



NAMI-SCC Says Farewell to Norm Wyman

We are all deeply saddened by Norm's announcement of retirement at the end of December. Norm has been an incredible leader and a very kind and patient person. His door has always been open and he has truly listened to those of us who have a loved one in the Mental Health System of Care. We want Norm to know that for us he has done an outstanding job and dealt with change beautifully. We all are deeply indebted to Norm for all the time and hard work. He will truly be missed!

*Best Regards,
 Judy Williams, President NAMI-SCC*

Summary of Adult System of Care Mental Health Services Act, (Proposition 63) Programs and Strategies:

Person-Centered Program of Mental Health Supports and Services

1. **Recovery Team;** add 2 Coordinators, .5 Peer Counselor
2. **Hope Team;** add 1 Coordinator
3. **Puentes Team;** add 1 Coordinator and .5 employment specialist, increase capacity, and Latino/South County access
4. **South County Team;** increase capacity, expansion of Latino/South County access, integrated services; add 3 Coordinators, .5 Nurse Practitioner, .5 Psychiatrist, 1 Medical Assistant
5. **Transition Age Youth Team:** creation of Full Service Partnership, increase capacity, increase Latino/South County access; add 3 Coordinators, 1 Nurse Practitioner, 1 Psychiatrist, 1 Occupational Therapist, 1 Medical Assistant, .5 Peer Counselor, 1 Employment Specialist.

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Message from Norm Wyman,

Director of Mental Health and Substance Abuse Services

The Mental Health Services Act (MHSA) was created in November 2004 with the passage of Proposition 63. On December 6, 2005, after a year of extensive community planning, the Santa Cruz Board of Supervisors approved the Plan for Community Services and Supports for Seriously Mentally Ill Adults and Seriously Emotionally Disturbed Children.



The Plan has \$10 million in new treatment services and supports including 65 new County positions and \$3.4 million in contract expansion. There are key developments in peer services and supports, the creation of two Wellness Centers in Santa Cruz and Watsonville, augmented crisis services, and the integration of health, employment and housing supports into significantly expanded

mental health services for children and adults. In addition, I would like NAMI families to know the Plan has a proposal for "Mental Health to work with family members in the adult system, using MHSA Planning funds, to develop an innovative services proposal for regular and sustained family involvement in the adult system. The partnership between the adult family members and the adult providers may look similar to the collaboration developed in the Children's System of Care with the Family Partnership Program." The Plan was forwarded to the State Department of Mental Health on December 15th for review, approval and funding. The State expects to take 90 days for the review process, so we anticipate new service start-up in late March or early April 2006.

There is much to do in the coming months to get ready for implementation and move ahead with the planning for other MHSA areas

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Social Security Visits NAMI-SCC

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

At NAMI-SCC's request, Supervisor Virginia Bentley from the Social Security office in Santa Cruz addressed a membership meeting at Sutter Hospital on the evening of October 24, covering in considerable detail the provisions surrounding the connections between earned income and Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI).

Because those provisions are complicated by a variety of program polices and the work incentives are applied differently for SSI and SSDI, clients are cautioned to work with a claims representative from Social Security if necessary. The County Building B also offers assistance, as does the Central Coast Center for Independent Living on 41st Avenue in Capitola.

A person who is determined eligible for SSI will be automatically eligible for Medi-Cal. SSDI beneficiaries are allowed a trial work period for nine months while the amount earned will not affect the amount of the Social Security Disability benefit. For SSI recipients gross earnings over \$65 monthly do generally affect the cash payment amount an individual is eligible to receive. However, the computation of an SSI payment depends on a person's total income (wages and/or other unearned income).

For both SSI and SSDI beneficiaries, it is thus imperative that all work attempts/jobs are reported timely. Pay stubs should always be saved. It is possible for a person whose SSI payments are

terminated or suspended due to work, to become eligible for SSI again, once work stops or earnings decrease sufficiently. A special provision under the SSI program allows Medi-Cal coverage to continue for some working individuals who no longer receive a cash SSI payment, but still need their Medi-Cal. Clients should confirm their eligibility for this provision with SSA office.

A variety of special work incentive programs are in place, under SSI and SSDI, such as "Section 301," "PASS," and "Ticket to Work". Information is available from Social Security from several sources: Telephone 1-800-MEDICARE. Publications: The Red Book; Working While Disabled. Internet: www.socialsecurity.gov

Ms. Bentley emphasized how important it is for clients to notify Social Security of any address changes. Medical reviews are conducted periodically for both SSI and SSDI. If a client does not receive Social security's letter about a medical review or does not respond, benefits may be stopped. With SSI there is also a non-medical review, roughly every year or two, regarding living arrangements, income and/or resources changes. It is important to timely report to Social security any changes that may affect eligibility or entitlement to SSI-SSDI benefits.

