



Board Message

The most important issue facing Mental Health services for the coming year is the possible repeal of the county-wide Utility Tax. The repeal of this tax would mean very severe cuts in County Mental Health services. The only County "discretionary" budget totals approximately \$30,000,000. The 7% Utility Tax provides \$10,000,000. of the \$30,000,000. Repealing the Utility Tax would result in almost a million dollars of Mental Health cuts! Please help us to inform the public concerning the possible repeal of the Utility Tax and what it would mean for families and consumers. Vote NO on the Santa Cruz County Utility Tax Repeal Initiative.

Questionnaire: Included in this newsletter you will find a questionnaire for those families that have had a family member admitted to Dominican Behavioral Health. Dominican contracts with the County Mental Health System. It is our intent to inquire about your experience (as a family member). Tell us about their crisis staff and the responsiveness of their social workers. Our goal is to meet with Dominican staff in February and give them your input along with helpful suggestions and written material for families in crisis.

Update: Here are some of the projects that we have been working on this past year.

Supporting CIT (Crisis Intervention Training) for the Santa Cruz City Police;

Creating an award winning website www.NAMISCC.org;

Donating informative books and videos on mental illness to the Main Library;

Airing an award winning video "I'm still here" on our local TV station Channel 25.

If any of you have suggestions for our speaker meeting series please contact us at 427-8020. ☎

Crisis and Intervention Training Begins in Santa Cruz County

Crisis Intervention Team (CIT) Academy #1 was conducted for the first time here in Santa Cruz by the Santa Cruz City Police Department, in cooperation with the County Mental Health and NAMI of Santa Cruz County. The major person responsible for putting this whole package together was Eric Seiley, the Santa Cruz City Homeless Resource Officer, who took the training in San Jose.

There were 15 officers from Santa Cruz City, Watsonville, Scotts Valley, Capitola and the Sheriff's Department, as well as some people from Dominican Hospital. NAMI supplied family members for a lunch/panel discussion, and MHCAN supplied panel members another day, so that the police were able to listen to and speak with both family members and

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New Coordinator for Mental Health Resource Center (MHRC)

The Center now has a new coordinator, Sharon Cohenbarry. Sharon has recently retired from UCSC and is looking forward to using her 20 years of experience as a program director and trainer at MHRC. Please call MHRC at 458-1923, extension 232 for more information.

The MHRC is located in the same building that is home to Community Connections at the end of Encinal Street adjacent to Harvey West Park. The center provides education "Journey of Hope" classes for consumers and families; it also has a library with excellent videos (see page 6), books, and much more. ☎



If the Utility tax is repealed, Sharon's position will be cut in half.

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Mission

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

Breath of Fresh Air

David's Speech

By David

“ I was force injected with Haldol against my will and had a severe reaction to it. I felt like I wanted to die. I just wanted to get out of the unit and kill myself.”



Journey of Hope Classes begin January 23, 2002 at the Mental Health Resource Center. They will be held every Wednesday for 8 Weeks, 4PM to 6PM.

For more information or to sign up call Sharon at 458-1923.

Hello, My name is David. I am mentally ill. My diagnosis is that I am schizoaffective. That means I have symptoms of schizophrenia and bi-polar illness. Schizophrenia means I hear voices. Bi-polar means I have depression and manic mood swings. The symptoms I have had are paranoia, mania, depression, voices, tactile and visual hallucinations, fear, delusions, and violent feelings.

The medications that I take are Depakote, Clozaril, Seroquil and Vistaril. The Depakote is for mood swings. The Clozaril is for voices. The Seroquil is for psychosis and the Vistaril is for anxiety. The Side effects that I have experienced from medications are tremors, rash, dry mouth, dizzy, short term memory loss, bloated tummy, extreme sensitive to light and sound, and blackouts.

The biology of schizophrenia is it is a physical disease where the brain produces too much dopamine and serotonin, which are neurotransmitters. The brain tissue is reduced where there are wider gaps between the folds of the brain compared to a normal brain.

I grew up with very low self-esteem in elementary school. I broke up with a girl friend in my first year of college and suffered a severe depression in 1982. I tried to go to college but was too depressed to study, so I went to work instead.

