

Thank you to all of our donors, volunteers, and partners
for supporting Napa County's mental wellness!



Donate to
Mentis today!



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Photos by Nic Meerholz
of SeaTimber Media,
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A PROMISE
REALIZED



2024-2025
IMPACT
REPORT



A NEW CHAPTER FOR COMMUNITY-BASED MENTAL HEALTHCARE

The 2024–25 fiscal year has been one of transformation for Mentis. With the support of our community, we've built more than a campus: we've built a future where mental wellness is within reach for everyone. Together, we are shaping a future where mental health care is not just available, but truly embraced as a cornerstone of community wellbeing.

Dear friends and supporters,

This year, we opened the doors to something truly extraordinary: our new Wellness Campus, a space built by and for our community. It represents far more than additional square footage; it's a promise. A promise that every person, at every stage of life, will have access to the mental health support and connection they deserve.

This campus was made possible by your belief in Mentis and in the power of community-based mental health care. Together, we raised over \$10 million to turn a shared vision into a living, breathing hub of hope—on top of the \$2.5 million you already contribute each year to keep our programs strong. From the first sketch to the final coat of paint, this campus reflects the voices of our clients of all ages. It's already buzzing with life, from youth wellness programs and peer support circles

to community gatherings that bring people together in meaningful ways.

But this moment isn't just about what we've built—it's about what comes next. With twice as many therapy rooms and space to grow prevention and wellness initiatives, we are better equipped than ever to ensure that mental health care in Napa is accessible, equitable, and tailored to the needs of the people we serve.

As you read this impact report, I hope you feel the pride and joy your generosity has created. Every story of healing, every moment of connection, every life changed: it all begins with you. Thank you for believing in this vision and walking alongside us as we chart a brighter, healthier future for our community.

In gratitude and community,

Rob Weiss, LCSW
Executive Director



Photo by Fatima Peña



Our Mission: Dedicated to the emotional health and wellbeing of all Napa County residents, Mentis provides bilingual, accessible, and affordable mental health services to people of all ages and income levels through programs ranging from prevention to treatment.



Photo by Fatima Pena

THE RIPPLE EFFECT

Our prevention-driven approach is a promise—an investment—in the health of our community for **generations to come. Today, we plant seeds** by teaching coping skills, boosting confidence, reducing stigma, and fostering healthy relationships. **Tomorrow, we reap the benefits of a whole community equipped** to support themselves and one another with their mental health.

This year, **Mentis provided Wellness Cafes to 90 new immigrant teens** at Napa High. “I’m stronger and healthier now,” one of them told us. **“I used to have anxiety attacks, but I don’t anymore. Thank you!”**



Photo by Fatima Pena

MENTIS WORKS AT THE INTERSECTION OF EXPERTISE AND LIVED EXPERIENCE

The Mentis Wellness Campus is a healing space for the community, by the community. You helped us envision, design, and fund our new facility. And since our opening in January 2025, we've loved welcoming you and your loved ones here for community conversations, celebrations, meetings, fundraisers, treatment services, support groups, wellness activities, and so much more.

“It has been so incredible that Dylan and his buddies can do printmaking and pickleball at the Mentis Wellness Campus this summer. They are so fortunate to have this resource. Dylan has really been enjoying the classes.”

— Parent of a teen who participated in Mentis' first Summer Wellness Activity series

MENTAL HEALTH IS A JOURNEY—WE'RE HERE EVERY STEP OF THE WAY

The Wellness Campus is here for everyone. Whether you're looking for a therapist, a restorative yoga session, a creative activity, or simply some positive human connection, **Mentis is here to offer support.**

This year Mentis expanded its continuum of services with a Supportive Living Program, which provides community-based case management assistance to former housing program clients. By continuing to walk alongside them even after they move out of our properties, we fill an important service gap for adults with severe mental illness, and help them **ensure success and stability in their independent living environment.**



Photo by Fatima Pena

MORE THAN A BUILDING:

A COMMUNITY PROMISE REALIZED

When Mentis first began dreaming of a larger space, we knew it wouldn't be easy. Napa's real estate market is notoriously challenging—but just when we needed it most, two incredible opportunities aligned: a warm and welcoming property, tucked among towering redwoods yet centrally located and accessible; and a critical grant from the State of California.



We turned to the experts—our clients and program participants—to help design the new campus, ensuring every room reflects the real needs and hopes of the people we serve. Our community rallied around this vision with extraordinary generosity, raising over \$10 million on top of the \$2.5 million you already contribute annually to keep our programs running. With the help of countless partners, a six-month renovation was completed on time and under budget, transforming the campus into a sanctuary for connection and healing.



