



**FOR IMMEDIATE RELEASE**

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**San Luis Obispo Board of Supervisors recognized Transitions-Mental Health Association for 40 Years of Service to the County of San Luis Obispo**

**San Luis Obispo, CA** – On Tuesday, May 7<sup>th</sup>, the San Luis Obispo Board of Supervisors recognized Transitions-Mental Health Association for 40 Years of Service to the County of San Luis Obispo. Acknowledging, “TMHA is dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services,” Supervisor John Peshong read a proclamation designating the month of May as National Health Month and Transitions-Mental Health Association Month. Executive Director, Jill Bolster-White, and President of the Board, JT Haas, accepted the proclamation. In the words of Bolster-White, no one makes this journey alone, and while the path may not be linear or even straightforward, the path has people who care and who will be there for you along the way. There is always, always hope.

For more information about TMHA, contact Kim Caldwell at [kcaldwell@t-mha.org](mailto:kcaldwell@t-mha.org).

**ABOUT TMHA**

This year TMHA is proud to celebrate 40 years of providing mental health services throughout San Luis Obispo and North Santa Barbara counties. TMHA has been providing mental health services and promoting recovery and wellness through work, housing, community and family support. TMHA is a duly qualified charitable 501 c(3) organization that operates 30 programs at over 35 locations which reach more than 4,000 individuals and family members in San Luis Obispo and North Santa Barbara counties. The emphasis of TMHA’s mental health services are to teach vital independent living skills, and build a framework for reconnecting with the community through personal empowerment and hands on experience. The agency provides housing, employment, case management and life-skills support to teens and adults with mental illness; and support, resources and education for their loved ones.

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