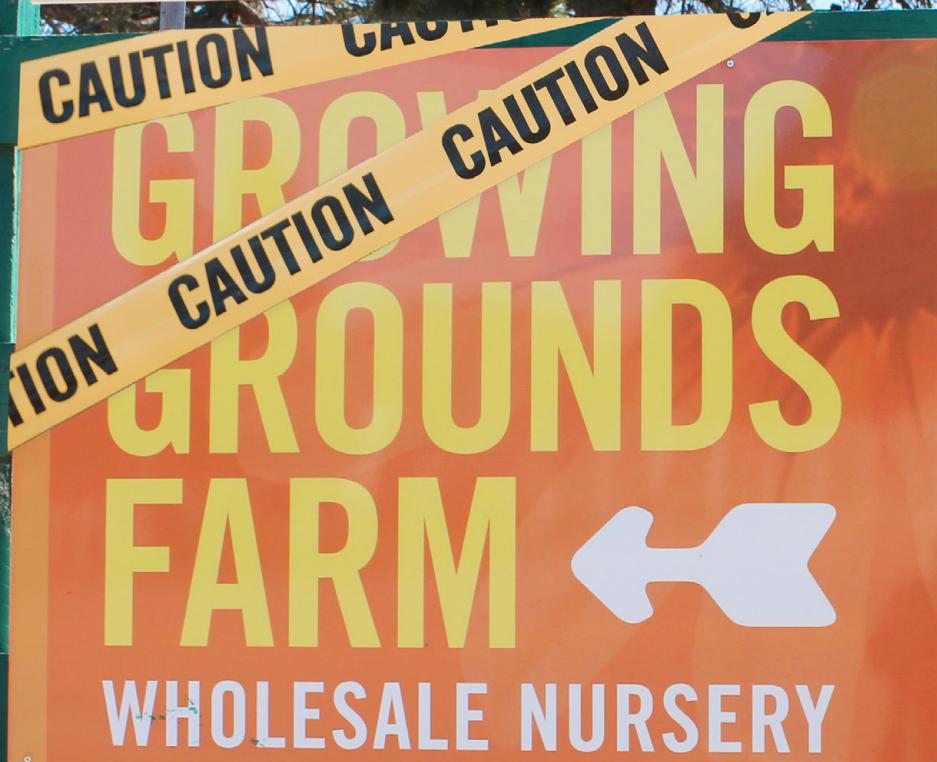


**WE CAN'T LET
THIS HAPPEN**

CLOSED UNTIL FURTHER NOTICE



**3740
ORCUTT ROAD**



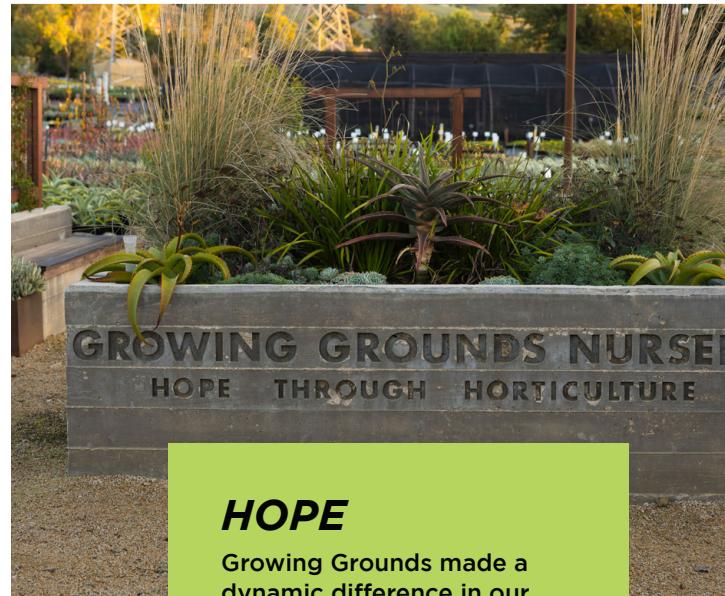
TMHA

A Project of the Orcutt Community Foundation

YOU CAN MAKE A DIFFERENCE

SPRING 2025

The County of San Luis Obispo is in the throes of a budget crisis. After 40 life-changing years, Growing Grounds Nursery is at risk of losing \$280,000 of annual support from the County's general fund.



