80 YEARS
1947 2027

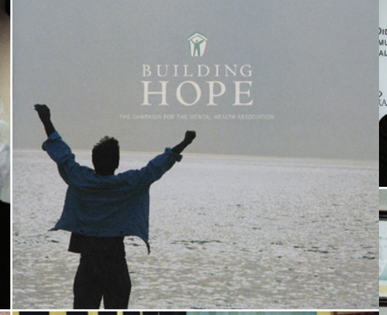
Mental Wellness Center

FOR YOUTH, ADULTS, FAMILIES & COMMUNITY



























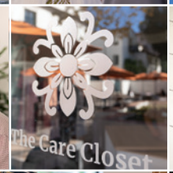




















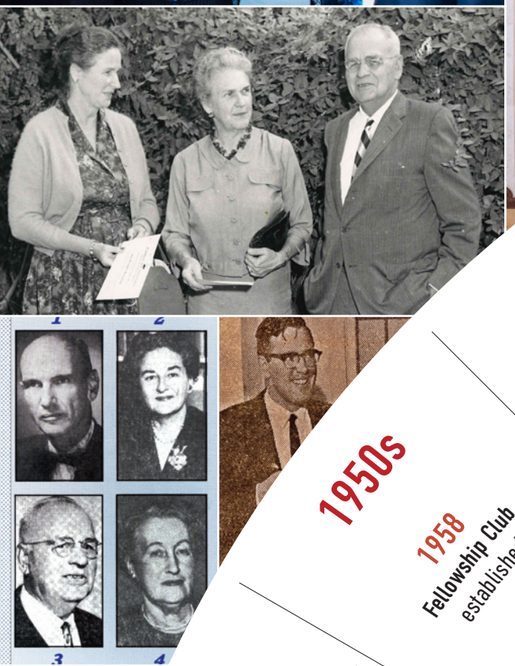




















1947—2027

1940s

1947
Est. the **Santa Barbara Chapter of the Southern California Mental Hygiene Society**

1948
Education Committee established

1950s

1958
Fellowship Club established

1960s

1965
2017 Chapala Street purchased for the Fellowship Club

1970s

1974
Treasure Shop thrift store (now **The Care Closet**)

mid-1970s
Name changed to **Mental Health Association in Santa Barbara County**

1976
For Families Only Group started

1979
Ed-Com Parent Support Group started

1980s

1984
Housing Committee established

1985
Casa Juana Maria opened

1988
Lyon's House opened

1988
NAMI Santa Barbara established

1990s

1995
First **Family Advocate** hired

1997
Artful Minds Art Faire launched

1998
Garden Street property purchased

1999
Eleanor Apartments opened

2000s

2005
Construction of **Building Hope** on Garden Street begins

2008
Mental Health Matters offered in 6th grade class for the first time

2008
Garden Street Building opened

2015
Alameda House opened

2019
Polly's House opened

2010s

2012
Mental Wellness Center changes its name

2013
Expansion of **Community Wellness Program Education Services**

2016
Cottage Grove House and **De la Vina House** opened

2017
Wellness Connection Clubs started in highschools

2017
Mental Health Matters in 44 6th grade classrooms

2020s

2020
Peace of Mind Walk launched

2024
One Shining Night launched

2027
Celebrating 80 Years

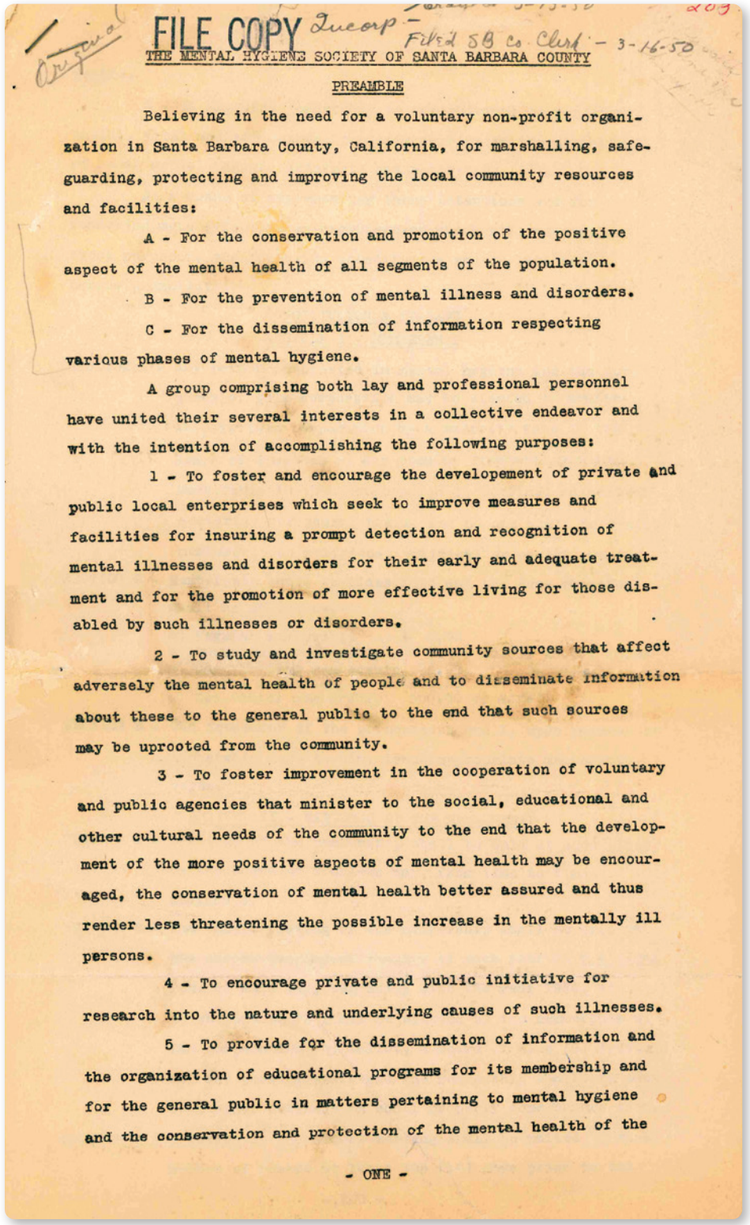
Mental Wellness Center

FOR YOUTH, ADULTS, FAMILIES & COMMUNITY

OUR MISSION

Mental Wellness Center is dedicated to empowering individuals on their mental health journey by providing support, education, and housing.

MENTAL WELLNESS CENTER'S ORIGINAL 1950 CHARTER



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THE MENTAL HYGIENE SOCIETY OF SANTA BARBARA COUNTY