In 1984 I was slipped some acid or something and had an extremely bad trip. That is when my psychosis started. I was speaking before a group and said some bazaar things and was brought to the emergency psychiatric unit at Valley Medical. I was released and told to see a psychiatrist, so I saw a psychiatrist for the first time about 1985. I was dual diagnosed with paranoid schizophrenia and drug addiction. I was put on the medication Prolixin.

Taking the first pill was traumatic for me. Taking the medication was to me admitting that I am crazy. I had a severe panic attack about a year after seeing a psychiatrist. I went to the hospital and felt like I was dying, but they would not admit me. My doctor prescribed Ativan and after a year on Ativan, I became addicted to it. I found a doctor to help me get off of Ativan. He was a Psychiatrist

trained in chemical dependency. It took me 10 months to get off of Ativan.

I went to Pills Anonymous, which is a 12-step program based on Alcoholics Anonymous. When I got off of Ativan I went off all my medications without informing my doctor. That was a big mistake. When I got off my medications the police picked me up, because I would not leave a restaurant and because I thought the restaurant was poisoning me. I was admitted to the emergency psychiatric unit at Valley Medical and was put in a straight jacket for softly singing and dancing in the holding unit. I would not stop singing and dancing because I thought it would counter act the poisoning. So I was strapped to a table in what they call four point in a sound proof room overnight in the unit with someone who was violent.

I was force injected with Haldol against my will and had a severe reaction to it. I felt like I wanted to die. I just wanted to get out of the unit and kill myself. I lied and answered all the questions correctly to get discharged. I took a taxi home and instead of killing myself when I got home I prayed. I felt like I was going insane for three days straight. Everything was driving me crazy. I woke up crazy and went to bed crazy. Finally the Haldol side effects from hell subsided and I felt better.

I have been to the psychiatric hospital several times. One time I got into some ones car that was open in front of my church. and pretended to be unconscious. They called an ambulance, which picked me up and took me to the hospital. I woke up and said I had taken lots of lithium. They pumped my stomach 3 times, each time until the point that I passed out. It was hell.

One time I had the delusion that I was a Cyborg. Part man and part computer, I thought I was filming with my eyes and directing a movie. And being prepared to be the President of the United States. When I was on the bad drug trip I thought that everyone was a worker of Satan and I was alone. The music at the concert turned from being my favorite music to sick and twisted evil music. Later I had a reverse experience where I thought everyone was God himself with every person

David's Speech continued from page 2.

I met. This time the music lyrics I heard were God talking to me.

One time I prayed to be a psychic. That is when my voices began. They said "at your service". I have been hearing voices for a long time. Now I pray them away and God has been silencing them. I rely on God to heal me from my symptoms like voices, anxiety, and burning sensations that I have had.

One time I blacked out because of the Zoloft I started taking. I was going home from work and found my self waking up as I walked home talking out loud to myself unable to articulate english words to my roommate when I got home. I have gone to Dual Recovery Anonymous meetings. I have worked up to step 4 of the 12-step program. It is a 12-step program based on Alcoholics Anonymous for people who have drug addictions and are mentally ill. That has helped me cope with my schizophrenia.

I have had many jobs including working at Apple Computer as a lead tester, but I have been unable to hold jobs due to my mental illness. I have had to let go of friends who are alcoholics and drug addicts as part of my sobriety and safety. I can never again see the friend again who slipped me Acid.

I am going to apply for work when I am feeling better hopefully in the next month or so. I hope to overcome the stigma of mental illness by not disclosing to the employer that I am disabled until after I am hired and he sees that I do good work.

I took a class at Cabrillo College and designed a web site for NAMI last year. I am a musician, an artist, I write poetry and test software. I am going to study JAVA at Cabrillo College this semester. I want to be a programmer for the Macintosh.

I want to go to school and go to UCSC and get a degree. With the help of God, Jesus, the bible, medications, family support, group therapy, Dual Recovery Anonymous, and mine and others prayers I am getting better. Many times I have felt like I wanted to die but I am committed to living and getting better.

I live in a residential treatment center for the mentally ill. It is excellent. 🌱

Twenty years ago Peggy Butler opened a six bed board and care adult residential home for the mentally ill in San Jose. Today, with her daughter Ann, they contract with our County Mental Health System to provide many programs and facilities for our family members.

Richard Nanas told us about Front Street, Opal Cliff, Darwin House, WRC (formerly Willowbrook) and the other successful programs that Front Street Inc. provides for those with severe psychiatric disabilities.

