



## *Greetings!*



**BEST WOW EVER!** Our 4th Annual World of Wine Fundraiser benefiting Family Service of Napa Valley was a **HUGE** success! The event was held on March 28th at City Winery's Concert Hall, in downtown Napa.

We want to thank all of our wonderful supporters, friends, allies and community leaders who came out to participate in this event and ensure that affordable mental health services stay available in Napa Valley.

Not only was there unique silent auction items, a blind wine pull, great conversations

over appetizers and an overabundance of fine wines, but we also had more giving than all past years; raising over 58k!

We look forward to sharing our future successes with you. Checkout our photos on [Facebook!](#)

Sincerely,  
The Staff of Family Service of Napa Valley

## *May is Mental Health Awareness Month 2015*

Observe with Family Service of Napa Valley!

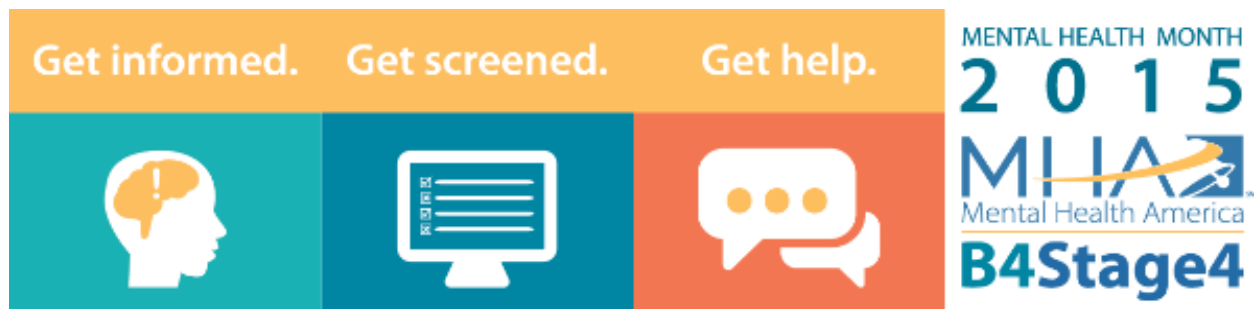
### **Addressing Mental Health Before Stage 4 (#B4Stage4) - Provided by Mental Health America**

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4-we begin with prevention. When people are in the first stage of those diseases, and are beginning to show signs of symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease.

So why aren't we doing the same for individuals who are dealing with potentially serious mental illness?

[READ MORE](#)

[LOCAL MENTAL HEALTH AWARENESS MONTH EVENTS CALENDAR](#)



# *New Trauma Informed Care Program*

Launched May 1st, 2015

We know that trauma is becoming more pervasive in our society, it can include veterans returning from combat to survivors of sexual abuse and domestic violence to people that have experienced car accidents or natural disasters such as an earthquake. FSNV is pleased to now offer Trauma Informed Care approach throughout all our programs and policies. From intake through discharge, we provide a safe environment to meet the unique needs of survivors and avoids inadvertent re-traumatization.

Our Trauma Program is a strength-based framework that is grounded in an understanding and responsiveness to the impact of trauma for the residents of our community. This model of service is designed to meet the mental health needs of people along the continuum of trauma and stressor related disorders.

In order to provide Trauma Informed Care that supports resiliency, self-care, and healing for people; we have created a setting where all agency staff is educated and mindful about trauma and its consequences, and everyone is aware of the need to create a safe, supportive culture.

Interested in donating to our new Trauma Informed Care Program? You can do so on our website. [DONATE TODAY!](#)

## *Community Partner Spotlight*

### PG&E's Commitment to Mental Health

At PG&E public and employee safety is a core value. Ensuring our employees are healthy in both body and mind is critical to our safety culture.

In 2010, PG&E Senior Vice President of Human Resources John Simon began an integrated health and productivity department where health is viewed holistically. A key to our success has been the availability of counselors on-site at certain locations and a variety of behavioral health professionals available to employees and family members.

PG&E values a holistic health approach within the company and the community in which our employees live and work. That's why we support Family Service of Napa



Valley and its goal of closing social and mental health service gaps for family, friends and neighbors who need our support.

## *Investing in Community*

### **How Can You Help Today...**

#### ***Sponsor our Housing Program***

#### **May's Donation Wish List**

- 1 Clothes Washer
- 2 Clothes Dryers
- 1 Lawnmower
- Set of 6 dining chairs (preferably wooden so they can be easily cleaned)
- Yard Tools; pruners & loppers both (3 of each)
- 10 bed sets in good condition (9 full or queen size & 1 twin)

#### ***Attend a Community Event***

#### **Children's Mental Health Matters**

[ParentsCAN](#) invites you to join us for a free workshop conducted by mental health expert Dr. John Brentar, Adjunct Clinical Instructor at the Stanford University Department of Psychiatry and Behavioral Sciences. Two sessions will be offered. In one you will learn to recognize the warning signs of depression and anxiety in youth and in the second you will learn how to manage your own stress. Lunch will be provided.

**When:** Saturday May 2nd

**Where:** Napa County Health and Human Services

2751 Napa Valley Corporate Drive, Building 2, Conference Rooms

Come out and say hello - Family Service will be attending and providing information about mental health services available to Napa county residents - [Community Care Network](#) clinician will be available for assessment and screening if needed.

Please call 707.253.7444, if you have any questions. Spanish interpretation will be available if you pre-register.

Email for further information:

Michele Farhat [mfarhat@familyservicenapa.org](mailto:mfarhat@familyservicenapa.org)

## *Our Mission*

Family Service of Napa Valley has been in the community 64 years strong and is the only agency providing bi-lingual, professional mental health services throughout the County to people of every age, stage and income level.

At Family Service we believe equipping our residents with the tools necessary to live emotionally healthy and stable lives; creates a community of enduring strength.

Each day our staff of clinicians works to counsel, support and coach those who need help overcoming the hurdles that life can throw at all of us. Everyone needs a little support at times and without us, people throughout the valley may needlessly suffer in silence.

If you are in need of help, Napa Residents can call Family Service's bilingual intake coordinator, Marissa Martinez at 707.266.1467.

## *2015 Board Members*

**Board President:** *Kathryn Winter, M.Ed.*

**Board Vice President:** *Elizabeth Healy, Government Relations, The Doctors Company*

**Board Treasurer:** *Elizabeth Hawkins, Senior Staff Accountant, G&J Seiberlich & Co LLP*

**Board Secretary:** *Carrie Hays, Organizational Consultant/Trainer, The Halle Group*

**Board Members:**

*Christopher Barefoot, Vice President of Public Relations, Opus One*

*Ernie Heine, Heine & Associates Electrical Engineers*

*Pete Krammer, Managing Partner of ELA Consulting Group*

*Sarah Moore, Director of Brand Strategy , Mission Minded*

*Vanessa Luna Shannon, Director, Gateway to College, Santa Rosa Junior College*

*Karen Smith, M.D., Public Health Officer of County of Napa*

*Richard Melton, retired Chief of Police, City of Napa*



Kathryn Winter Board  
President

**Advisory Board:**

*Geni A. Bennetts, M.D.*

*Gary Lieberstein, District Attorney*

*Brad Wagenknecht, Napa County Board of Supervisors*

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*Donate Today*

[Click Here to Support Our Efforts](#)

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