



Transitions-Mental Health Association

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

# 2024–2025 COMMUNITY IMPACT REPORT



# MEETING THE NEEDS OF OUR COMMUNITY

# 6,477

Total Clients and  
Family Members  
Served (a 10% increase over 2024)

## 4,869

San Luis  
Obispo County

## 1,608

Northern Santa  
Barbara County



## 2,187

Family Members  
Supported



## 1,088

Clients Received  
Homeless Services



## 349

Clients Housed  
by TMHA



## 827

Clients Received  
Paid Employment



## 1,248

Clients Visited  
TMHA's Five  
Wellness Centers



## 13,258

Hotline Calls  
and Texts



## 25,977

Community  
Members Reached  
Through TMHA's  
Outreach and  
Education





## ► We Did It Together

The last time we reached out to you, TMHA was facing a crisis. The funding for Growing Grounds Nursery had been cut by San Luis Obispo County, and we had no clear idea how we would keep succulents blooming and people working.



Then you all stepped up! First, a long-time donor made a \$100,000 pledge. Every member of our TMHA Board and so many supporters matched it. Next, our friends at Mechanics Bank helped facilitate a \$100,000 AHEAD grant with the Federal Home Loan Bank. Most important of all, we collaborated with County of San Luis Obispo Behavioral Health on a 5-year grant to bring more justice-involved clients through our program. The award will provide enormous stability to Growing Grounds moving forward.

We are beyond grateful. All of this community support—and the strength of the staff here at TMHA—reminds us of that powerful quote from Margaret Mead: *Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.*

## ► Tremendous Strides in 2025

Not only did we serve **over 6,000 clients and family members** for the first time in TMHA's history, but in one year these programs made incredible leaps forward:

The Library Outreach served  
**18%**  
more clients

Central Coast Hotline calls and texts increased by  
**27%**

All our Northern Santa Barbara County programs went up  
**30%**

The 5 Wellness Centers combined had  
**35%**  
more members

The Supported Employment Program served  
**138%**  
more clients

The Brief Therapy Clinic positively exploded, with growth of  
**410%**

*Great work everybody!*



## In Memoriam

This year we lost one of our great friends and supporters, Leila Humphrey. Leila served on our Board of Directors from 1996 through 2010, and was often the mover and shaker behind our Trunks of

Treasure fundraiser. Leila loved TMHA and we loved her right back. She will be greatly missed.



# *Our biggest impact...* **in the words of our clients!**

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“The unconditional support is a huge benefit to me and my recovery.”

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**“You got me off the street and provided me with tools to succeed in housing and work.”**



**“For the first time, I am flourishing in society—pursuing goals, building relationships, and embracing independence. Your invaluable kindness gives me hope and stability I once thought impossible. Thank you from the bottom of my heart!”**

**“Everyone from TMHA provides so much enthusiasm about my recovery.”**

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“You go above and beyond with ANY of my needs. You are diligent, compassionate, and helpful.”

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"I feel like I belong and I feel understood. Thank you."

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**"I feel encouraged to be open and honest without fear of judgment. Staff are positive and they help create a space that feels safe overall. I feel like these programs are there to help me succeed."**



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"They are always here for me and genuinely care about what happens to me."

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**"They take time to listen."**

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"Excellent communication and caring staff. I appreciate everyone!"

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**"It's a community meant to encourage respect and personal care."**

**"My FSP team cares about me a lot and help me to live comfortably in my mind, body."**

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"I appreciate having independence and the ability to problem solve with TMHA support."

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# ▶ Little Program That Could

## It is a simple solution:

- Clinical students needing supervised hours
- + Community members seeking therapy options
- + TMHA creative vision

## = The Brief Therapy Clinic

“We started talking about this during COVID,” recalls Meghan Boaz Alvarez, TMHA’s San Luis Obispo Clinical Director. “Jill (Bolster-White) and I were getting lots of cold calls from people looking for therapy, just unable to find a provider. We kept wondering, How can we help meet that need? We had a couple of Cal Poly trainees and we thought...let’s build on this established relationship.”

In 2020, the agency launched the Brief Therapy Clinic, providing paid internships and supervised hours to clinical students from Cal Poly’s MFT graduate program—resulting in **free** therapy to the community. At the time, all services were offered via telehealth.

