



TMHA
Transitions Mental
Health Association

Reaching Out

INSPIRING HOPE, GROWTH, RECOVERY AND WELLNESS IN OUR COMMUNITIES

Spring 2016 - Volume 11, Issue 1

INSIDE THIS ISSUE

Board Member
Spotlight:
Tim Williams **Page 2**

Capital Campaign
for Bishop Street
Studios **Page 3**



Bowl-A-Thon 2016
Photos and
Results **Page 4**

Our Thanks and
Upcoming Events **Page 4**

TMHA BOARD MEMBERS

James (JT) Haas
President

Barbara Fischer
Vice-President

Reese Davies
Treasurer

Carol Armstrong
Secretary

Casey Appell

Dave Bernhardt

Christine Burkett

Darryl Elliott

Jerel Haley

Stephen K. Hall

Joseph C. Gallas

Cindy Johnson

Deborah Linden

Sandra Mitchell

Chris Richardson

Brad Rudd

Lisa Thornhill

Tim Williams

Stephanie Baisa Wilson

Client Success Story: Mark Haumont

TMHA has been serving the Central Coast for over 35 years, long enough to touch a person's life multiple times. Mark Haumont, TMHA's Office Assistant, is one such person. His story includes experiences with Transitions that are separated by nearly twenty years. It's a story of the long reach that this agency can have, and the type of success that we celebrate.

Mark was born in San Luis Obispo County and raised in Grover Beach. Around the age of 10½ he started to become symptomatic. "I was acting very violent," he says. "I wouldn't listen to my mom, I had suicide ideations. My mother called Crisis Services and they took me to the *Psychiatric Health Facility* for an evaluation. And the recommendation was that I should be placed in YTP."

Mark lived at TMHA's Youth Treatment Program for over two years. "Honestly, I hated it," he recalls. "The big problem was no one had gotten my adolescent medication quite right. Looking back I realize I got to have more fun at YTP than I ever would have had at home. We'd go swimming and roller skating. Lots of memories are good, but I sort of spun my wheels and flouted the rules. I was released right before I was 13."

Mark and his mother then moved to Oklahoma, and he was hospitalized a couple times for depression and emotional outbursts. Eventually he ended up in a second residential facility, a Boy's Home in Tulsa. "I can tell you it was nothing like YTP," Mark insists. "I can appreciate that difference in hindsight, because in Tulsa they used restraints all the time. There was a real correctional atmosphere to the place."

Mark was in the Boy's Home until 16, then spent a year in a foster home while he finished High School. After that he hitchhiked around the west, never able to keep a job for very long. He ended up in Lubbock, Texas where he worked a series of minimum wage jobs. In 2010 he got married, and in

2011 his daughter, Autumn, was born.

"My marriage was so challenged," Mark admits. "My wife and I had a lot of fights and we eventually divorced. It makes me so sad that I don't see my daughter more often."

For the better part of a year Mark stayed with different friends in Texas. He began to feel suicidal again, and started looking for help. But help was difficult to find: the wait-list for psychiatric care in the northwestern region of Texas was about a year and a half.

"That's when I reached out to my mom," Mark recalls. "She said 'the best treatment you ever got was in SLO. Maybe you should go back there.' So I returned to the Central Coast. I stayed at the Maxine Lewis Shelter the first night, and was at the Prado Day Center the next day. A guy from the Community Health Center was there and I told him I was bi-polar and off medication. And he gave me Bill Davis' card."

The late Bill Davis was working with TMHA's Homeless Outreach at the time. He helped Mark open a case with the County, which led to a new round of connections with TMHA. "Bill Davis gave me the best advice: 'Make all your appointments. We can't help you any more than you help yourself.' Well, it was like he and Homeless Outreach staff really had my back. I got placed in FSP intensive Services and I got housing through that program."

Mark lived in a 5-bedroom house and then moved into his own place at Nipomo Street Studios. "It's wonderful there," he states without reservation. "I wouldn't trade that apartment for anything."



continues on page 2

Board Member Spotlight: **Tim Williams**

Tim Williams knows all about the power of connectivity.

As the founder of Digital West, Tim made that word the first of the Four C's promoted by his company: Connectivity, Colocation, Cloud, and Consulting. As someone who has been in San Luis Obispo since attending Cal Poly in the early 90s, he understands how the residents of a small town keep reconnecting with each other.

