



Reaching Out

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

SPRING 2008 - VOLUME 3, ISSUE 1

INSIDE THIS ISSUE

WORK

SEP celebrates two years of employment success. *Page 2*



COMMUNITY SUPPORT

Generous gifts and grants mean more jobs and services. *Page 2*



HOME



An update on new, 24-hour programs. *Page 3*

FAMILY

Outreach at Cinco de Mayo! *Page 3*



T-MHA Board Members

- James (JT) Haas
President
- Barbara Fischer
Vice-President
- Carol Armstrong
Secretary
- Reese Davies
Treasurer
- Casey Appell
- David Bernhardt
- Christine Burkett
- Leila Humphrey
- Joe Ivora
- Nancy Johnson
- Deborah Linden
- Brad Rudd
- Margaret Shepard
- Tom Urbanske
- Stephanie Baisa Wilson

Out of the Darkness...

Suzanne Joelle credits her eye for photography to the children she taught for over 20 years.

“The total joy of artistic expression in the children’s one-of-a-kind creations, I think, set the stage for now, letting the teacher have her turn,” said Suzanne. “Shadows, buildings, carnivals, streets and alleys are filled with visual wonders. Trying to capture their essence is a joy.”

Her work, *I’m Feeling Better*, was named the featured piece for this year’s “Opening Minds” Art Show in San Luis Obispo.

“*I’m Feeling Better* was taken at the Strawberry Festival in Santa Maria. It was night and the contrast of lights and darks and bold, colorful wavy lines caught my eye,” said Suzanne. “For me, the photo tells a story – one of coming out of the darkness... into the light of life.”

“Opening Minds” was first developed in 1995 to offer people in mental health recovery a way to express themselves and to provide a venue to share art, feelings, thoughts and messages with the general public. The goal remains the same today. TMHA hopes this year has helped



I'm Feeling Better by Suzanne Joelle was the featured piece at the 2008 “Opening Minds” Art Show in San Luis Obispo

the community see that people should not be defined in terms of their illness but by their strengths, gifts and by the contributions they make to society.

“It takes courage... to know that each of our lives really do matter, and, that no matter how down a person is, one day he or she can say with joy, ‘I’m feeling better!’” said Suzanne.

“Opening Minds” was held at the San Luis Obispo Art Center in from April 30 to May 11, 2008.

For more information, and to hear stories of individuals’ experiences of recovery, please visit our art show website: www.t-mha.org/OpeningMinds.htm.

2 Years, 94 Job Placements and Counting

As kids, we spend hours wondering what we'll do when we grow up. We imagine we're teachers or firefighters or in a spaceship on its way to the moon. The possibilities are endless.

Deanna Graziano, manager of the TMHA Supported Employment Program (SEP), and her team are specialists at helping people dream again. Clients of SEP have faced the stigma of mental illness, homelessness and lack of income. Through San Luis Obispo County Behavioral Health and TMHA services, they're working to recover. At SEP, they're developing their job skills and planning for their next big step: employment.

For two years, SEP has matched local businesses looking to hire trained, motivated employees with SEP members seeking good jobs. On the second anniversary of SEP, TMHA would like to thank our community partners for helping to bring dreams to life.

SEP community partners currently include:

- ECOSLO
- KCBX
- YMCA
- Promotion Plus
- Red Cross, SLO Chapter
- J.D. Landscaping, San Luis Obispo
- Branch Street Deli
- SLOCO Data & Printing
- Ocean Breeze Inn
- Specialty Medical Billing Professionals
- Spencer's Fresh Markets
- Vons



Deanna Graziano, is joined by Vons Store Manager, Maureen Bradley, to present SEP Certificate of Appreciation to Fred Bartholomew



SEP members develop landscaping techniques at Growing Grounds Farm

For further information or to become a SEP community partner, please contact Deanna Graziano at (805) 541-5144, ext. 167 or dgraziano@t-mha.org.

Our Thanks for...

... A generous grant from **United Way of San Luis Obispo County** supporting our vocational programs. With the funding, TMHA will serve 60 client employees by providing an additional 450 paid work shifts this year. The positive benefits of horticulture therapy, combined with the satisfaction of a regular pay check, continue to be an integral part of the treatment and recovery that clients receive through work at the farm. Visit www.unitedwayslo.org.



Growing Grounds Farm in bloom

...A generous award from the **Hind Foundation** allows Growing Grounds Farm in SLO to expand its plant propagation efforts, to provide a specialized area of training for client employees, and to become a new source in the county for locally collected native plant starts. Funds will also allow the farm to make major capital purchases and improvements to greenhouses and other infrastructure. Visit www.hindfoundation.org.

...A holiday dinner in December provided by the **SLO Morning Kiwanis Club**. Employees and clients of TMHA look forward to this year's event and appreciate the opportunity to celebrate.

Our thanks, especially, to Frank Drake and Nancy Rye who have coordinated the winter holiday dinner for eleven years in a row!



TMHA clients and staff celebrate the holidays!

...Another successful auction held in partnership with **The Kiwanis Club of San Luis Obispo de Tolosa**. Funds from the event will support Kiwanis scholarships and giving programs and TMHA services to children and adults.



Chuck Blevins, president of the Kiwanis Club of San Luis Obispo de Tolosa and J.T. Haas, TMHA president

...Gifts of all shapes and sizes from **YOU**, our friends and neighbors! Your generosity makes effective, innovative mental health services to our communities a reality.

