



JANUARY NEWSLETTER



Innovations Community Center is a peer-staffed mental health program that supports the wellness and recovery of individuals from underserved communities. The Center promotes collaborative relationships between recipients of mental health services and mental health and wellness practitioners throughout Napa County.

LAST MONTH'S HIGHLIGHTS




We hope everyone had a safe holiday season and an amazing New Year! December really did just fly right past us, partly due to our Winter Break taking up the final week. However, that doesn't mean we didn't have awesome moments shared here at the center with our participants!

Our art classes held some of the most creative art sessions in a while, and very much in spirit of the holidays. Art with Melody had participants decorate their own wooden ornaments, of which we later hung up on our ICC tree in the lobby. They also decorated stockings to hang over our "fireplace mantle", which was sketched and painted by our regular participant, James. On the other side of the coin, Art with Juan focused more on the gift side of things by having participants make small toy cars carved from soap bars, bottle caps, and colored with spray paint. Suffice to say, we had an amazing time each week.

Our nutrition groups also had amazing attendance and cooked up some delicious snacks and lunches, you can see some of their creations below. Overall, this month was a very normal way to top off 2023, not all months have to have large, spectacular events going on. That being said, it does feel like the calm before the storm...



NEW GROUPS/ACTIVITIES

No new groups this month, things will be looking relatively the same for January. But we are making some slight improvements to what we currently offer. Starting in January, we will begin implementing Zoom into a select few groups so as to accommodate for folks who aren't able to come in-person but still wish to participate from the comfort of their own homes. Our Calendar will reflect this change, now showing a small Zoom icon  on the backside, next to the groups which it will apply for. We are hoping this is a change that will allow more people in Napa County and beyond to get access to our programs. And rest assured, there are new groups and activities in the works coming soon.

UPCOMING EVENTS

January marks the return of our Monthly gatherings, since we just ran through all the popular holidays in October, November, and December. While it is too soon to know exactly what will be served for food, it will be your standard main protein, with delicious sides, beverages, and of course, desserts. It will be an amazing time like always as we come together as a community, get your feedback, and celebrate January birthdays too!

And as we stated previous, there aren't any new groups or activities coming in January but there will be in the near future so stay tuned. That being said, if you have an idea for a new group or activity, be it one-time only or reoccurring, we implore you to talk to one of our staff here and work with us to make new groups. After all, we are here to serve the community and give you all activities you would enjoy and want to participate in.



COMMUNITY MEETING

Please join us for our Monthly Community Meeting! We will be discussing trends, updates, and announcements.

We also want to hear from YOU! Bring your ideas and suggestions and let them be **HEARD!**

9:00 - 9:30am

During End of the Month Events

INNOVATIONS COMMUNITY CENTER
3281 Solano Ave Napa, CA • (707) 259-8692

Mon - Fri 8:00am - 2:00pm
Or by appt.

MENTAL HEALTH NEWS

We got some interesting news from the Mental Health Board meetings that our staff attend that we are happy to share with you all.

First is Governor Newsom's plan for tackling homelessness and mental health services under a proposed framework, "Community Assistance, Recovery and Empowerment (CARE) Court", which would aim to get those with mental health and substance use disorders the support they need. Under CARE Court, each person is connected to a court-ordered Care plan and Supporter for up to 24 months. This would be a long-term strategy to positively impact the individual in care and the community around them without taking away their rights.

This next piece of news is more of an interesting fact about our mental health services. This information comes from the California Behavioral Health Planning Council and their Data Notebook released each year. In the 2021-2022 fiscal year, out of adults ages 21-69+, 9.5 million are certified eligible and approved to receive health care paid by Medi-Cal, but only 341.5k have one or more visits to mental health services. In other words, out of the adult population of California who have Medi-Cal, 3.6% receive or have received mental health services. The potential causes for this disparity in access vary, but one thing that's for certain is the need for outreach about mental health. We need outreach not only for the younger population, which make up the majority of the 341.5K, but older adults as well who are significantly less likely to go receive mental health services.

FINAL THOUGHTS

We are starting the new year on the right foot. We have a few New Year resolutions in mind for ourselves that we'll be sticking with, to ensure participants and everyone around will have an even more satisfying experience here. We hope you all have special plans and personal goals to work towards this year, and to always keep a positive mindset with what you do.

"You are never too old to set another goal or to dream a new dream." -C.S. Lewis

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