treatment they needed. Source: [MHA](#)

▶ LGBTQ+ MENTAL HEALTH

- 67% of LGBTQ+ young people reported experiencing symptoms of anxiety, and 54% of LGBTQ+ young people reported experiencing symptoms of depression. Source: [The Trevor Project](#)
- 41% of LGBTQ young people seriously considered attempting suicide in the past year including half of transgender and nonbinary young people and nearly 3 in 10 cisgender young people. Source: [The Trevor Project](#)
- 14% of LGBTQ young people attempted suicide in the past year. Source: [The Trevor Project](#)

▶ COST OF UNTREATED BEHAVIORAL HEALTH CONDITIONS

- Mental health illnesses in the U.S. cost \$282 billion. Source: [National Bureau of Economic Research](#)
- Serious mental illness causes \$193.2 billion in lost earnings across the U.S. Source: [NAMI](#)
- Depression and anxiety cost the global economy \$1 trillion in lost productivity each year. Source: [WHO](#)
- Individuals with mental illness consume less, opt for less demanding jobs, and avoid investments in risky assets such as houses or stocks. Source: [Fortune](#)
- Every 2 in 5 people who are incarcerated have a history of mental illness. In the U.S., we spend \$80 billion annually on corrections. Sources: [NAMI](#) and [IJRD](#)

Our Impact

Thanks to our partners—including government funders, individual donors, foundations, corporations, community benefit partners, and the board of directors—Caminar has continued to address our communities' significant need for behavioral health care and treatment.

In 2024, we:

Strengthened

our program portfolio to position Caminar as a leading mission-driven behavioral healthcare organization in Northern California

Focused

on advancing and unifying our clinical operations to ensure our success in serving current—and new—clients in need

Expanded

our reach to Shasta County with our Friendship Circle program

Reached

over 41,000 children, young adults, and adults across seven 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



2,811 individuals accessed residential or outpatient mental health treatment (including psychiatry and/ or psychotherapy), case management, and essential wellness services

2,046 adults moved forward in recovery from substance use through treatment and case management services

4,381 local youth, families, and teachers accessed counseling, consultation, and support through programs connected to their schools

4,818 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

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

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

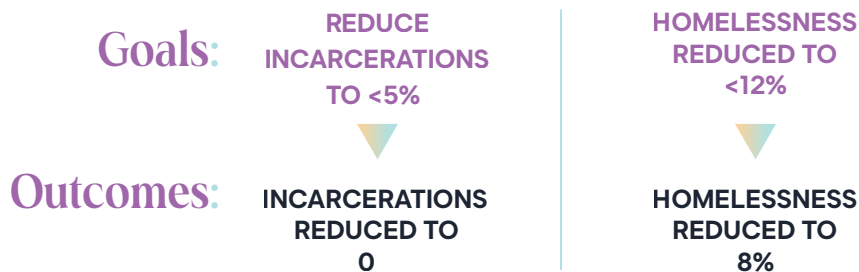
3,617 individuals in the greater community received education from our LGBTQ Youth Space Speakers Bureau on how to foster inclusivity, celebrate diversity, prioritize equity, and eliminate stigma

22,665 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.



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



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. Last year, Jobs Plus clients successfully found employment and earned competitive pay rates.

Outcomes: 55% OF CLIENTS EARN ABOVE MINIMUM WAGE

Dedication, Action, Inspiration.

Donor Spotlight: Jo-Ann and Rod Sockolov

Jo-Ann and Rod Sockolov, long-time board members and generous supporters of Caminar, are on a mission to create change: change in how we talk about and understand mental health, change in how we access mental health care, change in how we pay for mental health care, and, ultimately, a positive change in the mental health and well-being of adolescents and young adults regardless of socioeconomic status.

Rod joined Caminar's board in 2017, and Jo-Ann followed suit in 2021. Over the years, they have demonstrated their deep commitment to Caminar's mission and generously donated their time, talent, and treasure.

