

Community MENTAL HEALTH NEWS Sonoma Valley

Here to help. Here to heal.

Hello.

Welcome to your one-stop, comprehensive resource for all things community mental health related in Sonoma Valley.

This bi-monthly newsletter is brought to you by The Community Mental Health Hub at Hanna—a provider of mental health services (opening fall 2022)—as well as all those who have joined together to form the Sonoma Valley Mental Health Collective.

The Collective is made up of 17 community agencies who have combined to assess and provide the mental health services our communities need

to thrive. While each organization provides mental health services individually, the real power here is in the collective power of pooling resources to ensure that all Sonoma Valley residents, regardless of income, language or identity, have access to the mental health services they need.

In this newsletter we'll share resources, tools and services. We'll introduce you to the service providers doing this work so you can get to know the landscape of support in our community.

Community Mental Health News/Sonoma Valley!
We're so glad to share this journey with you.

Collaborative partner profile



Introducing RISK Sonoma, A Parent Support Network (Resources, Information, Support and Knowledge), dedicated to

helping families connect with resources.

RISK advocates for parents and children navigating difficult issues like substance abuse, bullying, academic issues or even trouble fitting in at school. Parents often find themselves in difficult situations with their children and don't know where to turn. R.I.S.K. offers support and guidance when parents need advice and a connection to the resources that are needed to get answers and support from professionals.

For more information, visit risksonoma.org

The changers and healers

NUBIA PADILLA



Nubia is the Business Director for the Mental Health Hub at Hanna Center. She comes to Hanna with a long history of working with community service programs for diverse populations including implementing, managing and developing local and state-wide programs. Her work focuses on diversity and equity for underrepresented communities. At Hanna she is working alongside a team to launch the Mental Health Hub, which will offer mental health services and programming to the community starting in the Fall of 2022.





Hanna's exciting future

Over the last 75-plus years at Hanna, we have grown and transformed our work many times to better serve our students and the community—and create a world where every individual grows up resilient and healthy, regardless of their circumstances.

Our plans for the next five years at Hanna include:

- Creating a Mental Health Hub that is open to the community
- Increasing our support for students with special emotional and educational needs
- Providing housing for young adults who recently aged out of foster care
- Offering new career technical education programs

- Upgrading on-campus facilities
- Enhancing capacity at Hanna Institute to deliver more training, learning resources, and events for residents and partners

The investments we are making today will usher in a brighter future for thousands of young people right here on our campus, in our community and beyond.

Thank you for your support and for being a part of this journey alongside us. We couldn't do this work without our supporters and community.

For more detailed information about our vision and plans, visit hannacenter.org/about-us/future/.

The Community Mental Health Hub at Hanna will open in the Fall of 2022!

Driven by a profound desire to heal, the Hub will provide one-on-one counseling services, as well as programming to address the mental health needs not only of youth, but of all in the community. *Stay tuned.*

How Can You Help?

Stay informed—contact Nubia Padilla (see email below) and sign up for our mailing list!

Spread the word—help us expand our reach by forwarding our emails to others interested in mental health.

Donate—online at hannacenter.org/donate

Join the Community Advisory Board—join a group of community volunteers helping ensure the mental health needs of the community are met. **Please contact Nubia Padilla at npadilla@hannacenter.org.**

Share ideas, comments and opportunities for funding that could support the Community Mental Health Hub.

Be in the know: RESOURCES & EVENTS

24 HOUR LINES / CRISIS INTERVENTION

Suicidal Thoughts

(800) 273-8255 • suicidepreventionlifeline.org

National Emergency Number for Suicidal Thoughts/Mental Health Crisis • 988

Veteran's Crisis Line

(800) 273-8255, press 1 • veteranscrisisline.net

Verity *formerly known as United Against Sexual Assault*
(707) 545-7273 • ourverity.org

Men Evolving Nonviolently

(707) 528-2636 • sonomacountymen.org

Alcoholics Anonymous

(707) 544-1300 • sonomacountyaa.org

YWCA Domestic Violence Services

(707) 546-1234 • ywca.org/sonomacounty



Here to help. Here to heal.