



Updates...

Bonnie Schell Will be Missed

On April 23rd MHCAN and Community Organizers hosted a barbeque to bid a fond farewell to the director of MHCAN for 10 years, Bonnie Schell, who has moved to North Carolina. Over 300 people turned out to honor Bonnie for her advocacy and commitment to improve the lives of the mentally ill in our community. Since 1987 Bonnie led the efforts to create the Mental Health Client Action Network (MHCAN) and became the first Executive Director of MHCAN upon incorporation in 1995. As Director, Bonnie wrote and was awarded numerous federal and local grants benefiting the local mental health community. Her efforts to reduce stigma and advance consumer involvement in all aspects of care have had a positive impact on the mental and physical health of consumers.

MHCAN Has a New Director

Suzanne Koebler became the Executive Director of the Mental Health Client Action Network in April. She replaced Bonnie Schell, who had served as Executive Director since the board's incorporation as a non-profit in 1995.

Suzanne comes to the position with a wide range of experience. Her past positions have included working as an Administrative Analyst for Santa Cruz County Mental Health, coordinating the Long Term Care project for the Health Services Agency, and serving as an administrative manager at Stanford University and the Community Institute for Psychotherapy. Suzanne holds a Bachelor's degree from UCLA and a Masters of Public Administration from USF.

Suzanne brings to MHCAN not only the life experience of an adult with a psychiatric

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Community Mental Health Providers, Families and Consumers, and Other Supporters of Increased Mental Health Services Funding

MENTAL HEALTH SERVICES EXPANSION AND FUNDING. TAX ON INCOMES OVER \$1 MILLION. INITIATIVE STATUTE. Provides funds to counties to expand services and develop innovative programs and integrated service plans for mentally ill children, adults and seniors. Requires state to develop mental health service programs including prevention, early intervention, education and training programs. Creates new commission to approve certain county programs and expenditures. Imposes additional 1% tax on taxable income over \$1 million to provide dedicated funding for expansion of mental health services and programs. Current funding for mental health programs may not be reduced because of funding from new tax. Summary



of estimate by Legislative Analyst and Director of Finance of fiscal impact on state and local governments: Additional revenues of approximately \$250 million in 2004-05, \$680 million in 2005-06, \$700 million in 2006-07, and increasing amounts annually thereafter, with comparable increases in expenditures by the state and counties for the expansion of mental health programs. Unknown savings to the state and local agencies potentially amounting to hundreds of millions of dollars annually on a statewide basis from reduced costs for state prison and county jail operations, medical care, homeless shelters, and social services programs that would partly offset the additional cost of this measure.

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.

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Personal Story

Louise Thornton



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.

My daughter, Nicolette Heather Thornton, died on May 22, 2004 in Ceres, Calif. of an accidental overdose of anti-depressants and prescription painkillers. She was 37. Nicolette was born in Chicago on January 3, 1967. In 1978 the family moved to Felton, where she and her sister kept their ponies and horses at a corral by the river. Nicolette loved barrel racing and was good at it. She graduated from San Lorenzo Valley High School in 1984 and attended Cabrillo College. She also worked for a modeling agency in San Jose and modeled in several shows.

In 1988 she transferred to UCLA; her goal was to become a TV anchorwoman, but oh, so quickly she was drawn into the world of crack cocaine and LA gangs. In 1990 she told the police about a beating she had suffered from a gang member, and soon after this she was shot in retaliation. Her neurosurgeon gave her only a 5 percent chance of living, but she survived due to his skill, prayer and her strong will to live. She did lose her right eye and became paralyzed on the left side, but when she was able to return to the Santa Cruz area, she began the long journey to regain full use of her body and relearn academic skills. She attended UCSC and majored in psychology, but her fear of entering the world at large with a head injury was so great she failed, by one course only, to get a BA.

Nicolette struggled with very difficult genetic flaws, including severe depression/anxiety and a predisposition to addiction. The head injury was a third blow, one that constantly challenged her self-esteem. Yet she was a beautiful, loving person who became a minister in the Universal Life Church and wrote many compassionate poems for friends grieving the loss of a loved one and for her family. When she gave birth to a child, she allowed a loving couple she had chosen to adopt him. She knew that she could not care for him, and she wrote a letter to her son telling him how much she loved him.

