



President's Message *Judy Williams, president NAMI-SCC*

When my son, David, started having his psychotic breaks in 1985, his father and I paid for the psychiatrists, medicines, etc., not knowing that he needed to apply for Social Security. With Social Security MediCal and Medicare would take care of all the medical costs associated with serious mental illness. I know of some parents who have spent all their retirement funds to help their child. If we had the money, we would have sent David to the best caring facility in the nation, but we were not that fortunate.

As we all know the whole medical system is broken and mental health is just one of the areas that has been ignored for decades. I believe and have been told by



The NAMI-SCC Board

professionals I respect, that the earlier a consumer can accept taking the medications the better. Each time a person has a psychotic episode, it makes the illness worse. That means that the symptoms become increasingly worse and recovery is farther away.

There are two very important issues that have been extremely important for David's recovery: 1.) Living in a safe environment, in his own place has been very positive and 2.) David has my daily support; ie. transportation, working out in the gym, grocery shopping, etc.

Take good care of yourselves, remember you consumers and family members are all **HEROES.**

MHCAN Celebrates Capital Campaign

Orange, gold and turquoise balloons contributed to the festive atmosphere for the Mental Health Client Action Network's February 28th celebration of the success of their capital campaign, which helped them buy their building. MHCAN operates a drop-in center and a wide variety of peer-led support groups for people with psychiatric disabilities, and is a recognized leader in developing successful peer-run programs for people with serious mental illnesses.

The event was a thank you to campaign donors who collectively contributed \$432,000 toward the building purchase. Featured in the program were Santa Cruz Mayor Emily Reilly and 3rd District Supervisor Neal Coonerty with enthusiastic proclamations; inspirational comments by County Mental Health Director Leslie Tremaine, MHCAN client Ron Myers, and Board member Julie Conway; a dedication by Pastor Michael Love of the United Methodist Church former

owners of the property; and thank yous to MHCAN Executive Director Suzanne Koebler and Campaign Chair Linda Wilshusen for their campaign leadership.

Among the crowd enjoying the delicious hors d'oeuvres and tunes by Ken Kishlansky's Jazzworks were lead donors Pat and Rowland Rebele and Marshall Sachs, Linda and Gary Bergthold, Tom Thacher, Jan Olsen, Rock Pfothauer, Hal and Karen Shores, Pat and Ted Durkee, Carl and Judy Walsh, Paul Bellina, Carol and Jim Williamson, Marilyn Patton, Bill and Brigid Simpkins, Angie and Jim Christmann, Harriet Deck, Carol Girvetz and George Newell, Mary Lou Goeke, Gladys Schoennauer, Irene Farlee, George Jarrow, Yana Jacobs, Cynthia Mathews, Ginny and Peter Katzlberger, Peter Spofford, Paul O'Brien, Susan Hillyard, Tom O'Brien, Ceil Cirillo, and Joe Hall.

Inside

Director of County Mental Health Addresses NAMI, page 2

Poetry, page 2

A New Local Support Group for Bipolar & Depression, page 2

Mental Health Court, page 3

Stanford University School of Medicine, Starts a New Study, page 4

Longer Duration of Untreated Psychosis Worsens Outcome, page 4

AB 2034-Integrated Services to the Homeless Mentally III, page 4

The Pickle Program, page 4

NAMI Family to Family Class: Source of Strength and Hope January 2007, page 5

Mariposa Wellness Center Opens in South County, page 6

Family to Family - in Spanish, page 6

Family and Consumer On-Going Support Groups, page 7

NAMI Family-To-Family, page 7



Director of County Mental Health Addresses NAMI

Leslie Tremaine, our new Director of County Mental Health introduced herself at our bimonthly membership meeting at Sutter Hospital on the evening of December 6th.

Ms. Tremaine settled immediately and comfortably into a familiar manner with her audience. Repeating some of the exchange that had occurred at the recent town meetings, she enumerated several of the concerns that the mental health community has already shared with her.

