



Santa Cruz County

August 2009

PO Box 360 Santa Cruz, CA 95061

Phone (831) 476-8020

www.namisc.org



August Bi-Monthly General Membership/Speaker Meeting

AUGUST 25, 7:00 PM

NAMI-SCC PRESENTS

SPECIAL NEEDS TRUSTS

Who will replace the family care manager when that person is no longer in the picture?

How can a family or friend provide financially for a disabled person?

NAMISCC invites you to explore the provisions of special needs trusts with Stephen W. Dale, referred to us by NAMI California.

Mr. Dale is a disability rights advocate and spends much of his time attending disability rights activities and serving on boards of disability rights organizations. He is a frequent speaker on a variety of disability related topics across the country and is the recipient of the 2007 NAELA Powley Award. Mr. Dale regularly teaches courses to the public, financial professionals, and other attorneys on special needs trusts and trust administration with a special emphasis on achieving independence while maintaining essential government benefits.

Please join us August 25, 2009, 7:00 p.m. in the Sutter Room at Sutter Hospital, 2900 Chanticleer Ave., at corner of Soquel Ave, a few blocks East of Dominican Hospital.

- - - - - Support Groups - - - - -

Family Support Group:
Free support group for family members and friends of those with mental illness. Meets every Thursday evening at 7:00 pm, at Community Connections Building, 300 Harvey West Blvd, near Costco. (Not moving location at this time)

"HOPE" Bipolar & Depression Support Group: Free support group for persons coping with Bipolar and Depression, as well as their families & friends, Christian based, all welcome. Every 2nd and 4th Tuesday, 6:30-8:15 pm, Santa Cruz Bible Church 2nd floor, Rm. 21. (440 Frederick St.)

NAMI-SCC
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(831) 476-8020
E-MAIL:
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See us at:
www.namisc.org

See client-run programs at
www.mhcan.org

See County Mental Health resources at
www.santacruzhealth.org

Please note:
The Thursday night Support Group will not be moving yet, as planned. It will continue to meet at Community Connections, 300 Harvey West Blvd. until further notice.

- - - - - Family to Family Classes - - - - -

Two new F2F classes will be starting Sept. 8, and Sept. 10, and run for 12 weeks, every Tuesday or Thursday at 6:00PM - 8:30PM. Contact: Joanne Yablonsky, our F2F coordinator, at joannecy@aol.com or Call 427-8020 to sign up.

Family to Family is a free 12-week NAMI educational course taught by trained family members, 2 hours per week. Learn facts and skills to help you. Participants gain a greater understanding of mental illness, learn how to cope better, and are empowered to advocate for better mental health treatment and services. We will offer two classes beginning this September in Santa Cruz.

Harry Rasmussen and Kate Venturini will teach the Tuesday class. Susie Warrens and Diane Steinberg will teach the Wednesday class. Contact Joanne Yablonsky, our F2F coordinator, at joannecy@aol.com or call the NAMI-SCC answering service: 476-8020.

Here's a quote from a Family to Family student:

"Fabulous course, I have learned so much, have a new perspective, new and more knowledge, I am at peace now. I have found tremendous comfort with other class members. Perfect combination of personal knowledge and professional presentation."

Notes from June Speaker Meeting on Social Security and Disability Benefits

Many thanks to Ron Dudley, Santa Cruz County Benefits Supervisor for Mental Health, and Gene Millburn, NAMI member parent, who shared information on application processes for SSI, SSDI, Medical and Medicare. Important to keep all your records, showing date of onset, and very clear medical history, dates, doctor's notes, showing prognosis, everything. Ron's office will help apply if you are in the County system of care. If not, you can call him for advice, or Gene Millburn. Dual Diagnosis (drug or alcohol use) makes it difficult to apply. Must document sobriety and treatment, such as attendance at AA meetings, therapy, etc. Many applications denied on first attempt, there is an appeal process, Ron Dudley's office has 95% success rate, even if it takes time. If you notice that your "share of costs" has gone up, call Ron Dudley to see if you can get into the "working disabled program", allows you to keep more of your income. 454-4814.

NAMI Santa Cruz will present NAMI's "Providers Education Program"

The County has accepted NAMI-SCC's proposal to present the NAMI Provider Education Program to County Mental Health workers. The goal of this excellent program is to create better collaboration in treatment and recovery, with family, client, and doctors or other providers working as a team. The course includes a rich curriculum and discussion activities. It was written by Dr Joyce Burland, the same doctor who wrote Family to Family course materials. We will teach 30 County students at a time, beginning in September. Thank you to our team of NAMI Provider Education volunteers.

