



Reaching Out

Helping Children and Adults Live, Work and Grow in Our Community

Spring 2007 - Volume 2, Issue 1

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Kiwanis Events

continue to provide needed support.



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Delicious fundraiser. *Page 2*

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HOPE FOR FAMILIES

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YOU CAN HELP

Donations are vital to the Transitions Mental Health programs. *Page 4*

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Art Show Exhibits Healing, Hope

Joan Powers can describe what it's like to have depression. She'd rather show how it feels to hope.

"I'm not ashamed that I have a mental illness," said Joan. "I want people to see my painting and think, 'Wow. Someone with a mental illness did that. What else can they do?'"

In May, under TMHA sponsorship, the Healing Arts Council of Northern Santa Barbara County will be hosting its "Fifth Annual Healing Arts Show: The Impossible Dream." Joan, the featured artist, and others with mental illnesses have submitted paintings, photography and more for the three weekend traveling tour.

The council's art show was developed in 2002 by consumer activists and artists, Marbeth and Patrick Bergin, to offer people with mental illnesses a way to share their artwork with the public. Since 2004, the show has been held in remembrance of Marbeth.

"This show is meant to reach the unreachable through the power of expression," said Patrick, council chairperson. Other members have expressed their hope



Boy in Yellow by Joan Powers

that the mentally ill will become recognized by their strengths and contributions to society rather than defined by their illness.

Funding for the show is provided by the James Irvine Foundation through the Santa Barbara Foundation. The tour begins at the Town Center East in Santa Maria on May 11th and 12th, moves to The Loading Dock in Orcutt on the 18th and 19th, and then to the Southside Café in Lompoc on May 25th and 26th. Works are available for purchase. Admission is free.

For more information, please visit our web site: www.t-mha.org.



Healing Arts Council members (left to right): Gina Alston, Patrick Bergin, Ashley Payne and Chuck "Colonel" Huffins



Chuck Hiigel expertly pulls another draught

Brewers' Dinner

Once again Rick Wolfe's great team joined in presenting the annual Brewers' Dinner fundraiser on February 18th at the SLO Monday Club. The evening of gourmet food and imported and domestic beers is one of TMHA's most popular events. Tickets were sold out weeks in advance. Many thanks to the following who donated their time and talent to make this event a great success:

Matt Brynildson,

Firestone Walker Brewing Co.

Chuck Hiigel, Wine Warehouse

Steve Grossman,

Sierra Nevada Brewing Co.

Pete Johnson, the Brewhouse

Paul Kwong, Embassy Suites

Evan Treadwell and Benji Puga, Lido

Neil Smith and Seth White,

Pacific Harvest Catering



Appraisers give good news

Tribune photo by Joe Johnston

Antique Treasures

In March, TMHA held its fifth annual antique and collectibles appraisal and sales event at the Alex Madonna Expo in SLO. Each year more people discover this gathering of over 40 antique vendors plus professional appraisers. A huge thank you to all who supported this year's show, especially the volunteers and staff who worked so hard to make this fundraiser a success.

Look for details about next year's show, March 15-16, 2008. Please contact Lesta Travis for more information at (805) 541-5144, ext. 115 or ltravis@t-mha.org.

RECENT EVENTS

New Look for Healing Garden

Spearheaded by TMHA Board Member Deborah Linden, the 2006 SLO Chamber of Commerce Leadership Team donated hundreds of hours of labor and the cost of materials to upgrade SLO Growing Grounds Farm's Healing Garden. The Garden's kiosk was completely renovated. A beautiful cut glass mosaic now decorates the front. Several concrete benches were covered with glass mosaic and were placed throughout the newly-landscaped garden, providing a pleasant outdoor environment to host a variety of TMHA events. Thank you Leadership SLO for a job well done!



Leadership SLO Member, Ali Semon, adds mosaic tile design to bench

The Healing Garden was created in memory of those with mental illnesses. It is located at the top of the Farm at 3740 Orcutt Rd., SLO. If you would like more information about the Farm or to visit the Healing Garden, please contact Craig Wilson at (805) 543-6071 or growinggrounds@t-mha.org.



Kiwanis Continues Faithful Support

For a decade, Frank Drake and Nancy Rye of the San Luis Obispo Morning Kiwanis Club have coordinated a bountiful holiday dinner for over 175 TMHA staff and consumers. On December 13th, Kiwanis club members prepared the yearly feast

at the Elks Lodge of SLO. Our heartfelt thanks to Frank, Nancy and the Kiwanis Club for their faithful support and generosity.



Kiwanis party coordinators Frank Drake and Nancy Rye with Tess Bolster-White, above.



Dede San Filippo and Juan Cano at the SLO Elks Lodge.

HOPE FOR FAMILIES...

TMHA's Family Advocacy Program provides support, information and education to families and friends of loved ones who have a diagnosed mental illness or who may have a mental illness. Families of youth and adults living in SLO and North Santa Barbara Counties find the resources and knowledge they need to navigate the mental health and judicial systems. All TMHA Family Advocate staff have personal and professional experience working with families who have loved ones with emotional and behavioral challenges. Funded by the Mental Health Services Act, this program is provided free of charge.

Reaching Out to Families in SLO

A mental illness can have a devastating effect on families. Communication with loved ones who are struggling with mental health challenges is often limited or cut off completely. Ironically, the family is the first to be contacted in a crisis. Navigating through tough times – and caring for a loved one – can be painful and lonely.

Through the Family Advocate Program, families have found hope and success as well as support during the hard times. Many have said that with the education and tools provided by a THMA family advocate, they were able to find comfort in their situation as well as recovery and services for their loved one.