Proposition 63 funds command everyone's first attention, but Ms. Tremaine cautioned her listeners to realize that mere money does not suffice to effect real change. Instead, discernment, planning and attitude must accompany those funds. Attitude was given special emphasis. "I matter" was a theme pursued by both speaker and audience members. As at the town meetings, the speaker did not hesitate to share anecdotes describing challenges appealing to her own personal compassion.

State stipulations for planning the second year of the California Mental Health Act funding are not yet finalized, but we know that they must address prevention and early intervention.

Ms. Tremaine has already suggested modifications to the new position of Family Advocate and has made personnel changes surrounding access. The county needs to "unlearn fifty ways of saying no."

The enthusiastic response of the audience included comments appreciating Leslie Tremaine's candor, sincerity, and openness. She appears to be a listener.

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

A New Local Support Group for Bipolar & Depression

Paul and Janice Seals are conducting A Christian Based Support Group for those coping with bipolar disorder and/or chronic depression, as well as families and friends of those coping with these mental illnesses. You may call the Seals at 246-0726 or Meeja Ma at 438-6494 for more information.

Location: Santa Cruz Bible Church, 440 Frederick St., Santa Cruz.

To Mom on Mother's Day

Mom is the best
She blows away the rest.
When the pieces fall where they may,
Mom is there to sweep them away.

Don't mess with my Ma Ma
You'd think you were hit Stoccata!

She makes a real mean eggs Benedict,
she'll pick you up in lickety-split!
With her home made chicken soup,
you'll be rarin' to join back with the troops,
of dimwits and connivers,
that sent you to her with tonsillitis!

Love is the name of the game,
and in that game mom won't be shamed.

Mom's a cookie that won't crumble,
under her care, you won't stumble.

Thank you Mom for all that you've done,
enough to generate the power of the sun!

Love, your son

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 Andre Stillman 831-454-3080. Please call for more information.

Thank you for your generosity!

Thank you Group 2 Productions for your very generous donation to NAMI-Santa Cruz County.

Mental Health Court

The Santa Cruz County Sheriff's Office has recently been notified that it would receive almost \$1 million from the California Corrections Standards Authority to reduce recidivism rates of adult mentally ill offenders in the justice system and incarcerated in the County Jail system. They will be working with Santa Cruz County Health Services Agency, probation department and community-based organizations. Staff will be designated to address this unique, low-risk population and provide comprehensive services to them so as to lessen the impact on the criminal justice system and the jails.

NAMI Santa Cruz County has been advocating for the following:

1. The establishment of a Mental Health Court! California National Alliance on Mental Illness (NAMI) has been very active state wide to encourage people to establish a Mental Health Court. This could make all the difference and help stop the recidivism. Santa Clara has had a Mental Health Court for a long time and it has been very successful.

2. At one time Alicia Najera put together a grant for a Mobile Unit, which the local law enforcement people and NAMI were supporting. This would be another positive approach to keep the mentally ill out of jail.

NAMI Santa Cruz County has been involved in the Crisis Intervention Training of law enforcement for several years and most of the Santa Cruz City Police Department has been trained and a few sheriffs. At one time Community Connection (via Mental Health Resource Center) was involved in training the police.

NAMI-SCC recommends that a portion of the MHSA funds go toward keeping the mentally ill out of jail. Our jail is a maximum security prison, and putting the mentally ill in with the real criminals is counter productive to the treatment and recovery for those suffering from serious mental illness.

Beila Krow, MFT

Licensed psychotherapist in Soquel experienced working with bipolar issues, highly sensitive persons, depression, anxiety, grief, relationships, health and women's issues.