Five years later, the program is still providing free one-on-one therapy and group sessions. “It’s all hybrid now, and up to the client,” says Boaz-Alvarez. “If they want to come in person, they’ll be seen in person; if they prefer telehealth, we can honor that.” In addition, the student clinicians work with the YMCA, supporting the staff and students. “We don’t have the privacy or the confidentiality to do therapy,” acknowledges Boaz-Alvarez. “So it’s more about supporting social emotional wellness of kids. What



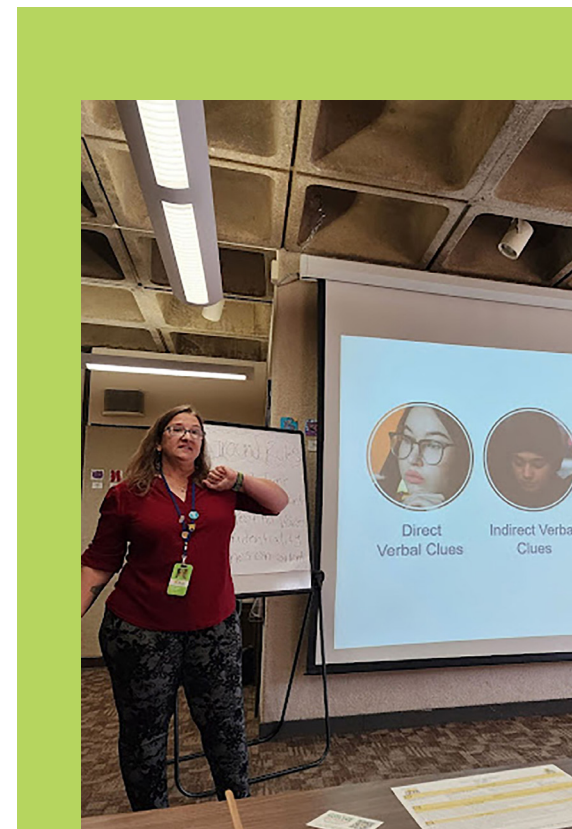
from left to right: Mattelyn Browne, Anna Yeackle, Meghan Boaz Alvarez, Dallas Brown, Isabella Garritano, Alexandra Uvarova (back row), Breanna Moore (far right)

do you do when you get mad about something? How do you regulate yourself so that you don’t punch your friend and damage that relationship?”

Each year, TMHA combines grants and donations to keep the Brief Therapy Clinic open. Last year, the service faced a turning point when it was no longer viable to pay the interns. “I really thought, nobody’s going to come and do this work if they’re not paid for it,” said Boaz-Alvarez. “But once you establish a program that is a positive experience for students, it starts to become self-sustaining. So Cal Poly students are still participating, and we now have a really robust partnership with Pepperdine University.”

The best way for the community to access the Brief Therapy Clinic is by calling the Central Coast Hotline to receive a referral. The program served over 110 clients last year, but continues to have a low profile. “Sometimes it’s been hard to give free therapy away and that puzzles me,” said Boaz-Alvarez. “When I was searching for a provider for a family member, I think I made over 30 phone calls trying to find one who took our insurance and was accepting new clients.”

Five years later, this TMHA experiment is a legitimate resource in the community. When asked to reflect on the success, Boaz-Alvarez shines the light on her team. “I have a deep appreciation for the students who spend the better part of a year with us learning how to do this work and providing really excellent clinical care for their clients and caring deeply about the work that they do. And it’s kind of amazing that we can offer that to the community at no cost.”







from left to right: Emma Sullivan, Hannah Wright, Mattelyn Browne

## ▶ TMHA Branches Out Again

TMHA works to be nimble and lean into the needs of our community to design new services. **VetWell** is our first program dedicated to the mental wellness of veterans and active military personnel and their families on the Central Coast.

As with any new undertaking, the crucial first step is finding the right individual to oversee the process. We were delighted to bring on Hannah Wright as the Clinical Program Administrator and she has methodically built the team while creating outreach strategies to raise the profile of the program.

“We’re trying to be as low barrier as possible,” explains Wright. “People can come in, regardless of discharge status. Any family member, really anyone associated with a veteran, can come in.” There’s no cost involved, so the biggest challenge is to promote this free service.

To that end, the program has launched an innovative outreach effort called *Operation VetConnect*. Modeled on residential visits like Meals on Wheels, the concept is to go into homes and connect with potential clients—through games, socializing, whatever is welcome. “I really like adding creative approaches to therapy,” says Wright. “I’d love to add equine therapy as we establish this program.”

If you know a veteran, family member, or active military personnel who could benefit from the VetWell program, have them call the Central Coast Hotline to receive a referral.



You can reach the Central Coast Hotline  
**at 1-800-783-0607**

## ▶ LEADing the Way

A tip of the TMHA cap to Sandy Rives, who has been opening so many new doors in Santa Barbara County for the Lived Experience Advocacy Development (LEAD) program.

LEAD is a blend of personal storytelling and mental health education: Sandy and her team of advocates speak to lived experience of mental illness, but also offer certification trainings in Question, Persuade, Refer (QPR) Suicide Prevention and Mental Health First Aid (MHFA). Sandy recently brought us up to date about some of these new connections:

### **SANTA BARBARA COUNTY NORTH JAIL**

We did a Mental Health First Aid class for the correctional officers and correctional counselors, and our advocates go into the jail on a regular basis to share their lived experience expertise.