Her dreams were to write a book to help others with similar struggles and to serve in an organization she founded, Morning Dove Ministries. For it, she designed a symbol—a yellow, Celtic cross with a red dove flying across it, holding in its beak a branch with green leaves.

In my grief I want to blame someone for her death, primarily myself, because even though I tried again and again to save her, I failed. I want to blame the many doctors and dentists who prescribed Vicodan and other addictive

painkillers to her with no questions asked. I want to blame the Santa Cruz County Mental Health system because they treat only those with schizophrenia, schizo-affective disorder and bipolar disorder; they are continually short of funds and so have made these illnesses their priorities.

I want to blame the gang member who shot her but the police told me, "Guys like him die on the streets within a couple of years." I want to blame my ancestors for passing on "bad" genes, but if only alleged perfect people were allowed to have children, we would be back in Hitler's Third Reich, where the mentally ill and the disabled were the first to be killed. Finally, I want to blame her. Despite being in many treatment programs, she did not seem to want recover—once and for all! But I know now that she could not stop. Her shattered brain, which continued to deteriorate after the shooting, would not allow her to do this as it craved increasingly more painkillers.

On the other hand, I want to let go of useless blaming and focus instead on the gifts of her life. This shift immediately brings up tears, and it is probably why I count my losses instead of my blessings. She was a blessing. Her father, Doug, her brother, Jonathon, her sister, Keira, and I loved her, and she loved us "more than you knew," her husband told me. Her love for her baby was so strong that she was able to stop using while pregnant. She was a delightful, intelligent woman who made us laugh so many times. As her father said when she died, "At least we got to have her for 14 more years." Yes. Surviving was a daily challenge. About addiction she once wrote, "Recovery is not a battle. It is a brutal, long, drawn-out siege." She held on for as long as she could, and in that time she developed a strong spiritual life that sustained her and gave me such hope for her.

Even though she died too soon for me, I believe that she lived as long as she needed to live. She did not heal in the way I had hoped—Oh, how I wanted her to write a book, obtain a BA, start her organization to help others—and she wanted these things as well. But her path was to endure the siege and at the same time, love God and all others. "I don't hate anyone," she told me not long ago. Another time she wrote me in a poem, "Your courage and love helped me to heal." Her courage and love remain to heal me.

1. What would the Mental Health Services Act initiative do?

The Mental Health Services Act will expand mental health care programs for children and adults. The measure provides services to persons currently disabled by mental illness, persons showing signs of mental illness in need of prevention services, and to families and caregivers of those affected.

2. What kinds of services are offered?

The Mental Health Services Act will provide much more than mental health counseling and care. The measure uses the "integrated services" model to provide a range of services, an approach proven through programs created under AB 34, enacted by the Legislature in 1999. Services include outreach, medical care, short and long-term housing, prescription drugs, vocational training, and self-help and social rehabilitation. Go to the California Department of Mental Health Website to learn more about the positive outcomes of AB 34.

3. How much money would the initiative raise for mental health care in California?

The initiative will directly raise approximately \$700 million dollars per year for mental health services in California. Because of the initiative, California would also qualify for additional federal funds, raising the annual total to more than **\$1 billion**.

4. Does the initiative only help the poor and uninsured?

The Mental Health Services Act offers services to persons and families without insurance, or for whom insurance coverage of mental health care has been exhausted. Family payment obligations would be on a sliding fee schedule based on ability to pay.

5. How will the initiative help children facing mental illness?

The Mental Health Services Act creates children's services targeted to those not covered by existing programs, particularly those with untreated mental disorders placing them at risk of severe mental illness, removal from home, suicide or violent behavior.

Additionally, the Mental Health Services Act assures that parents will not be required to relinquish custody of a child in order to make the child eligible for medically necessary mental health care services.



Letter of Thanks from Rock Pfothenauer & Linda Wilshusen.

Thank you for honoring our daughter Kelsey's life with your generous contribution to the National Alliance for the Mentally Ill (NAMI).