Beila Krow, MFT, 477-1232,
beilak@cruzio.com,
www.beilakrow.com

Stanford University School of Medicine, Starts a New Study

Geodon in Weight Loss Study for Bipolar Disorders

We are examining the use of ziprasidone (Geodon) in the treatment of patients currently experiencing possible weight gain due to use of a mood stabilizer and/or an antipsychotic in Bipolar Disorder. In this study, after an initial evaluation phase, patients will be instructed to replace Geodon to their current stable medication regimen for a period of 12 weeks while being monitored by a psychiatrist using clinical and laboratory measures. For additional information, please contact Kristine Keller at (650) 498-4968.

Thank you for any assistance you can provide in sharing this information with those who may be interested. Please contact me at 650-498-4968 or reply to this email if you have any questions.

Kristine L. Keller, B.S.C.
Bipolar Disorders Clinic
Department of Psychiatry and Behavioral Sciences

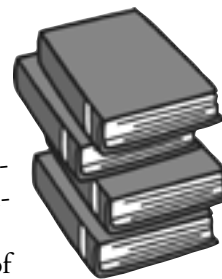
Stanford University School of Medicine
401 Quarry Road, Room 2131
Stanford, CA 94305-5723
Tel: 650.498.4968
Fax: 650.723.2507
Email: klkeller@stanford.edu
Website: www.bipolar.org

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

Intersting Books:

"Crazy" by Pete Earley

A father writes about this sons' breakdown and the journey through the difficult mental health system. He reports his journalistic investigation of the "ninth floor" psychiatric cell block at the Miami-Dade County jail.



"An Unquiet Mind"

by Kay Redfield Jamison

Dr. Kay Redfield Jamison, Professor of Psychiatry at John Hopkins School of Medicine writes of her experience first hand of manic depressive illness.

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.

My Last Issue

Mrs. Eileen J. Helick, one of the founding members of NAMI-SCC County has graciously volunteered to take over the Newsletter Production. Mrs. Helick has many years experience in the production of newsletters as well as corporate management. It has been a pleasure working on the NAMI-SCC newsletter over the years, but I welcome this much needed break. Sincerely,

Desiree Douville

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

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Call 427-8020 for more information

Longer Duration of Untreated Psychosis Worsens Outcome

September 1, 2006, DUBLIN, Ireland - A new study has reinforced the theory that the longer a person suffering from psychosis goes without treatment, the worse their outcome will be.

Irish researchers said there has been controversy over whether early intervention in psychoses can improve the outcome for people.

They examined the records of people at a community-based psychiatric service who displayed the first symptoms of diagnosable psychosis and followed them for four years. They found that a longer duration of untreated psychosis was associated with a significantly poorer outcome in terms of functioning and symptoms four years later.

The longer someone with schizophrenia or schizophreniform disorder went untreated, the worse their functioning and positive symptoms were, the study found.

The study published in the British Journal of Psychiatry in September, was entitled "Untreated illness and outcome of psychosis."

AB 2034 - Integrated Services to the Homeless Mentally Ill

This bill was the work of Darrell Steinberg and the California Department of Mental Health working together to form AB34 and resulted in a project to provide integrated services to the homeless, many of whom were mentally ill. The first pilots were so successful in lowering hospitalization, incarceration and homeless episodes that the program was expanded to more than 30 counties in the late 2000 as AB 2034. Due to the success of these integrated services this program is considered as a model for the way adult mental health services should be delivered.

NAMI-SCC learned from the Local Mental Health Board meeting that this is not in the Governor's Health Care Plan.

Please write your representatives: in Aptos: John Laird and Abel Maldonado and ask that Governor Schwarzenegger include the integrated services model as part of his health care plan.

To find out who represents you go to the website *California State Representatives*, then click on "your legislature" - it will ask for your zip code and give you the people representing you.

