



Celebrating 75 Years

Mentis was founded in 1948, just after World War II, to help returning soldiers and their families readjust to civilian life. Napa County's mental health needs have changed dramatically since then, especially in the last few years due to added stressors like damaging earthquakes, devastating wildfires, mass shootings, and a global pandemic. But one thing that hasn't changed is Mentis' dedication to the emotional health and wellbeing of all Napa County residents. Throughout 2023, Mentis will celebrate our 75th anniversary alongside donors, supporters, and mental health advocates like you.

In this month's edition of the wellness digest, we'll share **exciting news about an upcoming event, make a special announcement, and share a wellness tip.**



Blue Skies Ahead Online Auction

From **Saturday, February 18th at 12pm to Saturday, February 25th at 12pm**, Mentis will host an **online auction** that is **open to everyone!** **Read the instructions below for more information.**

1. Visit <https://mentis2023.ggo.bid/bidding/package-browse>

On the left, you'll see silent auction lots. On the right you will see two buttons, a "Donate Now" and a "Get Started" Button

2. If you haven't registered to bid for the auction yet, click the "Get Started" button on your screen

3. You will be prompted to create an account or log in to your account. If you've ever bid in an auction on Greater Giving, you likely already have an account you can log into

If you are creating a new account, you'll need to enter your email address and other relevant information

4. If you make an account, you'll receive a confirmation email. It may go to your spam or junk folder, so please check there if you don't see it in your inbox

5. Once you're registered or logged in, you can browse, view, and place bids from your phone or computer

If you have questions or need help, please contact Janelle Samansky at jsamansky@mentisnapa.org or call at 707-255-0966 x 155.

We'll be sharing more information about the online auction on our social media pages, so click the links below to learn more!



Mentis Receives \$750,000 Grant From Federal Government

In December, Congressman Mike Thompson announced funding for Napa County projects included in the 2023 federal spending bill. Among these projects are \$4 million for the Napa Valley Vine Trail, \$1.7 million for our partner OLE Health, and \$750,000 for the Napa Intensive and Permanent Health Housing Project. The City of Napa is working with Mentis to administer this project, and it will allow Mentis to expand our housing program so that more of our unhoused neighbors with serious mental illness can access an affordable, safe, and supportive environment and become stably housed.

“We are thrilled to partner with the City of Napa to create more opportunities for our City residents who are unhoused and struggling with mental illness to receive the support they need to move toward greater stability in their lives,” said Mentis Executive Director Rob Weiss.

[Read More Here](#)



WELLNESS TIP



Dealing with post-holiday blues? Many factors can contribute to this sadness, including homesickness. It's a major emotional adjustment to go from being home or seeing your family to then feel alone. If you're dealing with homesickness, try giving yourself grace by doing something comforting! Maybe you watch a show you've seen a million times, read a book that's secretly your guilty pleasure, or lay under a weighted blanket and listen to music. Taking a pause and checking in with yourself is a fabulous way to evaluate and prioritize your needs.



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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Mentis Napa's Center for Mental Health Services
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