



## What are Assembly Bills AB34 and AB2034?

In 1999, the California State Legislature authorized \$10 million for the creation of programs designed to provide integrated community out-reach support to individuals who were homeless, at risk of homelessness or incarceration, and had a serious mental illness. Three counties—Sacramento, Stanislaus, and Los Angeles—initiated pilot programs the first eleven months of which have resulted in a 68% decrease in days hospitalized, a 79% reduction in days in jail, and a 73% reduction in days spent homeless among program participants. AB 34 was authored by Assemblyman Steinberg. In 2000, approximately \$55 million was appropriated to expand the program to 23 additional counties under the auspices of AB 2034.



Santa Cruz County was chosen to receive funding and initiate its own pilot project. Called "Puentes" (meaning bridges) The Homeless Mental Health team collaborating with the Homeless Persons Health Project and County Mental Health. The participants all have a major mental illness and are homeless. There are up to 30 clients enrolled in Puentes. Pam Rogers-Wyman, MFT, supervises the program here in Santa Cruz. Pam says that the program team meets possible participants where they are at, in the community—out on the street. The model is to build relationships first. Ask what their needs are rather than telling them they need to be hospitalized and medicated first.

## What is good help?

As mental health services shift toward using community resources and help, it's useful to

Continued Page 4.

## CIT Academy II Another Success

The second week long Crisis Intervention Training (CIT) for the local police was again a success. NAMI-SCC thanks Eric Seiley, Lt. Patti Sapone, Paul Belina, Dr. Charles Torrey, Laurel Wilson, Judy Williams, MHCAN and all the local mental health professionals for their generous contributions.

Sharing their personal stories on the NAMI lunch panel were Diana Wickowicz, Carol Evans Williamson, Jim Williamson, Judy Williams and Simon Dangzalan. Simon was our facilitator and besides sharing his personal story, did an outstanding job in explaining our fears, hopes, denials and the devastation that mental illness can bring to the family.

Officers are often called upon to respond to crisis situations involving the mentally ill. This training helps to identify a person with a brain disorder and gets them to the hospital, not the jail.

*When a situation arises whereby police intervention is determined necessary, please remember: when calling 911 to ask for a CIT trained officer.*

## Individual Mental Health Rehabilitation Services

A California Superior Court judge recently ruled that individual Mental Health Rehabilitation Services are available under the Medi-Cal program without any cap on the number of hours per day or days per week that the service can be provided.

Individual Mental Health Rehabilitation Services include services to assist a client in improving, maintaining or restoring various community living skills such as functional skills, daily living skills, social skills, and leisure skills. These services can be

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## Mission

NAMI-SCC is a movement of families, friends and individuals dedicated to improving the quality of life for people affected by serious mental illness. NAMI-SCC provides support, education, advocacy and promotes research.

# Breath of Fresh Air

## One Breezy Summer

I'd have to say that my life didn't really begin until my little brother was born. In fact, any recollections and memories, from the time I took my first breath up until the age of five are just blurry, abstract visions. But when David came home for the first time, every memory... every moment of my life proceeding, is as clear as a summer sunset. Memories aren't just past stories; they are whole environments, eloquently placed in your mind for you to visit when your heart calls.

My brother wasn't much fun until he was able to move around on his own, even though it was all done in a walker. I used to climb into David's crib and sing to him. The song had only one line, which I would repeat over and over again, "Go to sleep, my David... close your eyes, my David". Patting him gently on his backside, his diaper would make a padded "poof, poof, poof, poof..." sound, like a quiet drum. And soon, my baby brother would fall fast asleep...

slow, healthy breathing. Each breath was a whisper to me: "We're gonna have fun, big brother".

David grew to be a skinny, little kid. His legs, always draped in skateboard shorts, were like that of a marionette puppet, so frail, yet nimble as can be, dancing and moving freely through the air. His little, brown body seemed to shrink every time he jumped into a swimming pool, and our little giggles would turn to laughter when he arose out of the water; black, wet hair plastered down in front of his eyes, branding a silver-capped smile. Being physically small, threats on his ability was always combated with smart remarks and daring feats. Yet the playfulness and gentle nature behind all my brother's antics were special and true, and brought nothing but joy to all of us.