NAMI SCC will present NAMI's "Parents and Teachers as Allies" Program

NAMI SCC has been invited by the Santa Cruz County Office of Education to present "Parents & Teachers as Allies", which is a two hour in-service program that focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents, and how best to intervene so that youth with mental health treatment needs are linked with services. Each team will consist of an education professional who is also a family member, a facilitator, a parent or caregiver of a child with mental illness, and a mental health consumer that experienced onset of mental illness early in life. We are looking for volunteers. Training will be August 28 and 29th, we will begin putting on the program in schools in September. Contact Joanne Yablonsky at 684-1432 joannecy@aol.com.



New Family Support Program

NAMI-SCC is pleased to announce that Santa Cruz County Mental Health is creating a new system of supports for family members designed to assure that family members have immediate support when dealing with a loved one in crisis, or in on-going treatment. Plans were developed as a result of input from the many groups involved in the Mental Health Services Act planning, and as a response to the report submitted by NAMI-SCC "NAMI's Requirements for the Family Advocacy program".

Yana Jacobs, Director of Adult Programs, will assume responsibility for the components of the family support and advocacy outlined below. Her phone number is 454-4539.

PREVENTION AND EARLY INTERVENTION

PEI funds will provide 2 psychiatric social workers and one occupational therapist that will respond to family members and other community providers when there is a need for an assessment due to a change in someone's behavior, or general areas of concern. This response is targeted for members of our community who may not be diagnosed with a mental illness and are not receiving services. The social workers will meet with family members; provide a clinical assessment, therapy and education.

SYSTEM OF CARE SERVICES

If the family member has a loved one in the "System of care" the Program Manager in charge of all outpatient services, Yana Jacobs, will supervise the services. This manager understands and embraces the importance of family participation in treatment and will assure that all service providers are trained and knowledgeable regarding the importance of the family members participation in care. Close communication between providers and family members will be provided with dignity and respect to assist with navigation and supports, throughout the system of care.

FAMILY EDUCATION, Peer to Peer Education, and Provider Education

NAMI's Family-to-Family 12-week series and the Peer-to-Peer 9 week series will be financially assisted by the County. Other professional trainings will be offered to families through the 'Workforce Education and Training Task Force'. NAMI-SCC will present the 10 week training to Providers, intended to enhance collaboration between family members, client, and professional mental health providers.

NEW FAMILIES

Focus on new families will be provided in collaboration with the PEI social workers. Support, Education and Services will be offered at the hospital, in the individuals' homes and other requested sites throughout the county, this may include a doctors' office, schools etc.

AFTER HOURS SUPPORT

After hours "on-call" support will be provided through a contracted service. Family members will be recruited and trained to carry a pager from 5pm until 8a.m. Monday through Friday and all day Saturday and Sunday, including Holidays. This after hour's service will assure a compassionate and knowledgeable response to family's when a crisis occurs. They will be able to meet a family member at the hospital or in their home or provide education and support over the phone. The after hours Family Support team will work closely with the Program Manager, PEI social workers and system of care providers to assure that services are provided in a seamless manner and that no one "falls between the cracks". This team will be a navigator for the family to make sure they are linked to the right services during business hours. NAMI will circulate the announcement and job description when the County is ready to staff the on call service team.

Dues Reminder ...

Membership dues 2009 : Please join NAMI Santa Cruz! Please pay your dues for 2009. There is power in numbers. We need the support of families, friends, clients, professionals and others who share our goals. Your dues help us pay for mailings, Peer-to-Peer and Family- to-Family Education Courses, support groups, printing, educational materials, and all the outreach that NAMI-SCC does. Dues include membership in local, state and national NAMI organizations and include the magazines "NAMI California Advocate", and the National "NAMI Voice". Our non-profit tax ID # is 77-0002878. Dues and donations are both tax-deductible.

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Name _____

Address _____

Phone _____ E-mail address _____

This is a: New membership _____ Renewal membership _____ Address Change _____

Individual/family \$50.00 \$ _____

Consumer \$5.00 \$ _____

Donation to NAMI-SCC, any amount \$ _____

* Special donation in honor of: \$ _____

* Please send a note of my donation to:

I cannot join NAMI-SCC at this time but would like to donate towards the cost of newsletters.

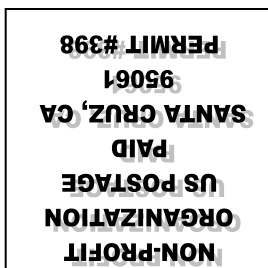
\$ _____

Total Enclosed

\$ _____

I would like to volunteer to help NAMI with: _____

Checks payable to: NAMI-SCC, P.O. Box 360, S.C., CA. 95061.



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