



MENTAL HEALTH ASSOCIATION OF SAN MATEO COUNTY

Empowering People to Create Their Best Life

2686 Spring St. Redwood City, CA 94063

www.mhasmc.org



YEP team members Terriana Briggs, Emily Schiller and Julissa Alvarez

Youth Empowerment Program

In partnership with Tipping Point Foundation and Housing Authority of the County of San Mateo, MHA is launching the Youth Empowerment Program (YEP) which will pair young adults who are homeless or at risk of homelessness with intensive case management and support services to help them become more independent and self-sufficient. These are individuals who face significant barriers to housing stability. The program will provide rental subsidies to help clients secure and maintain long-term housing, while also developing or improving independent living skills, strengthening positive social support networks, and help them to improve potential vocational opportunities through education and skill building activities. Clients will also be connected to needed medical, mental health and financial support services. Contact Terriana Briggs to learn more about eligibility for YEP.

SolMateo Donation

Thank you to the dedicated volunteers at SolMateo. Fundraising from the 2022 Holiday Auction & Winter Market and 2023 Signature Kitchen Tour resulted in a donation of \$92,500! We are so very impressed with all that you do for MHA, StarVista and our clients.



ARISE program gets a boost from the MHSA Act

MHA's pilot project, ARISE, has been funded for three years with a grant from the MHSA Innovation funds. The MHSA funding is designed to expand and transform the behavioral health system to better serve individuals with serious mental health issues.

MHA's ARISE program matches in-home support workers with clients who need additional assistance with maintaining housing. We match providers and individuals who, without this type of support, were in danger of losing their housing in the next six months. This demonstration project has been an overwhelming success, informing us about how this will work with the larger segment of the population in need.



ARISE Program Managers Jenica Romero and Brian Ugalde

Summit with Joe Pessano for MHA

Cyclist and personal trainer, Joe Pessano, is taking on the epic Everest Challenge in support of MHA's work in the community. The concept of Everesting is fiendishly simple: Pick a hill, anywhere in the world and complete repeats of it in a single activity until you climb 8,848 meters—the equivalent height of Mt Everest. Joe will be biking Stage Road in Pescadero on September 16 for 16 hours with a goal of raising \$10,000. Contact Sally Furrer for sponsorship information, saraf@mhasmc.org.



Thank You, Life Science Cares

MHA staff have used personal vehicles to transport clients to critical appointments. Thanks to Life Science Cares we have been able to purchase three electric vehicles for just this use. Two staff members who will be using the cars are our nurses, Lauran Zepeda and Sapna Bakshi, who spend a great deal of their time coaching clients to make and keep important medical appointments. We can finally provide our nurses with the vehicles they need and deserve to ensure our clients maintain their health and wellbeing. We are so very grateful to the individuals and businesses behind Life Science Cares for making this possible.



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