

2019 IMPACT REPORT



Napa's Center for Mental Health Services

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.



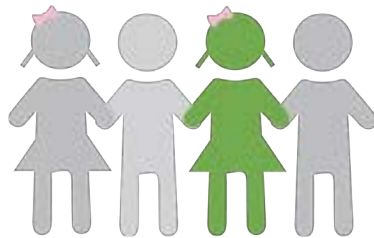
OUR MISSION

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)



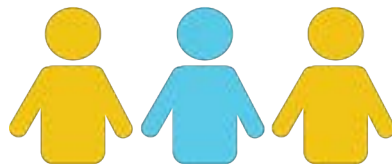
47.7% of LGBTQ high school students seriously consider suicide. (Kidsdata.org, 2018)



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

17.2% of high school students seriously consider suicide (Kidsdata.org, 2018)

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



MENTIS BOARD OF DIRECTORS

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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

SUCCESS STORY

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



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.

Programs

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 programming.

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

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.

& Services

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.

TEENS★CONNECT

+



mentis

Napa's Center for Mental Health Services



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



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

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



80%

of teens who completed treatment showed reduction in their level of anxiety or depression.

79%

of teens reported improved knowledge of resources for assistance.

78%

of teens report improved knowledge of coping skills.

“It is a major contributor to my overall health and wellness.”

- High school student when asked why is mental health important to you.

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

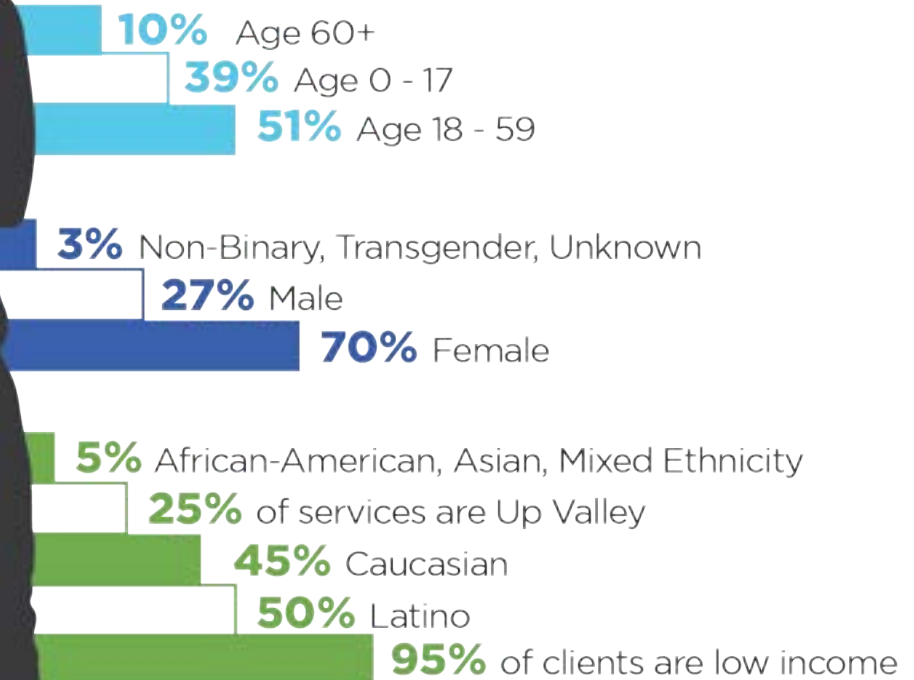


2019 IMPACT

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



WHO DO WE SERVE?



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.

WHERE DO WE SERVE?

Access to mental health services is critical.
We go to where the community can access us.

