Dear Friend, Investor, and Advocate,

As I look back on 2019, I find myself proud of the work that we have accomplished together. We helped over 1,500 people in Napa County with mental health services. Over 200 children aged 0-17, including 179 students across our school districts, received therapy services at their school. Over 200 older adults in our therapy clinic and our collaborative program, Healthy Minds Healthy Aging, received treatment, and we cared for 36 adults living in our supported housing programs.

Over the last three years, your support has provided a much larger impact. Together we grew the number of clients served by more than 20% and our revenue by 27%. This is all due to your concern for our community members who would otherwise have nowhere else to go for mental health treatment.

I also want to recognize our compassionate, talented staff of professionals, both clinicians and administrators, who work every day throughout the County to counsel, support and coach those who are struggling with life’s hurdles. Our clinicians have given our clients the tools they need to live emotionally healthy, stable lives and contribute to our vibrant community.

Please take a few minutes to review the following pages, and you will learn more about our amazing growth and the programmatic outcomes we have accomplished.

In service to our youth, adults and older adults,

Rob Weiss, LCSW
Executive Director

P.S. As you read this, we are in the midst of the COVID-19 crisis. We continue to offer all critical mental health services via telehealth.
OUR MISSION

Founded in 1948, Mentis’ mission is to provide affordable, bilingual, and professional mental health services for people of all ages living in Napa County. We equip over 1,500 community members with the tools they need to live emotionally healthy lives.

At Mentis, we believe equipping our residents with the tools they need to live emotionally healthy, stable lives creates a community of enduring strength. Everyday, our staff of clinicians works throughout the County to counsel, support and coach those who need to overcome the hurdles that life can throw at us. Because everyone needs support at times, and without us, people throughout the Valley would needlessly suffer in silence.

WHY WE CARE

1 in 4 youth aged 6-17 experience a mental health challenge each year. (NAMI.org, 2018)

1 in 5 adults experience a mental health concern. (NAMI.org, 2018)

1 in 3 older adults experience anxiety or depression each year, & less than half receive treatment. (NAMI.org, 2018)

47.7% of LGBTQ high school students seriously consider suicide. (Kidsdata.org, 2018)

17.2% of high school students seriously consider suicide. (Kidsdata.org, 2018)
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“Our entire community benefits from the availability of good mental health services. We need to continue to normalize mental health so people who are struggling do not have the added burden of stigma.”
~ Sarah Moore, Board President
Thanks to your support, 15-year old Jessica is now happy to be in school.

New to Napa County, Jessica was acting withdrawn and depressed during her freshman year. Referred to one of our bilingual school-site therapists, Jessica opened up—relieved to be able to talk in Spanish about what was bothering her. She was not merely feeling the discomfort of being at a new school in a new area; she was disturbed by memories of having been molested by a family friend in the past.

Jessica was suffering from post-traumatic stress. Even though she moved away, her vivid memories came with her. The Mentis therapist utilized a trauma-informed practice to help Jessica process her memories and regain a healthy and positive perspective on life. Today Jessica is glad to be back in school and eager to make new friends.

Last year Mentis professionals provided bilingual mental health services to over 1,500 community members, including children and teens in schools.

“I know now that my past doesn’t determine my future, and what happened to me wasn’t my fault. I am able to enjoy life while making new friends and memories.”

~ Jessica
Programs

Housing Program
Clinical Case Managers provide support and structure for adults with mental illness and/or history of chronic homelessness in transitional/permanent housing throughout the community.

School-Based
Partnership with Teens Connect running support groups for students onsite. Students individually seen at numerous elementary, middle and high schools in Napa County.
Partnership with Napa Valley College providing counseling to students onsite.

Salvation Army Culinary Training Academy
Partnership with Salvation Army of Napa. Mentis provides clinical case management for adults in alcohol and drug recovery and/or with mental illness struggles enrolled in programing.

Cancer Wellness Program
Partnership with Queen of the Valley Hospital Cancer Wellness Center
Support to clients post cancer diagnosis
Provides individual counseling sessions to promote emotional wellbeing and stress mastery
& Services

The Clinic
Serving Napa County residents who are uninsured at a sliding scale fee. Also serving clients with Medi-Cal/Medi-Care, private insured clients with a superbill provided.
Short term therapy in Spanish and English, specializing in trauma informed care practices.
Children (10 & up), adults, families, couples.