When Kelsey had her psychotic break in April, we began a frantic search for help in restoring her health. We quickly found what many families who have been afflicted by mental illness know too well: complete recovery from many of these diseases is rare. For many, a reduction of symptoms is the best that can be hoped for; medication can help, in many cases dramatically, but finding the right medication is often a case of lengthy trial and error, and sometimes the side effects of medications are so serious that they are only tolerated because the illness is so much worse without them. Mental health services, if available, can be difficult and sometimes impossible to access due to limited public funding and health insurance restrictions. And, perhaps most difficult to bear of all, some of the diseases cause the victims to reject family and mental health workers efforts to help.

Families who face these kinds of challenges need all the support they can get. One of the best sources for support is other families who are facing the same challenges. NAMI is essentially a self-help organization that brings families together to educate each other about brain diseases and treatments, to share hard-won knowledge about available services and how best to support a loved one with a brain disease, and to advocate for more resources for the treatment of these diseases.

Our efforts to help Kelsey recover were tragically cut short. We hope for a day when suicide is as uncommon an outcome for those with mental illnesses as it is for those with diseases of other organs. While it is unlikely we will see dramatic improvements in treatments for brain diseases in the near future, there is reason for hope in the longer term. The science is slowly improving. Progress in understanding and treatment is being made. As mental illness comes out of the closet and as its physical and biochemical rather than moral nature is more widely accepted, we hope for the commitment of resources commensurate with its magnitude. In the meantime, NAMI plays a critical role in supporting families and engaging them in the advocacy necessary to speed progress. Thank you for joining with us in supporting NAMI's efforts.



Their daughter: Kelsey Wilshusen Pfothenauer

The following list is of those who donated to NAMI-Santa Cruz County in behalf of Kelsey Wilshusen Pfothenauer

- R Gregg & Anne Albright
- Dr. Rick & Evie Alloy
- Carol Blanton & Chris Ames
- Bill & Candace Anderson
- Gene & Mary Arner
- Susan & John Barisone
- Michael & Jan Beautz
- Patrick & Gerinde Brady
- Greg Bregman
- Carol Peterson
- Aili Carskadon
- Judy Cassada
- Barbara & Martin Chemers
- Dale & Patrice Dennis
- Mark & Mary Dettle
- Jo Anne Dlott
- Gan Neh Na & Russell Downing
- Luis Duazo
- Frank & Sharon Fasulo
- Florence Fransen
- Douglas & Lori Green
- Alan & Denise Holbert
- Roswell Spafford & John Isbister
- Lois Barnes & Steve Jung
- Mary & Patrick Kinney
- Cecilia Espinola & Will Lightbourne
- Dee Vogel & Lin Marelich
- Richard Krumholz & Deborah Lotte
- Luba Wyznickyj & Kirby Martensen
- Jane Massie
- Carol Maynard
- Gerald & Judy McIntyre
- Ann Chandler & Joe Mihulsky
- Lia Morris
- David Murray
- Ann & Gordon Nesbitt
- Andre Neu
- Gary Novack, Ph.D.
- Darleen Panico
- Bryan Parker
- Gary Patton
- Paul & Jean Pfothenauer
- Drs. Barry & Jackie Schmidt Posner
- Barbara Potter
- Patricia & Peter Prince
- Melissa Cowan & Tim Rochte
- William & Carol Rosenoff
- Donald & Diana Rothman
- Henry Salameh
- Siobhan Saunders
- Erica Schilling
- Valerie Schilling
- Gladys Schoennauer
- Ben Strumwasser
- Barbara Collins & Andrew Todd
- Anne Turner
- Marla Van Cleve
- Katherine Wheaton
- Richard & Jill Wilson
- Lorette Wood
- Judy Walsh
- Alvin & Sonja Reetz
- Warren & Virginia Hintz
- Stanley & Carolyn Chaney
- Jonathan & Susan Wittwer
- Cheryl & William Zachmeier
- Miller, Owen & Trust
- Tom & Pegi Ard

My Family Member Has Been Arrested What Do I Do?

