

SAVING LIVES FOR FIFTY YEARS



FROM CRISIS TO INDEPENDENCE



1964 50 2014

Annual Report 2014 | [www.caminar.org](http://www.caminar.org)



*Caminar is dedicated to improving the quality of life for people with disabilities  
by providing opportunities to live with dignity and independence in the community.*



*Adrienne who works for Bon Appetite at Oracle is part of  
the 80% of people placed by Caminar's Jobs Plus program  
who have kept their jobs for at least one year.*

## Letter from the CEO

This year marked Caminar's 50th anniversary of providing community-based support services for transition age youth and adults with mental, physical, and developmental disabilities. Reflecting on the many lives transformed through Caminar's mission, I am immensely honored to serve as CEO and to thank you — our community — for making our work possible.

Since our beginnings in 1964, Caminar's recovery treatment and support services have expanded dramatically. This past year we reached almost 2,500 unduplicated individuals across five counties in the greater San Francisco Bay Area. Every day, Caminar's staff works with passion, care and skill to improve the lives of thousands of people with mental illness. Our 50th anniversary tagline says it all: "SAVING LIVES FOR FIFTY YEARS, FROM CRISIS TO INDEPENDENCE." Celebrating this milestone at Levi's Stadium, home of the San Francisco 49ers, on September 25th, Caminar was acknowledged for its role as a leading nonprofit mental health provider in the Bay Area. (See article on page 8).

Caminar is so much more than just a mental health service provider because we understand that the brain and body act as one dynamic system that cannot be treated separately. We place emphasis on providing services to the "whole person" through integrated primary and mental health care, which will continue to set us apart as we transition through health care reform.

Much of Caminar's success over the last five decades has been made possible by significant support from our government funders. From the beginning, the leaders of San Mateo County and its Behavioral Health Department have believed in our work, our clients, and the impact we're having in their lives. We are very grateful to county partners such as San Mateo County Supervisor Don Horsley, who is pictured right with Board President Dennis Pantano. Also pictured is Floyd Gonella, former San Mateo County superintendent with wife Margaret Taylor, former director of the San Mateo County Health Department, and County Manager John Maltbie supporting Caminar at its 50th Anniversary Celebration. We are deeply appreciative of all the valuable partnerships we have formed and look forward to providing services to those who need them most for the next 50 years!



Charles "Chip" Huggins  
Chief Executive Officer

 **Caminar**  
for Mental Health

1964 **50** 2014

SAVING LIVES FOR FIFTY YEARS  
From Crisis to Independence



Top: (L-R) Dennis Pantano, Board President and Chip Huggins, CEO with Don Horsley, San Mateo County Supervisor. Bottom: (L-R) Floyd Gonella, former San Mateo County superintendent with wife Margaret Taylor, former director of the San Mateo County Health Department, and County Manager John Maltbie supporting Caminar at its 50th Anniversary Celebration.

CARF  
Certified



Guidestar Gold  
Approved







159

individuals assisted in gaining competitive employment through Jobs Plus



100%

of clients in transitional housing were discharged to a lower level of care after treatment



2,445

unduplicated individuals served



47

case management clients graduated from mental health services



43

case management clients "stepped down" to decreased levels of care



\$11.34

is the average hourly wage for individuals employed through Jobs Plus



75%

of Caminar clients are homeless at the time of referral; 100% of supported housing clients kept their residences for at least 12 months



### CAMINAR EXECUTIVE MANAGEMENT TEAM

Charles "Chip" Huggins, JD  
Chief Executive Officer

Karen Gianuario  
Senior Director, Business Development and Operations

Jason Rubin, LCSW  
Managing Director of Clinical Services

John Moutoussamy, SPHR  
Director of Human Resources

Syd Najeeb  
Director of Finance and Accounting

Carolyn DeVoto  
Director of Development

Steven Gilbert  
Director of Information Technology

Michael Schocket  
Program Director of Jobs Plus

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Ted Stinson  
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### ADVISORY COMMITTEE