HOME

Putting It All Together, 24/7

It's been a year since TMHA began offering intensive services through programs funded by the Mental Health Services Act in both San Luis Obispo and Santa Barbara Counties. At TMHA, "intensive services" means a team treatment approach designed to provide comprehensive, community-based psychiatric treatment, rehabilitation and 24/7 support to people with serious and persistent mental illness. Teams are composed of TMHA staff, partner non-profits and county employees.

The programs, Full Service Partnerships in San Luis Obispo County and Vida Nueva in Santa Barbara County, have seen steady growth.

In Lompoc

The Vida Nueva program is actively providing services to adult and young adult (ages 18-25) clients in mid-Santa Barbara County, a group of people recognized as previously under-served.



In Santa Maria

Vida Nueva of Santa Maria was formerly known as the Supportive Housing Initiative Act Program, or SHIA. Partial funding through the Mental Health Services Act (MHSA) has meant that the program is able to adopt a more intense model of service provision.

In Northern San Luis Obispo County

TMHA team members and staff from the San Luis Obispo County Behavioral Health Services Department are collaborating to provide services and support to adults and older adults with serious mental disabilities. As a part of this partnership, TMHA provides six, two-bedroom apartments in the community and intensive care services to those who are underserved or are at risk of institutional care without the supportive services.



Program participant, Scott Lemon, paints a bench outside FSP residences in Atascadero.

FAMILY SPOTLIGHT



Ben Serna, family partner with the Partners in Hope program at TMHA, in Lompoc at the Cinco de Mayo Festival.

Above and Beyond

The Shaken Tree: Families Living with Mental Illness, a TMHA documentary featuring local families, won "Central Coast Filmmakers Showcase - Best Film 30 min. and under" at the 2008 SLO International Film Festival.



On May 10th, **Janice Holmes** was recognized by Representative Sam Blakeslee when presented a **Paul Wolff Accessibility Advocacy Award (PWAAA)** on behalf of the San Luis Obispo Community Foundation for her outstanding work in the production of *The Shaken Tree*. Congratulations to Janice, the families, TMHA's Family Advocacy Program and Illumination Films!



Congresswoman Capps and Santa Barbara Co. Supervisor Joe Centeno present award to Ariela (center)

Growing Grounds Farm in Santa Maria was selected by The Natural History Museum of Santa Maria's Earth Day 2008 Committee as the Conservation Award Winner in the non-profit category. The award was presented to program manager Ariela Gottschalk, by Congresswoman Lois Capps and Santa Barbara County Supervisor Joe Centeno on Earth Day, April 20, 2008.



TMHA's **Youth Treatment Program House** has been selected by the 2008 Obispo Beautiful Association Awards Committee for an award of recognition in the meritorious upkeep / residential multi-family category.

Wine & Grill Affair

A Transitions First!

The inaugural SLO Wine and Grill Affair will be held June 7 from 12 to 4 p.m. at Per Bacco Cellars, Calle Joaquin, SLO. Exemplary local wineries are gathering at the historic Filipponi Ranch for food, wine and fun. Tickets are \$30 per person and can be purchased at www.t-mha.org or by calling (805) 541-5144, ext. 175.



TRANSITIONS
Mental Health Association
277 South Street, Suite Y
San Luis Obispo, CA 93401

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

Return Service Requested

How You Can Help...

Volunteer

Volunteers are always welcome in our programs and funding events. One or two hours of your time each week can make an enormous difference.

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 farms, essential household items for our supportive housing, clothes for adults and teens and more.

- Please include TMHA in your year-end tax planning
- Program "wish lists" can be viewed on our website at www.t-mha.org.
- Online donations can be made via our secure website. Click on 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
www.t-mha.org

Thank You!

Upcoming Events

SLO Wine And Grill Affair: A Perfect Balance Of Grill And Grape

Join us for a day of grill and grape mastery on the historic Filipponi Ranch, Saturday, June 7th from 12 to 4 p.m. at Per Bacco Cellars, Calle Joaquin, San Luis Obispo.

Baileyana and *tangent* Wineries, Ortman Family Vineyards, Pozo Valley, Sextant Vineyards, Wood Winery, Talley Vineyards and Per Bacco Cellars will create delectable bites of signature grilled dishes paired with their own, select wines. A panel of celebrity judges will be on hand to pick the best food and wine pairing. Attendees will also be treated to live music, local art and samples of gourmet chocolate, coffee, olive oil, breads and cheese from local vendors.

Proceeds from this event support mental health in our community through the work of Transitions-Mental Health Association.

When: Saturday, 12 to 4 p.m., June 7, 2008

Where: Per Bacco Cellars, Calle Joaquin, San Luis Obispo

Admission: Tickets to the event are \$30 per person and can be purchased online at www.T-MHA.org or by phone at (805) 541-5144, ext. 175.

For more information, or to purchase tickets, please call 805 541-5144, ext. 175, or visit the event website at www.T-MHA.org.

The 2008 **Ten Terrific Trunks of Treasure** will be held Saturday, September 13 at Café Roma in San Luis Obispo. An afternoon of great surprises and delicious food, Ten Trunks is a perennial favorite.



Twice as nice! Following our recent success, **Antique Treasures** will now be held biannually! We are gearing up to bring you 40 top-tier antiques dealers from across the state in the fall and spring.



Growing Grounds Downtown

956 Chorro Street, San Luis Obispo
Across the street from Old Mission de Tolosa



Present this coupon to receive
10% Off
your total purchase

Open from 11 a.m. daily. (805) 544-4967