PREAMBLE

Believing in the need for a voluntary non-profit organization in Santa Barbara County, California, for marshalling, safeguarding, protecting and improving the local community resources and facilities:

A - For the conservation and promotion of the positive aspect of the mental health of all segments of the population.

B - For the prevention of mental illness and disorders.

C - For the dissemination of information respecting various phases of mental hygiene.

A group comprising both lay and professional personnel have united their several interests in a collective endeavor and with the intention of accomplishing the following purposes:

1 - To foster and encourage the developement of private and public local enterprises which seek to improve measures and facilities for insuring a prompt detection and recognition of mental illnesses and disorders for their early and adequate treatment and for the promotion of more effective living for those disabled by such illnesses or disorders.

2 - To study and investigate community sources that affect adversely the mental health of people and to disseminate information about these to the general public to the end that such sources may be uprooted from the community.

3 - To foster improvement in the cooperation of voluntary and public agencies that minister to the social, educational and other cultural needs of the community to the end that the development of the more positive aspects of mental health may be encouraged, the conservation of mental health better assured and thus render less threatening the possible increase in the mentally ill persons.

4 - To encourage private and public initiative for research into the nature and underlying causes of such illnesses.

5 - To provide for the dissemination of information and the organization of educational programs for its membership and for the general public in matters pertaining to mental hygiene and the conservation and protection of the mental health of the