Elementary to College



Family Resource Centers



Senior Centers



Disaster Recovery



In-Home Care



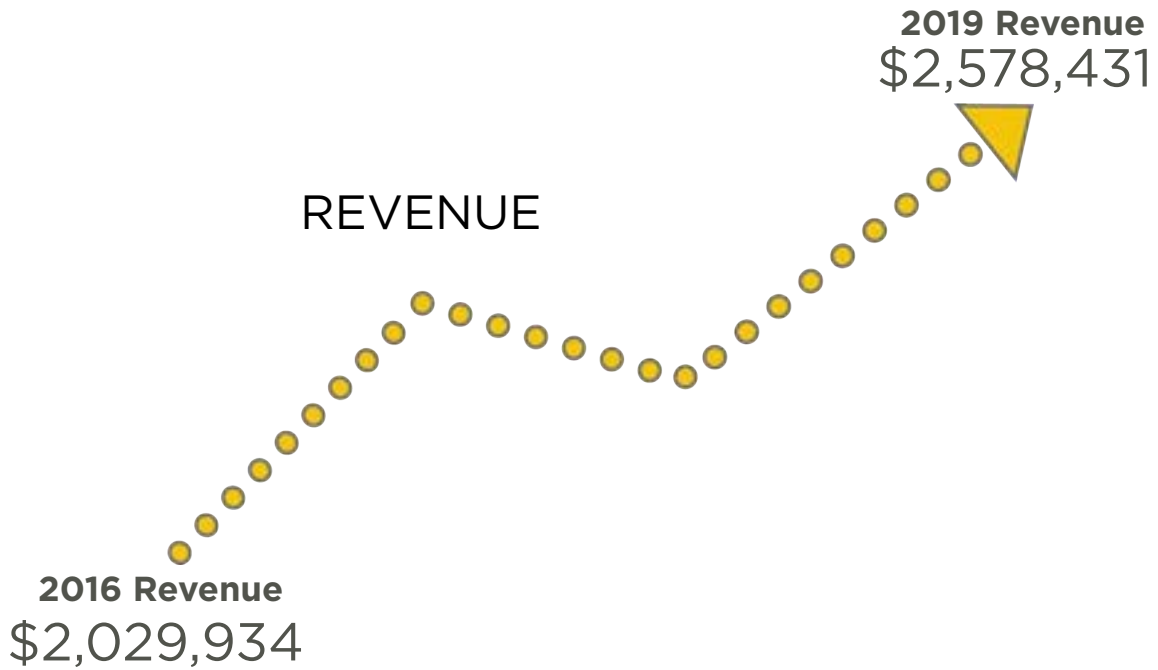
Mentis Clinic

80%

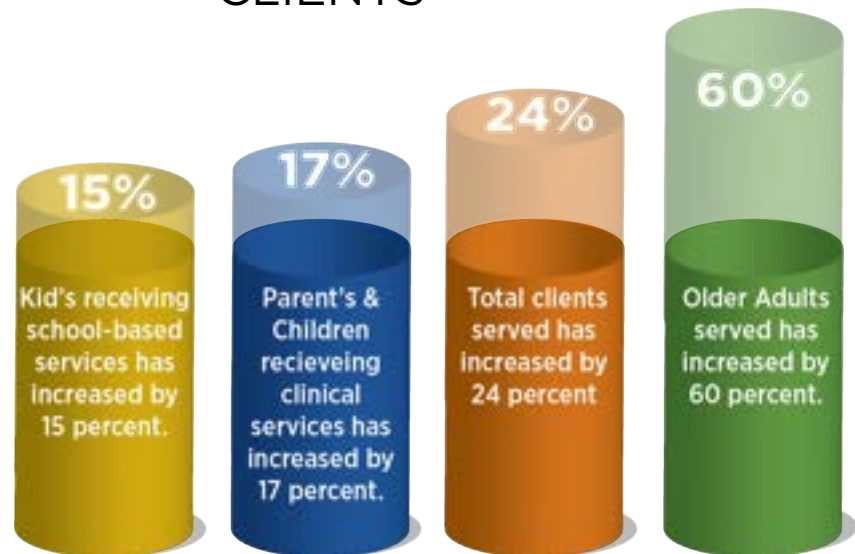
of our clients show marked improvement at completion of treatment in the following areas:

- 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

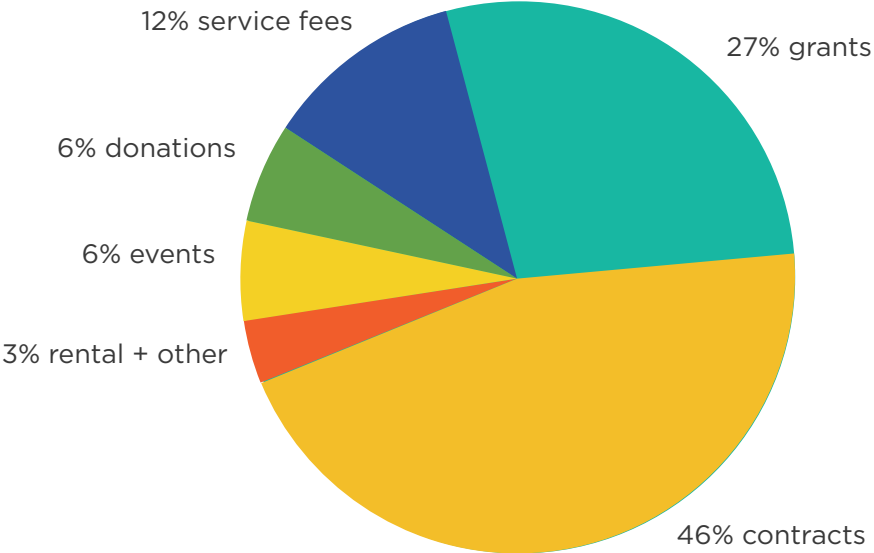


CLIENTS

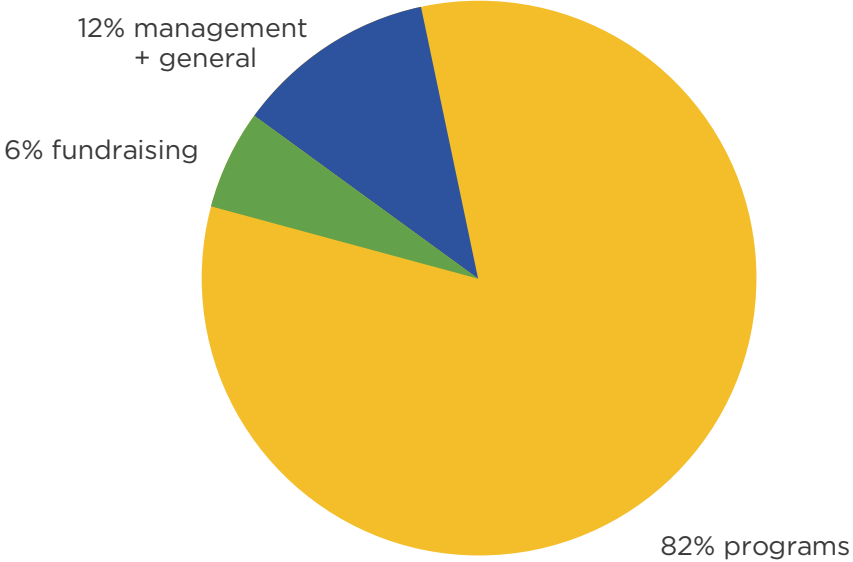


FINANCIALS

FY19 REVENUE



FY19 EXPENSES



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

Strong Communities Fund of the Napa
Valley Community Foundation
The Doctors Company
Wells Fargo

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
Mark and Sonja Farley
Maira and Kenneth Feingold
First American Title
Fischer Financial Partners

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Community Foundation
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Napa City Fire Fighters Charitable Fund
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Dirk and Charlotte Hampson
Pamela Harrington
Gordon Harsaghy
Carrie Hays
The Huneeus Foundation
Beta and Larry Hyde
Peter and Nancy Juve
Juli and Scott Kauffman
Kelly Crane and Cynthia Kee
Peter and Annette Krammer
Estelle and Sebastian Lane
Will and Julissa Marcencia
Peter and Liz Marks
Tom Marsland
Tyler and Hannah Mullen
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
Arthur and Barbara Beato

Sara & Jonah Beer
Joe Beirao
Ben & Jerry's
Mary Bianchi
Bill and Becky Birdsong
JC Buller
Cathy and Dan Bunnell
Kelly Carter
Gene and Miryam Chae
Bill Chiat and Jim Gladfelter
Michael Corrigan
Frank and Romney DelFiugo
Socorro Deluna
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Stan Dunlap
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Sam and Mel Engle
Paul and Alexis Everett
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Steve Frattini and Louise Holloway
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David and Gina Gilbrith
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Carol Goldberg
Grace Gonzalez
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Deja Harrington
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Billie Hewitt
Denise Hicks Santos
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Kyle and Tiffany Iverson
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Gwen McGill
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Mission Minded
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Morgan L. Morgan
Andreas and Georgia Mueller-Schubert
Barbara and Mike Murphy
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of Commerce
Napa Valley Community Foundation
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Martin and Jeni Olsen
Rebecca Peizer
Brenda and Stephen Perry
Michael Piazzola
Robert and Richene Plummer
Judge Diane Price & Norm Krause
Rich Ramirez
Steve Rogers
Shilah Salmon