Because of you, teens now have a safe, welcoming space to gather, share, and feel seen.

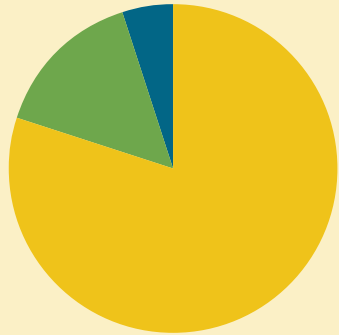
Our Wellness Campus is more than walls and rooms—it's a promise of accessible, high-quality mental healthcare for all.

Since moving into our new home in January 2025, the campus has become a vibrant hub of activity. From hosting joyful community events—like Blue Skies Ahead, and an inspiring community conversation with Brandon Staglin—to offering a safe and welcoming gathering space where teens now feel they belong, the campus is already buzzing with life. It has allowed us to launch new peer support programs and expand youth wellness activities, including our first-ever summer programs, which kicked off this June.

But this is just the beginning. Our Wellness Campus is a promise: a renewed commitment to accessible, culturally responsive, and high-quality mental healthcare for every stage of life. With twice the number of therapy rooms and dedicated space for prevention programs that foster connection and joy, we're building a future where everyone in our community can thrive.

Your support made this campus possible. Together, we've created more than a building. We've built hope, healing, and belonging for generations to come.

2024-2025

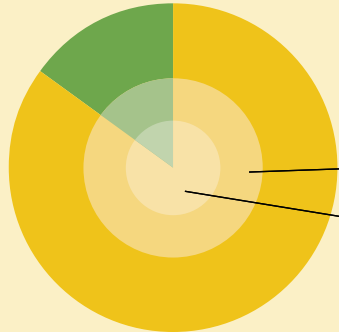


REVENUE: \$5,322,724

- 80% Grants and Contracts
 - Government: 45%
 - Schools: 25%
 - Foundations: 18%
 - Hospital/Healthcare Systems: 17%
 - Nonprofit Partners: 5%
- 15% Individual and Corporate Donors
- 5% Other Revenue
 - Includes medical billing and rental income

CAPITAL CAMPAIGN

Total Funds Raised 2023-2025:
\$10,735,248



EXPENSES: \$5,398,855*

- 85% Treatment Programs
- 15% Prevention Programs
- 14% Core Mission Support: Admin and Operations
- 9% Core Mission Support: Fundraising

*Deficit of \$76,131 is due to a reduction made by the State of California to a grant after it was awarded.

With your support, we turned a vision into a sanctuary for connection, healing, and hope.

OUR IMPACT AT A GLANCE

8,600+ therapy sessions provided to **965** clients at **18** different community-based locations across Napa and Sonoma Counties.

1,279 7th graders participated in Mentis' wellness curriculum at NVUSD middle schools. **94%** of them reported they felt **more confident** about their own character strengths as a result of the program.

“You guys are why I came to school on Thursdays.”

— 7th grade wellness program participant

THE POWER OF PREVENTION

Program Cost: \$663,830

People Served: 4,658

Cost per person: \$142.51

TREATMENT SERVICES

Program Cost: \$3,746,361

People Served: 965

Cost per person: \$3,882

SNAPSHOT OF OUR CLIENTS

52% live at **100% of federal poverty level** or below.

100% live below the **self-sufficiency standard** for Napa County.

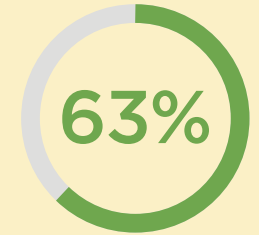
51% are Hispanic/Latino

35% are White

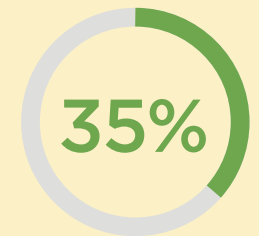
5% are Asian

4% are Multi-Racial

3% are Black



are Medi-Cal beneficiaries



are uninsured

“By investing in the mental health and well-being of our young people, we are laying the foundation for a stronger, more resilient community for generations to come. This wellness campus represents our shared vision of a place where everyone feels safe, supported and empowered to seek the help they need.”

— Linda Reiff, President and CEO Napa Valley Vintners



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BY VISITING OUR WEBSITE