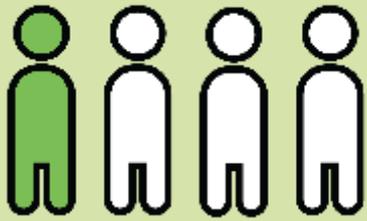




Inspiring hope, growth, recovery,  
and wellness in our communities.

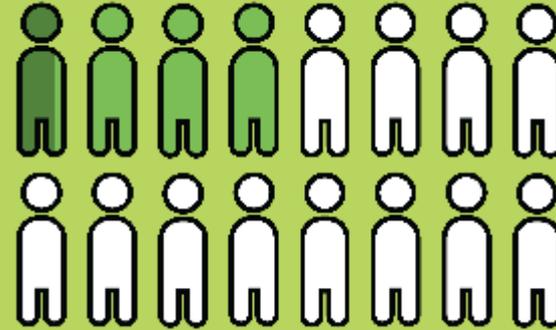
805-540-6500 [info@t-mha.org](mailto:info@t-mha.org) [www.t-mha.org](http://www.t-mha.org)

Transitions-Mental Health Association is a nonprofit organization dedicated to **eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services.**



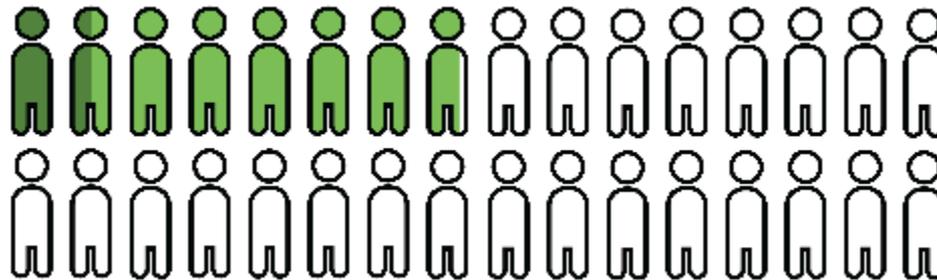
## One in five adults

(approximately 61.5 million Americans) experience mental illness in a given year.



There are 276,443 residents in SLO County-  
**54,000 experience a mental illness.**

Approximately **11,000** are adults with severe/serious conditions.





## We Serve Those Who Need Us...

**5,686**  
Clients Served

**4,376**  
in San Luis  
Obispo County

**1,310**  
in Northern Santa  
Barbara County

**2,316**  
Families Supported

**8,786**  
Central Coast  
Hotline Calls

**313**  
Clients in Housing

**2022-2023**

# TMHA Clients Served

**15,862 people**  
received Outreach &  
Education in San Luis  
Obispo County

# TMHA Program Locations

We provide services from Atascadero to Lompoc in:

## San Miguel

1 Unit Housing

## Atascadero

Wellness Center  
Family Services  
48 Units Housing

## Morro Bay

Family Services  
5 Units Housing

## Los Osos

4 Units Housing

## Pismo Beach

4 Units Housing

## Arroyo Grande

Wellness Center  
Family Services  
8 Units Housing

## Oceano

3 Units Housing

## San Luis Obispo

TMHA Headquarters  
Community Housing Office  
Homeless Outreach Office  
70Now Office  
Growing Grounds Nursery  
Growing Grounds  
Downtown

