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2017 "ART OF RECOVERY" SHOW IN LOMPOC

Art will be displayed during the month of May, National Mental Health Awareness Month

Lompoc, CA – Transitions-Mental Health Association (TMHA) invites the community to their 2017 Art of Recovery Show in Lompoc during the month of May in support of Mental Health Awareness Month.

The show will be open and free to the public, May 8-12 and May 15-19 from 4:00-7:00 pm at the Helping Hands of Lompoc Recovery Learning Center (located at 513 North G Street, Lompoc).

To celebrate the artists, Helping Hands will host a reception event on Friday, May 12th from 5:00 – 8:00 pm, featuring art sales, refreshments, and music by Tom Mutchler.

The event was first developed in 1995 to offer people in mental health recovery a way to express themselves and to provide a venue to share art, feelings, thoughts and messages with the general public. The goal remains the same today. TMHA hopes to help the community see that people should not be defined in terms of their illness but by their strengths, gifts, and the contributions they make to society.

"You will be inspired by what you see and experience at the show, and we invite you to support the individual artists by purchasing a treasure as a reminder of our talented neighbors," said Frank Ricceri, Division Director at TMHA – Northern Santa Barbara County.

Jane Lindholm has been selected as the featured artist in 2017, and her piece *The Green Profile* will be showcased in all promotions.

"I've been entering and following the art shows for years, and was encouraged by TMHA staff to join in and finally decided it was time to step-up my artwork and submit some recent work," said Lindholm. As a 20 year professional graphic artist, she finds that her graphic work is more "practical" than the fine art that she has done. For Lindholm, "graphic art is more organized and better geared towards the way that my brain works."

The Green Profile represents Lindholm's view of what goes on in a mentally ill mind (symptoms and signs) while possible solutions and treatments and depicted outside of the person's head. Inspiration for the piece came from online research and her own experience in recovery and wellness.

"If I am anxious or upset I can focus, reorganize, and escape from my problems," explained Lindholm. "Later I can return to my situation and better face my issues. The artwork is also something that I can share with others."

Part of Lindholm's sharing includes custom birthday, get well, or sympathy cards that she makes for others. "Her cards always include personal touches that delight and surprise the recipient," said Ricceri.

Art of Recovery is presented by Transitions-Mental Health Association and Helping Hands of Lompoc. The event is sponsored by Agatha's Grooming; El Toro Bronco; First United Methodist Church; Scratch Kitchen; Shear Salon &

Day Spa; South Side Coffee Company; St. Mary's Episcopal Church; Eddie's Grill; Mi Amore Pizza and Pasta; and Tom's Burgers.

Please contact Sandy Rives – (805) 588-0572 or srives@t-mha.org for an entry form and further information.

ABOUT TMHA

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. We operate over 35 programs at locations throughout San Luis Obispo and North Santa Barbara counties. The emphasis of our innovative services is to teach vital independent living skills and help build a framework for community re-entry through personal empowerment and hands on experience. Since 1979, TMHA has been dedicated to providing work, housing, case management and life-skills support to teens and adults with mental illness while offering support, resources and education for their loved ones. For more information, visit www.T-MHA.org.

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