Rod has served on the Finance, Marketing and Development, Executive, and Audit Committees and co-chaired the Circle of Support Luncheon in 2019. Jo-Ann has served on the Nominating and Governance, Finance, Human Resources, Strategic Planning, and Rebranding Committees. She also started the Board Ambassador Team, led the DEI Task Force, and co-chaired our signature In Concert with Caminar event in 2021. In January of this year, Jo-Ann assumed the role of board chair for a two-year term. Together, they are a tireless, dynamic, and inspiring team whose energy and dedication to mental health and wellness is truly unrivaled.

While they are restlessly eager for systemic changes to create parity between physical health and mental health treatment and unencumbered access to mental health treatment for all, they focus on how they can affect change in their local community right now.

Laser-focused on expanding access to treatment, Jo-Ann and Rod are vocal—and financial—proponents of developing Caminar services, which will expand access to mental health treatment and support for adolescents and young adults through reduced-rate, private-pay programs. Recently, Jo-Ann and Rod made an extraordinary contribution of \$100,000 to Caminar, and they are committed “to ensure that one less child suffers, one less every day.”

Additionally, forged through her years of dedication to local schools and developing curriculum around mental health, Jo-Ann dreams of a day when mental health education and discussion starts on day one. Day one, being in the pediatrician's office and continuing the curriculum for children, parents, teachers, and beyond throughout an educational journey. Ultimately, the effort would lead to entire communities equipped and activated to support and talk about mental health in the same open, non-stigmatized way we talk about broken bones.

Jo-Ann and Rod encapsulate Caminar's secret sauce: deep compassion, unwavering commitment, steadfast advocacy, and investment in time and financial support to improve the mental health and well-being of the next generation. The Sockolovs' dedication to the work brings hope, healing, and health to people in our community who need it, inspiring the commitment and generosity of others.

We extend our deepest gratitude to Jo-Ann and Rod. Caminar, our clients, and our community are fortunate and better for their leadership and partnership.



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, 2023, and December 31, 2024, which includes the fiscal year 2023-2024 and the calendar year 2024. We sincerely regret any errors or omissions. Should you notice an error, please advise us: 650.513.1509, development@caminar.org.

Special thanks to our Caminar Leadership Impact Circle, donors who give \$2,500 or more in a year and donors who've given for ten consecutive years.

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 - Department of Social Services
 County of Solano - Health and Social Services
 El Camino Health Care District
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Caminar and our program divisions transformed the lives of over 41,000 youth and adults across Santa Clara, San Mateo, San Francisco, Contra Costa, Solano, Butte, and Shasta counties last year.

In a world where mental health and substance use challenges can take over people's lives, Caminar exists as a beacon of safety and compassion. We stand firm, guided by our mission to build strength and stability and to help individuals and communities thrive.

WE EMBODY COMPASSION:

At Caminar, we are a lifeline for the most vulnerable members of our communities. In the actions we take and in the words we say, we declare that everyone deserves access to the care and support they need.

WHOLE-PERSON CARE IS OUR FOCUS:

Our commitment is unwavering. We advocate evidence-based, whole-person care as the foundation of our mission. Driven by a focus on clinical excellence, we establish a cycle of trust, fulfillment, and measurable outcomes that contribute to societal progress.

INCLUSION IS OUR IDENTITY:

Embracing a culture of ambition, compassion, and empathy, we foster an environment where all are welcome. Our safe spaces are beacons of acceptance, judgment-free zones where anyone can seek refuge, find support, and confront challenges with courage.

DIVERSITY IS OUR STRENGTH:

Our teams mirror the communities we serve to ensure voices are respected, perspectives are heard, and situations are approached with genuine care.

TOGETHER, WE ARE BETTER:

United by lived experiences, transparency, and an aspiration to deliver sector-leading outcomes, we thrive on collaboration between teams and services. Our reach extends to the lives we support and the individuals and communities affected by the societal issues that create barriers to our work.

WE MOVE FORWARD AS ONE:

We embark on a journey toward a healthier, more compassionate future. It is a journey marked by our sincerity, open-mindedness, confidence, warmth, and uplifting spirit.

We are Caminar, helping to build strength, stability, and fulfillment for all.

