



Presented by Transitions-Mental Health Association

FOR IMMEDIATE RELEASE

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Event webpage here: http://www.t-mha.org/main/main_joh.html

Photos available upon request

JOURNEY OF HOPE FORUM TO FOCUS ON TRAUMA INFORMED CARE

Keynote speaker Gabriella Grant is Director of the California Center of Excellence for Trauma Informed Care

SAN LUIS OBISPO, CA – The eighth annual Journey of Hope event will feature keynote speaker Gabriella Grant speaking about the impact of trauma in our community.

Journey of Hope, an inspiring and educational mental wellness forum, will be held from 6:00-8:00 p.m. on Friday, January 20, at New Life Church in Pismo Beach, CA. This is a free event, open to the public and reservations are not required.

Grant is the director of the California Center of Excellence for Trauma Informed Care, overseeing the Center's research, program, and professional development as well as policy analysis activities.

An innovative reformer of publicly provided services, Ms. Grant will present "Trauma-Informed Transformation: Strengthening the Fragile Vagal Brake."

"This presentation will provide an overview of how trauma, especially when intergenerational and in childhood, affects the development of the social engagement system via the ventral vagus nerve," explained Grant. "By understanding the science of safety, people can better understand themselves and others; build safety to improve social connections; and discover the natural healing processes inherent in the body."

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines trauma as "an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's function and physical, social, emotional, or spiritual well-being."

The Journey of Hope forum will include an information fair featuring local resources and mental health services. Attendees seeking services and/or information for themselves or someone else have the opportunity to visit with representatives from over 30 local agencies and county departments.

Continuing education units (CEUs) will be offered through the San Luis Obispo County Behavioral Health Department.

Journey of Hope is hosted by Transitions-Mental Health Association's Peer Advisory & Advocacy Team and Family Services and co-sponsored by San Luis Obispo County's Behavioral Health Department with funds provided by the Mental Health Services Act. Special thanks to Central Coast Psychological Association (CCPA) and CenCal Health for their funding contributions.

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Transitions-Mental Health Association (TMHA) is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services. For 38 years, TMHA has been dedicated to providing housing, employment, case management and life-skills support to teens and adults with mental illness, as well as support, resources and education for their loved ones. **Peer Advisory & Advocacy Team (PAAT)** is a committee of peers that work with our community and county mental health departments to advocate for those served by the mental health system, educate about mental illness, promote wellness and recovery, reduce or eliminate stigma, and provide support for those living with a mental illness. **Family Services:** Mental illness can have an enormous impact on families, friends and caregivers. That's why our experienced staff offers direct, immediate support with the goal of providing relief and hope. TMHA Family Services provides compassionate, informed assistance for families, friends and loved ones of individuals with mental illness.

The San Luis Obispo County Behavioral Health Department works in collaboration with the community to provide services necessary to improve and maintain the health and safety of individuals and families affected by mental illness and/or substance abuse. Services are designed to assist in the recovery process to achieve the highest quality of life by providing culturally competent, strength based and client and family centered strategies utilizing best practices.

Central Coast Psychological Association (CCPA) is the chapter of the California Psychological Association that serves psychologists and the public in the central coast region of the state. CCPA provides mental health referrals to the public, assists in response to disasters, and provides professional development opportunities for psychologists. More info about CCPA can be found at www.centralcoastpsych.org.

CenCal Health is a Non-Profit Community-Based Health Care Organization that contracts with the State to administer Medi-Cal benefits through local care providers in Santa Barbara and San Luis Obispo counties. Mission: To improve the health and well-being of the communities we serve by providing access to high quality health services, along with education and outreach, for our membership. Vision: To be a nationally recognized model for publicly sponsored health care plans, facilitating excellence in care, service and efficiency, and be valued as a community resources.