



November 5, 2014

Mr. Alfredo Aguirre, Director
Behavioral Health Services
County of San Diego
3255 Camino Del Rio South
San Diego, CA 92108

RE: MHS' application to become a *Live Well San Diego* Partner

Dear Mr. Aguirre:

Mental Health Systems (MHS) was founded in 1978 to provide innovative and cost-effective mental health and drug and alcohol recovery services, and has been a behavioral healthcare provider in San Diego County for more than 36 years. Our vision is to provide services that lead to rich, full lives for individuals and families, and our mission is to improve the lives of individuals, families and communities impacted by substance abuse and behavioral health disorders. MHS currently operates more than 80 community-based programs throughout California for people who either cannot afford privately paid services or for whom appropriate services are not otherwise available.

MHS services address behavioral health issues through a broad range of prevention, early intervention, integrated treatment, diversion and vocational programs that are culturally appropriate and strengths-based. Our outpatient, residential and home-based programs serve: children, adolescents and transition-age youth; adults and older adults; homeless; veterans and military families; adult offenders under federal, state and county jurisdictions. Our commitment to providing services that lead to improved and full lives for individuals and families drives our interest in becoming a Live Well San Diego partner. We know that the integration of both emotional and physical health and wellness is vital to such positive quality of life.

As leaders of change in the communities we serve, we are committed to setting an example and sharing knowledge and resources with other organizations to broaden the collective impact. MHS consistently seeks vehicles for taking activities that support our mission to the next level by implementing innovative programs, policies and practices that support healthy, safe and thriving communities.

MHS will contribute to the *Live Well San Diego Initiative* by ongoing participation in community health and safety efforts, including embracing the opportunity to participate in *Live Well San Diego* Regional Leadership teams and other collaborative efforts. MHS will actively share resources, best practices, measurement tools and success stories with *Live Well San Diego* support team and other organizations and residents. We will continue to support programs or policies that encourage people to improve their lives in the areas of mental health and suicide prevention, and alcohol and drug abuse prevention. Finally, we will continue our ongoing organization-wide efforts to incorporate health and wellness for our employees and clients through campaigns promoting physical activity, nutrition, injury and violence prevention, emergency preparedness and tobacco use prevention. These efforts have been furthered by our internal Wellness Newsletter, as well as by our Health and Safety Department, which oversees Health and Safety Representatives from each of our programs who further health, safety and wellness goals throughout the agency. As partners in the initiative, the committee will increase its activities within each of our program sites in order to further promote the Live Well San Diego Initiative's positive choices.

Our Executive Leadership has whole heartedly approved the request to become a San Diego Live Well Partner.

Sincerely,



Kimberly R. Bond, L.M.F.T.
President and Chief Executive Officer
Mental Health Systems, Inc.

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