

# Hanna Center

MENTAL HEALTH & WELLNESS

## Because of You, More Youth Found Hope, Support, and a Path Forward

Over the past year, supporters like you helped Hanna Center's Mental Health Hub provide accessible, school-based mental health services to children and teens throughout Sonoma Valley.

Together, we helped young people navigate anxiety, stress, grief, family challenges, academic pressures, and emotional struggles—building skills that support their well-being both in and out of the classroom.

### BY THE NUMBERS

## A Year of Impact



# 96%

Of youth who completed services demonstrated clinical improvement

# 90%

Received psychoeducation and support to better understand emotions and symptoms.

# 87%

Built coping and emotional regulation skills to manage life's challenges.



*When young people begin receiving support, not everything in their lives changes overnight. But something shifts. They begin to make sense of what they are feeling. They are not carrying it alone in the same way. That is a meaningful place to start.*



**Evelynn Hernandez-Brown**  
Hanna Center  
Clinical Director



## How Hanna Helped

Through no-cost school- and community-based services, youth received support tailored to their needs, including:



**Emotional regulation and coping skills**



**Understanding emotions and mental health symptoms**



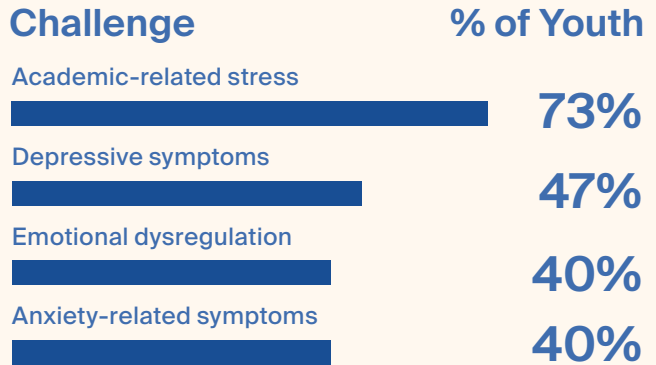
**Cognitive behavioral therapy (CBT)-based strategies**



**Collaboration with families, caregivers, and schools**

## WHAT YOUTH WERE FACING

Young people came to Hanna carrying a wide range of challenges. The most common concerns included:



## THE DIFFERENCE YOUR IMPACT MADE

Clinicians most frequently observed improvements in:

### Emotional Regulation

Youth were better able to identify, understand, and manage emotions.

### School and Home Functioning

Many youth became more engaged at school and better able to navigate daily challenges.

### Coping Skills

Students learned practical tools such as grounding techniques, breathing exercises, and problem-solving strategies.

### Connection and Belonging

Students participating in group services reported feeling less isolated and more connected to peers and school communities.

## RESEARCH & EVALUATION

# Measuring What Matters

Hanna Center partnered with the San Diego State University School of Public Health to evaluate the impact of ARPA (American Rescue Plan Act)-funded mental health services provided to Sonoma Valley students.

By investing in research and evaluation, Hanna Center is committed not only to providing care, but also to measuring results, learning from data, and ensuring our community receives the highest quality support possible.



## Thank You

Your support makes it possible for children and families in Sonoma Valley to access care when they need it most.

Together, we are helping young people build resilience, strengthen emotional well-being, and create healthier futures.