These were the times when I used to perch David on the front of my BMX bicycle. Through our neighborhood we would ride: up John Street, right on Wanzer, left on Fair Ave... all the way up to the Almar Shopping Center, where the five-and-dime store had the sweetest candy and the most wonderful toys. The old ladies who worked there always greeted us. Their red aprons branded marks right above the pockets from placing open pens into them. The world seems to go slower when you're eleven years old. Bills and traffic were something my parents talked about, but for David and I, the breezy Summers in Santa Cruz seemed like endless strands of silk, waving about in the bliss of childhood.

There are many things I can recall about those days of wonder and exploration. And it was golden to share each experience of my childhood with my little brother trailing behind me. Golden, like the speckles of salty rust on our tool shed, or like the litter of orange peels at a campground barbeque. I think back to the summer of 1986, and wish I could relive it, those sweet, golden moments. My brother, always there with me...

My brother became sick about six years ago, and I didn't know why. Often we blame, or try to find reasoning behind the onset of mental illness. We also deny, or look back at what we could have done to prevent it. It is easy to fight the thing that hurts us, but hard to accept it. We all experienced the shock, denial, depression, and acceptance of my brother's illness. Yet it was our unconditional love... the relentless struggle to search for answers that forced us to stay our course. Other families stricken with mental illness look at us as heroes. They used to say things like, "It is incredible how much you support David." Yet really, it wasn't a superhero effort, or some valiant deed to fight for the improvement of quality of life for my brother, it was just Love. Plain and simple.

I realize that I can go into the details of what my family went through during the years of (what I refer to as) my brother's challenge. But as a reader of this story, you probably can imagine. In fact, I invite you to reflect on your own personal experience and relate it to ours. I



**There are 10 NAMI FACT SHEETS that can provide disorder-specific help for families with children. They are free of charge from the NAMI HelpLine (1-800/950-6264), or from the NAMI Web site ([www.NAMI.org/youth/brochures](http://www.NAMI.org/youth/brochures)).**

particularly helpful in enabling individuals to transition to residence in the community following long periods of institutionalization. The services can enable individuals to remain in the community and avoid unnecessary hospitalization or institutionalization.

### What Are Mental Health Rehabilitation Services?

Mental Health Rehabilitation Services are service activities provided to assist an individual or group of individuals to improve, maintain or restore functional skills, daily living skills, social and leisure skills, grooming and personal hygiene skills, meal preparation skills, and support resources, and/or medication education.

### Who Can Benefit From Individual Mental Health Rehabilitation Services?

The services are for the purpose of enabling individuals to live in the community and avoid inpatient hospitalization or long-term institutionalization.

### Can Mental Health Rehabilitation services be provided on a voluntary basis?

Yes. Individuals cannot be forced to receive Medi-Cal services or other medical services except pursuant to various specific involuntary treatment provisions of LPS or the Probate Code.

### Can Mental Health Rehabilitation Services Be Provided On An Individual Basis?

Yes. Mental Health Rehabilitation services can be provided on a one-on-one basis or to a group. An individual can receive such assistance at home, work place, or anywhere s/he needs to maintain or restore skills.

### What Is An Example of Individual Mental Health Rehabilitation Services?

It includes assisting a beneficiary in using public transportation; developing relationships with landlords, neighbors, coworkers and employers; learning how to shop; developing social activities, recreation in the community, and other activities of daily living.

**For more information on this subject call Protection and Advocacy Inc. at 1-800-776-5746.**

also invite you to discuss with yourself the meaning of quality of life. Unfortunately, there is no magic pill for those stricken with mental illness. We can't drink a potion, or wish upon a star to make it go away. We can, however, grab hold of the illness, look at it with open, accepting heart, and make the lives of our loved ones something special.

