

## Dear Families and Consumers,

Thank you, thank you, thank you. We have all been working so very hard to pass Prop. 63 and change the broken mental health system. I am proud of all of you for your ideas and suggestions. Don't get discouraged. Change takes time and patience. The whole nation is watching what we do in the mental health system here in California. This is a great time to witness our culture's recognition that mental health is a physical illness like any other illness and that it is a disability. Everyone knows there is need for improvement. It will come, finally!

We need volunteers to help NAMI. We need volunteers to organize our bi-monthly speaker meetings and get some quality speakers, a volunteer to help increase our membership, a volunteer to help with the mailings (flyers & Newsletter), a volunteer to organize a fund raiser, and a volunteer to help get ads for our Newsletter.

Norm Wyman, Director of Mental Health, and I have been talking about creating a NAMI panel of parents and Carol Sullivan, Director of Community Connection, and I have been talking about volunteers helping with some of the programs that the Mental Health Resource Center was conducting.

If you are interested in helping us, call me and we will have lunch and discuss your interests and what you would like to do to help us. You can make a difference!

*Sincerely, Judy Williams,  
 President NAMI-Santa Cruz County*

## A "Privilege" to Work in the Mental Health Field

The journey with Compeer and NAMI Santa Cruz has been a long one. I have been a member of NAMI for over 15 years. NAMI was gracious enough to be the host agency for Compeer for the first two years here in Santa Cruz. Without that support, the program would

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## Family to Family Class Helps Family Members

Did you know that when our family members are in remission and properly medicated, they are exceedingly fragile and vulnerable in the critical stages of mental illness. This is true in bipolar illness and schizophrenia. It is often hard to recognize the physical trauma of mental illness because our family members look intact. Their physical and mental integrity has been shattered as completely as if they had been the accident victim with a severe brain injury.

This is especially true in the early "relapsing" years of the illness. The following are some of the predictable features of the post-psychotic stage of mental illness:

- 1) **Exhaustion:** People in post-psychotic phases of mental illness simply want to sleep and be left alone. Some of this is a reaction to medication, but the greater part is due to the terrible "wear and tear" of psychosis and breakdown. Their physical depletion is overwhelming.
- 2) **Depression:** The phenomenon of "post-psychotic depression" occurs frequently in schizophrenia. There is tremendous inertia and passivity, with feelings of hopelessness and isolation. It is very difficult for our family members to "join in," or function, under these circumstances.
- 3) **Delayed Stabilization:** The process of regaining equilibrium after a psychotic or depressive breakdown takes a long time to achieve. Beyond medication stabilization, it may take months (or even years) to restore the work and social relationships the individual had established prior to relapse. During this time, people with serious brain disorders are extremely susceptible to stress, to change, or to having too many demands made upon them.



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## Group, Niche & Purpose

### The Patient's Perspective

M. Dinnell

This piece is not only about the mental health client experience; it is addressed to the client. It is about something I have become aware of, in my own "Recovery", only recently. (I have taken to placing the word "Recovery" in quotes because, as a colleague pointed out at our recent Recovery symposium for local professionals, the word "Recovery means that you "get something back." This isn't often the case).

I have become aware of the importance of three aspects of activity for us: what I call group, niche and purpose. The group may be referred to as "family of choice," "community," "circle of friends," "fellow employees," or just about anything else. And it does not mean surrendering privacy, the function of going it basically alone or flitting about as a re-born social butterfly. The group may be, as it is for me, the loose assemblage of the community of mental health clients, some of which I see regularly or work with or know well, some I may rarely see or speak to only casually or out of necessity.

Nevertheless, to achieve at least in some small degree the amendment of the rift between our individual selves and the bulk of humanity, either caused or aggravated by mental conditions even I acknowledge that without a group of reference any one person is like an animal roaming a random landscape. If you wish to be this, go: but being human seems to require some minimal identification with a group.

