



FOR IMMEDIATE RELEASE

July 15, 2019

**Contact: Michael Kaplan, Community Engagement Director
Transitions-Mental Health Association
805.550.6513, mkaplan@t-mha.org**

**2020 *OPENING MINDS* ART SHOW – APPLICATIONS FOR FEATURED ART
Chosen piece will be featured in *Opening Minds* promotional materials and displayed in art show**

Paso Robles, CA – Transitions-Mental Health Association (TMHA) invites people of all ages to submit art inspired by living mentally well for consideration as the featured piece in TMHA's 2020 *Opening Minds* art show. The exhibition takes place April 30, 2020 through May 31, 2020 at Studios on the Park, Paso Robles CA.

This is a juried submission process, and only one piece of art will be selected. The competition is open to individuals in recovery from mental illness and/or a substance use disorder, and their loved ones.

Featured Piece Deadline: September 27, 2019

The chosen featured piece will be used in *Opening Minds* and TMHA promotional materials. The artist whose work is selected will be encouraged to provide interviews to local news media and will be contacted as part of the promotional outreach for the show.

Submissions are to be limited to 2-dimensional art. Please contact the art coordinator, Meghan Madsen at (805) 503-0350 or by email at mmadsen@t-mha.org for an application and further information.

The 2020 *Opening Minds* art show will be in Paso Robles during the month of May in support of Mental Health Awareness Month. A call for general art to be displayed in the art show will happen in January 2020.

Opening Minds is a community art show in celebration of living mentally well. The *Opening Minds* art show was first developed in 1995. TMHA's goal is to help the community see that we should not be defined in terms of our illness but by our strengths, gifts and by the contributions we make to society.

Opening Minds is presented by TMHA and San Luis Obispo County Behavioral Health Services. The show is funded in part by the Mental Health Services Act (Proposition 63), and cosponsored by TMHA's Peer Advisory and Advocacy Team (PAAT).

For 68 years, Mental Health America has led the observance of May as Mental Health Month by reaching millions of people through the media, local events and screenings. TMHA supports this effort locally by hosting *Opening Minds* during this time.

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. For forty years, 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.

ABOUT PAAT

Peer Advisory & Advocacy Team 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.