Patricia Simpson
Howard and Martha Smith
Randy and Janet Snowden
Christa Steinrock
Trent Stoppello
Congressman Mike Thompson
Suzanne Tran
United Way Of The Bay Area
Robert Van Der Velde
Judd and Erica Wallenbrock
Steve Warsaw
Jodine and Bob Whisten
Diane Wilsey
Alexandra Wlassowsky
Terry Wunderlich

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Julia Allen
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Connie Anderson
Nancy Anderson
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Cheryl Bailly-Jacobs
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Sean O'Malley
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Edgar Bonilla
Brian and Chelsea Bottari
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Charles and Neisha Clary
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Ines DeLuna
Stephanie Digardi
Brian and Olivia Dodd
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Richard Faenzi
Dr. Giovanni and Dr.
Militza Esquivel

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Jerry Hoffman
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Merritt
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Sherry Fournier and
Michael Wolf
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Kristin Miller
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Shelly Mochizuki
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Paul Mugnier
The Murphy Family Trust
Robin Nakamura
Narvaez Insurance Services
Johana Navarro
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Bridget Nelson
Laurie Nelson
Network for Good
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Sandra and Joey Oliva
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Martha A. Wise
Jennifer Yasumoto
Jonathan Yothers
Jane Zastrow
Hilary Zunin

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Alpha Omega Winery
AMA Waterways
Arcudi Wines
B Cellars
Balloons Above The Valley
Bill Chiat and Jim Gladfelter
Black Stallion Winery
Bouchon Bistro
B.R. Cohn Winery & Olive
Oil Company
Broman Cellars
Brown Estate
Cakebread Cellars
Cal-a-Vie
Calistoga Ranch
Cameo Cinema
Carneros Resort and Spa
Steve Carolo Media
Productions
Casa Kimberly
Charles O'Neill and
Erin Schulz
Charles Krug Winery
Chase Cellars

Chimney Rock Winery
Clif Family Winery
Clos Pegase Winery
CM Destinations
Constellation Brands
Cosentino Winery
Covert Estate
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Duckhorn Vineyards
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Winery
Fly With Wine
Fontanella Family Winery
Gamble Family Vineyards
Gamling & McDuck
Girard Winery
Groth Vineyard & Winery
Hacienda San Angel
Hanzell Vineyards
Hill Family Estate
Hyde Vineyard Estate
John Anthony Vineyards
Jones Family Vineyards
Judd's Hill Winery

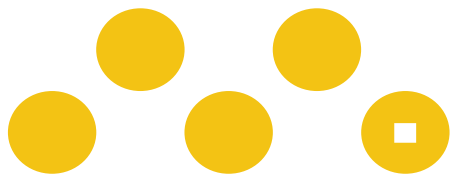
La Toque
Laird Family Estate
Laurel Glen
Lokoya Winery
Madrigal Family Winery
Mario Bazan Cellars
Markham Vineyards
Joanne Martin
Martis Camp
Mercedes-Benz Of Fairfield
Merryvale Family of Wines
Mt. Brave
Muguette Renee
Mustards Grill
Nancy and Peter Mott
Nancy Rose Law
Napa General Store
Napa Noodles
Napa River Inn
Napa Valley Film Festival
Napa Valley Welcome Center
Napa Valley Wine Academy
Napa Valley Wine Train
Napa Valley Wine Yacht
Opus One Winery
Page Wine Cellars
Peter Michael Winery
Platypus Tours
Premium Port Wines Inc.
Progeny Winery
Quintessa
R Inn Napa
Reid Family Vineyards
Roamin' Kitchen

Robert Mondavi Winery
Sea Dream Yacht Club
Screaming Eagle Wines
Seven Stones Winery
Shadowbox Cellars
Shafer Vineyards
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& Vineyard
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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



mentis

Napa's Center for Mental Health Services

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NAPA, CA 94559

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info@mentisnapa.org