

THE JOURNEY

OVATIONS AND PREVIEWS



Transitions-Mental Health Association

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



TO THE GRADUATES!

Two TMHA programs celebrated big milestones this year.

TMHA CORPS

TMHA CORPS (Career Opportunities in Recovery and Preventive Services) provides professional training and job coaching to underserved minorities with lived experience of mental illness. The goal is to create a new generation of men and women providing peer expertise in the Public Mental Health System. Under the guidance of Employment Specialist Jorge Huerta, the class of 12 participants received training in Mental Health First Aid, Suicide Prevention, Trauma Informed Care, and Non-violent Communication.

Each member of the class received an internship with a Human Services agency in the greater community. All 12 students completed the course, and 7 already have part-time or full-time positions with such organizations as Stand Strong (formerly SLO Women's Shelter), The Link, and TMHA's own Wellness Centers. Jorge continues to work on finding job placements, while preparing for his next class in North Santa Barbara County, which will have 25 students!



2018 Helping Hands of Lompoc Academy Graduates

Helping Hands of Lompoc Academy

H2L Academy is a 12-week program held at the Helping Hands Recovery Learning Community in Lompoc for members and mental health clients who are ready to take that next step in their recovery journey. Students set short and long-term goals, identify strengths and develop life skills as well as communication skills. Classes are held three days a week. The very first semester recently concluded, with 7 students graduating. Over 40 supporters attended, including caseworkers, therapists and family members.

237

family members served in the first 3 months of 2018

400+

community members attended our 9th annual Journey of Hope forum

209

Homeless Services clients served in the first 3 months of 2018

“The programs I participate in bring meaning to my life. They treat you as a human being, not someone with a disability.” - RJ

SPRING AWAKENINGS

Exciting 2018 developments in TMHA Programs and Fundraising.



Trista Ochoa, Amy Waddle and Michael Kaplan accepting the Innovation Award

And the Winner Is...

Still in its very first year, TMHA's High School Project was co-winner of the United Way Innovation Award. This annual prize is presented for "creative, effective and inventive programs that provide value to SLO County."

The High School Project works with our local schools to provide mental health and suicide prevention training to both faculty and students. The goal is to cultivate a strong base of peer support within each school community, providing our adolescents with the tools and referral services they need to help each other through difficult times.

In addition, program staff have created an original mental health curriculum, New Perspectives, which has been presented to over 1,000 students in Freshman Health classes around the County. The presentation covers the most common mental health challenges among adolescents and creates a safe and engaging place to discuss topics that are often uncomfortable to broach.



TMHA Board Member Stephanie Wilson and her team at the Bowl-a-Thon

Rolling, Rolling

Our 37th annual Strike Out Stigma Bowl-a-thon wrapped up with over \$67,000 raised. Thank you to everyone who bowled, volunteered, sponsored and, above all, dressed for the occasion! Proceeds from this event support the SLO Hotline and many other TMHA programs in San Luis Obispo and Northern Santa Barbara Counties.

Taking It To The Streets

By the time you read this, TMHA will have launched another new program: the Law Enforcement Crisis Intervention Team. The idea is a simple one. The City of San Luis Obispo Police Department's Community Action Team (CAT) often provides the first response to calls involving homeless and transient individuals. Given that mental illness can sometimes lead to homelessness, the County is seeking a way to improve outreach to this population. A TMHA Behavioral Health Clinician will work closely with the CAT to improve access to services and ensure that people who need services are encouraged and assisted in receiving them.



Community Action Team Officer Tim Koznek and SLO Police Officer Jeremy Behrens

LOOKING AHEAD

More exciting things are on the horizon for TMHA. We hope you join in on the fun!

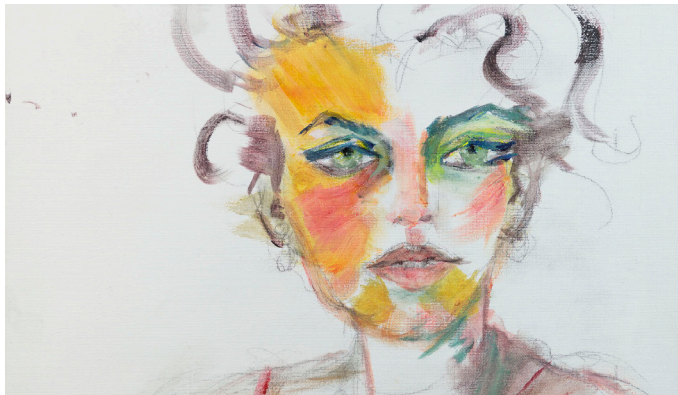


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Transitions-Mental Health Association

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This year's featured piece, entitled "Walking through Fire Into the Light & Beauty of Me," is by Zoey Walsh.

More Than Meets the Eye

Our Opening Minds art show is back, and this year it has a brand new host: the City of Paso Robles! TMHA is delighted to be collaborating with Studios on the Park to present this month-long exhibition, through May—celebrated nationally as Mental Health Awareness Month.

Opening Minds was first developed in 1995 to offer people experiencing mental illness a way to express themselves and to provide a venue to share art, feelings and thoughts with the general public. The show has since expanded to include the entire mental health community: those in recovery, their family and friends, service providers and more. Our goal is to help the community see that people should not be defined in terms of our illness but by our strengths, gifts and the contributions we make to society.

The exhibition runs May 3 to May 27 with a free Opening Reception Gala on May 5th featuring art, wine and live music. More information on Opening Minds and its special events can be found on our website, www.t-mha.org.

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 and co-sponsored by TMHA's Peer Advisory and Advocacy Team (PAAT) and Pacific Premier Bank.

The Sound of Breaking Ground

On April 2, construction began on our newest affordable housing project - Bishop Street Studios! The old Sunny Acres Orphanage building and site will be transformed into 33 permanent, supportive housing units for single adults living with a mental illness. The studios plus one on-site Residential Manager apartment will be ready to lease in the Fall of 2019.

At that time we will officially cut the ribbon on Bishop Street Studios with our partners at HASLO, and the City and County of San Luis Obispo. We hope you will join us!



Blow Out the Candles

What has 3,729 clients, 225 staff members, and turns 40 next year? TMHA! It's true, Transitions-Mental Health Association will turn 40 in 2019, and our SLO Growing Grounds Farm and Nursery will turn 35! Stay tuned for more news on our Open House Celebration, farm and program tours, and more surprises....