Margaret Taylor

## Numbers of Clients Served: 2,033

2012 – 2013



● San Mateo ● Solano ● Butte ● Jobs Plus

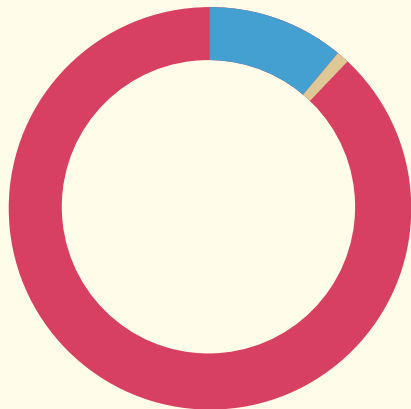
## Numbers of Clients Served: 2,445

2013 – 2014



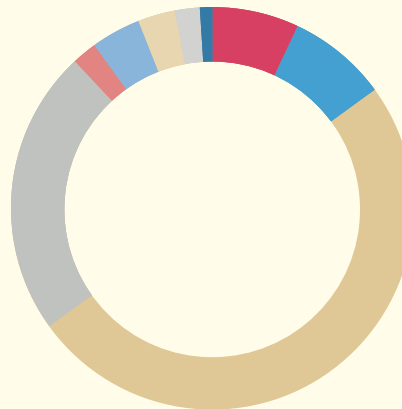
● San Mateo ● Solano ● Butte ● Jobs Plus

## Agency Expense



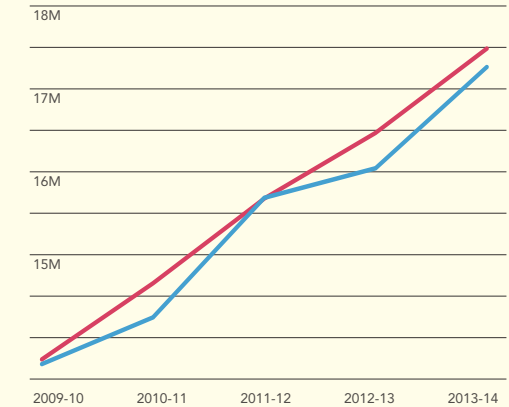
● Program Service: 88%  
● Management & General: 11%  
● Fundraising: 1%

## Agency Revenue












● Resident Contribution: 7%  
● Program Service Income: 8%  
● Gov't Contracts - San Mateo Region: 50%  
● Gov't Contracts - Solano Region: 23%  
● Gov't Contracts - Butte Region: 2%  
● Gov't Contracts - Jobs Plus: 4%  
● Donations & Grants: 3%  
● In Kind Revenues: 2%  
● Miscellaneous Revenues: 1%