It may have been ten years in the making, but Tim's many connections with TMHA have brought him all the way to a seat at the table. Meet the newest member of our Board of Directors.

Tim's first contact with TMHA came when, as Chairman of the Board for SLO Hotline and the 211 call service, he presided over the difficult decision to shut the program down. "We couldn't get continued funding to keep the doors open," Tim remembers. "The County did the best it could, but we were not sustainable. When we were contemplating how to disband, we felt that Hotline was the most important piece of the puzzle. Fortunately, we were able to hand it off to TMHA."

Tim knew Cindy Johnson, who had served on the SLO Hotline Board and subsequently joined TMHA's Board when Hotline was acquired. He had regular contact with board members JT Haas and Reese Davies

through the Chamber of Commerce and other venues. Now he was getting a chance to know Jill Bolster-White.

"I immediately knew our program was going to be in good hands," Tim shared. "It's wonderful to see Jill's passion. She and her staff live and breathe their organization's mission. I went to a Board Meeting at TMHA once they had taken SLO Hotline under the agency umbrella, and I remember seeing a screening there of *SLOtheStigma*. I was so impressed; I could see that cool stuff was happening in all these different arenas."

The connections continued, as Tim found himself serving with Jill Bolster-White on Boards at Sierra Vista Medical Center and the SLO Chamber of Commerce. "I got to know even more about TMHA, and when I was terming out of those other Boards I figured the time was finally right to join the agency."

Tim is two meetings into his first term as a TMHA Board Member, and his enthusiasm is evident. "I like being involved with direct services. When I was asked to join SLO Hotline so many years ago, there was primarily a tech element to that connection. It was only after a few months that I realized we were operating a suicide hotline. As it happens, I had lost someone very close to me to suicide, and that personal connection just snuck up on me. I've had other family and friends who deal with mental health issues. There's a lot of solid



help here. I feel like I finally understand all the services that keep TMHA such a powerful and sustainable enterprise."

Tim's first project on the Board will be getting involved with the Bishop Street Studios project. "I'm excited," he grins, "I've known about the old Sunny Acres orphanage for years. I used to live near the High School and I'd hike up and see that old semi-scary building. It's in one of the most beautiful spots in town, but it was such an odd structure with a spooky past. I think we have a great chance to revitalize it."

Now Tim is thinking about new forms of connectivity that can benefit TMHA in the long run. "The donors of tomorrow will be less and less approachable by traditional mail," he points out. "*SLOtheStigma* was so effective at conveying a feeling, through website and video and quick messages. So different from a newsletter or newspaper article. You look at what's happening now with Snapchat and Vine. It's a brand new way of communicating, sometimes with a shelf life of less than 24 hours. I believe that's going to play a huge role in how we excite our donors and get our message out."

Client Success Story: **Mark Haumont** (continued from page 1)

Mark started volunteering two years ago at the Growing Grounds Downtown, and during that time he attended therapy sessions at the High Street Headquarters and got to know Erin McIntyre at the front desk. She told Mark about the Lobby Ambassador program.

"It's a front desk help position," he explains.

"I did that for six months, twelve hours a week as a volunteer. And at the six month mark, the head of HR came to me with a really stern look and said we needed to talk. My heart was absolutely racing, but once we were in her office she cracked a smile and offered me a paid position. So I've been working here since last June—ten months now. All of this has led to my

getting my act together for the first time in my adult life. I'm dependable. I've never been dependable. I work five days a week. I show up on time."

Mark takes a moment to reflect on the full scope of his journey—how he and TMHA have connected and reconnected. "TMHA is the only place I've worked

Capital Campaign for Bishop Street Studios



The Bishop Street Studios, a thoughtful repurposing of the abandoned orphanage and juvenile detention center above Johnson Avenue, is about to take a significant step forward. TMHA is getting ready to file its plans with the City of San Luis Obispo and will be launching a major capital campaign to help raise funds for the project.

“The last year felt like an uphill climb, and I guess that’s to be expected,” said Jill Bolster-White, TMHA’s Executive Director. “After all, we are building on a hillside. But things are starting to accelerate—it’s very exciting.”

where everyone seems to have the job they want to have,” Mark says. “I love it. I started at 9 hours a week, and now I’m working 20. I look forward to someone coming in and saying they need help. That’s what we’re here for. Someone was here for me, and now I’m here for someone else.”

