



FOR IMMEDIATE RELEASE

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Veteran's Health and Wellness Forum to Feature Dana Cummings

SAN LUIS OBISPO, CA –Transitions-Mental Health Association (TMHA) in partnership with local Veterans' service agencies, is pleased to invite the public to a Veteran's Health and Wellness Forum to be held from 8:30 a.m. to 12:30 p.m. on Friday, September 9, at the Veteran's Memorial Building in San Luis Obispo. The event is free and offers continuing education units (CEUs) through San Luis Obispo County Behavioral Health Services.

The forum's keynote speaker, Dana Cummings is co-founder and Executive Director of the Association of Amputee Surfers, or AmpSurf. The nonprofit, volunteer-run organization is dedicated to teaching people with disabilities, most of them veterans, how to surf. Dana was recently named 2011 Veteran of the Year for his dedicated support of Veterans through AmpSurf, given by California State Senator Sam Blakeslee. Dana was also recognized for his efforts in creating and building AmpSurf programs by CNN in their 2010 Hero of the Year program. He was one of 22 people selected out of 27,000 for the award.

In addition to the keynote address, attendees will view "A Simple Question: Fighting the Enemy Within," a brief film that shows three men struggling against a death wish after returning from Iraq and Afghanistan.

Following Dana Cummings' presentation a panel discussion with the theme of Veterans in Our Community and the Challenges They Face will take place on stage. Panelists include Cummings; Michael Young, LCSW of the San Luis Obispo Vet Center; Kim McCord, of SLO County Veterans Services; John Guerra, of the Employment Development Department (EDD); Jan Marie Capaccioli, LCSW of the SLO & Santa Maria Community Based Outpatient Clinics; Chris Cusick of Transitions-Mental Health Association; and Philip Kurman, Ph.D., Psychologist, Paladin and Veteran. The forum will be moderated by Frank Warren, of the County of San Luis Obispo Behavioral Health Department. The audience will be able to ask questions directly to panelists.

The forum will also include a local resources and mental health services fair. Attendees seeking services for themselves or someone else are welcome to visit with representatives from over 30 local agencies and county departments.

This event is funded by the Mental Health Services Act through San Luis Obispo County Behavioral Health Services. For more information about this event, visit www.t-mha.org.

ABOUT T-MHA

Transitions-Mental Health Association is a non-profit organization that helps children and adults live, work and grow in our community. TMHA operates 27 programs at over 35 locations that reach over 2,000 people and 1,500 families in San Luis Obispo and Santa Barbara counties. The emphasis of TMHA's many services is to teach vital independent living skills, and build a framework for community re-entry through personal empowerment and hands on experience. For over 30 years, T-MHA has been dedicated to providing housing, employment, case management and life-skills support to teens and adults with mental illness; and support, resources and education for their loved ones. For more information, visit www.T-MHA.org.

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Veteran's Health and Wellness:

A Forum for Service Providers and the Public about Veterans in Our Community and the Challenges They Face

Friday, September 9, 2011

8:30 a.m. - 12:00 p.m.

Veteran's Memorial Building
801 Grand Avenue, San Luis Obispo

8:30 to 9:00 a.m.	Resource Fair, Networking and Coffee
9:00 to 9:20 a.m.	Screening of "A Simple Question"
9:20 to 9:30 a.m.	Welcome and Introductions
9:30 to 10:30 a.m.	Keynote Speaker Dana Cummings
10:30 to 10:45 a.m.	Break
10:45 to 12:00 p.m.	Panel Discussion Question and Answer Period
12:00 to 12:30 p.m.	Networking and Conclusion

Panel Discussion Participants:

AmpSurf

San Luis Obispo Vet Center

SLO County Veterans Services

Employment Development Department (EDD)

SLO & Santa Maria Community Based Outpatient Clinics

Transitions-Mental Health Association

SLO County Behavioral Health

Philip Kurman, Ph.D., Psychologist, Paladin and Veteran



Dana Cummings is co-founder and Executive Director of the Association of Amputee Surfers, or AmpSurf. The nonprofit, volunteer-run organization is dedicated to teaching people with disabilities, most of them veterans, how to surf - for free. Dana was recently named 2011 Veteran of the Year for his dedicated support of Veterans through AmpSurf, given by California State Senator Sam Blakeslee. Dana was also recognized for his efforts in creating and building AmpSurf programs by CNN in their 2010 Hero of the Year program. He was one of 22 people selected out of 27,000 for the award.

This event is free and Continuing Education Units (CEUs) will be available.

Courses meets the qualifications for 3 continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences/BBSE # PCE366. Provided at no cost, by the Behavioral Health Department, County of San Luis Obispo.

Please pre-register to receive CEU's at http://www.surveymonkey.com/s/VetsHealthWellness_2011

For more information or to host a resource table, contact Shannon McOuat, Marketing and Outreach Coordinator, Transitions-Mental Health Association at (805) 540-6510 or Shannon@t-mha.org.