



Presented by Transitions-Mental Health Association

FOR IMMEDIATE RELEASE

January 12, 2017

**Contact: Rebekkah Tucker, Marketing and Public Relations Coordinator
Transitions-Mental Health Association
805.550.6534, btucker@t-mha.org**

Event webpage here: <https://www.t-mha.org/event-details.php?id=2>

Photos available upon request

JOURNEY OF HOPE FORUM TO FOCUS ON RECOVERY, TRAUMA, AND RESILIENCY

Keynote speaker Jennifer Storm is an author & appointed Pennsylvania Victim Advocate

SAN LUIS OBISPO, CA – The ninth annual Journey of Hope community forum will feature keynote speaker Jennifer Storm, presenting her personal experience with recovery from addiction, trauma and adversity while identifying key components of what can help a person turn their lives around.

Journey of Hope, an inspiring and educational mental wellness forum, will be held from 6:00-8:00 p.m. on Wednesday, January 24, at New Life Church in Pismo Beach, CA. This is a free event, open to the public and reservations are not required.

A survivor-turned-thriver, Storm will speak firsthand about the complexities of the biological and emotional responses to trauma and sexual assault, the effects of substance abuse, and recovery.

Storm recently chronicled her own story of victimization and recovery in her critically acclaimed memoir, *Blackout Girl: Growing up and Drying out in America*. Her inspiring experience and advocacy efforts led to Storm's unanimous 2013 confirmation by the as Victim Advocate of the Commonwealth of Pennsylvania by the State's Senate. She has also served on a number of committees, including Pennsylvania's Mental Health Advisory Committee.

Storm's 2014 TEDxTalk at Muncy State Prison can be found online.

The Journey of Hope forum will include an information fair, both before and after the presentation, 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 co-sponsored by San Luis Obispo County's Behavioral Health Department with funds provided by the Mental Health Services Act and the Behavioral Health Integration Project of San Luis Obispo County. Special thanks to CenCal Health for their funding contributions.

###

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 TMHA 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.

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.

The Behavioral Health Integration Project (B-HIP) of San Luis Obispo County exists to improve system-level integration of primary and behavioral health care in the safety net in San Luis Obispo County through collaborative planning and action among providers, county agencies and Medi-Cal managed care plans.

CenCal Health is a nonprofit 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.