Thanks, Judy Williams

The Pickle Program

Named after its congressional sponsor and enacted in 1977, the Pickle Amendment established a separate category of medical eligibility (42 U.S.C. 1396a). The amendment requires that an individual is to be deemed a Supplemental Security Insurance (SSI) recipient (which in many states means automatic Medicaid (Medi-Cal) eligibility) if the individual:

1. is simultaneously entitled to receive both social security (Old Age, Survivors, or Disability Insurance (OASDI) and SSI in some month after April 1977;
2. is currently eligible for and receiving OASDI;
3. is currently ineligible for SSI; and
4. receives income that would qualify the individual for SSI after deducting all OASDI cost-of-living adjustments received since the last month in which the individual was eligible for both OASDI and SSI.

Quick and simple, the screening for Medicaid (Medi-Cal) eligibility under the Pickle Amendment eliminates most of those ineligible without the need for mathematical calculations. To find out if you qualify contact the County of Santa Cruz Human Resources Agency Benefits Call Center, P.O. Box 1835, Santa Cruz, CA 95061 or call 1-888-421-8080. You will need your case number which can be gotten from the Central Coast Alliance.

Why is this program important? When the Federal Government decides to increase the Cost of Living on your SSI check and you find yourself with an income of over \$1064/month, you will automatically have to pay a share of costs for medicines and doctors. To stay under the \$1064/month there are several ways to do this:

1. Apply for dental insurance through Blue Cross for \$39/month. This is subtracted from your income and if you are lucky will keep you under the Poverty Level of \$1064/month.
2. The Medi-Cal Working Disabled Program you are allowed to earn as much as \$47,000 a year and still qualify for Medi-Cal coverage. The catch here is that you need to be working first to apply. After Medi-Cal deductions for this program, the monthly earnings can be up to 250% of the Federal Poverty Level (250% X \$1064.00)
3. Then there is the Pickle Program.

HELP! NAMI NEEDS YOU!

Please support us. See the back page for membership and/or donation information or call 427-8020.

Help is Available Where Needed

To keep informed with the Social Security Administration paperwork that is sent to your mentally ill loved one, you can get Form SSA-1696-U4. This form is an Appointment of Representative (you) & Acceptance of Appointment (consumer). Once given to the Social Security Office, you will be receiving a copy of all papers sent to the consumer.

NAMI Family to Family Class: Source of Strength and Hope January 2007

“Without the Family to Family Class, I would have lacked the skills I sorely needed to navigate my loved one’s mental illness. The fellowship and information I received during my 12 weeks in your class were invaluable to -me. In a very real way, that class sounded the death knell for the shame that had been residing in me. Family to Family was the beginning of my liberation.” Renowned author Bebe Moore Campbell

The above quote shows the extreme value of our program. Until recently, there simply has not been enough help for the myriad of families dealing with these difficult issues. Family member and NAMI member, Dr. Joyce Burland of Vermont, designed a free educational 12 week program for these families.

The free 12 week psycho-biological education course is for family members dealing with a chronically mentally ill relative. It teaches etiology, prognosis, treatment for the ill relative and coping skills for family members. All family members whose relatives have been diagnosed with schizophrenia, bi-polar disorder, depression, depression with psychotic features, panic disorder, obsessive-compulsive disorder, dual diagnosis, and borderline personality disorder would benefit from taking this course. The course is the equivalent of a graduate course in these illnesses, with excellent current book lists and up-to-date research references.

The prognosis for the children and relatives who have these illnesses greatly improves for family members who have taken this course. The course discusses all the possible etiologies for developing these illnesses from stress-diathesis models, to genetic models, to fetal illness model. It also explains all the current research into the brain-biology of each illness and the medications and therapeutic interventions, which best treat these illnesses.

Because of the myriad of difficulties these illnesses can present for a family, the curriculum with the class hand-outs is extremely helpful for family members. There is such a sense of relief in parent’s eyes when they have an understanding of the multi-factorial causes of these illnesses. They learn specific new tools that they can practice in communicating with their ill relatives. They develop deepening levels of empathy for their relatives as a result of experiential training offered in the class. Parents learn how to talk to the psychiatrists treating their ill children. They also master an understanding of brain biology and the medications for these conditions. In addition, they are also made aware of community resources

available to help someone with a mental illness.

