



We all know someone: a friend, family member or colleague whose life has been affected by a mental health issue. This disease has a stigma that inhibits individuals from living to their fullest potential. Transition House provides low cost, high quality transitional housing and supportive care to persons with mental illness. As we witness the continual decline in funding for our mental health system, everyone is impacted.

The work of Transition House is about creating opportunities and support for change! Transition House focuses on wellness and recovery services. We give our clients individualized support that empowers their efforts to advance their recovery from mental illness and improve their overall wellness. With the addition of the TH Wellness Project, an early intervention/prevention initiative, TH increased the number of people served from FY'14 to FY'17 by 50%.

We need your help more than ever. We've set a June Bug Jam goal of raising \$26,000 by the end of this fiscal year to support our high quality services and impact our community.

Dollars to Transition House help strengthen a competent, well-trained staff of mental health professionals who are committed to supporting and helping people change their lives. From a life that is filled with trauma, substance abuse and crime into a life that is meaningful, productive and joy-filled. Your generous support will help us continue to offer vital services. Your gift will allow us to help people like Steve (see inset) and so many others. Thank you in advance for giving our clients the best opportunity for long term recovery and wellness.

Sincerely,

The Transition House Board of Directors  
& The People of Transition House

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## Transition House

### IN OUR COMMUNITY

- 42.5 million adult Americans (18.2%) experience some form of mental illness
- The suicide rate has more than doubled in 5 years: from 25 in 2012 to 55 in 2016.
- Men from 45-54 years old have the highest incidents of suicide in Cleveland County according OK Health Department.
- On average, 200 people seek new outpatient mental health services from our already overcrowded local mental health center.
- With extended waiting periods for services, people turn to self-medicating. With that desperation, we see more incidents of criminal activity.

*"Today, I love my life and am a productive member of my community. THANK YOU, Transition House, for saving and changing my life. I will forever be grateful. Before coming to Transition House, my life was in shambles due to mental illness and substance abuse. I had given up on the will to live. While I was at Transition House, they showed me they cared about me and gave me the support and tools I needed to live a worthwhile and successful life."*

-Steve Boyer

