



JUNE WELLNESS DIGEST



Gearing Up for a Sand-sational Summer

Though Mental Health Awareness Month has come to a close, Mentis' commitment to providing affordable, bilingual mental health services to people of all ages and income levels is unwavering. We're preparing for a sand-sational summer that will build a solid foundation of mental health for our community. **[Read through this newsletter to learn about a service update, upcoming events, celebrations, and more.](#)**

Don't forget to **[scroll to the bottom for our Teens Connect corner!](#)**

Mentis' outpatient therapy provides bilingual, professional mental health services to our community, regardless of one's ability to pay. **But starting this summer, we're proud to expand our services even further by offering a fee-for-service option.** Outpatient therapy is now available to community members who have health insurance but would like to receive services in a timely manner. **To make an appointment or to learn more, please contact our Intake Coordinator, Jorge Zepeda, by calling 707.255.0966 x132.**



MENTIS OUTPATIENT THERAPY

WHO WE SERVE: AGES 5 AND UP, INDIVIDUALS, COUPLES AND FAMILIES.

We support clients in managing symptoms of anxiety, depression, trauma, grief, life changes, relationship challenges, and more.

We're here to make sure our community's mental wellness flourishes.

WE ACCEPT:
 Carelon/Partnership Health Plan Medi-Cal
 Medi-Cal Youth and Adult - County Plan
 Uninsured - pay on a sliding scale
 If you have other insurance the fee for service option is \$150; we can provide a superbill

TO MAKE AN APPOINTMENT, CALL:
 Jorge Zepeda
 Bilingual Intake Coordinator
 707-255-0966, ext. 132
 1272 Hayes Street, Napa, CA 94559





SUMMER with Mentis


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|  | <p>Sunday, 6-9pm Taste of New Orleans Jambalaya, live music, pool & bocce at a beautiful hilltop estate in Coombsville Tickets: tinyurl.com/BSALot60</p> | <p>July 27 \$250</p> |
|  | <p>Sunday, 10am - 4pm Bespoke Spa Day Yoga, facials, massages, pool & bocce at a beautiful hilltop estate in Coombsville Tickets: tinyurl.com/BSALot06</p> | <p>August 10 \$1,000</p> |
|  | <p>Friday, 2:00pm Poker Tournament Texas Hold' Em Poker, food, beverages, prizes at the Mentis Wellness Campus Tickets: tinyurl.com/BSALot01</p> | <p>Sep 14 \$225</p> |


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This summer, Mentis is bringing you **three unforgettable experiences** designed to bring people together, create lasting memories, and support accessible mental health care in our community. Join one or join them all!

 **A Taste of New Orleans Party - July 27**

Indulge in Cajun cuisine, live music, and summer fun at a private estate.

 **\$250 per person**

 **Summer Wellness Day - August 10, 10AM-4PM**

Relax poolside in Napa Valley with

facials, massages, yoga, gourmet food, and sunshine.

🎫 \$1,000 per person



Texas Hold 'Em Poker Tournament - September 14, 2-5PM

Play your hand at our professionally run poker tournament with prizes, wine, and food.

🎫 \$225 buy-in

[Reserve your spot today!](#)

June is Pride Month! 🌈 At Mentis we are excited to celebrate and uplift our LGBTQIA neighbors and loved ones - at all times, and especially this month. June is an opportunity to celebrate how far we've come in ensuring equity and inclusion for our LGBTQIA community, but also a time to mark the struggles this community still faces today. As federal policies and rhetoric shift, LGBTQIA folks are facing new levels of uncertainty, which further contributes to their already higher-than-average risk of mental health struggles.

Did you know, for example, that [LGBTQ+ teens are six times more likely to experience depression than their peers?](#) But together, we can work to create a community that accepts all people and ensures that everyone can get the mental health support they need to thrive. [Read more about supporting LGBTQ+ teens here.](#)





Last week, Mentis was joined by Brandon Staglin, co-founder of One Mind, for a sold-out community talk in honor of Mental Health Awareness Month. Brandon shared more about his visionary work and reaffirmed our shared commitment to ensuring that everyone has access to mental health services. **"All people facing mental illness deserve to thrive,"** Brandon said on Thursday. **Thank you** to Brandon Staglin and to the community members who were able to join us. We're grateful to be in

partnership with our entire Napa Valley community to light the path towards stronger mental wellness for everyone.

[See more photos by clicking here.](#)



Welcome to our new Teens Connect corner, where we'll share about upcoming events and activities specific to youth in Napa County. You can also find this information on [our website](#) and [Instagram page](#)!



We are so very excited to officially launch our Summer Youth Wellness Programs at our new Mentis Wellness campus! Through creative expression, peer connection, mindfulness, wellness workshops, and more, we offer space for youth to pause, reflect, and reconnect all within a safe, supportive, inclusive environment where every voice is valued.

Please share these opportunities with youth in your life, ages 13-24, and encourage early registration, as space is limited. [More information can be found here.](#)

JOIN

TEENS★CONNECT

A PROGRAM OF
mentis



Teens Connect is an inclusive group of youth mental health advocates who are passionate about caring for themselves, others and our community.

By joining Teens Connect you'll get to engage with other teens in Napa County and be involved in planning wellness events throughout the school year!

Once you apply, you will become part of the Mentis Teen Council, and you will have the opportunity to take on a leadership role if interested.

Who can Apply:

- Anyone who will be in high school next year

What to Expect:

- Teen Council monthly meetings (add'l meeting for leadership)
- Wellness Events throughout the year: any teen ages 13-19

**SCAN THE QR CODE
FOR THE
TEENS CONNECT
APPLICATION!**



Applications are open for Teens Connect's Teen Council, for anyone who will be in high school next year in Napa County. Teen Councilmembers receive training to serve as mental health advocates and help plan wellness activities throughout the school year for the greater youth community.

[Please apply here!](#)

Feel free to reach out to [Jessica Zepeda](#), our Prevention Program Manager, if you have questions about any of our programs.



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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1272 Hayes St Napa, CA 94559