I refer to my brother's condition as a "challenge" rather than an illness. My brother wasn't sick or diseased. Just challenged. And when my loved ones are challenged, I am right there, by their side to overcome the challenge. This is unconditional love, and it improved the quality of life for my brother. He still smiled, he still laughed (though he had to force it at times), and the love we gave him reflected onto others who were also fighting a similar battle. If our love constitutes for heroism, all of those who are advocates for mental illness deserve the honor.

During the brief stay on this Earth, my brother David had many obstacles and battles, some were won, and some lost, but he never fought them alone. The day will come when I have used up my breath, and I will meet up with David again. We will climb up onto that shiny, white BMX bike, and ride forever into a warm, breezy summer. 🌞



### Can You Help?

Our phone tree service could make good use of an additional caller. It requires just a few minutes of your time once a month or less and can provide our members with opportunities for contacts that can turn out to be extraordinarily helpful. **If you would like to learn more about this service please contact Debbie Smith at 423-0845. If you would like to help with this newsletter call Judy at 688-3385.**

NAMI-SCC makes donations of books and videos to the main Library on an on-going basis. To access them, type NAMI-SCC under the Subject search. If you would like to make a book donation to NAMI-SCC or have a suggestion for a book purchase for the Library, please call Judy Williams at 688-3385 (days only). **Here are a few of the books available at all City County Libraries:**

- Ahern, Laurie M.D. *Personal Assistance In Community Existence (PACE)*
- Amador, Xavier Ph.D. *I am not sick I don't need help!*
- Baer, Lee Ph.D. *Getting Control*
- Beattie, Melody *The Language Of Letting Go*
- Bowler, Ann *Schizophrenia and Manic-Depressive Disorder*
- Deegan, Patricia Ph.D. *Coping with Voices*
- Garson, Sascha *Out Of Our Minds*
- Green, Michael *Schizophrenia Revealed*

### NAMI-SCC Donates Books About Mental Illness to the Public Library



rely on old community language to talk about how to improve the help we provide. In this language, any person in a position to support and help guide others as they change their lives is called an ally. Old stories, spanning cultures from around the world, instruct us in the responsibilities of mentors, guides, allies, teachers, and companions. Five essential elements comprise what it means to be an ally.

1. Help the person stay grounded in cultural beliefs and discover core skills and gifts.
2. Help the person find and hear stories from the other side. With preparing for and going through change, it can help to hear the stories of those who have already made it to the place we are trying to go.
3. Help the person solve problems and find opportunities.
4. Help the person find resources.
5. Help the person by "standing by" them.

Santa Cruz County Mental Health Director, Norm Wyman was the first director from a County Mental Health System to visit "The Village" (AB-34) and to see and learn about it.

**The following are stories of hope and change from those who have experienced the "system of care" developed at the "Village" in Los Angeles and other counties.**

*I realized that that is one of the most important messages I want to get across to people: that human love, caring, empathy, kindness and support can help to heal someone more powerfully than medications. I think for many people like me, our mental illnesses are spawned by internal stress and anxieties and traumas that we build up during our lifetime. It may be a scientific disease, but when a person is treated as a whole person, rather than just a clinical example of chemical-imbalance in the brain, there is much healing that is done on a deeper level that ultimately not only helps heal the mental illness, but strengthens the patient emotionally and gives her/him the tools to maintain peace and balance in their life.*

*People ask me, now, if I'm afraid my illness might ever return one day. I always tell them that I'm not afraid anymore. I feel like I know myself better now, and I'm much more in tune with my emotions and stress. I feel stronger than I did before I became sick. I feel more aware of myself and my environment; physically, socially, mentally, emotionally. This was the greatest gift that I received from Dr. Mark's treatment. You cannot qualify it—it has changed how I look at myself and how I feel about myself. It has changed how I interact with other people. Having that kind of gift puts me in a place where I do not fear going crazy, because I've already been there. I do not fear it, because I do not fear myself anymore.*

**Victor McManus, former user of services, The Village**

*I remember I just used to be in bed just watching the wall—now that I have learned more about the illness that I have I can feel a relapse when it comes—my sleep begins to get disturbed—I forget a lot and can't focus. Now when that happens, I stop everything and talk with the support system that I have.*