A step-by-step guide from the National Alliance for the Mentally Ill (NAMI) to help families cope with the criminal justice system in Santa Cruz County when a family member who suffers from a brain disorder (mental illness) is arrested.

The following is a summary of the guide.
For the full guide call NAMI at 427-8020 to have one mailed to you or visit www.namisc.org

Step One: Support Your Relative

- If your family member calls you and says that they have been arrested, help them stay calm and let them know you are there to help.
- If your relative is being held in the County Jail, remind them that they have a right to have an attorney present if being questioned by police officers or detectives. (Refer to the Miranda Ruling for more information.)

Step Two: Contact the Jail

- Please be aware that no visits are allowed until 72 hours after the arrest.
- If you are aware that your relative is in jail, notify the County Jail Booking Office at 454-2420, ask to speak with Nursing and/or the Crisis Team, saying that your relative is a consumer and ask for a Mental Health Screening. Remember their hours are from 8:00 a.m. to 5:00 p.m. Tuesday through Saturday and from 8:00 a.m. to 12:00 noon on Sunday and Monday. Tell them that your family member suffers from a mental illness and describe the diagnosis and any other concerns you might have.

Step Three: County Jail Information

- Upon their arrival at the County Jail, call the Booking Office at 454-2420 and inquire as to their location, visiting hours and mailing address. (Tip: Inmates are sometimes booked in with/without middle name. If you are unable to locate them, try any names your relative has used.)

Step Four: Send a FAX

- Send a FAX requesting that your relative be screened for placement in the Dominican Behavioral Health Unit, if they are going to be booked and released. Head this FAX with Your relative's full legal name, Date of birth, address.

There is so much more, please call to order this valuable document or visit our website.

Raymond Ralph Bushey Oct.15, 1949-July 3,2004

Ray lived with his parents most of his life. He tried several other living arrangements but always did best at home.

Ray loved, music. He played Clarinet, Saxophone and Guitar.

He completed 2 years of college before he got ill.

He loved surfing at Steamers Lane.

He also Spearfished off the cliffs at WestCliff. He liked to smoke the fish that he caught.

He used to go over to his grandmothers (Leona Riese) every day and take her ice cubes out of the refrigerator for her and carry her trash out. He was very close to her.

Leona Riese helped start Nami. It was originally named Family and Friends of the Mentally Disabled. We had our meetings at Garfield Park Village where she lived.

Ralph and Marlene Bushey's son Raymond just recently died on July 3rd. They felt, as most of us do, that more research needs to be done towards mental illness, thus they did a lot of research and found an organization that would take his brain for research and a body without the brain. Here is the result of their investigation:

- A brain can be donated to Harvard Brain Tissue Resource Center, Francine M. Benes, M.D.Ph.D., Director, McLean Hospital, 115 Mill Street, Belmont, MA 02478 www.brainbank.mclean.org 1-800-brain bank or (617) 855-2400
- A body was donated to Anatomy Gifts Registry, 7526 Connelley Dr., Suite E, Hanover, MD 21076 (410) 553-0525 or 1-800-300-5433.

Be a "Stigma Buster" by:

- Protest stigma perpetuated by local media;
- protest advertising or commercial products;
- contact civic groups and organizations with information.

Keep in mind: An important way to make stigma disappear is to talk openly, whenever it's appropriate, about mental illness and how it has impacted you or your family—just as we do about other devastating illnesses like cancer, diabetes, Parkinson's, or Alzheimer's.

Visit www.nami.org and click on the stigma alert listings at the bottom of the homepage.

Locally Send NAMI-Santa Cruz County your Local Stigma Alert!
webmaster@namisc.org



Interfaith Compeer matches trained volunteers with children and

adults in mental health treatment to create supportive friendships. For more information please call (831) 459-6817.

NAMI Family-to-Family

Education Program Free Education and Support for Families Who Have Relatives with Brain Disorders (Mental Illness)



The Keys to Understanding



The NAMI Family-to-Family Education Program is a 12-week course for families of individuals with severe brain disorders (mental illnesses).

The course is taught by trained family members. All course materials are furnished at no cost to you.