As the crown jewel of TMHA and a beloved part of our community, Growing Grounds should not disappear overnight. Here are a few reminders why...

- 80 client employees served by the Nursery annually
- 100% of clients surveyed had decreased use of crisis services
- 91% of clients surveyed increased their housing stability
- 89% of Growing Grounds clients experienced zero visits to the Psychiatric Health Facility (PHF) in 2023-24
- 0% of participants referred by SLO Behavioral Health Court had a return to jail

Here is a critical take-away. Each year, Growing Grounds Nursery provides clients in San Luis Obispo County with a paycheck, a place to go and a sense of purpose. In the process, they are managing to avoid expensive crisis and hospitalization services. **A single day at the SLO Psychiatric Health Facility costs the County \$2,271—while a day of employment at Growing Grounds costs just \$31, and yields more positive, lasting results.**

HOPE

Growing Grounds made a dynamic difference in our son getting stable in his mental health recovery. It truly got him back on his feet feeling confident to get back out to the work force.

—Lisa and Charlie, parents

GROWTH

Working at Growing Grounds has been instrumental in helping me build self-confidence and self-esteem. It has led me to believe that I can get back into the work force. It has been extremely helpful with learning to socialize and be confident around people. Thank you!!

—M, a program participant



INSIGHT

Our Cuesta College Psychiatric Technician Program is lucky to have Growing Grounds as a site where students interact with employees and experience firsthand the support and guidance the staff provide. Our students learn about SLO behavioral health services and are immersed in the health care field they will soon be entering. As mental health awareness grows, the importance of Growing Grounds becomes more obvious.

—Rudy Vasquez, RN, Nurse Instructor

3 WAYS YOU CAN HELP

1. **Visit our new Take Action web page**, for easy links to email your Supervisor and let them know you stand with Growing Grounds.



t-mha.org/take-action.php

2. **Speak Up!** Attend a Board of Supervisors Meeting and speak on behalf of Growing Grounds Nursery during public comment. Write a letter to the Tribune. Post on social media. Or simply tell your friends Growing Grounds needs their support.

3. **Donate to Growing Grounds Nursery.**

Use the envelope that came with this newsletter, or use this QR code to visit our donation page.



t-mha.org/donate.php

ART FROM THE HEART

One of the most unique art shows on the Central Coast is once again running during Mental Health Awareness Month. Opening Minds is an exhibition that celebrates mental wellness and champions the idea that we should not be defined in terms of our illness but by our strengths, gifts, and the contributions we make to society. It's not too late to catch this remarkable exhibition at The Bunker, located at 810 Orcutt Road in San Luis Obispo.



MEETING THE NEEDS OF OUR VETERANS



As TMHA leadership works to keep so many of our preventive services funded in the Proposition 1 era, an exciting new program will be launched in the coming Fiscal Year. VetWell will be a TMHA service designed to provide supports for veterans and their families on the Central Coast.

TMHA will receive nearly \$2 million in grant funding from CalVet over the course of three years, and the program will provide a version of our Brief Therapy Clinic for the target population, along with case management, support groups, resources, and referrals.

We are excited to get started!



Transitions-Mental Health Association

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A HOME FOR HOMELESS SERVICES

Last year, TMHA Homeless Services worked with more than 1,100 clients, providing linkage to mental health and primary care, along with housing navigation and other essential supports. In an effort to provide our community with another critical resource, TMHA will acquire the Iron Horse building directly across the street from our headquarters on Santa Barbara Street in San Luis Obispo. The first floor of this building will open in June 2025 as the TMHA Homeless Behavioral Health Resource Center, a walk-in facility for unhoused individuals seeking health services, housing navigation, and even a compassionate listener.



www.t-mha.org