Healthy Minds Healthy Aging
For adults ages 60 and up showing early signs of depression/cognitive decline.
Offering evidence-based assessments, case management & brief therapy.
Community education regarding dementia & encouraging access to therapy.
Prevention & early intervention to maintain independence.

CARE Network
Queen of The Valley & Mentis partnered to integrate behavioral health into a multidisciplinary case management team for clients with chronic health issues.
Co-located at Community Investment
Home visits & short term therapy

Community Group Therapy
NEWS Support Groups: For women who have experienced domestic violence and/or sexual assault. Offered in Spanish and English
Strengthening Families: Early Intervention Support Groups for parents located in Napa, St. Helena, Calistoga
TEEN PROGRAM SPOTLIGHT

The Building Teen Resiliency in our Schools Initiative (BTRSI) is led by Mentis in collaboration with Teens Connect. Together, we offer school-based prevention and early intervention mental health services to youth impacted by trauma, abuse and toxic stress. From wellness activities to affordable and accessible individual mental health therapy, Mentis and Teens Connect provide on-site services both during and after the normal school day closely coordinated with school staff. Over the last three years, Mentis has served 435 youth on school campuses throughout Napa County with 75-83% of all students showing decreased symptoms of depression, anxiety, emotional distress and/or trauma. BTRSI has now been implemented at 10 middle and high school campus in Napa County and is proving to be an effective strategy for the prevention of mental health issues among young people.

**Trained 86 teens and young adults in Youth Mental Health First Aid.**
(a suicide prevention training)

**Taught 483 seventh grade students resilience skills through evidence-based curriculum Resilience for Youth**

**Engaged 1,500+ youth in Wellness Cafes on 10 school campuses**

**Started 4 empowerment clubs on high school campuses, to break the stigma surrounding mental health**

**Provided 179 teens with group and individual mental health therapy on their school campuses**
Mentis partners with Teens Connect, who meets the unique mental health needs of Napa County youth and has an enduring impact on their wellbeing. Jeni Olsen founded Teens Connect to create safe spaces for open conversations, to get honest insights into the stresses, triggers, and anxieties plaguing our teens today and to design programs that deliver thoughtful responses and impactful solutions. Teens Connect is a nonprofit that is breaking barriers, saving lives, affecting lasting change, and protecting the most precious resource we have – our youth.

As a result of our partnership, Mentis is able to connect teens to free group and individual therapy on 10 of our middle and high school campuses in Napa, American Canyon and St. Helena. Off campus, Teens Connect offers programming that includes art and wellness activities, peer support, connection to volunteer projects, and referring teens to mental health resources when necessary.

Jeni Olsen
Founder & Executive Director of Teens Connect

“It is a major contributor to my overall health and wellness.”
- High school student when asked why is mental health important to you.
2019 IMPACT

Serving 1,500+ clients of every age and income level, all over Napa County through ongoing programming.

Mentis is here to help our community in times of crisis.

- Over 1,000 people assisted during and after 2017 firestorm through June 2019, including mental health first aid screens, outreach and trauma treatment.
- Ongoing COVID-19 bilingual telehealth mental health therapy for all ages, including a dedicated support line for older adults experiencing fear and anxiety.
Access to mental health services is critical. We go to where the community can access us.

WHERE DO WE SERVE?

Elementary to College

Family Resource Centers

Senior Centers

Disaster Recovery

In-Home Care

Mentis Clinic

80% of our clients show marked improvement at completion of treatment in the following areas:

• Improved daily functioning - home, school, and work
• Reduced levels of emotional distress
• Improved coping skills, stability and resilience
• View themselves as feeling and functioning better
• Show reduction in symptoms of depression and anxiety
• Show a reduction in symptoms related to trauma
MENTIS GROWTH BETWEEN 2016 AND 2019

2019 Revenue
$2,578,431

2016 Revenue
$2,029,934

REVENUE

CLIENTS

- Kid’s receiving school-based services has increased by 15 percent.
- Parent’s & Children receiving clinical services has increased by 17 percent.
- Total clients served has increased by 24 percent.
- Older Adults served has increased by 60 percent.
FINANCIALS