The reason the course is so powerful is that it is very detailed and consistent. The course is taught by family members who have ill relatives. It increases their knowledge level and their self-esteem. Students in the course learn the best ways to handle someone in the throes of a brain disorder. The course curriculum includes: **Depression and Schizophrenia, Schizo-affective Disorder, Bipolar Disorder I and II, Depression and depression with psychotic feature, Panic Disorder, Obsessive-compulsive Disorder, Borderline Personality Disorder.**

One family member wrote that the class was empowering and made her feel less frightened about her daughter’s condition.

The course is primarily for family members and not for the person with the above illnesses, and also covers: **Brain biology of all these different brain illnesses, Medications, their side-effects and the latest research on meds, Empathy training and communication skills for family members, Care for the caregivers and community resources, Recovery for the family member with the illness.**

Comments from family members who have completed the course:

“Thank you so much for teaching this class. The information I have learned has made such a difference in my dealings with my daughter.” Ann W.

“Knowledge is power and now I have knowledge about what to do about my two sons with bipolar disorder. I also realized if I kept doing what I have always done about their illnesses, nothing would change. It was a relief to try these newly learned skills from the class.” Lou G.

One family member wrote that the class was empowering and made her feel less frightened about her daughter’s condition. Another wrote that the class was excellent and gave him great comfort about how to cope.

Giving families this course benefits the ill relative also, resulting in less family pressure for the ill person. They feel freer to come out of denial and take responsibility for finding treatment. When the family is educated the results of successful recovery are greater. This course teaches families how to maintain empathy and compassion for their ill relative in spite of the adverse conditions it causes.

Consider an Advance Health Care Directive for your Mentally Ill family member

In addition to this consider power of Attorney for Health Care for each family member. This is to protect a person when he/she becomes sick and unable to make their own health care decisions. Hospital staff can make decisions for people who do not have a family member with this paperwork in hand. NAMI-SCC recommends Moira Leigh, Attorney at Law 454-0226, who may guide your mentally ill loved one through the process.

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

A special thanks to County Mental Health for their help in printing teaching materials for the Family-to-Family Education Program. Over 300 families have taken the class.

Mariposa Wellness Center Opens in South County

Adult mental health clients in Watsonville have a new venue for accessing mental health, employment and wellness-focused services. Opened in early November with Mental Health Service Act (MHSA) funding, the Mariposa Wellness Center offers a rich menu of groups, classes and activities.

The program is designed as a "step-down" program for those who no longer need coordinated care and embraces a peer support model. Many of the groups and classes are led by present and former mental health consumers, now engaged as paid staff or volunteers.

After several false starts and delays, the Mariposa Program finally began to take shape in early October with the hiring of new program coordinator, Gerardo Sandoval (see interview profile in this issue.) Currently, the program is open five days per week, from 9:00 a.m. to 3:00 p.m. and employs five part-time program assistants, each with unique skills and experience related to recovery. In addition, six volunteers lead groups in specialty areas, including music, art, poetry, Spanish and dual recovery anonymous (DRA).

The South County Mental Health Team and members of the Transition Team have played a vital role in getting the Mariposa Wellness Center launched. County mental health staff partnered with Mariposa staff and participants in hosting a beautiful Thanksgiving dinner to celebrate the vibrant spirit of sharing that prevails in the Watsonville community.

Family to Family - In Spanish

Community Connection is partnering with NAMI in presenting the Family to Family series in Spanish at the Mariposa Center, beginning March 22nd.

The series runs for 12 weeks and is designed to help family members (parents, sibs, extended family members) of adult consumers with serious mental illnesses learn how to support their family member and gain a better understanding of symptomatic behavior and the biochemical bases of mental illness. We will consider enrolling families with youth ages 16 and over, but the class is not appropriate for families with younger children.