The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

1. Learning about feelings, learning about facts
2. Schizophrenia, major depression, and mania: diagnosis and dealing with critical periods
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories
4. The biology of the brain/new research
5. Problem solving workshop.
6. Medication review
7. Empathy workshop – what it's like to have a brain disorder
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation, services available
11. Advocacy: fighting stigma
12. Review and certification ceremony



**On-Going Classes Fill Up Quickly,
So Call To Register:**

The National Alliance for the Mentally Ill Santa Cruz County

427-8020

Family-to-Family Classes

These very popular classes are extremely informative for every family member who is dealing with a brain disorder. We will be starting another class in the Fall, so call 688-3385 or 427-8020 to signup because they fill quickly.

We have just finished our third session in July. These classes are very helpful to all families who are dealing with a serious mental illness. We now have five teachers, trained by NAMI California: Frank Steinmueller, Kathryn Tobisch, Ellen Adams, Louise Loots and Judy Williams. We look forward to having more teachers from these classes. The weekend trainings are free, paid for by NAMI California, and NAMI Santa Cruz will pay for your gas. So if there is anyone who has taken the training and wants to teach, contact Jim Johnson by email at Jim2213@earthlink.net or phone (916) 782-8623.

Crisis Intervention Training (CIT)

The Santa Cruz City Police Department has just completed their training of ALL their police. Thanks goes to Eric Seiley and to our Family Panel, Simon Dangzalan, Carol and Jim Williamson, Kim Powell, Myriam Coppens and Judy Williams. A special thanks to Chief of Police Howard Skerry for his support.

There were two other trainings in May, put together by Sergeant Christine Swannack of the South County Sheriff-Coroner's Office, attended by sheriffs, park rangers and city police. Thank you Don and Rosalyn Hilbert, Rosemary Steinmueller, and Tony Saler for their help in setting out the food which NAMI supplied.

CIT trains police officers to appropriately respond to police calls that involve a person with mental illness. Usually this is called a "5150." If you call 911, involving a person with serious mental illness, ask for a CIT trained officer.

This should be easy thanks to Officer Eric Seily (SCPD) and Judy Williams of NAMI. All Santa Cruz City Police are trained in CIT.



Thanks Family-to-Family Teachers

Just a note to our six teachers who have taken the teacher's training for Family-to-Family Classes.

Thank you to

**Frank Steinmueller,
Kathryn Tobisch,
Ellen Adams,
Louise Loots,
Judy Williams and
Cherry Maurer (our
newest member).**

Each class has continued to be larger and better than before. A special thanks to Sharon Cohen-Berry, who helped Judy teach the first class. We are deeply indebted to all of you.

United Way Announces Community Heroes

Judy Williams has been chosen by the United Way of Santa Cruz County as a Community Hero for her efforts to CIT train the police. Thank you Judy!

Ask Louise

Our adult son, who has schizophrenia, lives with us and refuses to take prescribed medications. He accuses his father and me of stealing his things and plotting against him.

He has even called the police on us and threatened to hurt us. We are so stressed out that I don't know how much longer we can take this. What can we do?

Rebecca

Dear Rebecca,

I'm sorry for this chaos, but it can lessen. To begin, ask your son why he won't take medications. Often severe side effects outweigh benefits. If this is so, the treating psychiatrist may be able to try other medications with better results. However, if your son won't take medications because he doesn't believe he is ill, a common occurrence, you have two choices. The first is to keep tolerating his stressful behavior and face the possibility of becoming ill yourself. Caregivers who believe that an ill family member always comes first and fail to take care of themselves can collapse from exhaustion.

The second choice is to consider your own needs just as important as your son's and to believe that your family deserves a calm home life and peace of mind. If your son had chronic heart disease or diabetes, you would very likely insist that he take prescribed medications or risk hospitalization. Like these illnesses, schizophrenia is a severe, chronic illness. What makes it even more difficult than heart disease is that it affects the brain, so individuals often do not and cannot understand what is happening to them. Recovery is often possible, but it means accepting the illness and assuming responsibility for doing whatever it takes to live as good a life as possible.