- ONE -

MWC BOARD CHAIRS 1947-2027

1947-1948	Dr. Charles M. Campbell, Jr.
1949	**Dr. Richard Lambert**
1950	Dr. Donald Patterson
1951	**June Nemechek**
1952	Dr. Charlotte D. Elmott
1953	**Mr. Glen Wallace**
1954	Dr. Robert L. Brigden
1955	**Winifred Lancaster**
1956	John W. Gilchrist
1957	**Elizabeth Russell**
1958	Dr. Helen Hart
1959	**Dr. Charles M. Campbell, Jr.**
1960-61	Elmer Shirrell
1962	**Leland Crawford, Jr. Esq.**
1963-64	Elmer Shirrell
1965-66	**Dr. Norman C. Jacobs, Jr.**
1967	L. Alan Harrison
1968-69	**Dr. Arthur Greditzer**
1970-71	Leland Crawford, Jr., Esq.
1972-73	**John Foley, Ph. D.**
1974-75	Nils W. Bolduan M.D.*
1976	**Upton Palmer**
1977	Ada Schick Wing
1978	**A. Robert Sherman, Ph. D.**
1979	Leland Crawford, Jr., Esq.
1980-82	**Eleanor Wright**
1983	Helga Lemke
1984-85	**A. Robert Sherman, Ph. D.**
1986	Leland Crawford, Jr., Esq.
1987	**Dr. Jerry Martin**
1988-89	Nevill Cramer
1990	**Eleanor Wright**
1991	A. Robert Sherman, Ph. D.
1992-93	**Frank Griscom**
1994-96	Jan Winter
1997-99	**John VanAken**
2000-02	Jim Karls
2003-04	**Nancy Chase**
2005-06	George Kaufmann
2007-08	**Gil Garcia & Inge Gatz**
2009	David Prenatt
2010-11	**Nancy Chase**
2012-13	Ann Lippincott. Ph. D.
2014-15	**Joe Cooper**
2016-18	Andrea Carnaghe
2019-20	**Ned Emerson**
2021-23	Julie Kessler-Solomon
2024-27	**Scott Lochridge**

** Mrs. Annette Slavin was elected Board President, but due to illness was unable to serve.*

A REMARKABLE JOURNEY

Eighty years. Think of the lives touched, the challenges overcome, the friendships formed, and the countless moments that have shaped Mental Wellness Center into what it is today — a place of hope and recovery in the heart of Santa Barbara.

What makes this milestone so meaningful to me is that it belongs to so many. To the individuals and families who have trusted us with some of their most difficult moments. To the staff and volunteers who have given so much of themselves to this work. And to the donors, partners, and friends whose generosity and belief in our mission have made so much possible.

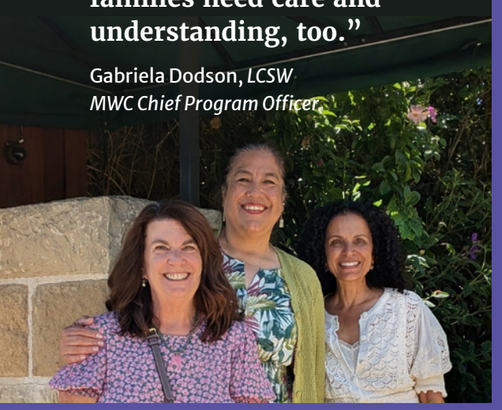
Anniversaries invite us to look back, but they also remind us how fortunate we are to be part of something larger than ourselves. For me, that has been one of the greatest gifts of leading Mental Wellness Center. As we celebrate 80 years, I hope you feel the same pride I do in this extraordinary community and the difference we have made together. — **Annmarie Cameron**





"We should do our best to see the whole person, not just the illness—and to remember that families need care and understanding, too."

Gabriela Dodson, *LCSW*
MWC Chief Program Officer



"You can be ambitious about change without ever losing sight of the people you're here to serve."

Ann Lippincott, PhD
MWC Former Board Chair
Education Committee Chair
MHM Curriculum Author







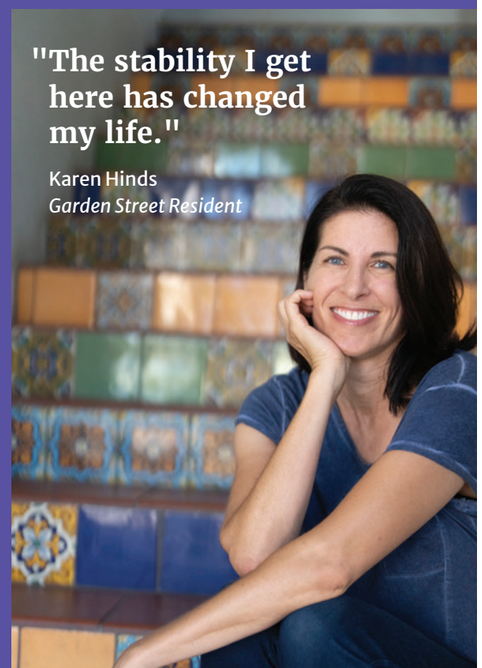






"The stability I get here has changed my life."

