

THE JOURNEY

CELEBRATING AN INCREDIBLE YEAR



Transitions-Mental Health Association

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

STABILITY

HOUSING

Everyone needs to have a home: somewhere to feel safe and secure and develop roots to grow. It's no surprise that stable housing and recovery go hand-in-hand.

The TMHA Housing Fund

TMHA Purchased its first property in 1997, beginning a 20-year run of acquiring and developing houses and apartment buildings in both San Luis Obispo and Santa Barbara counties. The strategy is two-fold: we view the acquisition of property as a sound investment, our own version of a nonprofit endowment. Equally important, these buildings can be put to great community use—as supportive housing, wellness centers, and program spaces. As we close out our capital campaign for Bishop Street Studios, we look ahead to our next major project: The TMHA Housing Fund, a campaign to purchase and develop more low-income housing for our clients.

Exciting News for Bishop Street Studios

TMHA and our partners at the Housing Authority of San Luis Obispo are excited to announce we will be breaking ground on Bishop Street Studios in March 2018. 33 new units of supportive housing for adults living with a mental illness will be added to the San Luis Obispo County in one project!



“I do my homework at the kitchen table. I make my own meals. It makes you feel more independent. And it’s in a really good spot—you’ve got some upbeat going on!”

— Deandre, Tenant



Broadway House



Nelson Street Studios



Nipomo Street Studios

314

clients housed in SLO and Santa Barbara Counties

12

properties owned by TMHA

53

properties rented or leased by TMHA Housing Programs

DIGNITY



EMPLOYMENT

Anyone who has gone through a period of unemployment understands the frustration that comes with the inability to support oneself. Growing Grounds Enterprises represents a notable first step in California's Central Coast for adults living with a mental illness to return to work.

“I cannot think of any other employer that would look at me and say, ‘So, you haven’t worked in 18 years, and you have a lived experience with mental illness...when can you start?’ I am and always will be eternally grateful to TMHA for giving me a second chance at life.”

— Growing Grounds Employee



Deanna Strachan-Wilson, TMHA's Supported Employment Program Manager, has been appointed to serve on the California Mental Health Services Oversight and Accountability Commission. The Commission is responsible for developing strategies to overcome stigma and may advise the Governor on mental health policy.

357

Clients received Paid Employment, Job Coaching, Employment Services and Vocational Training

112

Men and Women found paid employment with businesses in the greater communities of San Luis Obispo and North Santa Barbara Counties.

\$500,000

in sales for our 3 Growing Grounds businesses

COMPASSION



FAMILY

When a loved one struggles with a mental illness, your entire family is affected. You take a journey together—one that winds through bureaucracies, paperwork, and sleepless nights. TMHA's Family Services have been helping families navigate the process for decades. We offer Support Groups, Family Advocates, and many educational classes. Everyone has a right to understand what is happening and where they are headed.

“Our son became mentally ill 7 years ago. I attended a [family] support group and weekly classes on how to navigate the path of mental health with your loved one. The staff was up to date on new therapies, ideas, community services and members at large who could offer assistance (legal, professional, etc.). All of this with support, empathy and sweet smiles.”

— L.



After nearly 9 years at TMHA, Henry Herrera, our Family Services Program Manager is retiring. As one family member recently shared, “It was a privilege to be helped by this incredible man, who coached you to keep your own dignity even when you were at your weakest. Henry will be greatly missed in his field and by those whose lives he touched.”

Henry's successor is Melanie Diaz, who has been one of TMHA's Family Advocates in Lompoc. Welcome Melanie!

1,600

family members served

SUPERAR

Meaning “to surpass,” TMHA's new Spanish short film, *Superar*, provides a glimpse into the lives of Latinos that have experienced mental illness and their journey of surpassing toward a healthier life through the courage to reach out for support. Our goal for this outreach film is to link our Latino neighbors to the Spanish-speaking services our communities offer. Check it on our website. *English subtitles provided.*

SUPPORT

COMMUNITY

We all want to be connected. Sometimes there is nothing more powerful than talking to someone who has walked in your shoes. TMHA's Mental Health Advocacy Program, Wellness Centers, and Recovery Learning Communities encourage healing support our clients provide for each other.

Then there is the greater community that connects TMHA's mission to everyone. For TMHA that means tirelessly providing education, stigma reduction and training whenever and wherever we can. It is operating a 24/7 Hotline that is available to anyone in distress—or with a simple question.

Big picture, little picture—the goal is the same: Live together. Respect one another.



Taking Off in Paso

This year TMHA offered two programs in Paso Robles: weekly Guided Meditation and Living Mentally Well groups. According to Program Manager, Meghan Madsen, “we started with one group and 2-3 participants. Now we have 8-10 people in each group—all Paso Robles citizens who need mental health services and can't drive down to Atascadero.” Thanks to our friends at RISE, TMHA has a conference room for both programs, but there is no denying the rising need and rapid growth. Could a 4th Wellness Center for San Luis Obispo County be on the horizon? Stay tuned!