But what often happens in mental illness is that the ill are regarded as victims of a cruel disease. We can't expect anything of them because life has been so cruel to them, we tell ourselves. This attitude does them a great disservice. It regards them as helpless, child-like individuals who cannot live in the world as adults. This is not true. Often they can live in the world as adults, but they need boundaries and guidelines just as everyone does. It is good for both you and your son to say to him, "We have made some rules if you want to live here.

If you don't follow them, you can't live with us." These rules can include taking medications as well as other behaviors you would like to see in your son.

This takes courage! And we have to be courageous not just once but over and over. It means allowing the possibility that a son or daughter will live in the streets. How can we allow this? We can trust that he or she will seek out the homeless shelter and other resources. We can also do something similar to what friends of mine did; they allowed their adult son, who continually broke the law, to sleep on the front porch whenever it was raining without coming into their home the next morning.

On the other hand, we can't make anyone else do anything he or she doesn't want to do no matter how deeply we love this person. The only lives we can save are our own. To do this we need as much help as possible. This can be found in the greater NAMI family, in the Family to Family workshops, in the coping groups NAMI Santa Cruz offers every Thursday night, in other support groups such as 12 step meetings, in work with a therapist or counselor who understands mental illness and in spiritual resources. *I wish you well.*

Updates... *Continued from page 1.*

disability, but also the skills of coalition building, grant writing, outcome reporting, fund raising, and budget management.

MHCAN has a busy agenda in the next few years. They are key stakeholders in the Grace Commons housing project that is currently applying for HUD funding to build apartments on the corner of Cayuga and Soquel. MHCAN is also planning to undertake a capital campaign, so that their present building can be a permanent place to offer peer support in our community. In addition, MHCAN will continue to run a drop-in center that provide support groups, telephone and computer access, and a sober environment for people with mental illness.

NAMI-Santa Cruz County has a new treasurer, Sharon Strelitz at sharons@crusio.com. Sharon is also picking up our mail at the main post office and answering the phones with Don Hilbert and Diana Wickowicz. Thanks Sharon!

If you have a question for Louise, you may email her at: louise@crusio.com

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.html).

Family and Consumer On-Going Support Groups

Mondays

On-going Smoking Cessation Groups (education class), 12-12:45 PM
300 Harvey West Blvd., Santa Cruz Connection
425-8132 or 1-800-NO-BUTTS

Light Weight Lifting with Kathryn, 10:00-11:00 AM

Yoga with Michelle, 11:00-12:00 Noon

Painting and Drawing with Sara, 12:30-1:30 PM

Reiki Treatments with Barbara, 1:30-2:30 PM

1051 Cayuga, Santa Cruz, MHCAN, 469-0462

Tuesdays

Marijuana Education Group with Ron, 11:00-12:00 Noon

Women's Support Group with Wandis, 12:00-1:00 PM

Addiction Education with Ron, 7:00-8:00 PM

1051 Cayuga, Santa Cruz, MHCAN, 469-0462

Wednesdays

MHCAN, Drop in Center is closed

Healthy Living for Transition Age with Barbara, 11:00-1:00 PM

Cooking and Nutrition with Shanthi, 1:00-3:00 PM

Visiting at Dominican Behavioral Health Unit with Lolita, 3:00-4:00 PM*

Mood Matters Support Group with Michael, Becky and Marko, 7:00-9:00 PM

1051 Cayuga, Santa Cruz, MHCAN, 469-0462

*For visits to Dominican call Carla at 469-0462.

Thursdays

NAMI SCC Coping Group (Support for family members), 7-8:30 PM

300 Harvey West Blvd. Community Connection, 427-8020

Parents of Teenage Alcoholics (Support group-ALANON), 7:30 PM

4951 Soquel Drive, Soquel Congregational Church of Soquel, 462-1818

Anxiety Disorders Support Group (On going support for clients with anxiety, social fobia, panic disorder or O.C.D. Family members are invited.