Community Connection is offering this class instead of our usual Journey of Hope series this spring. If you have family members interested in taking the Family to Family class in English, please have them phone Judy Williams at 688-33858

De Familia A Familia

El Programa Educativo
(En español)

Para las familias con personas que sufren de enfermedades mentales

Empieza el 22 de marzo, 2007

Los jueves de 5:30 - 7:30 p.m.

Clases duraran 12 semanas

10 Carr St. Watsonville

(esquina de Carr y East Beach)

localizado en el Centro de

Bienestar de Mariposa

Maestra: Martha Naranjo

Favor de llamar a Martha Naranjo,

768-8132 x 225

si tiene preguntas o para avisarnos que quiere asistir.

Patrocinado por NAMI (Alianza Nacional para los Enfermos Mentales) y Community Connection



Family to Family

An Educational Program (In Spanish)

For families of people who suffer from mental illness

Class begins March 22, 2007

Thursdays, from 5:30 - 7:30 p.m.

Classes run for 12 weeks

10 Carr St. Watsonville

(at the corner of Carr & East Beach St.)

located in the Mariposa Wellness Center building

Teacher: Martha Naranjo

Please call Martha Naranjo,

768-8132 x 225

if you have questions or wish to register for the class.

Sponsored by NAMI (National Alliance on Mental Illness) and Community Connection

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

Smoking Cessation with Matt

1051 Cayuga, Santa Cruz, MHCAN
12:00-1:00 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
7:00-8:00 PM 469-0462

Wednesdays

Mood Matters Support Group

1051 Cayuga, Santa Cruz, MHCAN
7:00-9:00 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
2:00-3:30 PM 469-0462

Alcoholics Anonymous

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

Fridays

Co-ed Peer Support with Matt

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

Your Next Step: Dealing with Stress with Carl

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

Saturdays

Dual Recovery Anonymous Step Study with Ron

1051 Cayuga, Santa Cruz, MHCAN
7:00-8:00 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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MENTAL HEALTH & CRISIS INTERVENTION

Psychiatric Emergency (dial 911 and ask for a CIT trained officer)

- Adult**, 24 hour 1-800-952-2335
- Youth** (12-18 yrs.) North County (24 hr.) (831) 425-0771
- South County (24 hr.) (831) 728-2226
- Children** Day (8-5; Mon-Fri) (831) 454-4900
- 24 hours 1-800-952-2335
- Dominican Hospital Behavioral Health Unit.** (831) 462-7719
- Suicide Prevention Service**
- 24 Hour (831) 458-5300
- 4 Hour Toll Free (877) 663-5433

Patients Rights Advocate
 Santa Cruz (9-5; Mon-Fri) (831) 429-1913
Voice mail is available for after hours, so leave a message

Legal Services
 Legal Aid Family Division. 1-800-200-0982
 California Rural Legal Assistance (under 55 yrs.) 458-1089
Senior Citizens Legal Services (over 55 yrs.) 426-8824
NAMI Family Support Group meets every Thursday from 7:00 p.m. to 8:30 p.m. at 300 Harvey West Blvd., Santa Cruz, CA

National Alliance on Mental Illness (NAMI)
Santa Cruz Affiliate (831) 427-8020 www.namisc.org
California NAMI (916) 567-0163 www.namicalifornia.org
National NAMI (703) 524-7600 www.nami.org

NAMI-SCC Board of Directors:

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- Louise Loots, louise@cruzio.com
- Kathryn Tobisch, anaami.gen@sbcglobal.net
- Judy Williams, jujubees@sbcglobal.net

NAMI-SCC Board Meetings:

1st Monday of the Month.
 Meetings are held at 303 Potrero Street, Suite 106, in The Old Sash Mill complex across from Gateway Plaza.
 6PM to 7:30PM
 Please join us.

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 _____

Phone/email _____

Call 427-8020 for more information.