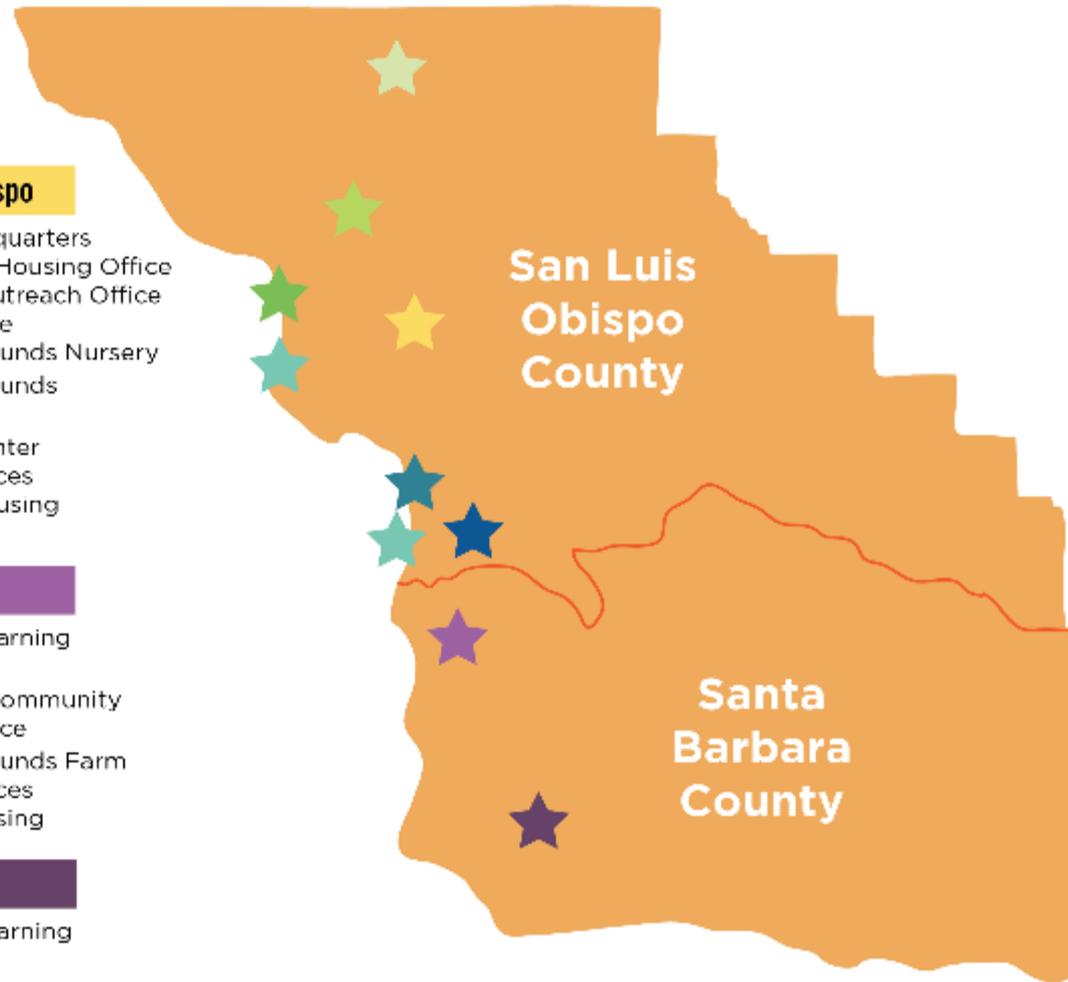
Wellness Center  
Family Services  
132 Units Housing

## Santa Maria

Recovery Learning  
Community  
Supported Community  
Services Office  
Growing Grounds Farm  
Family Services  
12 Units Housing

## Lompoc

Recovery Learning  
Community  
Family Services



# TMHA is a Trauma Informed Agency

## The Pair of ACES

### COVID-19 Adverse Community Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. 586-93. DOI Information: 10.1016/j.acap.2016.12.011



Residential Treatment

# Youth Treatment Program



YTP is a therapeutic treatment program, serving 10-15 youth per year with an average stay of 6-18 months. YTP has six beds and serves girls ages 12-18.5.

The program is funded by SLO County Behavioral Health and Department of Social Services.



My hope is that having this new beautiful and bright home a little off the beaten path will create more safety and stability for the current kids and the incoming kids for decades to come. The bedrooms are all big and have beautiful natural light that pours through the large windows. There are so many more options at this location for staff to go with kids to provide support and, of course, we have George and Rob, the two African Sulcata Tortoises who came with the property. There's a swinging bench under a tree that looks into their enclosure; watching those two dinosaurs move around, while swaying and hearing the water fountain and birds chirping, is so calming and a little mesmerizing.



---

**ALLEY JENSEN**  
*YTP Program Manager*



**Residential Treatment**

# **Adult Treatment Program**



ATP has 12 beds for adults in need of acute mental health care and support; 24 hour available staff.

Residents at ATP may stay up to one year, developing skills and decreasing symptoms for a return to independent living.

The program is funded by  
SLO County Behavioral Health Services.

## Housing

# Bishop Street Studios

Bishop Street Studios has 33 single units of affordable, supported housing for adults living with mental illness and an on-site manager.

Bishop Street Studios is a partnership with HASLO and was funded through a combination of San Luis Obispo County and City funds, MHSAs funds, Federal Low Income Housing Tax Credits, and a capital campaign that raised \$2 million.





## Housing

# Branch/South Streets

*No Place Like Home* funding along with City of SLO Inclusionary Housing Funds allowed TMHA to purchase 6 new Housing Now units in SLO.