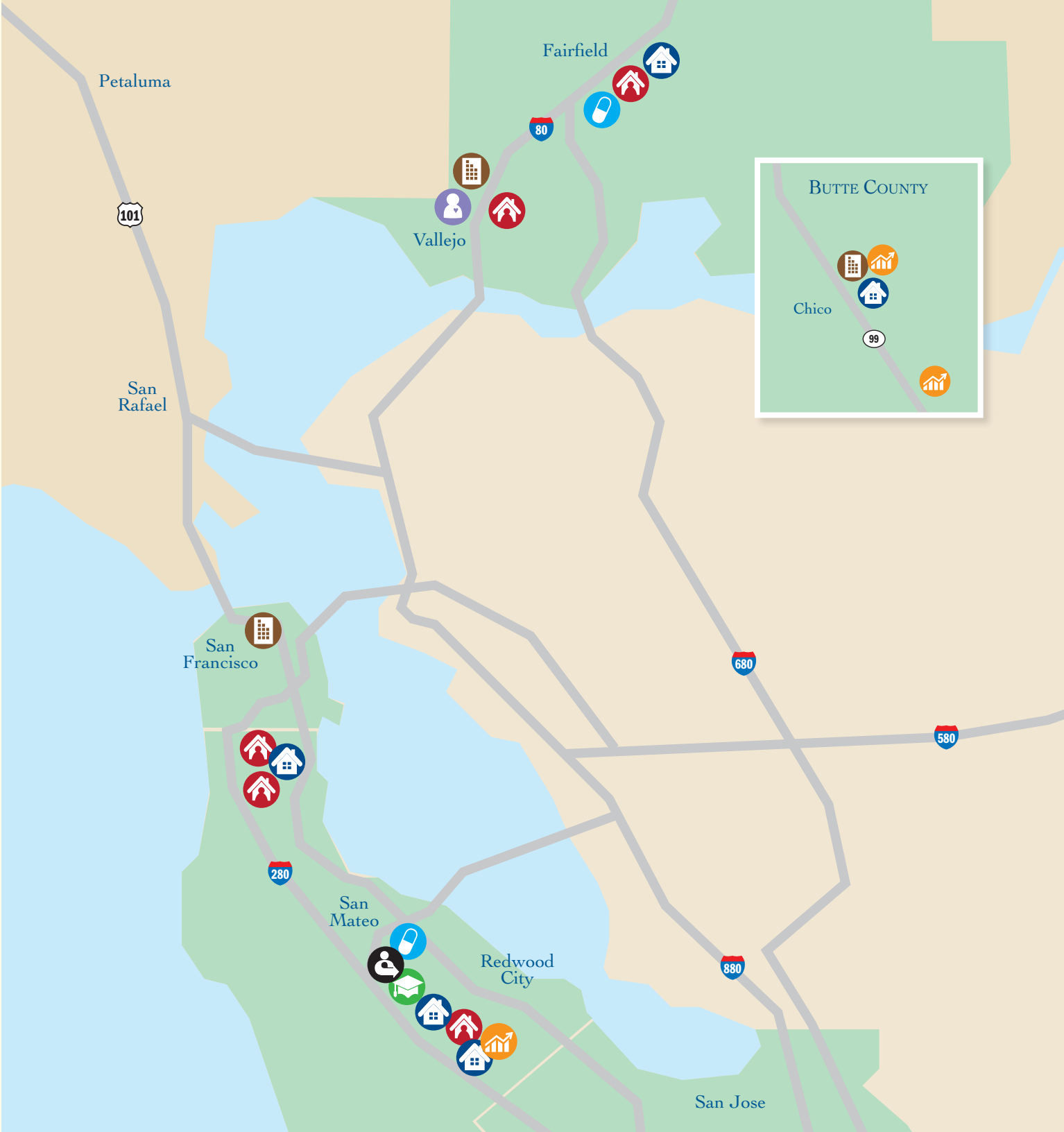
## 2014 Revenue vs. Expense



● Revenue: \$17.5 million  
● Expenses: \$17.3 million

CAMINAR PROGRAM  
LOCATIONS

-  Crisis and Transitional Residential Facilities
-  Supported Independent Living
-  Headquarters
-  Medication Clinics
-  Offices
-  Supported Education
-  Social Enterprise
-  Wellness & Recovery Center
-  Jobs Plus





## Meet Christopher Jump

If you attended Caminar's 50th Anniversary Celebration this past September, you heard from a remarkable individual, Christopher Jump. That night, Christopher shared his inspiring story of recovery with a crowd of over 475 people. For those who missed his compelling speech, we would like to share his story here.

Christopher first experienced extreme sadness at the age of five. He thought everyone felt this way and he hoped he would outgrow what he later learned was depression. As he grew older he continued to think his condition would pass and, wanting to avoid medication, he did not seek treatment. Eventually, self-inflicted injuries and suicide attempts led him to get the support he needed.