**Maria Pulido, Peer Volunteer, Wellness Recovery Center, Stanislaus County**

*I was homeless for about four years—my physical body was thrashed and I lived for a sixpack of malt liquor so I could feel halfway decent. Someone offered me a way out—it happened to be a member here who was visiting my in-laws. I was asleep on their front porch one day and she said, "You have to come to The Village."*

*I can never remember belonging anywhere—drinking really covered it up for me. I think over the years there has been some damage—I was psychotic and very angry. I am beaten down and not as strong as I remember myself. I need help handling simple life issues. I don't want to have a crutch, I want to do it on my own but right now there are certain things I don't feel equipped to handle.*

*I was very good in school, and good at making people laugh; I can really make myself laugh too. I try to be thankful for today that I'm not locked up; it is sunny, I have some money in my pocket—just try to hang in there and live in the moment. But, I have lots of tickets and court stuff hanging over me and I'm feeling beat down about that. It is like a lead blanket all over me. I know in time it is going to get better—it took me*



Norm Wyman and Julia Conway



*a long time to get messed up and it will take time to get better.*

*I had one moment where I took a massive turn in my life. I grew up really poor, but I did well in high school. I got the best grades in my training as a lifeguard, and got a lifeguard job that I felt extremely proud of. Only one other person had that grade, and I was feeling on top of the world. The other lifeguard turned out to be the biggest high school bully who was violent and harassed me to no end. Finally, my brother got hurt and I quit the job. A lot since then I don't remember. I know my purpose is out there—like that one day as a lifeguard—at times I feel everything will be all right and I will be happy again.*

**Steve Hrenak, The Village**

### **Erasing the Stigma:**

See calendar on page 6.

### **Skillbuilders Program:**

Compeer will be implementing the Skillbuilders Program this summer that will teach drawing and painting, walking club and computers. We will begin with a series of six to eight art classes in July and August. We have a teacher, but need a few volunteers to participate and help others. Drivers are also needed. We would also like to find someone to lead the Walking Club activity. If you are interested in helping with these or other subjects, please call Nancy at (459-6817).

**Compeer has many ways to support those in Mental Health Treatment.**



"Ash, ash-  
you poke and stir.

Flesh, bone, there is nothing there—"

Lady Lazarus by Sylvia Plath

Deserted halls, sunrooms and restraining walls  
clawed markings on the barred window panes.  
Treatment logs of insulin coma, ice baths, the spinning chair.  
The nameless were dumped in the ground there.

Come clear and dig for markers.

Behind the gate, clipped lawn, multi-stories  
lies the back brush of ivy, pine needles and briar.  
The nameless were filed in the ground there.

Numbers one to thirty thousand etched on stick and steel  
Neat rows but random spaced to dodge trees  
Up and down the back hills where the air is warm and fair  
The nameless were put in the ground there.

Pull up the stakes, gently stack them.

Look through records in fading cursive  
for a given name and death date.

Dementia praecox, melancholia, fitful mania,  
letters to husbands, locks of hair, memorabilia, still there.

A vale in Massachusetts has a hundred posts planted  
one 'neath the next, frail chests with broken ribs,  
skulls with holes hammered through, twisted finger joints  
around a woe or powdery hankie still attached.  
No wasted coffins or best dress, shirt and tie,  
dust to dirt in the community's closet of grief,  
the diagnosed buried without identity.

Easy to gain permission to dig. Who would care?  
It clears the land to move them. But to where?

To what national sacred spot? So many packages  
families never claimed. Who explained the missing?

The Danvers State Memorial Committee has proposed  
a wall of names like the black slab of Vietnam's fallen,  
but the poor envision their list on the Internet

with blocked archives of dates, places and reasons  
—a world wide list of the dead from Napa, Patton, Bedlam  
Moscow, Beijing, and Milledgeville, Georgia,  
the largest asylum in the world where  
all the suicides had heart attacks and accidents.  
No hope of burial in winter, their bodies were shipped  
to students in Medical Colleges who could not afford a  
cadaver.

Dust stirs 18 miles southeast of Sioux Falls.

