



# Mental Health Client Action Network

## BUILDING TOWARD WELLNESS

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Every year, **one in four** Americans experiences a mental health disorder. Knowing no boundaries, mental illness affects people of every social class, ethnicity, and level of education. It is often a lonely, frightening experience for both individuals and their families. But one common bond unites those who struggle: the need for a safe haven in which to find compassion, hope, and a path to recovery.

### **MENTAL HEALTH CLIENT ACTION NETWORK: A REFUGE IN SANTA CRUZ**

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MHCAN helps clients re-claim their dignity through self-help and peer support. A nationwide study in which MHCAN participated found that peer-run programs are significantly more effective than traditional services alone. Staff members and volunteers, who are themselves living with mental illness, provide unique insight and compassion to those in need. By listening and providing supportive counseling, MHCAN clients inspire confidence, independence and stability in one another.

### **CREATING A PERMANENT HOME**

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Today, MHCAN has an opportunity to establish a permanent home in Santa Cruz County. The United Methodist Church is offering to sell the 8,000 square foot, two-story building in Santa Cruz which MHCAN has rented for the past ten years. It features a large main room, numerous offices, a sizeable kitchen and a computer lab. Located at 1051 Cayuga, on the corner of Soquel Avenue, the property is close to medical facilities, businesses, recreational outlets, and major bus lines.

### **OUR GOAL**

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The goal of the **Building Toward Wellness** Campaign is to raise \$400,000 by December 2006. The United Methodist Church has agreed to extend a low-interest loan to MHCAN until 2011 at which time balance will be due. At that time, MHCAN will refinance the remaining principal with a commercial loan. A successful capital campaign provides MHCAN with long-term financial stability so it can invest future funds directly into programs that empower clients. Being open longer hours, increasing job opportunities, and offering more peer counseling are top priorities.

### **YOU CAN MAKE A DIFFERENCE**

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Generous support of MHCAN's *Building Toward Wellness Campaign* ensures that individuals struggling with a psychiatric disability will always find a safe refuge here in Santa Cruz. Thanks to your investment, MHCAN's doors can continue to be open to a shared and hopeful recovery.

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I/we accept with pleasure your invitation to become a part of MHCAN's *Building Toward Wellness* Campaign, and pledge cash, stock, real estate or other assets in the amount of:

\$ \_\_\_\_\_ paid in full, or

\$ \_\_\_\_\_ payable in installments. The first installment will be made \_\_\_\_\_ (date) with subsequent payment to be made over \_\_\_\_\_ years.

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**Donor Information**

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Business Name: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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*Thank You!*