Karen Hinds
Garden Street Resident



Top left: Patricia Collins, MWC COO & Annmarie Cameron, MWC CEO. *Top right:* George Kaufmann, former MWC/NAMI Board Chair, Ann Eldridge, MWC/NAMI Board Member & Annmarie Cameron

REDEFINING WHAT'S POSSIBLE

ANNMARIE CAMERON

When I became CEO of the Mental Wellness Center in 1992, I knew we could do more for people living with mental illness. What I couldn't have imagined was how much our understanding of what people truly need would grow.

Back then, we had just three core programs and two residential homes serving twelve people. Our offices were in a modest bungalow with only a handful of staff. Records were kept by hand, and we tracked our donors on index cards. Our resources were limited, but our hopes for what we could accomplish were not.

Over the years, one belief has remained central to everything we've done: recovery is about belonging, having a home, friends, purpose, and the freedom to imagine a future. It's about families finding answers and young people learning to talk about mental health without shame.

This conviction has taken us in new directions. We've expanded to seven housing sites, given Fellowship Club a permanent home on Garden Street, brought mental health education into classrooms, and continued to include families as an essential part of our work.

Some changes have been ambitious. Others have taken years of persistence. But each came from the same question: What else can we do to make life better for the people who count on us?

After all these years, what stays with me isn't the buildings or programs. It's the people — their courage, their determination, and what becomes possible when someone is given the chance to thrive.



Waiting to interview for the Executive Director position, 1991

"I have never believed a diagnosis should define a person's future."

Annmarie Cameron
Mental Wellness Center, CEO



CARE THAT CHANGES AS LIFE CHANGES

**Mental health challenges rarely follow a straight line.
Someone may need a little support today and much more tomorrow.**

Our continuum of care is designed to meet people where they are. Individuals and families can find different kinds of help as their needs change, without having to start over each time.

Mental Wellness Center's Continuum of Care

CLIENT SEEKS HELP

An individual or family member contacts

MWC FINDS THE RIGHT SUPPORT

MWC helps identify the individual's or family's needs and connects them with appropriate services and support.

CLIENT RECEIVES ONGOING CARE

The individual and/or family member joins our Continuum of Care, free-of-charge, for as long as needed.

COUNSEL
Individuals and families can receive support or referrals

SUPPORT GROUPS
Educational and support groups for individuals and families offered by MWC and NAMI

PEER-LED SUPPORT
Daily support led by peer specialists at the Fellowship Club

FREE ESSENTIALS
Nourishing meals, donated clothing, and other essentials

HOUSING
Residential care offering a safe, supportive place to live

CARE-AT-HOME
For cases when traditional treatment is difficult to access

OUR IMPACT TODAY

What does making a difference really look like?

**Some come to us looking for answers.
Sometimes it's a young person learning to ask for help.
Sometimes it's a family discovering they're not alone.
And sometimes it's simply having a place to call home.**

These are the moments that matter. And behind the numbers are all the lives touched by Mental Wellness Center each year.

Someone to turn to
8,000+
INDIVIDUALS AND FAMILY MEMBERS IMPACTED ANNUALLY

A place to belong
20,800+
FELLOWSHIP CLUB VISITS EACH YEAR

Knowledge that can change a life
2,090+
STUDENTS REACHED THROUGH MENTAL HEALTH EDUCATION

A safe place to call home
7
RESIDENTIAL SITES PROVIDING HOUSING AND SUPPORT TO INDIVIDUALS AND FAMILIES

80 YEARS

of hope, help & belonging



"Mental health belongs at the center of our community's conversations, not on the sidelines."

Tom Franklin
NAMI Board President

CONNECTION IS WHERE HOPE BEGINS & HEALING FOLLOWS

"We found families who understood our experience. That changed everything."

RAMONA, FROM PARTICIPANT TO INSTRUCTOR

When Ramona's adult son began showing signs of serious mental illness, love wasn't enough to quiet the fear and uncertainty. She and her family were navigating a world they didn't understand, searching for answers they didn't have. Through the eight-week NAMI Family-to-Family course held at Mental Wellness Center, they began to better understand what their son was experiencing and how to support him. Just as meaningful was meeting other families walking a similar path. For the first time, they didn't have to explain what they were going through. And they no longer had to face it alone.

"Now I have a reason to get up every day."