The second thing I have become aware of as a healing force is niche. A niche is more important than just "work." It provides both a sense of contributing something special and a feeling of being unique. Many people will tell you to do

anything, from flipping burgers to volunteering. To have a place to go every day and to re-adjust (or adjust) to being outside of one's insulated environment of facility or room this may be useful-temporarily. Many of us backslide out of this situation because it is not emotionally fulfilling and sorry, management, but that is at least as important to us as everyone else.

A niche cannot be designated. It is discovered or created for you by you: you have some unique talent or training and you will be very satisfied with yourself and make great strides if you can find it and use it.

The third thing is purpose. This is related to niche but not the same. Human beings need purpose: to be happy, to function, to tolerate stress and even, as Victor Frankl observed, to tolerate suffering. Purpose implies reasons. You may need extra assistance with living skills and extra support-or not-but you are not a toddler, who needs only to know the boundaries of what it can't or can't do. If there is a why, a reason that corresponds to a belief or a priority-the environment, bringing people to God, creating art for the purpose of enjoyment; as long as you know what it is, your interest will last, and your gains will increase.

If you never surpass a certain level of "competency," or gain national recognition, at least you are living a livable life: one that satisfies you. Do you think anyone in society is trying for anything less? You may even have a paradoxical advantage: introspection on the matter has been forced for you. Some people never even arrive at that.

## Compeer Santa Cruz Welcomes Lisa Deberg as Director

Lisa DeBerg, new Executive Director for Compeer Santa Cruz, was born and raised in small town Iowa and is proud of her Midwestern upbringing and education. She has a diploma from Des Moines Area Community College in Business Administration. After relocating to Santa Cruz in the early 1980's, Lisa began a long career with the Santa Cruz County Sheriff's Office. During her 15 years there, she worked in the Records Division, was the Property and Evidence Clerk, and the County Crime Analyst. She is a graduate of the Leadership Santa Cruz Program.

Lisa joined the corporate world in 1999 and leaves a position as Enforcement Product Manager with Tiburon, Inc. (which provides automated systems to the public safety and justice community) to join Compeer. Becoming familiar with Compeer in 2002 as a volunteer, Lisa expresses a strong desire to return to a position where she can give back to the community, saying "I'm very excited to get started. Compeer is a great program and I will do everything in my power to make it well known



Interfaith Compeer matches trained volunteers with children and adults in mental health treatment to create supportive friendships. for more information please call the Interfaith Compeer office at (831) 459-6817

# The Third Revolution in Psychiatry

By Christopher S. Amenson, Ph.D.

Prior to 1750, people who had a mental illness were ostracized and punished by society. The first revolution, moral treatment, (1750-1950) focused on providing safety, comfort, and asylum for people with mental illness. They were protected but secluded from community life. The second revolution, symptom reduction, (1950-2000) was possible by the discovery of anti-psychotic and mood-stabilizing medications. Treatment focused on reducing hallucinations, delusions, mood swings and bizarre behavior. Although symptom control allowed people to leave the hospital, the great hope of returning people to full participation in community life was largely not achieved. Most people were simply transferred from huge, clean, richly staffed hospitals to small, dingy, poorly staffed group homes. The location of the "asylums" moved to the community, but few people discharged from hospitals were integrated into community life.

## The Current Revolution

The third revolution in psychiatry, recovery, (2000-until the next revolution occurs) focuses on helping people recover to the extent that they can reach their life goals and be fully integrated into community life. Reducing symptoms or controlling the illness are no longer the primary goals of psychiatric services but are seen as means for removing barriers to achieving each individual's life goals. The recovery evolution is facilitated by three factors:

1. The second generation of anti-psychotic medications reduces cognitive, negative, and depressive symptoms and reduces side effects, thereby reducing these biological barriers to social and vocational functioning.
2. Improved psychosocial rehabilitation methods are more effective in teaching the cognitive, social, and vocational skills required for recovery; and
3. People who have a mental illness are actively advocating against the oppression and segregation that they have experienced and for their rights to be integrated as full participants in community life.