The Butlers purchased 7th Avenue formerly Harbor Hills in 1992 but were unable to take control of the facility until 1999. For those of you that are unfamiliar with the facility, 7th Avenue is the only locked psychiatric treatment facility in Santa Cruz County. Only people who are conserved through the Lanterman-Petris-Short Act are admitted. The act states that only those people that are a danger to themselves, a danger to others or gravely disabled can be forced into psychiatric treatment.

Kathy Champlin director of 7th Avenue provided us with a long list of accomplishments since 1/1/2000. (Call 427-8020 for a copy) The most significant item is the change of licensing from a skilled nursing facility to a Mental Health Rehabilitation Center as of 10/1/2001. What that will mean in terms of treatment for those in the facility is still unclear but we are looking forward to see the change in programming. The facility houses 99 patients. Only 20 of those are from Santa Cruz County while the remainder are from Santa Clara County, Monterey County and other counties outside of the area.

The challenges are overwhelming, the building is antiquated and inappropriate for its current use, but Ann Butler is determined to make the necessary improvements to ensure our family members receive the most humane and compassionate care possible.

We are extremely fortunate to have the Butlers as service providers for the psychiatric disabled in Santa Cruz County. They have improved every facility and program that they have purchased and managed. 7th Avenue will certainly be a difficult challenge but their commitment and willingness to respect the clients and families is commendable. 🌱

Lecture Series News

Front Street Inc.
(Ann and Peggy
Butler and Staff).

November 29, 2001



Left to right. Richard Nanas, Peggy Butler, Ann Butler.

Did you know?

Some very vocal neighbors on Willowbrook Drive demanded that the Butlers change the name from Willowbrook to WRC because they were concerned about the stigma that they might receive if people would associate the facility (for mental health clients) with the street and themselves.

Although its name had been Willowbrook for 25 years the Butlers reluctantly but graciously changed the name to WRC. They also changed the minimum age requirement from 18 to 25 because of neighborhood pressure. It is unfortunate that this kind of overt prejudice still exists in America today, but it is our hope that all people regardless of race or disability should never have to feel stigmatized.

One Family's Story

“Private counseling and seeing a psychiatrist did not help and when his illness gradually became worse, we were in complete denial.”

Would you like to contribute to this newsletter? Poems, stories, photos of art work, special events, suggested web pages, interesting books or videos, or any information that may be pertinent to the NAMI-SCC Newsletter is welcome. Send your submissions to P.O. Box 360, Santa Cruz, CA 95061.

I share this with those who might be struggling to cope with the painful and agonizing situation when mental illness besets the family.

Our son's illness started at late 16 and the schools did not recognize his condition, but neither did we. He dropped out as a sophomore and tried several different alternative schooling but none worked. He got in trouble and ended up in the juvenile courts but we always got him off. Private counseling and seeing a psychiatrist did not help and when his illness gradually became worse, we were in complete denial. In one of the counseling sessions, the counselor recognized that there was something seriously wrong and called the police.

Our son was arrested on a code 5150 and taken to Dominican for evaluation. He ended up at St. Mary's Hospital in San Francisco and that turned out to be a total disaster. Our 20 days of insurance coverage ran out and we were paying \$650 per day to keep him there. As funds got depleted and we were going deep in debt, we took him home. We learned some things about his illness at St. Mary's but hardly enough to know just what to do. While at home, he refused to take his medication and quickly became unmanageable. Again, he was picked up and taken to Fremont Hospital, and the place was a little better.

He was gravely ill but we had no point of reference to know that. Our medical insurance kicked-in for the following year and had another 20 days coverage. Again, we used up the time allowed and began paying a negotiated daily charge of \$350 per day. We kept him there as long as we could and again brought him back home when he became somewhat stable. Without taking his medication, he again de-compensated and ended up seriously hurting me, believing I was some monster in his psychosis. This time, the county moved to have him conserved and the judge gave the order. We agreed this was his best chance to get the services he badly needed and we didn't fight the case. No charges were filed so his record stayed clean. The decision to conserve him was probably the best thing that could have happened in getting proper and sustained treatment.