Christopher joined the Caminar family almost 13 years ago when he became a resident at Redwood House, one of Caminar's crisis residential homes. Once he was able to leave Redwood House, Christopher received services through Caminar's case management programs, and then went on to enroll in Caminar's supported education program in conjunction with College of San Mateo. There, Christopher discovered his life's calling — telling his personal story to help others with mental illness. Through Caminar's Jobs Plus program, Christopher went on to gain full time employment speaking publicly in a field he cares about deeply.

Christopher currently assists people who are on the road to recovery from mental illness in his job as program coordinator at Heart and Soul, a mental health organization in San Mateo. He feels his choice to help others is a way of "giving back" for the invaluable help he received through Caminar's many services.

Caminar is proud to know that through our clinical support, stable housing, supported education, and vocational assistance, Christopher has made the journey to a fulfilling livelihood and become a contributing member of the community.

Congratulations, Christopher, and thank you for sharing your story!





Right: Caminar staff at 50th Anniversary Celebration event at Levi's Stadium. Opposite page: (L-R) Ted Robinson, Master of Ceremonies; Shelly Berg, Grammy nominated pianist; Tom Scott, Grammy award winning Saxophonist.



## CAMINAR'S 50TH ANNIVERSARY CELEBRATION

The genesis of Caminar was in 1964 when thousands of people with mental illness moved from locked hospital settings into community based housing. To help with this unprecedented transition, doctors, psychiatrists and community advocates opened El Camino House in Belmont, CA for 41 individuals who were leaving institutions and reintegrating back into society.

Now, 50 years later, Caminar for Mental Health is a full-service organization serving almost 2,500 people annually in five Bay Area counties. To celebrate this remarkable milestone, Caminar hosted an unforgettable event at Levi's Stadium on September 25, 2014 for over 475 friends, employees, and supporters of the organization.



Guests began their evening with tours of the new facility; sponsors were invited to the roof deck to enjoy cocktails, appetizers, and splendid views. The celebration continued with tunes from talented vocalist Tim Hockenberry, followed by three-time Grammy award winner, Tom Scott on his saxophone. Sensational violinist and two-time Grammy award winner Mark O'Connor and his fiancé, Maggie Dixon, set the mood during dinner and later, legendary pianist Shelly Berg offered a dazzling performance. Shelly also mesmerized the crowd with an account of his personal connection to mental illness, as he has suffered from Turret's Syndrome for most of his life. Equally compelling was the retrospective video of Caminar as told by

Eunice Kushman, and personal stories of recovery that Carmen Lee and Christopher Jump courageously shared with the audience.

Finally, Leo Vigil and the Rockin' Horns closed out the evening with covers of Chicago; Earth, Wind and Fire; and other favorites.

Caminar was delighted to welcome hundreds of new friends into the family of advocates and supporters to the cause of mental illness — and grateful to tally the evening's gross revenue at more than \$420,000 toward Caminar's programs. On behalf of our Board of Directors, clients, and staff, thank you for being on our team as we continue our challenging, yet fulfilling, good work!

# Jobs Plus

Caminar's Jobs Plus program provides opportunities for job placement, training, and supported employment services to individuals with disabilities in San Mateo, Santa Clara, San Francisco, Solano and Butte counties.

Prior to enrolling in Jobs Plus, approximately 70% of our clients have been out of work for the past 10 years due to their disability. With the support of our dedicated Jobs Plus team, 90% of our clients have secured gainful employment and kept their jobs for 90 days, and 80% for over one year. This year, Caminar placed 159 clients in competitive employment, 52 more than last year, and the average wage for our clients is \$11.34 per hour. Countless clients have expressed how much having a job has improved their independence, sense of purpose, and overall quality of life.