The ghosts of "Idiotic Indians" return to South Dakota  
to the Hiawatha Insane Asylum of the Bureau of Indian  
Affairs.

Tribal leaders ask to rebury their medicine men, trouble  
makers,  
who resisted boundaries of reservation and boarding school.

All over the world the ones with external voices,  
visions, frights, high energy, and panic are taking the bus  
from shelters, their subsidized housing, and group homes  
to join the digging, wind whistling through their broken teeth.  
They fly on stand-by to seek their own  
before the corporate geneticists land  
to take DNA samples and records of family kin  
researching the different, now dead aliens.

"Alas, poor Yorick." His skull exposed. That sweet jester  
had Hamlet and Horatio to remember and mourn him.  
I tell you this: When the kingdom comes, as Jesus promised,  
the dead in new bodies shall rise.

They'll go with lanterns from numbered body to body to body  
seeking memories of who gave them birth and sent them  
forth,

wrecked their car, took the family's china, sent a love note.

Lazarus, the lepers and Yorick will have a name. (John 11  
and 12, the beggar Luke 16)

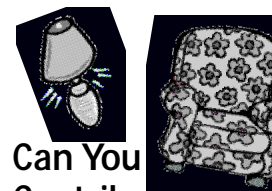
and all the millions of the abandoned insane.

The accursed ones who made an outburst  
shall be re-heard again.

The last to be fair valued shall be first.

### **Every Asylum Has a Big Back Yard**

By Bonnie Schell



### **Can You Contribute?**

*Your donations of furniture or other household goods are always needed for consumers moving into housing.*

*Please call Community Support Services and ask for Betsy Clark at 459-0444 or Front St. Inc. at 476-1700.*

**Thank you  
for your  
generosity!**

NAMI-SCC thanks Nancy and Jerould Karges, Catherine & Leland Meyer and Wendy & Ray Toshitsune for their generous donation in memory of Bruce Johnson.

Your contribution is greatly appreciated and will go towards educational materials to help families.

Thank you to the general membership of NAMI-SCC that made possible the donation of a memorial tree in memory of David Dangzalan. A beautiful magnolia tree was planted June 6, 2002, in front of the Garfield Park Library on Woodrow



Avenue. Although the tree is small now, it will grow to over 25 feet and bloom beautiful magnolia tulips every spring. The tree is in the protected alcove at the Library's entrance. David grew up on the west side of Santa Cruz.

### 2002 Honoree

Once a year NAMI-SCC honors one outstanding individual working in the mental health field with mental health consumers. This year, the board of NAMI-SCC chooses Owen Peterson as its honoree. Owen works at 7th Avenue and those who know his work cited his care and respect of those in treatment at the facility. As in all professions, there are those that stand out to really make a difference, Owen is one of those individuals.

Here In recognition of demonstrating extraordinary care and leadership in serving people with severe mental illnesses in Santa Cruz County

The National Alliance for the Mentally Ill -Santa Cruz County named

**Owen Peterson**

to be its Honoree for the Year 2002



## Family and Consumer On-Going Support Groups

### Mondays

#### On-going Smoking Cessation Groups (education class)

300 Harvey West Blvd., Santa Cruz Connection  
12-12:45 PM 425-8132 or 1-800-NO-BUTTS

#### The "No Name" Support Group *with Martha*

1051 Cayuga, Santa Cruz, MHCAN  
12:00-1:00 PM 469-0462

### Tuesdays

#### Schizophrenia Support Group

1051 Cayuga, Santa Cruz, MHCAN  
1:30-2:30 PM 469-0462 or 476-8474

#### Women's Support Group *Peer facilitators: Martha and Lisa*

1051 Cayuga, Santa Cruz, MHCAN  
12:00-1:00 PM 469-0462

### Wednesdays

#### Mood Matters (Support for those with mood disorders)

1051 Cayuga, Santa Cruz, MHCAN  
7 - 9 PM 469-0462

### Thursdays

#### NAMI SCC Coping Group

(Support for family members)  
300 Harvey West Blvd. Community Connection  
7-8:30 PM 427-8020