Specific questions should be reported to your local Social Security Administration office at 169 Walnut Avenue, Santa Cruz, 426-8111. ☎

NAMI-Santa Cruz County has Spanish speaking people on the crisis line 1-800-952-2335, if anyone here in Santa Cruz needs help.

Thank you
for your
generosity!

Thank you for your donation to NAMI-Santa Cruz County.

Barbara A. Conner

Patricia A. Medd

Alice Martinez

Marla Van Cleve

Paul and Jean Pfothenauer

Michele D. Wolfe

In honor of Pamela and Charles Landram:

Mary & Norm Peters

Elizabeth L. Roepke

Message from Norm, continued from page 1.

of expansion in prevention, capital facilities, innovative services and work force development. However, before we move into these activities, I want to express my heartfelt appreciation and thanks to all the consumers, family members, providers, and other stakeholders who have participated in the development of our community vision and plan. The MHSA is intended to expand, improve and transform the public mental health system. This \$10 million represents a 25% increase in funding and services for mental health. If approved by the State, the funding will go a long way toward expanding and improving services, but to truly transform the public mental health system will require a shared community vision and plan. We have an excellent start on creating that shared vision and plan thanks to all who joined in the process.

I am very grateful to have had the opportunity to be a part of what has clearly been the most

comprehensive and inclusive planning process in my nearly 30 years of public mental health experience. This is truly an exciting time of transition for the mental health community. It is also a time of personal transition for me. I want to take this opportunity let everyone know that I will be retiring at the end of December. The community planning process and plan provide a hopeful and visionary future to complete what has been a deeply rewarding, fulfilling and meaningful career for me.

Carolyn Stewart, as Deputy Director, will have the lead role in Mental Health until a new director is hired. Carolyn and I will work with the CORE management team on the transition. Rama anticipates opening the Mental Health Director recruitment in February 2006. ☎

6. **Older Adults Team;** creation of Full Service Partnership, increase access and capacity; add 3 Coordinators, 1 Psychiatrist, 1 Nurse Practitioner, 1 occupational Therapist, 1 Medical Assistant, .5 Peer Counselor
7. **Substance Abuse;** add 2 Dual Diagnosis Specialists, integrated mental health and substance abuse treatment; and transformed dual diagnosis treatment in the Path of Wellness and Early Recover (POWER) program
8. **Jail Discharge Planner;** add 1 Jail Discharge planner, service expansion to Latino inmates

Community Support Services:

1. **Front Street Supported Housing;** 33 supported housing units, add Property Manger
2. **Santa Cruz Community Counseling Center Supported Housing;** 117 supported housing units, add Peer Counselors
3. **Supported Employment;** add 1.5 Employment Specialist, 1 Job Developer, .5 Education Specialists, 1 Psychotherapist

Consumer, Peer, and Family Services:

1. **Mental Health Client Action Network Wellness Recovery Center;** add Peer Counselor, .5 Psychiatrist, .5 Nurse Practitioner, 1 Psychotherapist
2. **Mariposa Wellness Recovery Center;** expand hours of operation, add .5 Nurse Practitioner and .5 Psychiatrist, increase Latinos/South County Access
3. **Mental Health Client action Network Peer Counseling Program;** add 3 Peer Counselors to support teams
4. **Compeer;** add .5 program Coordinator and Peer Counselors.

Enhanced Crisis Response

1. **Center for Hope and Healing;** 10 beds for crisis step-down from hospital and IMD, add 3 Psychotherapists, .5 Nurse Practitioner, .5 Psychiatrist
2. **Front Street Crisis Beds;** 3 beds, voluntary crisis residential alternative to hospital, add .5 Nurse Practitioner, .5 Psychiatrist
3. **STAT Team;** add 1 Mobile crisis Worker assigned to South County
4. **7th Avenue Crisis Stabilization;** 23 hour alternative to locked inpatient, add .5 Psychiatrist

Santa Cruz County Mental Health Board Seeks New Members

The Santa Cruz County Mental Health Board, an advisory board responsible for reviewing and evaluating the County's mental health needs, services, and facilities, is seeking new members. The Board is composed of 11 members, ten of whom are appointed by the Board of Supervisors.