## Housing

# Full Service Partnership Residential

The 16 beds at Santa Ysabel Apartments in Atascadero are for clients in the more intensive Full Service Partnership program with staff and services on-site.

Funded by the Mental Health Services Act, through SLO County Behavioral Health Services.



## Housing

# Broad Street Bungalows

Two, one-bedroom condominiums offer independent, permanent housing in San Luis Obispo in a mixed-use development.

Funded by the City of San Luis Obispo Inclusionary Housing Funds and Federal HOME funds.





## Housing **Nelson Street Studios**

Five studios in the Village of Arroyo Grande provide permanent housing. Funded by the City of Arroyo Grande and SLO Behavioral Health Services. The Safe Haven Wellness Center shares the property.





## Housing

# Nipomo Street Studios

8 studios in downtown SLO funded by MHSA Housing funds. Hope House Wellness Center is co-located there.



CRP

# Community Residential Programs

Community Residential Program has 94 beds of permanent, supportive, subsidized housing for community members with an open behavioral health case at SLO County BH Services.

Residents work with TMHA staff and case managers in congregate and individual housing to help them maintain their independent living.





## Housing

# Housing Now Program

The success of 50Now led SLO County Supervisors to expand the program to house 80 people. Using a Housing First model, staff provide support and housing to the most vulnerable, disabled homeless people. HASLO provides housing vouchers and DSS provides funding. Since program launch in 2014, **over 120** chronically homeless persons have been housed.

Program outcomes include an **80-97% reduction** in:

- Emergency Room visits
- Arrests
- Jail days
- PHF admissions



I was technically homeless for about 12 years. I wasn't living outside the whole time, but for the last three years I didn't really think I'd make it back to a normal life at all. Having you guys get me housed has been an absolute game-changer. It's not just the idea of having a place to sleep, but having a home base, a place to be organized. I've been clean and sober for 90 days and I feel fantastic. My doctor is super impressed with me. My goal is to get a six pack at the age of 59 years-old. I've got a 4-pack right now, I'm real close.

---

**PETER**

*Housing Now Client*



## Housing and Disability Advocacy Program

# HDAP

In partnership with the County Department of Social Services (DSS) will assist disabled individuals who are experiencing homelessness with entitlement benefit application in addition to:

- Outreach
- Case management
- Disability benefit advocacy (GA, SSI, SSDI)
- Housing placement
- Transportation
- Continuum of health care service referrals
- Assist clients with activities of daily living
- Monitor and coordinate Social Security benefits applications, reconsiderations and appeals to the Administrative Law Judge
- Coordinate with County DSS to report application status and assist with recovery of County funded GA payments when SSA benefits are awarded



HDAP targets individuals who are experiencing chronic homelessness and who are likely eligible for disability benefits and rely most heavily on government-funded services.

**FSP**

# **Homeless Outreach Team**

Homeless Outreach Team (HOT) FSP works throughout SLO County to engage homeless individuals struggling with mental illness to link them to services that address their mental, physical, and social health issues.



Engagement works to shift decision-making to the client; they direct the recovery process, ideally resulting in treatment and housing. Funded by SLO County Behavioral Health Services.



## **Housing Permanent Supportive Housing for the Homeless**

This program follows the “Housing First” model and is part of the SLO County Continuum of Care program funded by federal Housing and Urban Development (HUD) Department.

During the last year, 77 disabled, chronically homeless persons (including 3 minor children) were given permanent supportive housing. 87% of these individuals remained housed in the program or other permanent housing for one year or longer.



# Adult Full Service Partnership (FSP)

The FSP Team works with clients who have more acute mental health symptoms. The team has therapists, case managers, medical staff and a mentor who serve as a bridge to wellness and recovery.





## Forensic Reentry Services (FRS)

The Forensic Reentry Services (FRS) is funded by MHSA funds in SLO County. The FRS team works hand-in-hand with SLO County Jail staff to serve individuals who are released from jail with a primary mental health diagnosis and/or co-occurring disorder. FRS provides a bridge connecting individuals with community resources such as medical care, mental health services, income benefits, drug and alcohol services, and temporary or permanent housing for 150 people each year.



WELLNESS • RECOVERY • RESILIENCE



Work

# Growing Grounds Social Enterprises

Developing a sense of self-worth and competence that leads to financial and social independence.



Work

## **Growing Grounds Farm & Nursery San Luis Obispo**

Since 1984, Growing Grounds Farm has employed over a thousand employees. Last year, 116 people worked part-time, earning minimum wage and learning important, transferrable job skills.