Twin Lakes Church, Rm M-23, Library, Cabrillo College Dr., Aptos
7:30-9 PM, Diana Wickowicz 818-0595

LGBT Group with Kathy, 11:00-12:00 Noon

Emotions Education Group with Ron, 12:00-1:00 PM

DRA for Dual Diagnosis with Sam, 1:00-2:00 PM

Jam Session with Ted Lievine at piano, 2:00-3:00 PM

Alcoholics Anonymous in kitchen, 7:00-8:00 PM

1051 Cayuga, Santa Cruz, MHCAN, 469-0462

Fridays

Aerobics with Leala (bilingual), 10:00-11:00 AM

Schizophrenia Support Group with Sam, 11:00-12:00 Noon

Co-ed Peer Support Group with Matt and Carolyn, 12:00-1:00 PM

Christian Support Group with Leslie and Jean (bilingual) 1:00-2:30 PM

Creative Writing Salon with Phil Wagner (bilingual) 1:00-2:45 PM

Dual Recovery Education with Ron, 7:00-8:00 PM

1051 Cayuga, Santa Cruz, MHCAN, 469-0462

On-Going

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.

New Support Group

"Surviving the Fear of Loss" (SFL) is a new confidential support group for families with a loved one who has made multiple suicide attempts. Facilitator Myriam Coppens, a Licensed Marriage and Family therapist, recently retired after 25 years' service at Oregon Health Sciences University, Portland, Oregon. She presently co-facilitates the "Wings" support group for survivors of suicide, offered by Suicide Prevention service of the Central Coast.

To sign up for Surviving the Fear of Loss, call 429-8791. The group is free of charge and will meet every other Friday beginning August 20th, 7 to 8:30 PM in the Sutter Room at Sutter Hospital, 2900 Chanticleer Avenue, Santa Cruz.

The Santa Cruz County Coalition for Mental Health

We are a collaborative and innovative mentally healthy community passionately celebrating diversity, choice, integrity, and trust amongst our members. We knit together a community that works for everyone by utilizing our abundant social, cultural, and financial resources to encourage the realization of freedom, dreams, and unlimited possibilities.

On November 4, 2004: You are invited to attend Trust-Truth-Triumph: Mental Health Monologues to witness powerful personal stories shared by community members impacted by mental health issues and suicide. This is an opportunity to educate and conduct mental health outreach into our community. The Monologues will take place from 6:30 PM-10:30 PM at the Cocconut Grove and be held in conjunction with a silent auction and a celebration of life.

To register, contact Cathie Royer:
831.476.4085 or email:
croyer@cruzio.com

For more information see:
www.mhsummit.org



NAMI-SCC
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 Santa Cruz, CA 95061
 www.namisc.org

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Psychiatric Emergency Phone Numbers:

- Adult Day (8-5; Mon.-Fri.)(831)462-7644*
- 24 hour1-800-952-2335*
 (during the day the 800# would get access team)
- Youth North County (24 hr.)(831)425-0771
- South County (24 hr.)(831)728-2226
- 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

Legal Services

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

NAMI-SCC Board of Directors:

- Louise Loots, President
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- Judy Williams, Vice President
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- Donald Hilbert, Secretary
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- Sharon Strelitz, Treasurer/Membership
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 doug.huskey@seagate.com
- Desiree Douville, Newsletter Editor
 douville@hotmail.com

Friends:

- Kim Powell, Mental Health Resource Center
 458-1923
- Community Connection 425-8132
- Nancy Karges, Interfaith Compeer
 nancy@interfaithcompeer.org

NAMI-SCC Board Meetings:

2nd Monday of the Month. Time and location can vary. Open to anyone interested. Please join us. Meetings are held at The Community Foundation of Santa Cruz County, 2425 Porter Street, Soquel, California or Sutter Hospital, 2900 Chanticleer Avenue, Santa Cruz. Call for times and location call 427-8020.

Your Dues are Due!
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Yes, I would like to join NAMI-SCC!

Make check payable to NAMI-SCC, PO Box 360, Santa Cruz, CA 95061. *Your contributions are tax deductible and support your local NAMI affiliate.*

- \$45 Annual \$35 (free)
 - \$50 Member \$500 Director \$100
- Donation\$ _____

Dues and donations to NAMI-SCC are tax deductible.

 Name

 Address

 City, State, Zip, Phone

Call 427-8020 for more information.