"This is an especially important time for the Mental Health Board," says Carole Birndorf, Chairman of the Board. "The passage of Proposition 63, the Mental Health Services Act, will improve and expand services to people who have pressing mental health needs. It is vital to have community input as the plan is implemented."

According to state statute, the Board must be composed of people who have a mental illness, family members who have a relative with mental illness, and community members who have an interest in the mental health system.

The Board meets monthly on the third Thursday from 3:00 p.m. to 5:00 p.m. The meetings are open and the public is invited to attend. Information and applications are available from the Board of Supervisors' office, 701 Ocean Street, Santa Cruz 454-2200.

The Puentes Work Crew Wants to Work For You!



We are available Monday - Friday to do the work you don't have time to do (or don't want to do)!

We are happy to provide:

- ✓ Light and deep cleaning services for bath rooms, homes, cars and offices
- ✓ Basic landscaping
- ✓ Help with moving
- ✓ Anything you need help with

Our prices are on a sliding scale and are negotiable to fit your needs (starting at \$10/hr)

Don't call an overpriced commercial service, call us first, we want to work for you!

All crews are organized and supervised by Alice Marine (831) 454-5195. Please call for more information.

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;
- confronting discrimination.

Mental Health Client Action Network, Find

by Mike de Give, Reprinted

Imagine you're having a nightmare. Strangers are chasing you down. Spies are recording your every twitch. Kidnappers driving a black van are screeching around a corner, flinging open the doors, pulling you inside.

Now imagine you're having that same nightmare, only this time you're wide awake.

Matt Davis, 34, is an intelligent, friendly Santa Cruz native who once suffered paranoia so tangible that he couldn't distinguish these terrifying delusions from what most of us call reality.

"It's like a nightmare," says Davis, who no longer falls prey to his paranoia thanks to medication and a unique peer-counseling service that helps him keep his delusions in check. "If you can find someone with a big enough heart who can understand that, you can accept the paranoia and live with it."

Once a week, Davis attends a schizophrenia group at the Mental Health Client Action Network, a drop-in center run by county residents who suffer from debilitating mental illnesses like schizophrenia, bipolar disorder and major depression. Since 1993 it has provided peer-run services that allow clients to help each

other learn to live lives that aren't dominated by crisis.

On Mondays, Davis heads up the smoking-cessation group. Other days he's manning the reception desk, answering phones, or getting paperwork squared away. Anyone who has been diagnosed with a mental illness is welcome to drop in at the center on Cayuga Street and take classes in art, creative writing, yoga, computers and other endeavors.

But perhaps MHCAN's greatest benefit is that clients can share their experiences in coping with mental illness and offer each other strategies for avoiding behavior that can begin a slide toward depression, manic behavior or paranoia. Clients act as mirrors for one another, pointing out when symptoms arise and offering insights, support and compassion for peers who are striving to gain control of their lives.

"That can be a really important point for people, to feel that you have something meaningful to do—that you can use something from your own experience to help others," says Suzanne Koebler, MHCAN's executive director, who happens to be diagnosed with bipolar disorder.

With a budget of \$150,000 a year, MHCAN pays 12 part-time employees—all of whom live with mental illness—and provides a safe daytime space for about 600 people who account for 12,000 visits a year to the center. Generally, about 25 people drop by each day. All the jobs

Dear NAMI Friends: I hope you had a chance to read this Good Times article about the activities of the Mental Health Client Action Network. I am currently volunteering with MHCAN to help them raise funds to purchase the building they are using for a permanent home. I became involved in this project following our daughter Kelsey's suicide after being diagnosed with schizophrenia, and I am thankful that in addition to being able to support their successful peer-run programs, working with MHCAN has been healing for me and my family. We will provide you with more information on this great project in the next NAMI newsletter. In the meantime, Happy New Year to you and your families.

*Linda Wilshusen, Chair, MHCAN
Building Toward Wellness Capital
Campaign*

At The Behavior Health Unit, Riding Out The Storm

(Or, tales from the front)

by Mael Dinnell

I'm told it is day eight here. In the same way I missed most of the summer, I missed what could have been a productive week for me. But my grandest goals and the most ordinary of daily moments and tasks became too difficult for me: I was swayed by the forces of Rage, and fooled by my own senses; in a state of gut-wrenchingly nightmarish, inescapable horror.

My very eyes betrayed me; somatic pain and seizures crippled me, unreal people (who laughed at me, incidentally because I thought THEY were the hallucinations) traversed through my house). (This amused them to no end: and left me in a state of suspended paralysis. Nothing felt, looked or sounded like it should. Many of you know what I mean. But even having been through these episodes before, it was no less trying—and once again, I let it go too far. You can't get out of this state alone.