We agreed in getting him conserved, having thought it out thoroughly. First, we were assured that we would have a significant say on his treatment. The only exception would be if we were to do something that is not to his best

interest, then the final say will come from his conservator. However, if this situation were to present itself, the county would be very hesitant to spend the time and money fighting us in courts and would probably take the easier route and release him to us. He was assigned to a caseworker with the County Mental Health, and I must say, she is a God-given angel and we could not have asked for anyone better. My son qualified for Social Security under medical disability and became eligible for medical benefits. His caseworker processed the Social Security application with support from the county system. This helped tremendously to stabilize our financial outflow. We were again free to take the role of parents while the system took care of his treatment, with our input. We stayed completely involved and felt in control most of the time. Looking back, I'm sure we could have done some things a little bit better, but given our level of knowledge and experience at the time, we would not change a thing. I certainly recommend this route to any parent in a similar situation.

After the county became the conservator, we agreed for my son to be placed in a locked facility in Merced, as opposed to 7th Avenue. However, driving 2-1/2 hours each way 3 times a week for 9 months was certainly physically demanding. By this time, we have become fairly well informed about mental illness and were totally involved in his treatment. His caseworker tells us that our level of involvement probably happens only in 1 out of 100 cases. We interacted closely with everyone on his treatment. My son was treated with many different types of medication until we (strongly) suggested putting him on liquid Clozaril. The medical field has described Clozaril or Clozapine as the newest wonder drug. I certainly agree and plan to stick with it until something better comes along.

After 9 months in Merced, he came back to Santa Cruz and was placed at El Dorado for a short time. He regained some of his self-esteem and got better. He then earned a bed at Opal Cliffs. The corner-room that he was in, overlooking the ocean would probably rent for at least \$600 per month. Everything seemed to be falling in place. His progress continued and he took a couple of classes at Cabrillo. He really had it made, so to speak. However, he still would not admit to his illness and "cheeked" his medication. As a result, he had two

relapses. The first relapse took him through Dominican, El Dorado, then home. His home stay on a 30-day trial failed due to his non-compliance to medication. He again had to go to Dominican, 7th Avenue, and is now home. He has done very well for over three months and seems to get even better each day.

After having experienced some very hard times out in the streets, and in locked facilities, he now seem aware that there is something awry but would still not admit to being ill. He is currently taking one class at Cabrillo, works out at the Gym regularly, takes walks at Pacific Avenue and at the Capitola Mall, and goes to dances at the Coconut Grove whenever there is one. He is also taking on new interest, such as building a radio-controlled hobby car. He still has difficulty socializing but this should improve with time. Any talk about a job, career, or vocation is far down in the future. One thing he doesn't need at this time is unnecessary pressure. We are fully cognizant of the nature of his illness and can only be thankful for all the help we received, and the little successes and improvements that we see. I must say this is the best he has ever been in the last three years. We finally see the great smile in his face that seems to say he has something to look forward to, after all.

It has been a long painful journey and may continue for the rest of our life. I have decided to get involved in helping other parents so they don't have to go through the pain that we did. My suggestion is learn as much as you can about the illness, utilize the system, and stay fully involved. The system is not perfect but it is your best chance. Believe in God's goodness. I momentarily lost my faith until I learned to accept that pain has always been a part of life, and always will be. Someone told me that God would never put us through anything we could not handle. The cross can be very heavy at times but not impossible to carry. It takes faith and unconditional love for your child, to be able to cope and persevere. God Bless all of those who carry this cross.

(Update) I wish I could say, we lived happily ever after, but one year has passed since I first wrote the above message. My son had three other relapses and our challenge continues. We are now able to cope better but the pain and agony deep in our heart and the uneasy empty feeling in our stomach are still there. The cross we carry can sometimes feel unbearable and we can only hope that God will give us enough strength to carry on. 🍀

Community Support Services

provides mental health services to Santa Cruz County Adults with severe mental illness and, frequently, co-occurring chemical dependency. Services include treatment, recreational and social activities, and housing. They served 1,800 psychiatrically disabled adults this year.

The River Street Shelter: a 32-bed emergency shelter.

The Transition House: 10-bed residential program

Pioneer House: a day treatment program for men and women who are chemically dependent and affected by severe mental illness.

Dual Diagnosis Day Treatment Program and Paloma House: residential and out-patient settings for adults who are chemically dependent and affected by severe mental illness.

The Mental Health Services Coordination Team provides case management, rehabilitation, crisis intervention services.

Community Organizers provide peer support that assists consumers.

Supported Housing Program provides stable, permanent housing that mental health consumers can afford.

