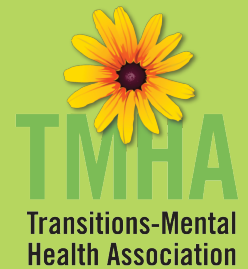


ANNUAL REPORT

2019-2020 Fiscal Year

Inspiring hope, growth, recovery, and wellness in our communities.

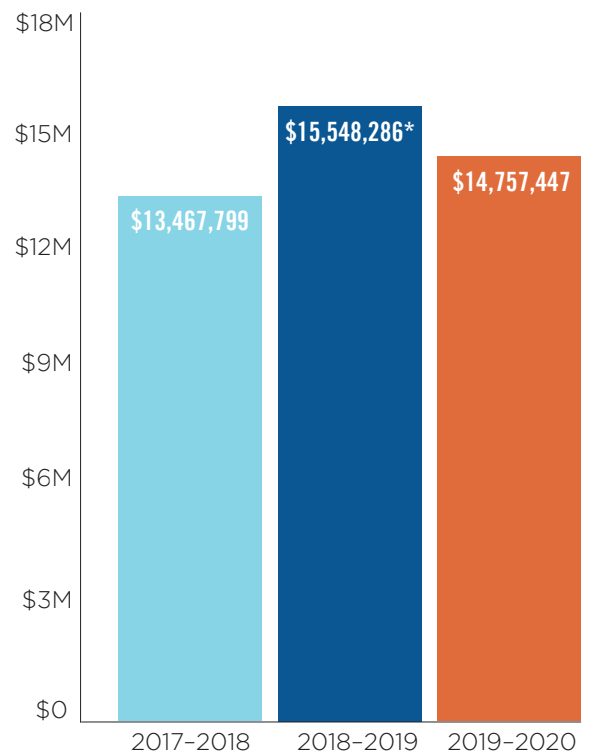


Transitions-Mental Health Association (TMHA) is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people living with a mental illness. We operate 42 programs throughout San Luis Obispo and North Santa Barbara counties. For over 40 years, TMHA has been dedicated to providing work, housing, community, and family services for teens and adults living with a mental illness while offering support, resources, and education for their loved ones.

128 FULL-TIME STAFF **40** PART-TIME STAFF **63** TRANSITIONAL STAFF* **21** RELIEF STAFF **1,188** TMHA VOLUNTEERS

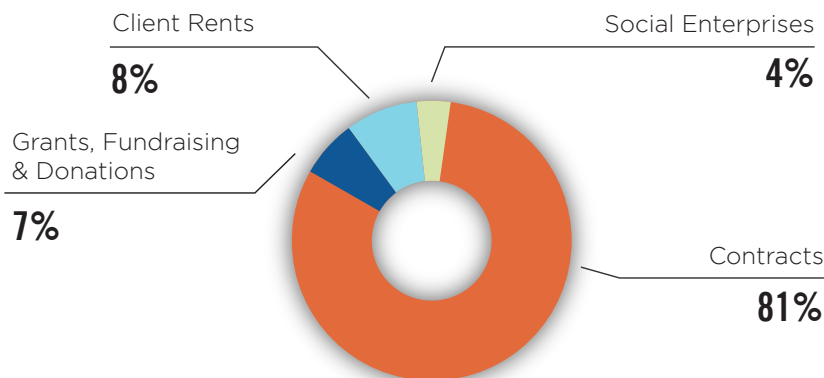
**Client Staff working for our agency via TMHA Employment Programs*