Bishop Street Studios will convert the original 1931 building, now abandoned for over 40 years, and add three new structures to create 34 studio apartments that will become supportive housing for men and women with mental illness.

“Stable housing and recovery go hand-in-hand,” said Joe Madsen, TMHA’s Division Director of Housing. “Bishop Street studios would increase the number of units that our agency can offer clients in San Luis Obispo County by nearly 20%. That is an amazing gain for the community.”

To make Bishop Street Studios a reality, TMHA has partnered with the Housing Authority of the City of San Luis Obispo (HASLO). HASLO has been a prominent force in the creation of local affordable housing since 1968, and they have valuable experience with tax credit financing.

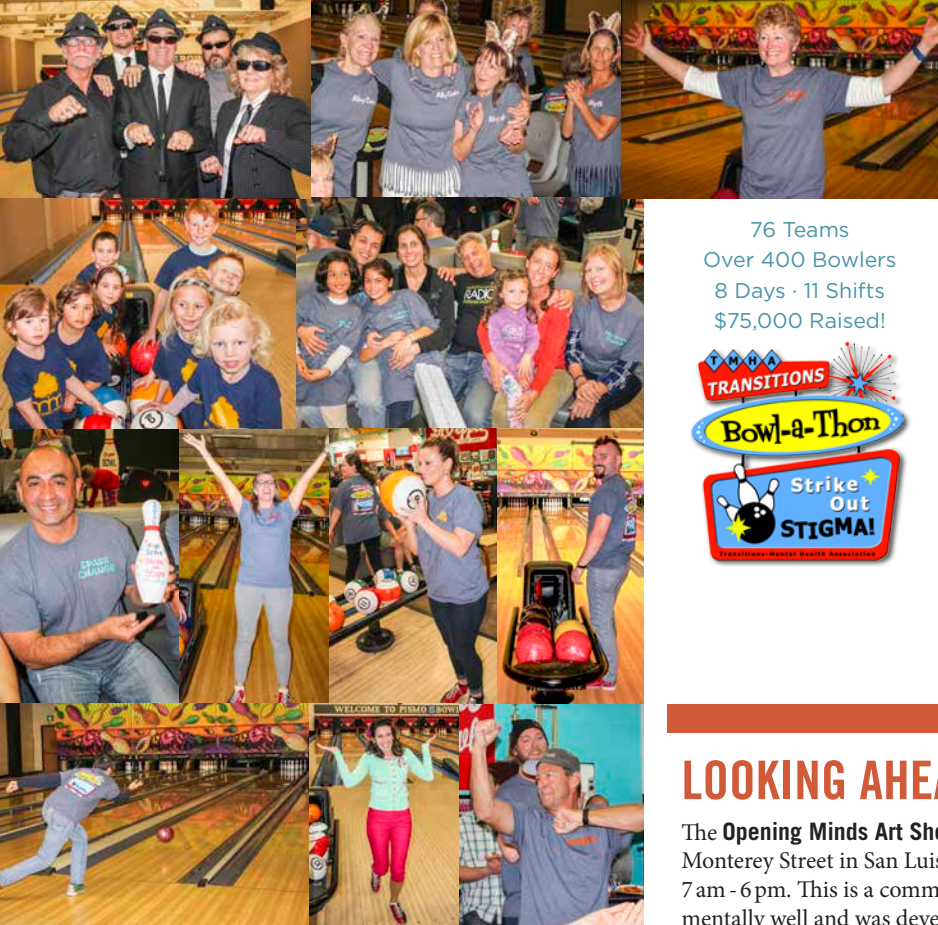
Together, TMHA and HASLO will fund the project (currently estimated at \$8 million) through a combination of Low Income Housing Tax Credits, State Mental Health Service Housing Funds, the Affordable Housing Fund

through the Federal Home Loan Bank, and local donations.

The latter category now moves front and center as TMHA launches a capital campaign for Bishop Street Studios, with the goal of raising \$2 million through 2017. “We are looking for contributions of every size and impact,” said Michael Kaplan, Fund Development Manager. “You don’t build something this ambitious with only one kind of donor. While we want to collect as many large pledges as possible, we have many, many supporters who give to TMHA every year...and we’re hoping this year they’ll designate an additional contribution for this amazing new project.”

