

Mesa Energy Holdings, Inc./MSEH Featured in Independent Research Report by Caprock Risk Management, LLC

Dallas, TX, January 19, 2012: [Mesa Energy Holdings, Inc.](#) (the “Company”) (OTC: MSEH), an oil and gas exploration and production company based in Dallas, Texas, announced today that an independent fee-based research report has been issued by Caprock Risk Management, LLC (“CRM”) with a recommendation and a price target on the Company’s stock. The report examines the potential continued growth of the Company which is expected to be driven by strong revenue growth opportunities from its oil and gas production in South Louisiana.

“The report presents a great overview of our Company and the recent acquisition of Tchefuncte Natural Resources, LLC. CRM’s report provides a revenue model that we believe is quite achievable over the next twelve months. We also hope to build an institutional shareholder base as Chris Jarvis, CEO of CRM, is well-respected among the investment community and the energy markets,” said Randy M. Griffin, CEO of the Company.

Chris Jarvis, CEO and Director of Research at Caprock Risk Management, commented, “We are excited to launch coverage on Mesa Energy Holdings today. We believe equity research plays a vital role and intermediary between investors and publicly traded companies, which makes the markets more efficient. In our opinion, Mesa is an example of a publicly traded company with strong fundamentals that are not yet reflected in its share price. Given this, we believe Mesa Energy validates the independent research model and are happy that Mesa is our first of several companies that we are launching coverage on in 2012.”

CRM’s recommendation centers on strong secular trends for domestic oil production, market and operational synergies from the Company’s acquisition of Tchefuncte Natural Resources, LLC (“TNR”) and CRM’s opinion that the Company’s shares currently have a depressed valuation that does not reflect the Company’s recent acquisition of TNR. The report covers the Company’s producing oil properties in Plaquemines and Lafourche Parishes in Louisiana as well as its Marcellus Shale natural gas development project in Wyoming County, New York.

For a copy of the report, go to: www.caprockrm.com

About Caprock Risk Management, LLC

Headquartered in New Hampshire, Caprock Risk Management, LLC (CRM) was founded by Chris Jarvis, CFA, CMT and a regular contributor to CNBC, CNN, Reuters, Bloomberg, and Dow Jones among others. With offices in Boston and Springfield, Massachusetts as well as New York City, CRM services are centered on quantitative and qualitative research and analytics for equities and commodities, including institutional sell-side fee-based research on energy companies, independent valuations on private and public companies. In addition, CRM offers advisory services for energy trading and publishes a weekly market research report covering the energy futures markets that is distributed to institutions and major media outlets. For more information visit: <http://www.caprockrm.com>.

About Mesa Energy Holdings, Inc.

Headquartered in Dallas, TX, Mesa Energy Holdings, Inc. is a growth-oriented Exploration and Production (E&P) company with a definitive focus on growing reserves and net asset value per share, primarily through the acquisition and enhancement of high quality producing properties and the development of highly diversified developmental drilling opportunities. The company currently owns producing oil properties in Plaquemines and Lafourche Parishes in Louisiana as well as developmental properties in Wyoming County, New York.

More information about the Company may be found at <http://mesaenergy.us>.

Forward-Looking Statements

Certain statements in this news release, which are not historical facts, are forward-looking statements. These statements are subject to risks and uncertainties. Words such as "expects", "intends", "plans", "may", "could", "should", "anticipates", "likely", "believes" and words of similar import also identify forward-looking statements. Forward-looking statements are based on current facts and analyses and other information that are based on forecasts of future results, estimates of amounts not yet determined and assumptions of management. Actual results may differ materially from those currently anticipated due to a number of factors which may be beyond the reasonable control of the Company, including, but not limited to, the Company's ability to locate and acquire suitable interests in oil and gas properties on terms acceptable to the Company and to integrate and successfully exploit any resulting acquisitions, the availability and pricing of additional capital to finance operations and leasehold acquisitions, the ability of the Company to build and maintain a successful operations infrastructure, the intensity of competition, changes and volatility in energy prices and general economic conditions. Readers are urged not to place undue reliance on the forward-looking statements, which speak only as of the date of this release. We assume no obligation to update any forward-looking statements in order to reflect any event or circumstance that may arise after the date of this release. Additional information on risks and other factors that may affect the business and financial results of the Company can be found in the filings of the Company with the U.S. Securities and Exchange Commission at www.sec.gov.

Caprock Risk Management, LLC, has a 12-month contract with Mesa Energy Holdings for \$4,000 a month starting December 1, 2011 to launch and maintain independent fee-based research on the Company. This compensation is not contingent on the content or conclusions of CRM's research or the resulting impact on the Company's share price. There can be no assurance that the assumptions made in the report will occur. This publication is intended for informational purposes only and the opinions set forth therein should not be viewed as an offer or solicitation to buy, sell or otherwise trade equities, futures and/or options.

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