There is always the fear, too, that there is no way back. Thankfully—except for a very few cases—this is not the fate of most of the mentally ill—including "chronics"—I have known over thirty-five years. It adds up to some 4,000 of them, in our county. But it is still a fate I fear, and I know many others who do.

I was in here—"in the unit" the day my niece died. She died on my birthday, a lovely intelligent life-loving dignified young. Though I had not seen her since she was nine, she was my namesake, and born when my daughter was almost to the day. It struck me very hard that this 26 year old girl could so concretely and longingly wish for life, while I, at fifty, still flirt with death insist on putting myself in danger.

This episode was on me—all on me. True to the addicts' form of logic, I threw away my meds

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ing Hope While Coping With Mental Illness

by permission from the Good Times

CAN

are held by people living with mental illness.

“Every staff member has a story that is so amazing. This is what I love about this place,

about what people can endure and conquer,” Koebler says.

The center is open four days a week and in 12 years has never failed to open. More than half of the organization’s budget goes toward rent.

MHCAN recently launched its Building Toward Wellness capital campaign, which would allow it to buy its building at 1051 Cayuga St., make capital improvements and achieve long-term financial stability so it can invest more of its budget in client services. In all, it hopes to raise \$400,000, with an initial \$150,000 in donations by January.

The building, owned by Grace United Methodist Church, has been appraised at \$1.1 million, but the church is willing to sell for just \$900,000—and has offered to carry a low-interest loan through 2011 to boot.

Better yet, the building includes 2,700 square feet of office space, all of which is currently rented. The rental income would provide MHCAN with \$3,000 a month to cover the mortgage. With its largest single expense paid for by tenants, MHCAN would be able to divert money now earmarked for rent into programs that empower its clients. Being open longer hours,

increasing job opportunities and offering more peer counseling are its top priorities, Koebler says.

The corner of Cayuga Street and Soquel Avenue has also been designated as the future home of Grace Commons, a low-income apartment complex for adults with mental illness. The Santa Cruz Community Counseling Center, with a grant from the U.S. Department of Housing and Urban Development, is developing 15 affordable units on the corner—where Grace United Methodist Church stood before it was destroyed in a fire in October of 2000,

The center’s higher profile may help further one of MHCAN’s goals, which is to educate the public about mental illness—from the perspective of those living with it.

“People think that mental illness is sort of weird. I think it’s more complex, more colorful, more alive than that,” says Davis. “I’ve got about as bad a mental illness as you can get, and yet I have relatives, I have friends, I have a lot of people who like me.”

To donate to Mental Health Client Action Network, and for more information, visit MHCAN online at www.mhcan.org <<http://www.mhcan.org>>. Or call 469-0462. ☺

A big Thank You from MHCAN for all the wonderful Holiday Gifts from NAMI families. Our party was a huge success, and the gifts were the nicest ones our clients have ever received. It was amazing to see how happy they made everyone.

Suzanne Koebler

Students at both UCSC and Cabrillo found themselves unable to start classes when the Fall semester began, and various regular bus riders had to make do.

Most dramatically affected though were seniors, the physically disabled, and on the bottom of the rung of the ladder—silent and without alternative—the mental health (client) community.

Lifeline accommodated many of the physically disabled, and Lifeline, caravan and special taxi rates helped fill the vacancy for seniors. *(If any reader sees it differently we would like to hear about it from you).*

If anyone denies there is a clear caste system in the city of Santa Cruz, consider the order of the substitution (or restoration) of services during such events as a strike—or a disaster.

The cry of the mentally ill is generally a cry from the invisible. You heard nothing from them because they do not expect a lot. But they were

more affected than anyone by the thirty-five day strike. Since their services are spread all over town—facilities, programs, drop-in, assisted jobs, homes, pharmacies, doctors—NECESSARY services to their health and well-being—they are at the mercy of walking or case-workers, themselves already operating without enough time or tools to handle huge case loads.

Did one mental health client hear about the big bike giveaway? No, not one. No one made any effort to post information about that where MH Clients might be found.

Most of us shrug off your references to us (even by the so called liberal or alternative papers) as whacked out, crazies or Reagan’s Follies and so forth, because it’s not a fight worth fighting right now. We are here though: a community of 4,000 clients. May I point out that is quite a voting block?