Janice Holmes, Lead Family Advocate, serves friends and fam-



Janice Holmes, Marie Hughes and Lily Maino

ily members of adults living with a mental illness in SLO County. She facilitates a weekly support group for families and offers individual appointments when needed. Serving approximately 50 new families a month and providing follow up services to over 200, Janice provides much needed support to families seeking help. Through these channels, families learn they are not alone and that there is hope for them and their loved ones.

For further information, please contact Janice Holmes at (805) 541-5144, ext. 171 or jholmes@t-mha.org.

New Program Guides Youth, Families

TMHA announces the creation of a new support network for families that have children who experience emotional, behavioral or mental health challenges. The Youth Family Partner Program works to reduce isolation and stigma and to help families find resources to improve their quality of life. Lily Maino and Marie Hughes, TMHA's Youth Family Partners for SLO County, provide advocacy, support and resources free of charge to any family caring for a child with these special needs.

For group meeting times and locations, visit our website at www.t-mha.org and click on "Programs and Services." For more information, contact Lily Maino, serving families in SLO and South SLO County at (805) 458-6388 or lmaino@t-mha.org. Marie Hughes serves North SLO County and North Coastal and can be reached at (805) 458-2596 or mhughes@t-mha.org.

Guiding Families in Northern Santa Barbara County

At times, even the most loving family struggles with knowing how to care for a loved one with a mental illness. This was the case for a family with a member who was undiagnosed and who wouldn't leave his home. Until recently, the family's efforts to have their loved one seen and evaluated had been unsuccessful. N.J. Carlile, the new Northern Santa Barbara

County Family Advocate, learned of his case and asked to meet him. N.J.'s approach worked. During her first meeting, she convinced him to visit a clinic. He is now seeing a therapist regularly and is receiving medication. Family members say they see a new sense of humor in him!



N.J. Carlile

As a family advocate, N. J. offers support to families residing in the Santa Maria and Lompoc areas. Every Thursday, from 12 to 1 p.m., N.J. can be found at the Mental Health Out-Patient Clinic at 500 West Foster Road

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Youth Family Partners' Weekly Events

San Luis Obispo - Mondays, 9:00 a.m.

Atascadero - First Tuesday of the month, 6:30 p.m.

Morro Bay - Thursdays, 8:30 a.m.

Nipomo - Thursdays, 9:30 a.m.

Parent Project classes for parenting children with behavioral challenges will begin soon.

For more info about events, locations and schedule changes, please contact Youth Family Partners, Lily Maino or Marie Hughes.

FROM THE DIRECTOR

We have begun to update the agency mission statement – it's a wonderful exercise in honing in on what it is we do as an organization. Is it to provide the best, supportive services? To educate the community about the people we serve? To be active, articulate advocates for improvements and innovation? It is, of course, all of the above and more. Thank you for your dedication to TMHA.

Jill Bolster-White, Executive Director



**TRANSITIONS
Mental Health Association**

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San Luis Obispo, CA 93401

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93401

How You Can Help...

Volunteer

Volunteers enhance our programs and are vital to our fundraising events. One or two hours of your time each week can make an enormous difference. Please call our volunteer line at (805) 541-5144, ext. 175 for more information.

Donate

Donations of money, service, vehicles or other needed items are both appreciated and vital to continuing the quality programs we provide. Funds are used to purchase equipment for the farm, essential household items for our supportive housing, and clothing for homeless adults and teens.

- Please include TMHA in your year-end tax planning. Through December 2007, under the Federal Pension Protection Act of 2006, you may transfer IRA assets directly to charity without paying taxes on the funds. Certain restrictions apply. Please check with your tax advisor for more information.
- Program "wish lists" can be viewed on our website at www.t-mha.org.
- Online donations via PayPal are now available on our website via the "How You Can Help" menu item.

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

Transitions Mental Health Association
Post Office Box 15408
San Luis Obispo, CA 93406
(805) 541-5144

TMHA Board Elects New Members

We are delighted to announce the addition of new talent to our board of directors. Casey Appell, an executive vice president of San Luis Trust Bank, will add



(L to R) Carol Sinsheimer, Reese Davies, Leila Humphrey, Cindi Borchard (retired), Jill Bolster-White, Carol Armstrong, J.T. Haas, Barb Fischer, Joe Ivora, Nancy Johnson, Tom Urbanske & Margaret Shepard (not pictured are Deborah Linden, Christine Burkett and Casey Appell)

financial expertise and assist the audit committee. Carol Armstrong, Educational Coordinator at Big Brothers Big Sisters, will guide fundraising and outreach. Nancy Johnson, a former City of Santa Maria planning commissioner, will lend expertise as TMHA expands services in Santa Maria and Lompoc. Margaret Shepard is an account manager with 20/20 Creative Group, and chairs our new marketing committee. Carol Sinsheimer is a former educator and active SLO community member. In May, the Board will conduct a strategic planning session, guiding TMHA for years to come.

North County Family Advocate (cont'd. from page 3)

in Santa Maria, co-facilitating a group meeting of family members. Additionally, N.J. created a curriculum and co-presented an informative session about mental health issues at Marian Hospital in February, educating 50 people regarding types of mental health illnesses and medications.

TMHA has received Proposition 63 funding for additional family advocacy staff in Santa Maria and Lompoc. Advocates will work closely with mental health professionals and with families to include the family members' perspective and experience.

For more information contact N.J. Carlile at (805) 739-8681 or ncarlile@t-mha.org. To learn more about Proposition 63, please visit our web site: www.t-mha.org.