



## Autumnal Tidings

Finally, it's autumn again! At Mentis, many of us are thrilled about the crisp air and changing leaves. In the book *Anne of Green Gables*, Anne Shirley says, "I'm so glad I live in a world where there are Octobers." We couldn't agree more!

This wonderful time of year is home to something else too: Back to School! We've talked before about the [teen mental health crisis](#), and school is inextricably linked to the mental health of young people.

Read through this month's edition of the wellness digest to **learn more about school and mental health**, **hear about Mentis in the news**, and **gain a new wellness tip!**

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## School + Mental Health



**Why Does It Matter?:** Students cannot succeed in school without good mental health. Students in good mental health are more likely to go to school [ready to learn](#), develop healthy social and emotional connections with the adults in their lives, and make friends with their peers.

School is an ideal setting to help our young people with their mental health. Educational settings provide a support system for youth and connect students with safe and supportive adults to whom they can talk. And, students spend a lot of time in school, making it an [environment where they feel comfortable](#) accessing mental health care.

**What's Mentis Doing About It?:** We recognize that school mental health is of the utmost importance, and that's why Mentis provides outpatient therapy and prevention services at nearly 20 schools throughout Napa County!

Mentis therapists are embedded in Napa County's schools, removing common barriers to accessing mental healthcare. Because students can get therapy on their school campuses, they don't have to travel or find transportation to another location. Half of our school-based therapists are bilingual, allowing them to communicate with students and their families in Spanish.



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## Mentis in the News



Jeni Olsen, Mentis Prevention Director, has a featured column in Napa Valley Features focused on teen mental health! Her latest article is all about making authentic connections with the young people in our lives. [Click here to read it!](#)



## WELLNESS TIP



Here's a back to school wellness tip: get back into a routine! Parents/caregivers of school-aged kids: we're talking about you! Rather than being in a mad rush, struggling to make it anywhere on time, practice your routine ahead of time. When you learn about your child's schedule, like their soccer practice schedule or their school play rehearsals, incorporate these things into your routine. This way you'll know how much time these things will take you and things you should be aware of, like when the traffic is worse. By being prepared, you might be able to save yourself from some stress and anxiety!



**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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