



FOR IMMEDIATE RELEASE

August 9, 2011

**Contact: Shannon McOuat, Marketing Coordinator
Transitions-Mental Health Association
805.550.7692, Shannon@t-mha.org**

**TRANSITIONS-MENTAL HEALTH ASSOCIATION RECEIVES
GRANT FROM SLO COUNTY COMMUNITY FOUNDATION**

The Growing Together Initiative Grant will help support Mental Health and Wellness Ally Trainings

San Luis Obispo, CA – Transitions-Mental Health Association (TMHA) has received a \$2,500 grant from the San Luis Obispo County Community Foundation (SLOCCF). This grant will be used for Mental Health and Wellness Ally Trainings throughout San Luis Obispo County.

“In 2008, TMHA created the Ally Training for staff, designed to teach the agency’s clinicians and direct service providers the best practices and tools for serving the LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Ally) community. The training was designed in collaboration with Cal Poly’s Pride Center, and proved to be extremely effective,” said Jill Bolster-White, Executive Director of TMHA. “We will use this grant to expand this training and make it available to other health and human service providers in our community. By training a wide range of personnel from local service agencies, we can advance community education about LGBTQIA issues, while reducing the stigma and discrimination the LGBTQIA population regularly faces.”

TMHA was chosen to receive this grant from the Growing Together Fund, an endowment held at the SLO County Community Foundation to address the issues affecting the local lesbian, gay, bisexual and transgender community.

“Through this training we hope to make a lasting change within the community toward greater awareness and sensitivity,” said Bolster-White.

In only eleven years, the SLOCCF has given out more than \$16 million in grants to assist nonprofit agencies. For more information on the SLOCCF or any funds, call 543-2323 or log onto www.slocf.org.

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.

###



Photo: Jill Bolster-White, Executive Director of Transitions-Mental Health Association; Janice Fong Wolf, Director of Grants & Programs for the San Luis Obispo County Community Foundation; and Cami Rouse, Family Advocate for Transitions-Mental Health Association.