## Job Plus Employers\*

Bed Bath & Beyond	Massage Envy
Big O Tires	Orchard Supply
Cinemark	Hardware
City College of San Francisco	Ross
Dignity Health Medical Foundation	Salvation Army
Food Maxx	San Francisco Food Bank
Game Stop	San Jose Medical Group
Goodwill Industries	Six Flags Discovery Kingdom
Hertz Rent-a-Car	Sunrise Assisted Living
Home Depot	Sur La Table
Jamba Juice	Target
Kohl's	Trader Joe's
Lowes	Tutor Works
Marshalls	YMCA

\*Partial list. For complete list visit [www.caminar.org](http://www.caminar.org)

*Jerry, Jobs Plus client and employee of Trader Joe's.*





## Supported Housing

An astounding 75% of clients are homeless at the time of their referral to Caminar. Fortunately, our Supported Housing programs in San Mateo, Solano and Butte counties work tirelessly to combat this challenge through strong partnerships with local Housing Authority divisions and by teaching independent living skills at our residential treatment homes. We assist clients in accessing federal housing subsidy programs such as Shelter Plus Care and Section 8, and when subsidized programs are not an option, we work with local property owners to find our clients low-cost, permanent housing. Additionally, our four crisis and transitional residential programs helped 370 residents last year manage their psychiatric symptoms and develop the basic skills necessary to live independently in the community of their choice.

In 2013-14, 100% of Caminar clients who enrolled in our Supported Housing program have kept their residences for at least one year. That is one whole year they may have otherwise been on the streets without a place to call home or without a place to start their recovery.



## Supported Education

Our Supported Education program is for individuals with disabilities who wish to pursue post-secondary education. We collaborate with San Mateo County Behavioral Health and Recovery Services and College of San Mateo to assist participants with everything from registration to educational accommodations and on-campus counseling and support. This program also has a specialized certification program for Peer Counseling and offers classes in transitioning to college. Last year 106 youth and adults with long histories of academic challenges and failures accessed Caminar's supported education program to gain the confidence and skills they need to rebuild their academic careers and take important steps toward reaching their potential. We are proud of our students for taking the courageous step of pursuing education and, often, becoming the first generation in their family to pursue an education beyond high school.

*Top: Edgardo at Caminar's YAIL. Left: Nick a Supported Education student.*



## Caring for the “Whole Person” through Bridges to Wellness

It's no secret that our physical and mental health go hand in hand; yet it's rare to find service providers that truly, seamlessly combine these two treatment areas. Caminar's Bridges to Wellness (BTW) program cares for the “whole person,” integrating primary care and mental health treatment for approximately 110 adults with mental illness in San Mateo County. Pioneered by Caminar in 2011, BTW has proven to be highly successful in reducing preventable medical conditions and improving health behaviors.

Janet entered the BTW program at age 55. In addition to her diagnoses of schizophrenia and depression, Janet had serious health conditions — morbid obesity, hypertension, and potential diabetic and cardiovascular issues. She lived a sedentary lifestyle, experienced chronic pain, and expressed feelings of hopelessness.

During the two years that Janet participated in BTW, her health and lifestyle changed dramatically. She began attending BTW groups such as diabetic management, nutrition awareness, exercise promotion, and smoking cessation, which brought about notable improvements in her overall health. With her own determination and the support of the BTW program, Janet lost more than 100 pounds through health education, better eating habits, and greater physical activity. Her tobacco use diminished significantly. As Janet's risk for cardiovascular problems decreased (hypertension and chronic pain both resolved), her mood improved. Janet is well on her way to living a longer, more healthful life!

Janet is one of the numerous BTW participants who are experiencing life-changing results, thanks to previous and current supporters such as the Peninsula Health Care District, Sequoia Healthcare District, Kaiser Permanente, Mills Peninsula Health Services, and the Carl Gellert and Celia Berta Gellert Foundation. Caminar endeavors to expand BTW services to Caminar's thousands of clients, improving lives, one “whole person” at a time.