SIPPY, FINDS PURPOSE AS A VOLUNTEER

Gina had already lost one sibling to alcoholism on the streets of Santa Barbara. Watching her brother Sippy struggle, she feared losing him, too. Then two Fellowship Club staff, Frank and Cynthia, found Sippy on a nearby street, stopped to listen, and invited him inside. That invitation changed everything. Fifteen months later, Sippy is sober, has a home, and volunteers daily in the Care Closet. Gina, also sober for just over a year, has found support through Mental Wellness Center's family groups as she navigates her son's mental health challenges. For both the journey continues, strengthened by connection.



"It's such a gift to feel safe and settled in your own home."

ANGELIQUE'S HOUSE IS NOW A HOME

For Angelique, life's simplest pleasures are often the most meaningful: watching her daughter thrive in the first grade, cheering at soccer games, and coming home to a place where her family feels safe and secure. Born and raised locally, Angelique lives with her daughter and partner, Frank, at Eleanor Apartments, an eight-unit community operated by Mental Wellness Center. More than an address, Eleanor is where they've put down roots. Angelique works at the Junior High School and serves as Eleanor's resident manager, supporting neighbors and connecting them with resources. She knows firsthand the value of stability and safe housing.

"Dion teaches me new life lessons every day. "

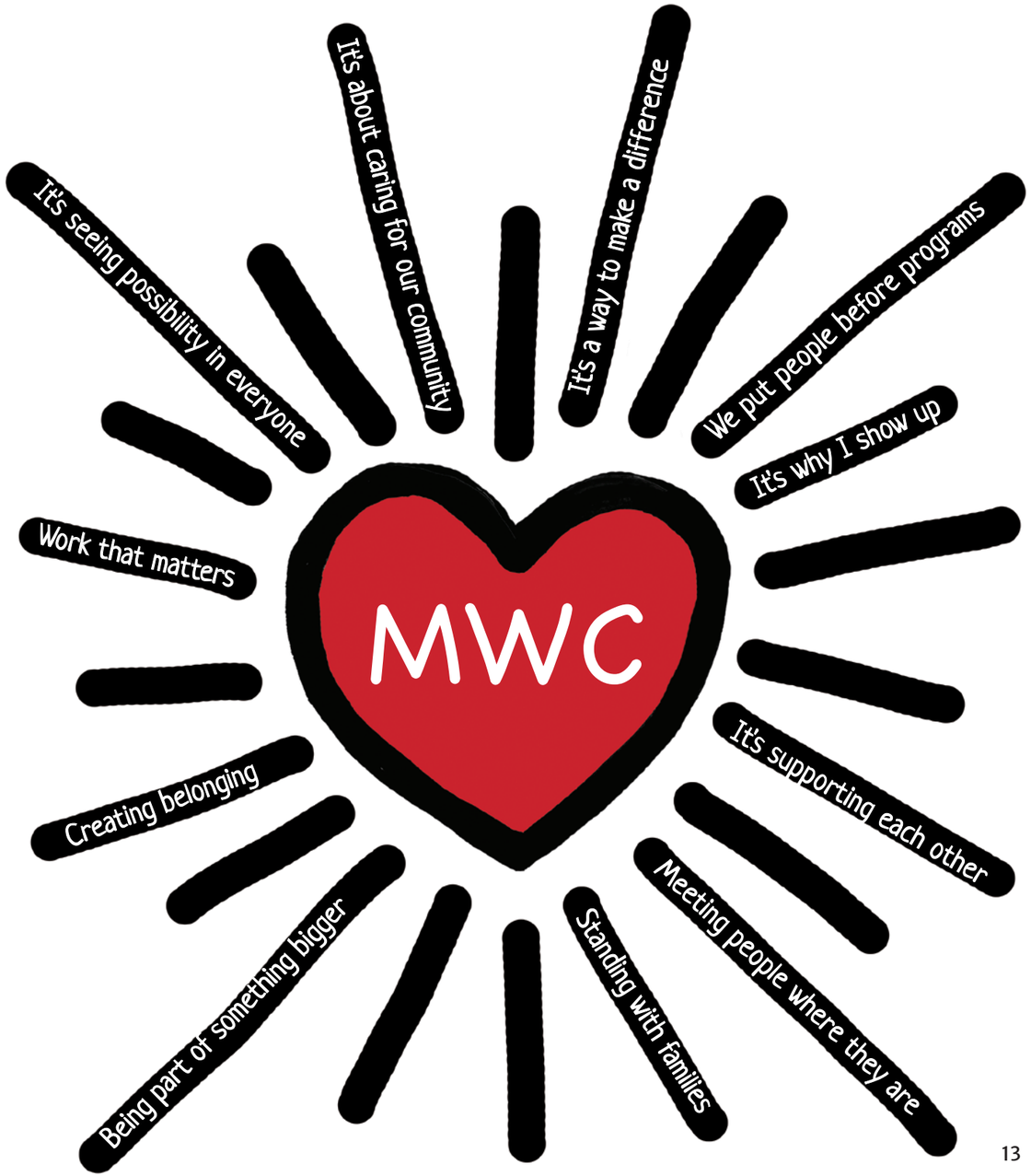
JEWELL'S LESSONS IN MOTHERHOOD

For Dion and his mother, living with mental illness has been a journey of learning, growth, and finding strength in unexpected places. Dion lives at Garden Street Apartments where art plays an important role in his life. Raising a son with schizophrenia and ADHD has taught Jewell profound lessons. "Humility, deep love, and patience come to mind when I think of Dion," she shares. "Even when I get frustrated by his struggles, I'm reminded to see the world through his eyes." Jewell has taught Family-to-Family classes, educating families facing similar challenges.



AT THE HEART OF IT ALL

What does Mental Wellness Center mean to its staff? Their words reveal a shared sense of purpose, compassion, and connection that lies at the heart of all they do.



SHAPING WHAT COMES NEXT

A message from Mental Wellness Center's Board of Directors

As Mental Wellness Center celebrates 80 years of service to our community, we find ourselves at a meaningful moment in our organization's history — one that invites us to reflect with gratitude on the past and look with excitement toward the future.

