

It's Coming Up Roses

After a long, cold winter, it feels like Spring has *finally* sprung! We at Mentis are tremendously grateful for the [California Super Bloom](#). Not only are these wildflowers beautiful to look at, but they are such a great example that incredible things can blossom after rain. Following a grey winter, it feels especially satisfying to see the flowers bloom. We know that roses aren't a wildflower and aren't part of the Super Bloom, but we still feel it's appropriate to say that it's **coming up roses!**

In this month's edition of the wellness digest, we'll share **information about teen mental health, exciting upcoming events, and a wellness tip.**



Teen Mental Health

It's no secret that many of our [teens are experiencing a mental health crisis](#). At Mentis, it seems like every time we turn on the news we hear more about the struggles our teens face and the seemingly insurmountable issues they are trying to overcome. But there is good news: by listening to our teens and providing much needed peer-based wellness activities and professional mental health support, we can address this crisis together.

Mentis provides mental health services to teenagers that spans a continuum of care from prevention to treatment. Our prevention programs teach our young people good mental health skills early so they can weather the inevitable challenges life can bring *before* they become insurmountable. Last year, 81% of our [Resilience for Youth](#) participants reported increased self-control, increased self-regard, and/or decreased social stress and anxiety. Teens can access mental health therapy in our outpatient clinic, at partner agencies, or at schools throughout the county.

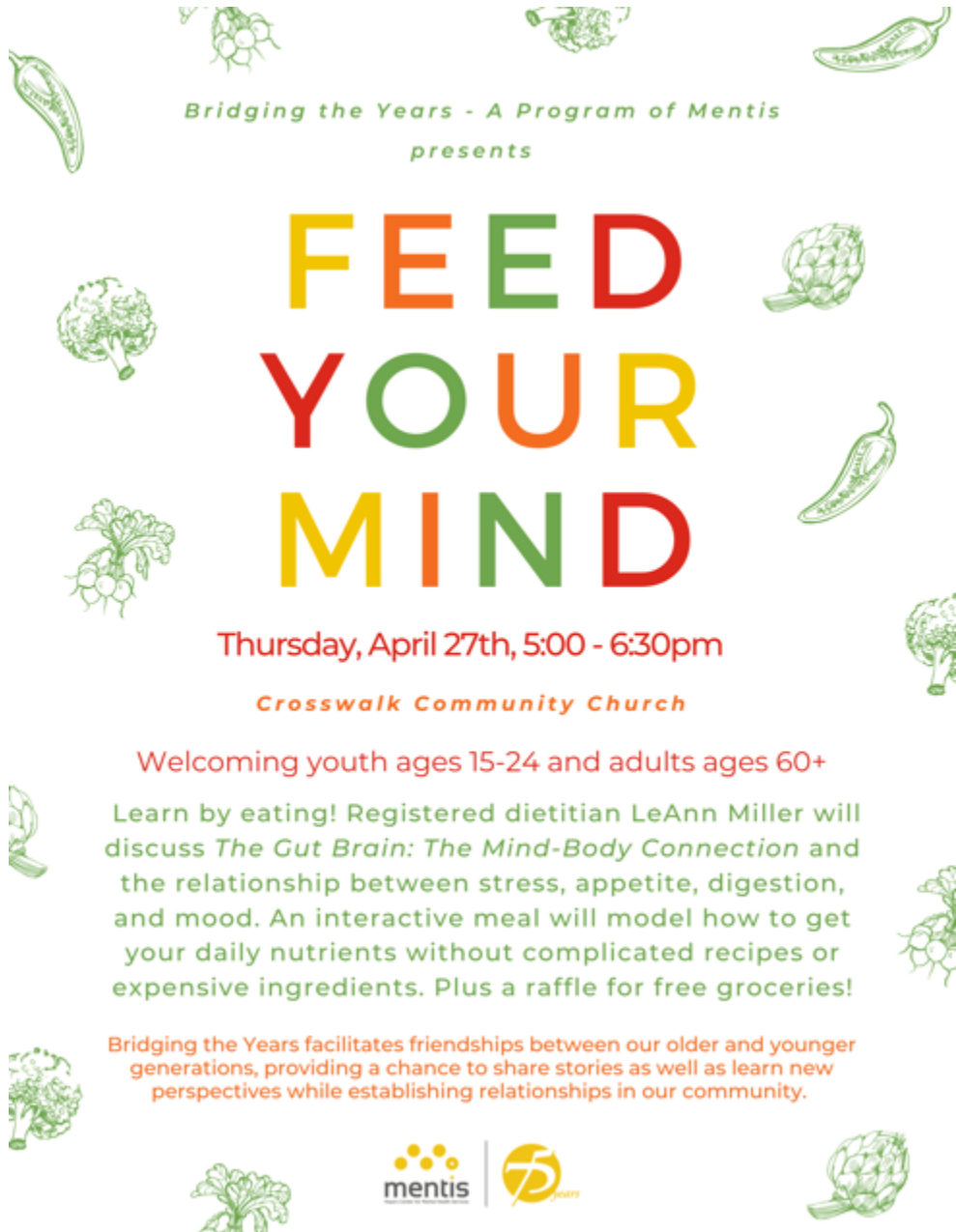
A quote we live by at Mentis comes from Desmond Tutu: "There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in." We're working to address the teen mental health crisis by preventing mental health issues before they arise, and making sure teens have access to crucial mental health services when they need treatment.

