



Dear Friends,

Even as fire is raging through many communities again, your Healthcare Foundation and our Wildfire Mental Health Collaborative have been hard at work to ensure that everyone in Sonoma County affected by the fires has access to mental health resources. We are raising more than \$1.2 million to put in place free services in English and Spanish. We'd like to give you an update on the progress we've made, thanks to the very amazing members of our Collaborative.

- This past weekend, we brought in national experts for the second time to train mental health professionals from clinics, nonprofits, schools and private practice on Skills for Psychological Recovery (SPR). This is the trauma-informed response we want all mental health professionals to know how to provide to fire survivors. We now have more than 230 professionals trained in SPR, and several more training sessions are planned.
- We've put in place a number of free bilingual resources, which are detailed on our website [here](#). We also have flyers you can download in English and Spanish, which we encourage you to share with your friends, family, neighbors, and employees.
- We've met with the school superintendents in our area and provided resources to them to connect students and families with the help they need.
- We've met with nonprofits from across the county that offer mental health services to fire survivors, mapped out what they are providing, educated them on what FEMA is providing in our county, and added their resources to NAMI's database.
- We've met with a coalition of federally-qualified health centers to try to plug in those with available mental health clinics, and to keep people connected with their medical homes.
- We are building a customized app – currently scheduled to launch in September – to reach out to teens, acknowledge their needs, and make sure they have the coping strategies they need.
- We are launching a county-wide media campaign to help people understand that the symptoms they are having are normal – and connect them with resources for help.
- We've launched a great list of free services countywide – see the sidebar for details.

Below is a link to our Wildfire Mental Health Collaborative video, which features our national and local experts speaking about this work. **Warning:** the video begins with a fire scene, which may be triggering for some folks.

[Watch our Wildfire Mental Health Collaborative video here](#)

**Please share these resources far and wide** so everyone knows how to access the wonderful free services we have built to serve our community. While we cannot prevent the fires, we can serve our friends and neighbors by providing a menu of mental health supports to build a healthier community.

We have raised approximately \$900,000 towards the \$1,200,000 needed to provide the necessary services to fire survivors. If you want to make an individual, corporate or foundation gift to support this work and outreach, please contact our CEO Debbie Mason by [e-mail here](#), or by phone at 707-473-0583. We welcome your help.

Warm Regards,

Debbie

Debbie Mason, APR, Fellow PRSA  
Chief Executive Officer  
Healthcare Foundation Northern Sonoma County

### Wildfire Mental Health Collaborative Free Resources

**Resources available for anyone to access** – Even if they are not in our county, they can use the terrific tools embedded in this website!

[Mysonomastrong.com](#)  
A free, bilingual, self-guided resiliency training website that can assist people with anxiety, triggers from the recent fires, depression, and more.

**Sonoma County resources available through NAMI** – One place to go to find schedules, get matched with professionals, and more.

**Free individual or group counseling** through SPR-trained professionals in clinics, nonprofits, and private practices

**Free trauma-informed yoga and iRest meditation classes**

**Free group information and resilience-building sessions** Conducted by SPR-trained mental health professionals who will come to your group!

#### To reach NAMI:

- Call or text NAMI's warmline at **(866) 960-6264**
- Chat online via [namisonomacounty.org](#) by clicking "CHAT NOW" in the upper-right corner
  - E-mail NAMI at [warmline@namisoco.org](mailto:warmline@namisoco.org)

### THANKS TO OUR WINE COUNTRY CARES SPONSORS