After more than three decades of leadership, Annmarie Cameron is preparing to retire as Chief Executive Officer. Since 1992, Annmarie has been at the center of Mental Wellness Center's growth and evolution, helping shape an organization that has touched thousands of lives. Her compassion, vision, and belief in the dignity of every individual have created a legacy that continues to endure.

As we look toward the future, we are proud to announce the selection of Liat Wasserman as our next Chief Executive Officer. Following a comprehensive search, the Board selected Liat for her vision, leadership, and deep commitment to our mission. In her role at Mental Wellness Center, she has developed a deep understanding of our community's needs and helped strengthen the relationships and secure the resources that make it possible for individuals and families facing mental health challenges to receive the care and support they deserve.

In the months ahead, Annmarie and Liat will work closely together to ensure a thoughtful and seamless transition, building on the strength of an organization shaped by dedicated leadership, a caring staff, and community support.

We are deeply grateful for Annmarie's remarkable legacy and confident that Liat will lead Mental Wellness Center into its next chapter.

Scott Lochridge
Board Chair
Mental Wellness Center



"Mental health challenges touch not only individuals, but all of us who love them. That understanding has shaped my commitment to this work and the leader I strive to be – one guided by compassion, purpose, and the belief that human connection can change lives."

Liat Wasserman, MA, MSW
Incoming CEO
Mental Wellness Center

2026 BOARD OF DIRECTORS

Scott Lochridge, *Chair*
Ann Lippincott, PhD, *Secretary*
Scott Ehrnstein, *Treasurer*
Andrea Carnaghe
Eric Jackson
Paul Erickson, MD
Steve Solomon, PhD
Jordan Rabani-Jenkins, Esq
Cheryl Runge
Heather Ames
Chad Hine, MBA
Deborah Boswell Madrigal, Esq

THE NEXT CHAPTER BELONGS TO ALL OF US

Be part of what comes next

Honor 80 years of caring with a gift this season that helps carry our mission forward, ensuring that individuals and families can count on us for years to come.



Signature events

There are many ways to help shape Mental Wellness Center's future. Join us at one of our upcoming signature events, when our community comes together to make a lasting difference.

FALL 2027

ONE SHINING NIGHT

Celebrating 80 Years of Hope

A special evening celebrating our community and supporting the future of mental wellness.

MAY 2027

PEACE OF MIND WALK

10,000 Steps in the Right Direction

A walk through Alma Rosa Winery's vineyards to raise awareness for mental health.



mentalwellnesscenter.org

Learn. Connect. Volunteer. Give.

Mental Wellness Center

FOR YOUTH, ADULTS, FAMILIES & COMMUNITY

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Thank you.