#### Parents of Teenage Alcoholics

(Support group-ALANON) 4951 Soquel Drive, Soquel  
Congregational Church of Soquel  
7:30 PM 462-1818

#### Obsessive Compulsive Disorders Anonymous

A support group for OCD sufferers, their family and friends.  
1215 Mission Street, Santa Cruz  
Not meeting currently but you can call for support 438-1043

#### Men's Support Group

1051 Cayuga, Santa Cruz, MHCAN  
1:00-2:00 PM 469-0462

### Weekdays

#### Mental Health Client Action Network (MHCAN)

Coffee, resources, peer support, safety 1051 Cayuga, Santa Cruz,  
MHCAN Monday, Tuesday, Thursday, and Friday 9-3 PM, Saturday  
12-3 PM. Closed on Wednesdays, 469-0462.

### Ongoing

#### Interfaith Compeer - Erasing the Stigma of Mental Illness

Several series of classes have been presented to local faith communities and to the public. Topics included Depression, Manic Depressive Disorder, Schizophrenia, Obsessive Compulsive Disorder, Family and Siblings Issues and Recovery.

Classes will be held at St. Joseph's Catholic Church on Monterey St. in Capitola. The series is open to the public. They will be held on Saturdays in August (10, 17, 24) and September (7, 14, 21) from 10:00 am to noon. Call Nancy at 459-6817 for more info.

The Adult Services Section is part of Santa Cruz County Health Services Agency's Mental Health and Substance Abuse Division. This section provides clinical services to adults, older adults, and transition age (18-25) young adults in need of mental health treatment. Mental health services for youth and substance abuse services for youth and adults are provided by the agency's other sections.

### **General Mental Health Services:**

**The Access Team** evaluates all requests for non-emergency services for those individuals not currently receiving services from County/Contract Mental Health Coordinated Care Teams.

**Coordinated Care Services** are provided by Santa Cruz County Mental Health to individuals with a serious and persistent major mental illness (such as schizophrenia and bipolar disorder) at the direction of a Team Care Coordinator.

### **Specialized County Mental Health Services:**

**Transition Age Youth Team.** Serves the target population between the ages of 18-25 years of age.

**Homeless Persons Grant Team.** AB-2034 Grant. See Page one.

**Maintaining Ongoing Stability through Treatment (MOST)** is a pilot project specialty team funded by a grant from the California Bureau of Corrections.

**Jail Mental Health Services** are provided only at the Jail on Water Street, which is a maximum-security facility.

**The Downtown Outreach Program** provides outreach, evaluation, and linkage to health agencies and other organizations for homeless individuals who gather in downtown Santa Cruz.

**The Public Guardian** is under the direction of the County's Human Resource Agency and works collaboratively with mental health to act as LPS Conservator for Santa Cruz County residents.

### **Services Provided By County Staff and Contract Partnerships:**

**Community Support Services** provides a coordinated care services team staffed with a County Mental Health psychiatrist and case coordinators employed by CSS.

**County Mental Health Crisis Team and the Dominican Psychiatric Emergency Services Team (PES)** provide crisis services in a partnership based at the hospitals Behavioral Health Unit. Together they provide services 24-hours per day, 7 days per week.

### **Probation Programs:**

**Park Program Day Treatment** is a school-based program for juvenile justice adolescents at risk of out of home placement.

**Grow Program** is an outpatient program for juvenile justice adolescents at risk of out of home placement.

**STAR Program** is a residential treatment program whose goal is to reunite youth with their families and back into their communities.

**Probation Outpatient Program** is an outpatient program for juvenile justice adolescents referred by the juvenile justice system to prevent out of home placement and to prevent further criminal activity.

### **Social Service Programs:**

**Supportive Intervention Services (SIS)** for children 3-18 who have been placed into foster care or group homes or are at imminent risk of placement. Family reunification is the primary goal of this program.

**Supportive Adolescent Services (SAS)** for youth 16-19. The goal of this program is for youth to reconnect with family and develop independent living skills.

### **School Treatment Programs:**


**Outpatient Mental Health Services and Day Treatment Mental Health Services** are offered at school sites to help special education youth profit from their education.