“I always feel like I am at ease when I am at the center.”

— Lompoc RLC Member

1,100+

men and women attended our Wellness Centers and Recovery Learning Communities

3,600

people reached through community presentations, trainings and outreach

1,000

students reached by the new High School Program

9,800+

calls received by our SLO Hotline

SAFETY

"The 50Now program has changed my life. I feel like I am living like a normal person for the first time in a long time."

— M.



HOMELESS SERVICES

The 2015 Homeless Census revealed over 1500 homeless individuals in San Luis Obispo County. No single agency can solve this problem, and TMHA is proud to be part of our region's network of partners forming the Homeless Services Oversight Council.



Our 50 Now Program

Our 50Now program is based on a "Housing First" model. The philosophy is simple: provide the most vulnerable, chronically homeless people in the community with a home they can count on, and then address their physical and behavioral health issues. The program recently completed its 3rd year over capacity, and our clients demonstrated a 97.8% reduction in jail days and a 51.7% decrease in total Emergency Room visits. We are pleased to announce the program has been renewed by the San Luis Obispo Board of Supervisors.

Many people wonder how the list of 50 is compiled in the first place. The 50Now staff and other community stakeholders use a Vulnerability Index tool to identify chronically homeless persons who are the most at risk of dying on the streets and then prioritize them for supportive housing. Some of the variables taken into account are: more than three hospitalizations or emergency room visits in a year, aged 60 or older, HIV+/AIDS, and co-occurring psychiatric, substance abuse, and chronic medical conditions.

TMHA at 40Prado

A Federal grant awarded to CAPSLO has led to 5 years of funding that will create room for TMHA at the new 40Prado Homeless Center by providing full-time mental health case management for clients on site. We thank our partners at CAPSLO for their hard work and determination in visioning and realizing the dream that is 40 Prado! We are excited to be a part of this wonderful community project.



550+

Homeless Individuals were provided mental health services and outreach by TMHA and numerous collaborations in 2016-2017

LET'S KEEP TALKING!

Homelessness is a difficult subject for any community to address, and it is often driven by fear and misunderstanding. In August, TMHA hosted a public forum on the subject, a neighborhood discussion to air concerns and reach consensus. We are not done. If your neighborhood is ready to join the discussion, let us know. Contact Elissa Feld at efeld@t-mha.org.

RECOVERY

CLINICAL SERVICES

TMHA provides clinical services in both San Luis Obispo and Santa Barbara counties. These include state-licensed residential programs as well as 24/7 intensive outpatient services. Our licensed therapist and multidisciplinary teams work in the field—we meet people where they are and provide the therapy they need. The goal is simple: We help our clients build lives worth living.

A Graduate Gives Back



Over 30% of the men and women we hire at TMHA have lived experience with a mental illness. These individuals have an instinctive understanding of wellness and recovery, along with enormous credibility when helping a peer. Dawn Bumpus is the newest Program Mentor with the Full Service Partnership (FSP) Adult program, and a one-time client of that same service.

“After my husband passed away my mental health spiraled downward,” Dawn shares. “Then I was in a serious car accident, after which I would not get behind the wheel again. My case manager at Atascadero Mental Health called and I explained my situation. That’s when FSP appeared at my door. The program offered constant support and encouragement for everything under the sun: rides, groups, therapy, new techniques. They even drove me to the dentist in Kern County because that’s the only one I could find that would accept Medi-Cal.”

Dawn worked at Growing Grounds Downtown and assisted with the Supported Employment Job Club. When FSP had an opening earlier this year, Dawn was encouraged to apply. She received the good news the day before her birthday. “It’s been fantastic,” Dawn beams. “I am blessed to be part of a team who never gave up on me, to work to give hope to others the way TMHA gave it to me: it provides me with a wonderful sense of purpose. A chance to pay life forward.”

“TMHA has changed my life in an amazing way. While I know that I put the recovery work in, I don’t think I could have done it without TMHA’s staff to support and encourage me. VIVA TMHA!”

— K



Introducing Dr. Remy



Dr. Elaine Remy is TMHA’s first in-house psychiatrist, and is active on all three Full Service Partnership programs in San Luis Obispo County. “It’s a big leap to have a psychiatrist in house,” says Meghan Boaz-Alvarez, TMHA’s Clinical Director. “Our care delivery is about multi-disciplinary teams, and to have every member of that team under the same roof is a huge advance in communication and efficient teamwork.”

400

individuals received TMHA Clinical Services last year. TMHA contracts with the Behavioral Health/Wellness Departments in both counties to run these critical programs.

According to the National Alliance on Mental Illness, 1 in 5 adults in America experience a mental illness. To put that in perspective, that’s 145,234 people in Santa Barbara & San Luis Obispo Counties.



“The people I have encountered through these programs have been tremendously kind, considerate and compassionate. I have grown so much due to interacting with these people.”

— F.