The El Darado Center: a community-based crises stabilization program for individuals with serious psychiatric disability.

The Mariposa Center: a resource center for adults with psychiatric disabilities and their families.

Teen Transitional Housing Program provides transitional housing for 18 to 20 year olds aging out of foster care and learning independent living skills.

Useful Phone Numbers:

Homeless
Community
Resource Center
458-9525

Pajaro Rescue
Mission
724-9576

Woman's Crisis
Support and
Shelter Services
425-5525

Salvation Army
426-8365

Loaves and
Fishes
722-4144

Legal Aid Society
of Santa Cruz
County Inc.
458-1086

➔ **When you call
911, ask for a
Crisis
Intervention
Trained (CIT)
Police Officer.**

Can You Contribute?

Your donations of furniture or other household goods are always needed for consumers moving into housing. Please call Community Support Services and ask for Paul O'Brien at 459-0444.



Family and Consumer On-Going Support Groups

Mondays

On-going Smoking Cessation Groups (education class)
300 Harvey West Blvd., Santa Cruz Connection
12-12:45 PM 425-8132

Tuesdays

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

Wednesdays

Mood Matters (Support for those with mood disorders)
1051 Cayuga, Santa Cruz, MHCAN
7 - 9 PM 469-0462

Thursdays

NAMI SCC Coping Group
(Support for family members) 300 Harvey West Blvd. Community Connection
7-8:30 PM 458-1923

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

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

Weekdays

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

The Greatest human need is to find meaning purpose and significance in life.

Can You Help?

Our phone tree service could make good use of an additional caller. It requires just a few minutes of your time once a month or less and can provide our members with opportunities for contacts that can turn out to be extraordinarily helpful.

If you would like to learn more about this service please contact Debbie Smith at 423-0845.



SAMSA Grant for MHCAN

Santa Cruz NAMI has written a letter of support for the proposed SAMHSA Community Action Grant to support creation of a housing center next to the MHCAN community drop-in center. This is the site of the Grace Methodist Church, which burnt in an unfortunate fire a year ago and which currently own the property. The church has expressed their intent not to rebuild the church at this location.

Julie Conway, Housing Coordinator for the County Mental Health System is actively involved in the project. Julie met with the City of Santa Cruz Department of Planning and Community Development to discuss site development parameters. Given the site size and zoning, the location could possibly support 30 one-bedroom or studio units for persons with psychiatric disabilities. The site would also require that the building frontage along Soquel Avenue contain retail space with housing above.

This grant initiates the hope for desperately needed permanent housing in Santa Cruz for those people with severe psychiatric disabilities.

Clinical Trials: New Medication for Schizophrenia

The Schizophrenia Clinic at Stanford Hospital is conducting several clinical trials on new medications for the illness of schizophrenia.

These "atypicals" have fewer side effects than the traditional medications used in the past.

If you know anyone with schizophrenia who might benefit from a trial of a new medication, please have him or her call the clinic for more information.

Evaluation and long term treatment, including medication, lab work, and support groups, is offered free of charge. There are also trials for schizoaffective and bipolar disorders.

**Call Stanford's Schizophrenia Clinic:
(650) 498-6678 ask for Dr. Sabina Ali**

consumers. The NAMI Board thanks each one of you for giving of your time and information toward this important educational effort.

A special thanks goes to Officer Seiley, Lt. Patti Sapone, Paul Belina, Dr. Charles Torrey, Judy Williams and Laurel Wilson, all of whom are on the CIT Board and will help to make sure we continue to have training several times a year.

This special training, it is a 40 hour, 5 day program first established by the Memphis, Tenn. P.D. with the goal of providing CIT officers with specialized mental health training under the instructional supervision of mental health professionals, family advocates, and mental health providers. CIT officers are able to respond to crisis incidents with a greater knowledge and understanding of how mental illness affects a given incident. In turn, since CIT officers are first responders, they are able to immediately address crisis incidents while

using their training and knowledge to the best benefits, which are:

- Fewer mentally ill in jail;
- A decrease in the emergency commitment population;
- Better trained and educated officers and dispatchers;
- Less officer time spent at crisis events;
- A decrease in the use of force during crisis events;
- Fewer injuries to the mentally ill and to the police;
- Improved interaction between the police and mental health service providers.