**Growing Grounds Farm & Nursery San Luis Obispo** is a wholesale nursery that grows and propagates drought-tolerant and California native plants to sell to local retail nurseries, landscapers, and the SLO Land Conservancy. Sales from revenues and a subsidy from SLO BHS fund GGF SLO.



## Work

# Growing Grounds Downtown

A charming plant and gift store featuring the plants grown at our sister programs Growing Grounds in San Luis Obispo and Santa Maria, as well as houseplants, air plants, pottery, jewelry and locally made gift items.

The store provides employment and training for TMHA clients, particularly for experience in retail and with the public.

Located across from the Mission at 956 Chorro Street in downtown San Luis Obispo.



## Work

# Supported Employment Program

Supported Employment Program (SEP) connects local employers with job-ready clients. This program is a collaboration between TMHA, SLO BHD Mental Health Services Act and Department of Rehabilitation.

In 2023-2024, SEP provided services to a total of 188 San Luis Obispo County clients with 45 job placements including State Parks, San Luis Coastal School District and Miner's Hardware stores.



The program also provided 67 total job placements (both counties) with 52% success rate of people achieving 90 days on the job, much higher than DOR's average of 27% for all people with disabilities.



# Family

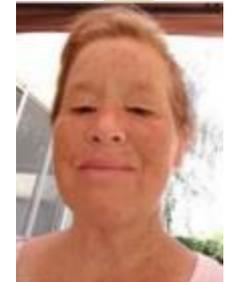
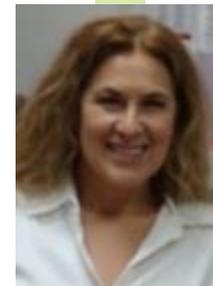
Compassionate, informed assistance for the families, friends and loved ones of individuals with mental illness.

# Family Support Specialists & Partners

July 1, 2022–July 1, 2023 Family Services served:  
**828** families, Santa Barbara County  
**1893** families, San Luis Obispo County

- **2,711** Unique family members
- **7,181** Contacts with family members
- **349** Family Support Groups held
- **14** – 6-hour Family Orientation and Judicial System Classes
- **4** – 10-week Triple P Courses
- Over **124** Outreach Events/Outreach to Community, **5,042** contacts
- Services are in English and Spanish

Services are funded by San Luis Obispo and Santa Barbara Counties through the Mental Health Services Act.



## Family Advocate Satisfaction Survey

# “What do you like about the services, programs or assistance you receive?”

The staff is knowledgeable, experienced, compassionate and on point; both empathetic and instructive.

Everything. T-MHA is top-notch. Our family would have fallen apart without the services, programs and help. Our son is in the supportive housing, employment, and social rehab programs. He participates in many activities. He has a sense of family through these programs and has learned a lot about his illness, his recovery, and life in general. I attend support group pretty regularly.

I am just very thankful there were people to talk to who understand what I was going through and that I can go back whenever I need them.

I like what is in place and I utilize family support group, and one on one.

I so appreciate the genuine concern shown for our loved one and us.

## Family Advocate Satisfaction Survey

# “What do you like about the Triple P Parenting Classes?”

Triple P helped me be more aware of the language I use with my children, changing more into positive language.

It gave me more confidence in my parenting.

Triple P taught me to discipline in a positive way.

## Family Advocate Satisfaction Survey

# “What do you like about the Judicial Classes?”

Thank you so much for hosting the judicial class and making it available to us all via Zoom. It must be hard for you to present these meetings on Saturdays. I sure appreciate your efforts.

By the time I left the meeting, I was very informed but also kind of emotionally impacted.

I thought I knew a lot about the judicial system when it comes to my kid's issues but I was blown away by the knowledge you both have.



# Community

No one takes the journey alone. We provide multiple opportunities for peer gathering, one-on-one mentoring and support alongside personal growth.



**Community  
Wellness  
Programs**

## **SLO Wellness Centers**

The SLO Wellness Centers provide support groups, social and recreational activities, and mental health education. The goal is to reach each person where they are, get connected to their peers and their community, and achieve independence and recovery. Safe Haven in Arroyo Grande, Hope House in SLO and Life House in Atascadero serve the entire county.

## Community

# Mental Health Advocacy and Education

### **Transition and Relapse Prevention (TARP) Program**

Two Behavioral Health Navigators working with SLO FSP pre-graduates

### **Service Enhancement Team (SET)**

Two Behavioral Health Navigators based in SLO and AG Clinics

### **High School Education and Advocacy Program**

Provides mental health and wellness education to faculty and students at SLO County High Schools and Middle Schools

### **Community Education**

Mental Health First Aid, WRAP, ASIST, QPR and NAMI's Peer to Peer.