We believe that our young people are well equipped mental health advocates, which is why our teen programs are teen-centered and teen-led. You can connect more with our teens on [their social media page!](#)

Learn more about teen mental health on our social media pages (linked below) this month!



Upcoming Events

The event poster is decorated with various green line-art illustrations of vegetables, including bell peppers, broccoli, cauliflower, and artichokes, scattered around the central text.

*Bridging the Years - A Program of Mentis
presents*


FEED YOUR MIND

Thursday, April 27th, 5:00 - 6:30pm
Crosswalk Community Church

Welcoming youth ages 15-24 and adults ages 60+

Learn by eating! Registered dietitian LeAnn Miller will discuss *The Gut Brain: The Mind-Body Connection* and the relationship between stress, appetite, digestion, and mood. An interactive meal will model how to get your daily nutrients without complicated recipes or expensive ingredients. Plus a raffle for free groceries!

Bridging the Years facilitates friendships between our older and younger generations, providing a chance to share stories as well as learn new perspectives while establishing relationships in our community.

At the bottom center, there are two logos: the Mentis logo (yellow and blue dots above the word 'mentis') and the Crosswalk Community Church logo (a stylized yellow '5' with 'crosswalk' written below it).

Feed Your Mind on April 27th!

Are you a young person between the ages of 15-24 or an adult aged 60+? Presented by a registered dietitian, join us on April 27th to learn more about the relationship between food and mental health.

For questions or for more information, please email Nyah McWilliams at nmcwilliams@mentisnapa.org

TEENS CONNECT, A PROGRAM OF MENTIS
PRESENTS

YOUTH MENTAL HEALTH Festival

Build your wellness toolkit! Explore new hobbies, coping skills, and resources while having fun with friends!

SPECIAL ACTIVITIES:

THERAPY ANIMALS, POSITIVE AFFIRMATIONS, BODY MOVEMENT,
BUILD YOUR OWN TRAILMIX, ACUPRESSURE, PAINTING, AND MORE!

MAY 13TH KENNEDY PARK
Pelusi Building, 1 - 4 PM

FREE EVENT FOR AGES 12-21

SCAN FOR MORE INFO

TEENS*CONNECT | mentis

Youth Mental Health Festival on May 13th!

Join us on May 13th for a Youth Mental Health Festival for folks aged 12-21! You'll learn to build your mental wellness toolkit by exploring new hobbies, coping skills, and resources.

For questions or for more information, please email Nyah McWilliams at nmcwilliams@mentisnapa.org



WELLNESS TIP



Have a teenager? Here's a wellness tip: advocate for their mental health. Most teens are under a tremendous amount of stress. They're often treated like they're old enough to make big decisions but are not empowered to do so. They frequently are juggling school, sports, extracurriculars, and social and family obligations, all while they need to figure out their future. But you can enforce boundaries to protect their mental wellbeing. Encourage your teen to engage in self-care practices, set firm boundaries with people who place undue pressure on them, and remind your kid that it's okay to struggle with mental health and to ask for help.



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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