FY19 REVENUE

- 27% grants
- 46% contracts
- 82% programs
- 3% rental + other
- 6% events
- 6% donations
- 12% service fees

FY19 EXPENSES

- 82% programs
- 12% management + general
- 6% fundraising
CIRCLE OF CHAMPIONS

Platinum Champions ~ $10,000 and Up
Adventist Health - St. Helena Hospital
Anonymous
Bank of America
City of St. Helena
County of Napa, Health and Human Services
Community Projects
Mike and Sharon Dixon
E. Richard Jones Family Foundation
Kaiser Permanente
Napa Valley Community Foundation
Napa Valley Vintners
Alex and Karen Potts
Queen of the Valley Community Investment
Redwood Credit Union
St. Helena Hospital Foundation
Garen and Shari Staglin
Syar Foundation, Jim and Susan Syar
The Joseph & Vera Long Foundation
The Peter A. and Vernice H. Gasser Foundation

Gold Champions ~ $5,000 - $9,999
Anonymous
Ann Burchill
Gillian and Phil Burchill
Kendra and Andrew Feshbach
Marion Mendelsohn Fund of the Napa Valley Community Foundation
Kate McManus
KBS Leadership Consulting
Bob and Berit Muh
Napa Fund, Isabel and Michael Mondavi Family, of the Napa Valley Community Foundation
Charles O’Neill and Erin Schulz

Silver Champions ~ $2,500 - $4,999
AMA Waterways
Bank of Marin
Kevin and Jessica Gilleran
Bret Johnson and Paul Kass
Fred and Lenore Kayne
Erin Luby
Linda Lucas
Mechanics Bank
Sarah Moore and David Begler
Mary and Ed Moudry
Okos Partners LLC.
Rick and Cathy Osgood
St. Mary’s Episcopal Church
John Wicks and Jolene Yee
Paul Woolls and Betty O’shaughnessy-Woolls

Bronze Champions ~ $1,000 - $2,499
Dave Aaker
Christopher Barefoot and John Henry Martin
Geni Bennetts
Michael Borck
Craig Sultan and Sandra Call
Wendy and Steve Carolo
Andi Clarke
Susan Dix Lyons
Bill and Mary Dodd
Craig Easley
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Will and Julissa Marcencia
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Benjamin Newsom
Beth Nickel
David and Linnea Pearson
Joan Quinlan
Ross Family Fund of the
Napa Valley Community Foundation
Delia Viader
Laura and Aaron Webb
Webb Brand Consulting
David Weiss
West America Bank
Windermere Real Estate Napa

Copper Champions ~ $250 - $999
Dale and Bette Acomb
Asa Baird
Calhoun & Co.
Kerin Bashaw
Jonathan Bauman
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Sara & Jonah Beer
Joe Beirao
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Steve Frattini and Louise Holloway
Wayne and Patti Freeman
Mark Freund
Mary Geong
Bert George
Sharon and Jonathan Getz
David and Gina Gilbrith
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CM Destinations
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Far Niente Winery
Festival Napa Valley
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Flowers Vineyards and Winery
Fly With Wine
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Gamble Family Vineyards
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Laird Family Estate
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Muguette Renee
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Napa River Inn
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Napa Valley Welcome Center
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Screaming Eagle Wines
Seven Stones Winery
Shadowbox Cellars
Shafer Vineyards
Silver Oak Cellars + Twomey Cellars
Silverado Resort and Spa
Spottswoode Estate Winery & Vineyard
Staglin Family Vineyard
Sterling Vineyards
Swanson Vineyards
Tamarack Cellars
Tammy Van Alstyne
Teachworth Napa Valley
The Prisoner Wine Company
The Westin Verasa Napa
Tilden Hotel
Tor Kenward Family Wines
Trefethen Family Vineyards
Truchard Vineyards
Viader Vineyards & Winery
Vineyard 29
Vintage Wine Estates
WSI NextGen Marketing
Waterfall Resort
Wildcat Vintage Clothing
Winedown Media
Windsor Vineyards
Yao Family Wines
“I still have a few bad days, but I know I can always handle it.”

-Lily aged 13 after completing mental health treatment with her Mentis therapist, Lindsey