### **Outpatient Programs:**

**Transition Program** offers intensive services for seriously mentally ill young adults (18-21) to aid in developing and maintaining independent living skills.

### **System Support Programs:**

**MERT Team** offers a 24 hour Mobile Emergency Response Team to assess for hospitalization in psychiatric crisis.

**Family Partnership Program** is a parent run program which provides support groups and advocacy for mental health clients. 

## **County of Santa Cruz Mental Health and Substance Abuse Services**

*Program Services Descriptions for Adults and Older Adults*



**For the complete list of County of Santa Cruz Mental Health Services go to our web site at [www.namisc.org](http://www.namisc.org)**

**Psychiatric Emergency Phone Numbers:**

- Adult Day (8-5; Mon.-Fri.) . . . . .(831)462-7644\*
- 24 hour . . . . .1-800-952-2335\*
- (during the day the 800# would get access team)*
- Youth North County (24 hr.) . . . . .(831)425-0771
- South County (24 hr.) . . . . .(831)428-2226
- Children's Day (8-5; Mon-Fri) . . . . .(831)454-4900
- After hours call . . . . .(831)462-7644\*
- \*Dominican Hospital; adult 24 hour 800# goes to Dominican after hours)*

**Suicide Prevention Service**

- 24 Hour . . . . .(831)458-5300
- 24 Hour Toll Free . . . . .(877)663-5433

**Patients Rights Advocacy Program**

- Santa Cruz (8-5; Mon-Fri) . . . . .(831)429-1913
- Watsonville (8-5; Mon-Fri) . . . . .(831)688-8833

**Legal Services**

- Calif. Rural Legal Assistance (under 55 yrs.) . . . . .458-2089
- Sr. Citizens Legal Services (over 55 yrs.) . . . . .426-8824

**Patients Rights Advocacy Program**

- Santa Cruz (8-5; Mon-Fri) . . . . .429-1913
- Watsonville (8-5; Mon-Fri) . . . . .688-8833

**Yes, I would like to join NAMI-SCC!**

Make check payable to NAMI-SCC, PO Box 360, Santa Cruz, CA 95061. Your NAMI-SCC dues and donations pay for the NAMI California Connection, NAMI Advocate, NAMI-SCC Newsletter and help support NAMI-SCC.

- Family \$45     Individual \$35     Client (free)
- Patron \$50     Life Member \$500     Benefactor \$100
- Donation\$ \_\_\_\_\_

*Dues and donations to NAMI-SCC are tax deductible.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip, Phone \_\_\_\_\_

**Call 427-8020 for more information.**



**NAMI-SCC**  
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www.namisc.org

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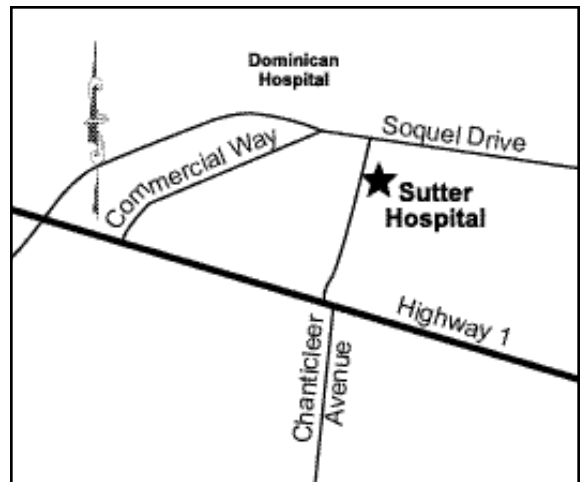
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mhrc@santacruzcommunityconnection.com
- Nancy Karges, Interfaith Compeer**  
nancy@interfaithcompeer.org

**NAMI-SCC Board Meetings:**

2nd Monday of the Month. Time can vary. Open to anyone interested. Please join us.

**Meetings are held at the Sutter Hospital Meeting Room, 4:30 PM**

2900 Chanticleer Ave,  
Santa Cruz, California



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