For the past 20 years, East Coast psychiatry has focused on providing the supports to integrate people with mental illness into all aspects of community life. West Coast psychiatry has begun to embrace this recovery paradigm in the last few years. The first shift in the recovery

paradigm is that psychiatrists attempt to find the recovery dose of medication, not the therapeutic dose. The therapeutic dose is the level of medication that reduces symptoms to the lowest possible level. The recovery dose, which is usually lower than the therapeutic dose, is the level of medication that promotes optimal functioning in the community.

## Two examples may illustrate the difference:

1. My back pain interfered with my ability to play and enjoy tennis. I found a medication that totally eliminated the pain (therapeutic effect=100%), but slowed my eye-hand coordination to the degree that I couldn't play tennis with my usual partners (recovery effect=0%).
2. When Jason West was offered the opportunity to increase from half time to full time at the Institute, he knew that the dose of medication he was on did not allow him to have the required energy level. Jason negotiated with his psychiatrist to reduce his level of medication. His energy increased and he has been able to work full time for four years (recovery effect=100%). A few symptoms returned (therapeutic effect=80%) but he is able to ignore or cope with the symptoms so that he can lead the life he wants.

The second shift in the recovery paradigm is to reduce the segregation of people with mental illness into housing, recreational, and vocational opportunities only open to people who have a mental illness. Similar to recent efforts in primary and secondary schools, every effort is made to provide the supports required to enable people with handicaps to be mainstreamed in society.

## For example:

1. Rather than placing people in-group homes, provide the support they need to live in apartments and houses.
2. Rather than expanding clubhouses for people with mental illness, provide the supports they need to use community recreational resources (e.g., YMCA, adult classes, city-sponsored activities, churches, clubs, etc.)

Rather than placing people in sheltered workshops, provide the job coaching and supportive employment required to succeed in mainstream jobs.

## Mission, NAMI-SCC

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.

## Mission, MHCAN

MHCAN helps clients reclaim their dignity through self-help. We do this by:

- providing mutual support and networking;
- having a voice in all matters which affect us;
- creating client controlled programs;
- advocating for the right to choose our own life path;
- educating the public from our perspective;

**Norm Wyman &  
Family Members  
Consult Twice on  
Mental Health  
Services Act  
Priorities  
(Proposition 63)**



On April 3rd both presenter and audience appeared to find the first of two NAMI sessions with County Mental Health Director Norm Wyman to be encouraging and stimulating. His emphasis in the current phase of planning on transforming the system of care along the lines of the Village Model resonated with the priorities of many of the family members present. (Mental Health Services Act is the outcome of the passing of Prop. 63)

At the same time, those same family members appeared eager to raise a broad range of issues. Almost everyone had some particular concern to contribute to the discussion. Among the items that received special attention were:

- Expanding the kind of services provided by Puentes (Homeless Persons Mental Health Project) to all county mental health teams;
- Including “physical” health care in the mental health team, including adding nurse Practitioners to the teams;
- Providing continuity of care personnel as clients move sites;
- Outreach to people with mental health needs currently outside the county system.
- Creation of a mobile response crisis team.

The evening concluded with an idea that has not received attention in the past, namely

providing family member feedback to providers of service in a systematic way. Besides a desire to communicate information on their family members, motivation for such a move appeared to be largely an eagerness on the part of those present to let providers hear of their commendations and gratitude for devoted and skilled service.

At the second session on June 13, the NAMI members, including several participants who had not been present at the earlier session, were at least as eager as at the first session to voice their concerns. These were wide-ranging, including such issues as therapy access, outreach to those unserved, conservatorship, and wellness centers.

