

## MARCH WELLNESS DIGEST



## 2022 is March-ing On!

We're almost a quarter of the way through 2022! This month is Women's History Month and we'll see St. Patrick's Day and the first official day of Spring. Some of us are still adjusting to the time change, but we can look forward to longer days and warmer weather. Spring is a season of renewal, so make sure and fill your senses as the vines break their buds and the flowers begin to bloom.

Read through this month's edition of the newsletter for a **program spotlight**, a **wellness tip**, and some **exciting news about Mentis!**

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# CARE NETWORK



## About Care Network

The CARE Network at the Queen of the Valley Medical Center and Mentis have partnered to integrate mental health treatment into a multidisciplinary case management team approach to support people with severe chronic illnesses. Mentis has therapists who are co-located and embedded in the [Community Outreach](#) Department at the hospital and these Mental Health Specialists work closely with the nurse and social work teams to provide comprehensive care. This program has received national recognition for its effective and unique approach to patient care.

Without CARE Network, these members of our community would be unable to access this kind of treatment, but it is made possible through CARE Network's collaborative approach. "The staff is just incredible; I could pinch myself! It's all about the team and the team spirit. We all care so much about the mission, the team, and collaboration," says Louise Holloway, CARE Network Program Manager. Mentis' relationship with Queen of the Valley Medical Center is over ten years old, and we are grateful that this partnership enables us to serve community members in need.

Learn more about Mentis and Care Network by following us on [social media!](#)

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Our tip this month is to Spring Clean! Having an organized space provides a plethora of mental health benefits, including making it easier to focus, reduce stress, and appreciate what we have. If the warmer weather is putting a pep in your step, try putting it to use by decluttering.

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## Mentis at the Center for Volunteer & Nonprofit Leadership Heart of Napa Awards

Mentis is honored by the nominations we received at the 7th annual CVNL Heart of Napa Awards! Keep reading to learn more about Rob, Ximena, and Hassan, who each won an award.





Rob Weiss has been Mentis' Executive Director since 2011, and he is the winner of the Excellence in Leadership award. Under Rob's leadership, Mentis has grown to be an organization of 45 employees, and last year we served 4,500 community members of all ages. In 2020, Rob suggested that Teens Connect join with Mentis, and now our Prevention Division is a growing and thriving program that saves lives and creates mental wellness throughout our community.

Meet Ximena, winner of one of the Youth Volunteer of the Year awards! Ximena is a Napa High school senior and president of our Mentis Teen Council. Ximena has served on the Teen Council for three years and is a true advocate for youth mental health. She has been trained in QPR suicide prevention and contributes frequently to her community, serving as the co-president of Bring Change to Mind and volunteering around Napa Valley with various organizations.



Hassan Shafi is the vice president of our Teen Council and received one of the Youth Volunteer of the Year awards. A senior at Justin Siena High School, Hassan is part of his school's Mock Trial program and robotics team and is the founder of the Aerial Photography Club where he teaches other students drone cinematography. Hassan is also deeply passionate about coding and even founded a nonprofit to teach programming, The Bay Coders. Recently, he taught at a school in Pakistan!



## Mentis in the News

If you're a reader of the Napa Valley Register, you may have heard more snorting than usual last week! Mentis' new therapy pig, Obi, was covered in a story on Friday. Pictured here is Mackenzie Lovie, our Housing Program Manager. She also has a dog, Sven, currently in animal assisted therapy training. Mentis believes that animal-assisted therapy "is a way of helping people of all ages address issues that can be hard to talk about. Additionally, animals reach us in ways that people can't," said Mentis Executive Director Rob Weiss. [Read the article here!](#)

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**Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.**

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