**CHUMASH RESERVATION** We connected with Santa Ynez Tribal Health Clinic, and that led to us presenting a Youth Mental Health First Aid and QPR class on the Reservation. One gentleman wrote to me: *“Thank you for providing me with this inside knowledge. I am more confident to approach my son.”*

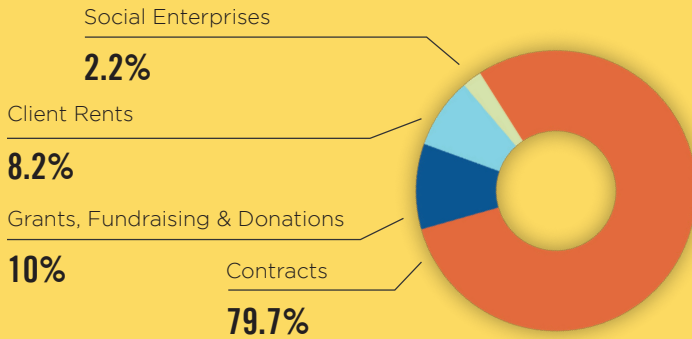
**NURSING STUDENTS** We work regularly with the Nursing programs at Allan Hancock College and Carrington College. Last year, we trained 91 nursing students in QPR and 59 in Mental Health First Aid.

**VANDENBERG SPACE FORCE BASE** We provided Mental Health First Aid for their Health Clinic staff and a number of individuals in the military. We hope to do this regularly. We have a MHFA curriculum specifically geared towards military personnel, veterans, and their families.

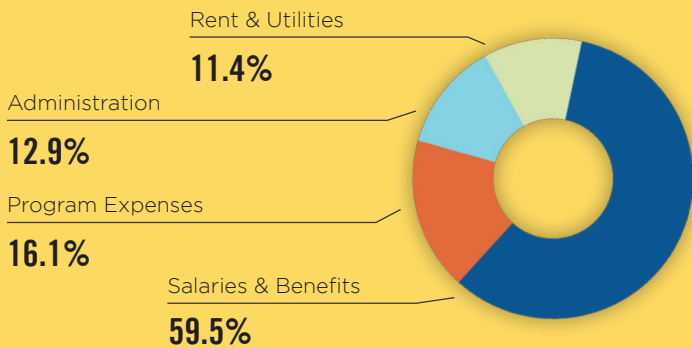
**152** **51** **68** **19** **987**  
 FULL-TIME STAFF PART-TIME STAFF TRANSITIONAL STAFF\* RELIEF STAFF TMHA VOLUNTEERS

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

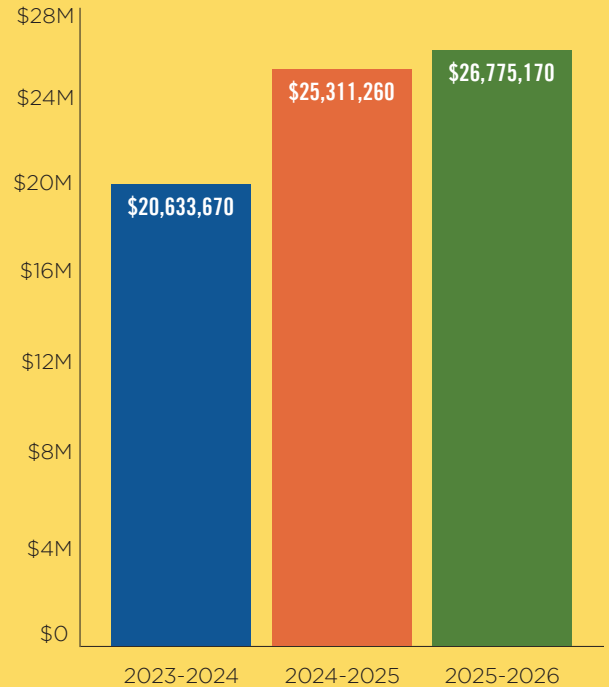
**Revenue** **\$22,976,487**



**Expenses** **\$22,932,165**



**Agency Growth** **Annual Budget**



**21**  
PROPERTIES OWNED



**97**  
PROPERTIES LEASED

## HOW YOU CAN HELP...

**Volunteer!** You can find opportunities to help with our fundraising events, weekly marquee messages, seasonal celebrations, and such TMHA programs as Growing Grounds Enterprises, Central Coast Hotline, and our five Wellness Centers. Contact Cate Armstrong at (805) 540-6564 or email [carmstrong@t-mha.org](mailto:carmstrong@t-mha.org).

**Donate!** Private contributions give TMHA the ability to purchase housing and expand our programming in unique ways. Consider the possibilities of choosing a particular program to support with a legacy gift. For more information on donations or Planned Giving, please contact Michael Kaplan at (805) 540-6513 or email [mkaplan@t-mha.org](mailto:mkaplan@t-mha.org).



TMHA receives funding from Proposition 63, California's Mental Health Services Act (MHSA) through collaborations with the San Luis Obispo County Behavioral Health Department and the Santa Barbara County Department of Behavioral Wellness.