Much of the time, however, was devoted to informing the audience about the process, diminishing the opportunity for “content” input from family members. And there was some new information here, namely that the state calendar will allow for local expenditure of MHSA funds only as of January of '06 at the earliest. Norm Wyman had prepared a handout outlining five areas of focus which have already largely been chosen by stakeholder consensus through previous consultations and surveys.

Unfortunately there was insufficient time to delve into most of these. Individual NAMI members intended to present specific written suggestions as a follow-up.

## **NAMI CALIFORNIA ANNUAL CONFERENCE 2005**

*The Many Faces of NAMI California:  
We're All One Family.*

**August 18th & 20th, 2005  
at Marriott Irvine  
18000 Von Karman Avenue  
Irvine, California 92012  
Phone: (949) 553-0100**

*There are consumer discounts and on-site registrations.*

Register early for meal guarantee and get the discount before July 8th by contacting NAMI California at (916) 567-0163. Registration at the conference opens Friday, August 19 at 8:00 a.m. Conference begins Friday, August 19th at 8:30 a.m. and closes Saturday, August 20th at 4:30 p.m.

Call Judy Williams if your interested in a joint commute to the conference, 688-3385.

## **HELP! NAMI NEEDS YOU!**

**N**AMI of Santa Cruz County is a non-profit organization dedicated to helping families, relatives, friends, and caregivers of someone they love who has a mental illness.

**We are a totally VOLUNTEER organization.** Services are offered free to everyone whether or not they are a member of NAMI. NAMI relies solely on membership dues and donations to support its activities.


**Family to Family Classes** are free to participants. Three sessions a year (one in Spanish) barely meet community needs. But we need to raise \$4500 to pay for them.

**Membership Meetings** bring critical issues to your attention and give you a chance to improve the community services we all depend on. It costs \$250 to advertise each meeting.

NAMI of Santa Cruz County is appealing to everyone who gains from the organization. **Please support us.** See the back page for membership and/or donation information or call 427-8020.

2005



 Annual Conference

For more information check out the NAMI-California Website at: [namicalifornia.org](http://namicalifornia.org)

# 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 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

**688-3385**

## Mental Health Videos Air on Community Television

Beginning July 5, various mental health videos will air on Tuesdays starting at 10:00 PM on channel 25 on Comcast system. (South County Charter cable subscribers would see it on their channel 71.)

Community Television schedule can be found at [www.communitytv.org](http://www.communitytv.org)

For people who don't stay up late, they can set their VCRs to record them.

If you miss any of these informative videos call call Judy Williams videos will be available for private viewing, 688-3385



## Santa Cruz County Mental Health Advisory Board Seeks New Member

The County Mental Health Board is seeking a new Board Member. One of the family member representatives is retiring this month.

Please contact Carole Birnodorf at 688-7707, if you are interested. You can email Carole at [cbirndorf@aol.com](mailto:cbirndorf@aol.com)

### Family to Family Class Helps Family Members *continued from page 1*

This extended period of vulnerability routinely goes unrecognized by professionals as well as families. Although many professionals may now agree that biology causes the illness, they often assume that recovery is solely a function of "psychological will." Consequently many programs involve ambitious psychosocial treatments and full-day scheduled activities during the early recovery period when the individual is least able to participate.

In the Bridges Consume Peer Education Course, developed by consumers in Tennessee, this early period is termed "Recuperation", which is defined as a normative stage of dependence after the trauma of mental breakdown. In their view, this period of physical, emotional and spiritual "mending" is critically important to the recovery process; anything that puts consumers under pressure to "pull yourself up by your bootstraps" is painfully defeating.

**If you want to learn more about mental illness, take the Family-to-Family Class. Call Judy Williams, Coordinator at 688-3385 between the hours of 9 am and 7 pm.**

### 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 your or your family—just as we do about other devastating illnesses like cancer, diabetes, Parkinson's, or Alzheimer's.