Programs and classes assist people in personal growth and recovery. Behavioral Health Navigators walk alongside clients where they need it, providing connection and mutual understanding while moving towards health and life goals.

## Community

# Peer Advisory and Advocacy Team (PAAT)

PAAT is a community of people who advocate for those served by the mental health system. PAAT participants educate our community about mental illness, promote wellness and recovery, reduce stigma and provide support for others with similar experience.

PAAT meets on the second Friday of each month on ZOOM from 3:00 PM–4:30 PM.

For more information contact Stephanie Carlotti.



- P** **PEER**  
People who share resources and offer support to others experiencing similar situations with mental illness and who promote wellness and recovery for people within the mental health system.
- A** **ADVISORY**  
Sharing stories of success and inspiration about coping with mental illness within the mental health system and reducing stigma about mental illness out in the community.
- A** **ADVOCACY**  
PAAT meetings are a great place to learn from peers with similar experiences how to advocate for oneself when dealing with the mental health system and other community agencies.
- T** **TEAM**  
We're in this together. Through peer support we can conquer obstacles to wellness and recovery, and encourage connection with the community. It takes a village and a team!

Understand Mental Health  
**SLO THE STIGMA.org**

800.783.0607



*The Shaken Tree*  
FAMILIES LIVING WITH MENTAL ILLNESS  
illumination  
JOSE MEJIA LEMUS, PRODUCER • MARY GARCIA LEMUS, DIRECTOR

*Superar*  
"To Surpass"



## Community Outreach Programs

*SLOtheStigma* is part of a broad effort to eliminate stigma and raise public awareness of mental health and treatment resources in San Luis Obispo County. Central Coast Hotline is the phone number linked to SLOtheStigma.

*Shaken Tree: Families Living with Mental Illness* is a documentary that illuminates the path that families experience when a loved one has chronic and persistent mental illness.

*Superar* is a 9-minute Spanish-language film (with English subtitles) that advocates for mental health awareness in the Latino community. The film provides insight into the journey of Latinos who have experienced mental illness and their experiences as they reach out for support. The title refers to surpassing their original expectations. The film intends to dispel myths, describes symptoms and diagnoses, address barriers to services and outlines various treatment options.

# Community Central Coast Hotline



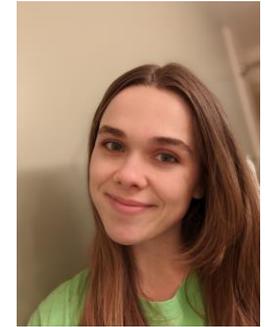
Feeling hopeless, desperate or alone? Concerned for someone else?

Call or Text Central Coast Hotline 1.800.783.0607

The Central Coast's suicide prevention, mental health and emotional support phone line.

Confidential.  
Free of charge.  
24 hours.  
Every day.

**CENTRAL  
COAST**   
**HOTLINE**  
**(800) 783-0607**  
Text or Call 24/7



# Library Outreach Program

TMHA staff work in SLO County Libraries to outreach to our homeless community members, providing resources for housing, services and support.





I was in the very first WIG cohort and started at Safe Haven Wellness

Center, eventually being hired as a Center Support Aide. I feel so honored to now run the program that opened the door for me. It's very meaningful to provide the same wonderful learning opportunities to others and help develop their career pathways. The WIG interns that end up working for TMHA all share this incredible compassion—they want to use their lived experience to help others. That's the foundation of this internship, being able to create a sense of community by connecting with people over their experiences.

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**LINDSEY HAMILL**

*WIG Coordinator*

# Client Satisfaction Survey

- The supportive, thoughtful feedback and assistance that I received.
- Everyone is kind, caring and willing to help us feel feel better.
- They provide help with everyday problems and make you feel comfortable.
- They help out with food when I am hungry.
- They encourage you to stay sober and if there is a conflict to always use “I” statements. They have good support groups. Workers are great and a good place to be.
- The staff genuinely care about our mental and physical wellness.
- I like the empathy and care the staff have and show to the program members and other staff members. The unity and family feeling in this program is great. That will help everybody to recover and heal better and easily.

# Welcome!

TRANSITIONS-  
MENTAL  
HEALTH  
ASSOCIATION

[www.t-mha.org](http://www.t-mha.org)



INSPIRING HOPE -  
GROWTH - RECOVERY  
AND WELLNESS

784 HIGH ST