Officer Eric Seiley

The CIT program is a community-based effort bringing the police and community together for the common goals of safety, understanding and service to the mentally ill and their families. 🌐

Remember:
When you call 911 ask for a Crisis Intervention Trained (CIT) Police Officer.

Recommended Reading & Viewing

The following videos and books are available at the Mental Health Resource Center located at 300 Harvey West Blvd. Santa Cruz.

Videos:

"Uncertain Journey"
Families Coping with Serious Mental Illness
 by Duke University Medical Center, Durham, North Carolina



"Dark Glasses & Kaleidoscopes"
Living with Manic Depression
 by Nat'l. Depressive & Manic-Depressive Assn.

"Family Strategies"
 with Chris Amenson, Ph.D.
 by NAMI California

"You are not alone in Learning to Live with Bipolar Disorder"
 by NAMI National

"I'm still here"
The truth about schizophrenia.
 by Wheeler Communications Group, Inc.



Books:

"The Quiet Room"
A Journey Out of the Torment of Madness
 by Lori Schiller and Amanda Bennett

"Feel the Fear and Do It Anyway"
 By Susan Jeffers, Ph.D.

"I Am Not Sick, I Don't Need Help!"
 by Xavier Amador with Anna-Lisa Johnanson

"Asperger's Syndrome: A Guide for Parents and Professionals"
 by Tony Attwood

"Surviving Schizophrenia, a manual for families, consumers and providers"
 by E. Fuller Torrey, M.D.



As of December 4th we are donating recommended books & videos to the library for easy access, so that all people throughout the county may be informed and educated on mental health related topics. You may contact the library system by www.santacruzpl.org. To find books & videos click on "Search, web" and this will bring up the basic search for any specific subject. If you want to see books/media that NAMI donated, type in "National Alliance for the Mentally Ill", instead of a particular subject. People who would like to donate books/videos, please contact Judy Williams at 688-3385. She will arrange pick-up and delivery. Thanks!

Psychiatric Emergency Phone Numbers:

- Adult Day (8-5; Mon.-Fri.)(831)462-7644*
- 24 hour1-800-952-2335*
- (during the day the 800# would get access team)
- Youth North County (24 hr.)(831)425-0771
- South County (24 hr.)(831)428-2226
- Children’s Day (8-5; Mon-Fri)(831)454-4900
- After hours call(831)462-7644*

* Dominican Hospital; adult 24 hour 800# goes to Dominican after hours)

Suicide Prevention Service

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

Patients Rights Advocacy Program

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

“Never doubt that a small group of thoughtful, committed citizens can change the world, indeed, it’s the only thing that ever has.”

–Margaret Mead



Recommended Web Pages to Check Out

- www.namisc.org
National Alliance for the Mentally Ill Santa Cruz County award winning Home Page
- pn.psychiatryonline.org
Psychiatry News Online
- www.narsad.org
National Alliance for Research on Schizophrenia and Depression
- mhsource.com
Mental Health Info Source
- www.schizophrenia.com
A Not-for-Profit Information Support and Education Center
- www.udel.edu/bkirbyasperger
Online Asperger Syndrome Information and Support
- www.nami.org
National Alliance for the Mentally Ill National

NAMI-SCC Board of Directors:

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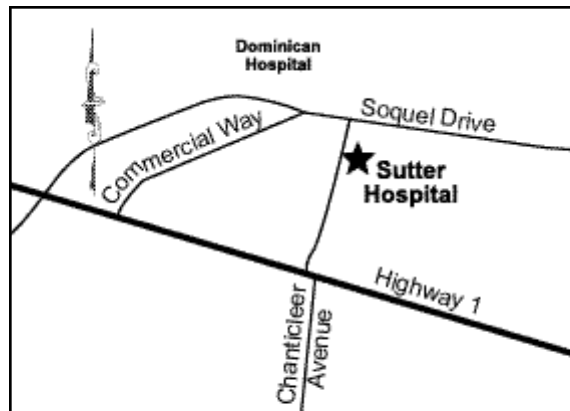
- Sharron Cohenberry, Mental Health Resource Center**
mhrc@santacruzcommunityconnection.com
- Nancy Karges, Interfaith Compeer**
nancy@interfaithcompeer.org

NAMI-SCC Board Meetings:

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

Meetings are held at the Sutter Hospital Meeting Room

2900 Chanticleer Ave,
Santa Cruz, California



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