

News Release



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St. Helena Hospital Foundation Announces Major Investment in Older Adult Community Mental Health, Partnering with Mentis

ST. HELENA, CA, October 25, 2018 – St. Helena Hospital Foundation is pleased to award a 3-year grant to Mentis to support its Healthy Minds-Healthy Aging Program, providing mental health and wellness services to adults over 60 who show early signs of depression, anxiety and/or memory impairment. This grant award is part of St. Helena Hospital Foundation’s effort to strengthen healthcare in the upper Napa Valley for older adults.

Over 31% of the population of St. Helena and 27% of Calistoga is comprised of adults age 60 or older – and that population is expected to grow by 50% in the next 20 years. Mental health services are critical to the community as 1 in 3 of Napa County Older Adults report needing help for depression. (Napa County Older Adult Survey 2015)

“The time is now to invest in the care of our older adults to ensure they receive the health and wellness services they need to stay healthy longer,” says President and CEO of St. Helena Hospital Foundation Susan Dix Lyons.

Adds Adventist Health St. Helena President Steve Herber, MD: “We believe that supporting wellbeing through key community partnerships is key to a healthy future for our community. And managing mental health challenges is as critically important as managing diabetes or heart disease.”

“Mentis is very pleased to expand Healthy Minds-Health Aging for our upvalley elders,” says Rob Weiss, LCSW, Executive Director Mentis. “Our goal is to help older adults live as independently as possible by providing them easy access to mental health services.” In-home bilingual services include assessments, case management, referrals to other resources and mental health therapy. Mentis also provides community outreach and education on depression, dementia and anxiety.

Research on older adults demonstrates that the three building blocks of longevity are good physical, mental and social health, leading to a more fulfilling life and reducing medical costs downstream. St. Helena Hospital Foundation will continue to review ways in which it can partner with local organizations to strengthen the healthcare safety network for older adults to support individual and community health.

St. Helena Hospital Foundation

St. Helena Hospital Foundation provides philanthropic support and enhances community connection for Adventist Health St. Helena and its vision to transform the health of our communities. Established in 2004 as a 501(c)(3) charity, St. Helena Hospital Foundation partners with supporters to fund technology, equipment and programs that improve and save people's lives. With a rich legacy of giving since the hospital's inception in 1878, donations have allowed for Adventist Health St. Helena to remain at its best, providing top quality care in the region. For more information or to learn about a range of giving opportunities, please contact St. Helena Hospital Foundation at 707.963.6208 or visit www.shhfoundation.org.

Mentis

Mentis provides bi-lingual professional mental health services to people throughout the County of every age, stage and income level. They believe equipping their residents with the tools they need to live emotionally healthy, stable lives creates a community of enduring strength. Every day their staff of clinicians works throughout the County to counsel, support and coach those who need to overcome the hurdles that life can throw at us. Because everyone needs support at times, and without Mentis, people throughout Napa County would needlessly suffer in silence. www.mentisnapa.org