**Visit** [www.nami.org](http://www.nami.org) and click on the stigma alert listings at the bottom of the homepage.



## A HUGE SUCCESS!!

*First Ever NAMIWALK San Francisco Bay Area - May 21*

***We did it!** The Santa Cruzers with Linda Wilshusen brought in almost \$5,000 and money continues to come into us. The total of \$250,533 collected in the San Francisco Bay Area, continues to grow!*

*All donations will benefit NAMI-National. NAMI Sponsored Walks in 38 states.*

**Thank you  
for your  
generosity!**

**NAMI-Santa Cruz County received a generous donation from Robert and Marlene Coury in June 2005.**

## Saying Farewell, Giving Thanks

Two of the NAMI Family Support Group's longtime mainstays, Jeannine Cutter and Nancy Karges, have taken their leave as facilitators for the weekly Thursday evening support group. NAMI expresses its gratitude and thanks to Jeannine and Nancy on behalf of all those who attended the support group and benefited over the years from their dedication, skills and moral support.

**Jeannine Cutter:** A former teacher, she instituted the current format of the coping group following in the footsteps of Lydia Blanchard and, earlier, Nancy Karges and Barlow Schuyler. A tireless researcher on mental health issues, Jeannine shared the results of her learning with family members. She has been a faithful companion on the journey to support group attendees as well as a superb model of coping. For several years, she worked with the Homeless Garden Project, as well as represented families—with her signboards and information about NAMI and mental illness at several of the Cabrillo College Wellness Fairs.

**A "Privilege" to Work in the Mental Health Field**  
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not have been able to access the funding from the Robert Wood Johnson Foundation. I am personally very grateful for that opportunity.

As I look back over the years and think about my retirement, I have very mixed emotions. I feel very privileged to have known so many wonderful people: those who experience the symptoms of mental illness, family members and others in the community who have been co-workers and supporters of Compeer and of me personally. It will be difficult to be cut off from those relationships, but the experiences I have had and the people I have come to cherish will remain with me always, having been a part of molding who I am.

It is, however, with great confidence that I leave Compeer. The new Executive Director, Lisa DeBerg, will take Compeer to a new level and lead it to grow and flourish. She has a very dedicated and hard-working Board of Directors that will continue to keep Compeer true to its mission and will help to provide a sound financial base.

With all of that in mind, I bid a fond farewell to all who have been such wonderful friends, encourages and supporters. God bless you all on your future journeys.

*Nancy Karges*

We will remember her warmth, kindness and devotion. She says of support group members, "They have been like family."

**Nancy Karges:** At the end of June, Nancy retired not only as director of Compeer Santa Cruz (the first chapter founded in California), but also from her presence as a facilitator with the NAMI coping group. Working in the local mental health field for over 20 years, she obtained a Master's degree in Mental Health Rehabilitation from Boston University.

Locally, she was the first person to instruct mental health classes for family members (in the mid-90s.) In recent years, she has provided a series of classes under the title "Erasing Stigma." Providing generously of her time, expertise and energy over the years, Nancy has been a cherished friend and resource to consumers and family members. (See Nancy's own words of farewell, on the cover page.)

### The NAMI Family Support Group meets WEEKLY and is free of charge!

NAMI On-Going Family Support Group meets every Thursday year-round (except Thanksgiving).

The support group gives people a safe place to talk and ask questions, provide information (including free hand-outs as needed) and education!

Meetings are held at Community Connection 300 Harvey West Blvd.