As my therapist would say, “think about that.” ☺

The Bus Strike and It’s Effect on the Mental Health Community

by Mael Dinnell

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 and click on the stigma alert listings at the bottom of the homepage.



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

(already being mismanaged) and surrendered to my love of pure morphine....The drugs were not given lightly to me; the pain was severe, chronic, debilitating and real. But like the drunk with too many DUIs who keeps drinking and quits driving, I quit what was healthy for me—in constant denial that the delusions, hallucinations, illusions, mysterious sounds, things sitting on me in bed, and my exploding head to the constant sound of chimes in the background, had anything to do with my morphine habit.

I realized too late the extent of the trouble I was in: an confused, paranoid, and incoherent I made it to help: like the pigeon back to the roost.

The last thing I saw at my house was a human's hand in my sock drawer. It was attached to a bloody stump. I jumped back in fear. "That can't be real." Then decided it was real ...and fled the house.

Meanwhile ultra radicals from the next century were now using my place for meetings. How did they get in? I had the keys. But of course by that point, anything was possible. Pigs might, indeed, fly.

But I am fifty now. Even with my major mistakes, I am reaping some advantages of what they call "aging out." I have the patience and at least some confidence to ride out the storm: there are few new symptoms that can be thrown at me.

I can deal with living with this episode business until the end of my life if I must. I can live with having to take medication—if I must (I hope not this much). I even learn from it. It's been a long time since I had a year this rough—filled with panic, delusion, violence, and hospitalization, weight loss. I can try and do what my therapist is insisting on. But the things I am forbidden to do to myself still burn on my skin as if I did them: I will not live my life in hospitals. My trust wavers; but my faith is strong.

Whatever I said to the crisis worker that was "incoherent," made perfect sense to me. The black door. The black door! The woman being held in the pool cue case! Some psychiatrists and psychologists say "all behavior has meaning". I don't think so.

But the quality of my life is changing in *spite* of all or any of this. I can hear jaws dropping all over town of anyone who reads that I have said this. Mael-flirting with the concept of social creatures? Yes, will say it—I learned it I the black and white jaws of the devil on a hellish Sabbath: humans are relationship beings. Outside of relationships, they may be something-but not humans.

Maybe sometimes symptoms are sublimated feelings. Even answers. Perhaps your disorder is in some yet undiscerned way a gift from God.

I don't know about being blind, or having MS, or being a quadriplegic...the range and the type of bitterness, anger or appreciation that goes with that.

But chronic mental illness—from having it, living with those who have it, and being educated about it: this I know about. In my own journey I reflect upon the words of Thomas Jefferson: "Who can so softly bind a wound as s/he who has suffered the same wound?" Yes, such a heart comes at a very high cost.

I often hear my peers refer to themselves as "guinea pigs." In fact, like every psychiatrist, caregiver, counselor, psychopharmacologist you are all explorers. Because of every one of you, major depression will be thought of as a medical condition, like a stubborn influenza or high blood pressure. And what you have lived with and what you have done will have helped accomplish that. To me you are as noble as the volunteers in Panama who purposely let themselves be infected by mosquitoes....and I feel it is my duty to say so. ●

If you want to learn more about mental illness, take the Family-to-Family Class. Call Judy Williams, Coordinator at 688-3385

HELP! NAMI NEEDS YOU!

NAMI 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.

Family and Consumer On-Going Support Groups

Mondays

Christian Support Group with Jean
1051 Cayuga, Santa Cruz, MHCAN
1:00-2:00 PM 469-0462

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

Mood Matters Support Group
1051 Cayuga, Santa Cruz, MHCAN
7:00-9:00 PM 469-0462

WRAP/Peer Support with Suzanne
1051 Cayuga, Santa Cruz, MHCAN
1:00-3:00 PM 469-0462

Thursdays

NAMI-SCC Family Support Group
300 Harvey West Blvd. Community Connection
7-8:30 PM 427-8020

NAMI-SCC Surviving Fear of Loss Support Group
For families with loved one who has made multiple suicide attempts.
Call 429-8791

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 phobia, 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

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

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



NAMI-SCC
 P.O. Box 360
 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 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; Monday-Friday) (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; Monday-Friday) (831)429-1913

Legal Services

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

NAMI-SCC Board of Directors:

- Judy Williams, President
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- Roger Paige, Vice President
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- Louise Loots, louise@cruzio.com
- Kathryn Tobisch, anaami.gen@sbcglobal.net
- Frank Steinmueller, look@baymoon.com

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.

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Call 427-8020 for more information.