Agency Growth Annual Budget

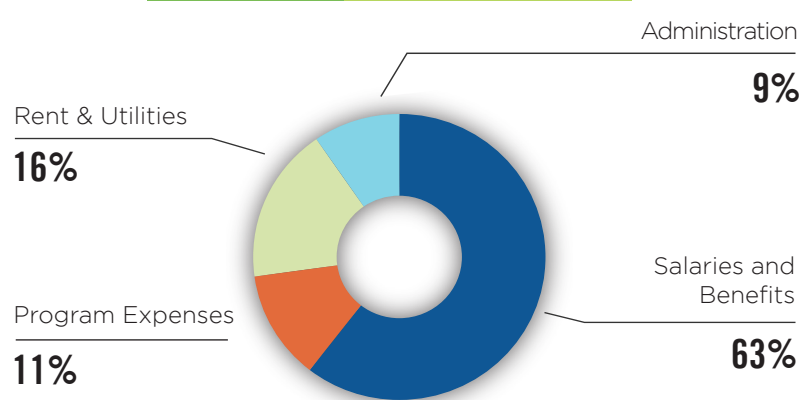


**Includes \$1 million in Bishop Street Studios expenses*

Revenue \$15,406,353



Expenses \$14,757,447.60



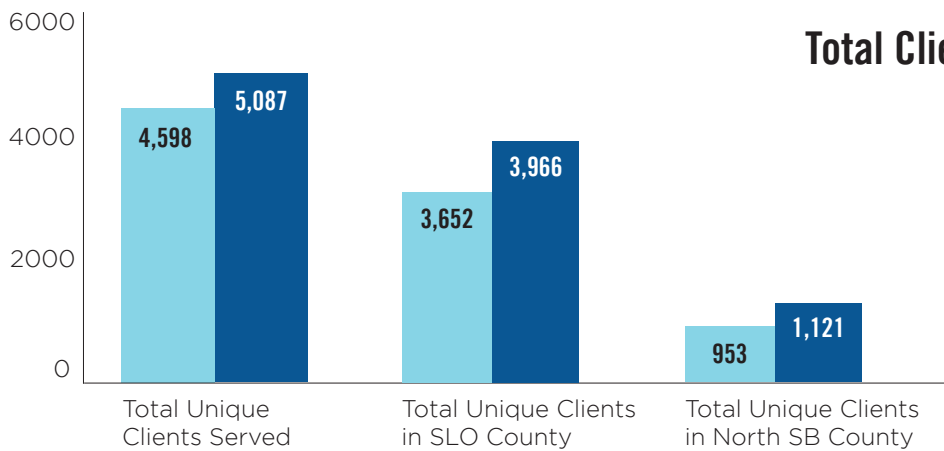
16
PROPERTIES OWNED



50
PROPERTIES LEASED

TMHA pursues real estate, particularly housing, rather than a traditional endowment. This serves the double purpose of providing the agency with valuable assets as well as buildings that we actively use for our mission. Consider donating your property as part of our Planned Giving program. Call Michael Kaplan at (805) 540-6513.

THE COVID-19 IMPACT



Total Clients

2018-2019 2019-2020

Reflecting nationwide trends, TMHA saw the demand for mental health services increase during the last 4 months of the Fiscal Year, while the majority of our programs converted to telehealth delivery.

Programs

2018-2019 2019-2020

Family Services

1,375 1,735

The stress of the pandemic on family life showed a steady rise in the need for services.

Homeless Services

455 524

These programs continue to expand to reflect our community's response.

Forensic Services

448 556

An increase due to our partnership with the SLO Police Department on the Community Action Team.

Housing

310 363

The number of people housed grew with the opening of Bishop Street Studios.

Community

1,799 1,887

The transition to telehealth allowed TMHA's Wellness Centers in both counties to meet community demand.

Employment

511 474

Two Growing Grounds Enterprises had to close in late March. All three are now open.

Clinical Services

357 309

Two programs ended, while the remaining services expanded their caseloads.

SLO Hotline Calls

10,821 10,037

Crisis calls did not significantly increase during the first 4 months of the pandemic.

Outreach & Education

12,305 people received outreach and education in SLO County.

1,457 of these individuals were teachers and students who received mental health training or education through our High School Program.

HOW YOU CAN HELP...

It is no surprise that the Covid-19 pandemic has been disastrous for our local and state economies. TMHA has already witnessed a contraction in program size and funding for such popular services as 70Now, Growing Grounds Enterprises, and the TMHA High School Program.

Now more than ever, we look to the community to help us meet the needs of our friends, neighbors, and loved ones. Mental illness is a common, treatable challenge that requires compassionate service. You can support TMHA's wonderful programs by visiting www.t-mha.org.