7-8:30 PM

**Call 427-8020 for more information**

## Family and Consumer On-Going Support Groups

### Tuesdays

#### Marijuana Anonymous with Ron

1051 Cayuga, Santa Cruz, MHCAN  
11:00-12:00 PM 469-0462 or 476-8474

#### Women's Support Group Peer facilitator: Wandis

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

#### Dual Recovery Anonymous with Ron

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

### Wednesdays

#### MHCAN, Drop in Center is closed

#### Mood Matters Support Group

1051 Cayuga, Santa Cruz, MHCAN  
7:00-9:00 PM 469-0462

### Thursdays

#### NAMI SCC Coping Group

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

#### Emotions Anonymous with Ron

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

#### Relapse Prevention Group with Ron

1051 Cayuga, Santa Cruz, MHCAN  
2:00-3:00 PM 469-0462

#### Alcoholics Anonymous

1051 Cayuga, Santa Cruz, MHCAN  
7:00-8:00 PM 469-0462

#### 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 PM to 9 PM

### Fridays

#### Schizophrenia Support Group with Sam

1051 Cayuga, Santa Cruz, MHCAN  
11:00-12:00 AM 469-0462

#### Co-ed Peer Support with Matt & Carolyn

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

#### Peer Support/WRAP with BJ

Mental Health, 1400 Emeline Avenue, Building K  
12:00-2:00 PM 469-0462

#### Christian Support Group with Bert

1051 Cayuga, Santa Cruz, MHCAN  
1:00-2:30 AM 469-0462

**For complete MHCAN schedule call 469-0462.**

## New Director at Community Connection

Meet Carol Sullivan and her sidekick Sadie (a Pomeranian dog). Carol is a native Midwesterner before moving to California in the mid 70's. She spent most of her time living in Berkeley and then moved here to Santa Cruz to assume her role as Director of Community Connection in January.



Carol oversees seven programs at Community Connection, including the Day Program, Career Services, Custom Mailing Service, Cabrillo Connection, the Family Partnership Program and the CalWorks Counseling Program. She spoke of the importance of building and expanding services at the Mariposa Center in Watsonville.

Asked about her vision, Carol said, *"I have two visions—a personal one and what I hope to see happen at Community Connection. Personally, I want to be able to contribute to harmony and peace in our communities. I also believe it's very important for all of us to live honestly and to have integrity in everything we do."*

Carol noted, *"I'm also deeply touched and inspired by the people in our programs. People come here in great spirits despite not having a lot of luxuries in their lives and that keeps me humble."* She added, *"I would like to see all of us learning to work together and build real relationships, working towards a common goal that makes life worth living."*

As for her vision for Community Connection, she wants to build on the organization's history of offering a wide range of vocational and employment opportunities, helping people learn new skills, and find jobs in the community and staying creative in doing so.

Carol stated that people like work and learning new skills because it keeps them alive and engaged. She said, *"but we need to extend our Community Connection spirit out into the community, by networking with businesses, building new partnerships and finding new funds to help our programs grow. Then, we can begin to knock down the walls of stigma that lurk in the cracks of our community."*

We wish you the best Carol.



**NAMI-SCC**  
 P.O. Box 360  
 Santa Cruz, CA 95061  
 www.namisc.org

NON-PROFIT  
 ORGANIZATION  
 US POSTAGE  
**PAID**  
 SANTA CRUZ, CA 95061  
 PERMIT #398

**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)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:**

- Judy Williams, President  
 jujubees@sbcglobal.net
- Frank Steinmueller, Vice President  
 rgs@cruzio.com
- Donald Hilbert, Secretary  
 darhilb@got.net
- Rosemary Steinmueller, Treasurer/Membership  
 rgs@cruzio.com
- Doug Huskey, Webmaster  
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- Desiree Douville, Newsletter Editor  
 douville@hotmail.com

**Family to Family Teachers**

- Cherry Maurer, cherrymaurer@sbcglobal.net
- Ellen Adams, elenji@earthlink.net

**Friends:**

- Lisa Deberg, Interfaith Compeer  
 lisa@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. Call for times (427-8020).



**If you are an ongoing member of NAMI-SCC your dues are due!**

*Thank you for your support!*

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

Make check payable to NAMI-SCC, PO Box 360, Santa Cruz, CA 95061. Your Contribution helps pay for your membership in NAMI California and NAMI National.

- 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.**