Anyone who would like to make a pledge or learn more about the project can contact Michael Kaplan at (805) 540-6513 or mkaplan@t-mha.org.





Nonprofit Organization
U.S. Postage Paid
Permit No. 246
San Luis Obispo, CA
93401

76 Teams
Over 400 Bowlers
8 Days · 11 Shifts
\$75,000 Raised!



TRANSITIONS
Mental Health Association
P.O. Box 15408
San Luis Obispo, CA 93406
Return Service Requested

LOOKING AHEAD

The **Opening Minds Art Show** will take place at Steynberg Gallery at 1531 Monterey Street in San Luis Obispo from May 6-29, 2016 open daily from 7 am - 6 pm. This is a community art show in celebration and support of living mentally well and was developed to offer people with mental illnesses a way to artistically express themselves. More information is available at www.t-mha.org under the Events section or call (805) 540-6510.



Trunks of Treasure is happening on October 23, 2016 at Luna Red from 12 - 2:30 pm. This unique event offers a truly delightful afternoon full of suspense, great prizes, and fantastic wines along with a gourmet luncheon. More information is available at www.t-mha.org under the Events section or call (805) 540-6510.

Grow Native Plant Sale is happening at Growing Grounds Farm in Santa Maria on October 15 & 16 at 820 West Foster Road. By planting a drought tolerant garden you can enjoy year round beauty with minimal maintenance and expense. The farm supplies a wide variety of California natives that are drought tolerant and will provide years of sustainable beauty. All proceeds will support Growing Grounds Farm and the people who depend on it for employment and therapeutic horticulture. For more information please call (805) 934-2182.

OUR DEEPEST APPRECIATION

The **Brewers' Dinner 2016** was a success and raised over \$12,000! Thanks to Charles Hiigel: Wine Warehouse; Mike Larrabee: Central Coast Distributors; Beda and Helga Schmidthues: Bedas Biergarten; Vanessa North: luis wine bar; Chef Maegen Loring: Niner Wine Estates; Chef Shaun Behrens: Luna Red; Chef Paul Kwong: Mee Heng Low Noodle; Chef Neil Smith: Windows on the Water; Pastry Chef Brandi Toback: Lido at Dolphin Bay; and George Peterson: Central Coast Brewing.



Journey of Hope 2016: A Community Forum on Living Mentally Well - Over 450 people attended our January event featuring speaker Kevin Briggs. Our thanks to our event sponsors: San Luis Obispo County Behavioral Health Department, Each Mind Matters; CenCal Health; Central Coast Psychological Association and PG&E. Thanks to Our Community Collaborators: New Life Church, Restorative Partners; Community Counseling Center; and Center for Family Strengthening. Additional thanks to resource table participants and all those who attended.

For 35 years, **Bowl-a-Thon** has been a tradition in our community and in 2016, the event raised over \$75,000 for SLO Hotline and other TMHA programs! Many thanks to our event sponsors: Certified Auto Repair; J. Carroll; Moroski, Madden, Cumberland & Green, LLP; Joseph C. Gallas Law; and Deborah Linden. A big thank you to the community, TMHA staff, directors, clients and volunteers who made Bowl-a-Thon a success!



Suicide prevention and mental health support. Confidential, free and available 24 hours of every day.

SLO   
HOTLINE
(800) 783-0607
— MAKE THE CALL. ANY TIME. —

HOW YOU CAN HELP...

Volunteer

Volunteers are always welcome in our programs and fundraising events. One or two hours of your time can make a significant difference. Contact volunteer@t-mha.org for more information.

Donate

Donations and in-kind services are both appreciated and vital to continuing the quality programs we provide. Funds are used not only to operate our 30 programs, but also household essentials for our supportive housing, clothing for adults and teens, and equipment for the farms.

Planned Giving

Please consider TMHA in your estate planning. Help us plan for the future of our community's mental health. Contact plannedgiving@t-mha.org.

If you would like to donate your financial support or time, please contact us at:

Transitions Mental Health Association
P.O. Box 15408, San Luis Obispo, CA 93406
(805) 540-6500
www.t-mha.org