*Top: Mary Silva, RN with a Bridges to Wellness group demonstrating a healthy meal. Bottom: Mary with client Paulette.*







# Olivos

Olivos is Caminar's private-pay psychiatric and psychosocial program which utilizes innovative, evidence-based practices to improve clients' overall health and wellness. A psychologist, psychiatrist, care manager, registered nurse, outpatient therapist, job developer, educator and peer specialist compose the team who collaborate to provide a full range of services. Olivos provides comprehensive concierge-level care that can be tailored to fit diverse needs, ranging from psychiatric emergencies to life coaching. Our services also empower individuals through opportunities in the community such as employment, education, volunteering and social activities, providing resources to engage and succeed in these activities. Olivos works with individuals and their support systems to help build and sustain the lives they desire with direction and purpose while managing their health.

## Jessica's Journey with Olivos

Jessica has accomplished a lot in her life; she has a Bachelor's degree as well as a nursing certificate. Yet during early childhood, Jessica suffered from PTSD, depression and low self-worth. Beginning at age 8, Jessica received care through hospitalizations, residential treatment centers, therapy, and psychiatry. Two years ago Jessica came to Olivos depressed, anxious, addicted to pain medication, and experiencing conflict in her family and personal life.

Olivos provided Jessica an environment where she could feel safe and begin her journey to recovery and healing. By reconciling damaged relationships with her family and friends, she started rebuilding her life and now even has the romantic relationship she has been seeking. Through Olivos' encouragement and support, Jessica has overcome her pain medication addiction, gone back to school, volunteered and worked in two different jobs and is currently completing a peer counseling certificate. Jessica has spent the last two years out of the hospital, developing healthy coping and life-skills, managing her symptoms, decreasing her medications and living with purpose. When Jessica first came to Olivos she required our highest level of care; today she receives our lowest level of care and is on her way to independence.



# FUNDERS, SPONSORS & DONORS: FY 2013-14

## Government Funders

Butte County Department of Behavioral Health  
City of Chico  
County of San Mateo - SamTrans  
County of San Mateo Behavioral Health and Recovery Services  
Federal Department of Education  
Federal Housing and Urban Development (HUD)  
FEMA - Federal Emergency Management Agency (In-kind contributions)  
Peninsula Health Care District  
SAMSHA (Substance Abuse and Mental Health Services Administration) - PATH and MHBG (Community Mental Health Services Block Grant)  
Sequoia Healthcare District  
Solano County Mental Health Services  
State of California, Department of Developmental Services  
State of California, Department of Rehabilitation  
USDA - U.S. Department of Agriculture (in-kind contributions)

## Over \$20,001

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John and Marcia Goldman Foundation  
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Michelle Leu Zaccone

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Mark Regoli  
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Dennis and Margaret Pantano  
Ted and Mary Robinson  
Stanford Hospital and Clinics  
Mo and Vivienne Virani

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Peninsula Health Care District  
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## HELP US SPREAD THE WORD

about Caminar! We are actively adding fans, friends, followers, and fundraisers and we want you to join us.



@CaminarCal



Caminarformentalhealth



Caminar



Caminar, Inc.

Caminar's Diversity and Equity committee established the LGBTQ group in early 2014. The purpose of the group is to have a safe place for Caminar clients who identify with the LGBTQ community, to link participants with resources, build relationships and get support for current goals.



## CAMINAR WISH LIST

- Van - \$30,000
- Couches for residential facilities - \$2,000
- Washer and dryer - \$2,000
- Musical instruments for group play - \$500
- Tickets to social events for clients (plays, musicals, etc.) - \$500
- Emergency fund for over-due class registration fees - \$350
- Work-Readiness Supplies for certificate program (i.e., Nursing, Cosmetology, etc.) - \$300
- Emergency motel vouchers - \$150 each
- Art Supplies for Art Therapy - \$100
- Taxi vouchers - \$25 each

Note: name of clients in this annual report have been changed to protect anonymity.