

## Upcoming Events!



Stanford Bipolar Clinic  
presents

### 8th ANNUAL MOOD DISORDERS EDUCATION DAY!

**When:** Saturday, July 28, 2012  
8:30 am - 3:30 pm

**Where:** William R. Hewlett  
Teaching Center  
30 Serra Mall, Stanford, CA 94305

Don't miss this opportunity to hear  
from many distinguished presenters.  
See the speakers and topics at  
<http://bipolar.stanford.edu/>

You will need to register to  
attend this event. Registration  
information will be posted  
on the website 6/27/12-7/27/12.  
<http://bipolar.stanford.edu/>  
Registration is free.



## ALL OF US TOGETHER, ADVOCACY IN ACTION

August 17 & 18, 2012

Irvine Marriott Hotel  
18000 Von Karman Ave.  
Irvine, California 92612  
**Phone: 949-553-0100**

Register online at  
[www.NamiCalifornia.org](http://www.NamiCalifornia.org)

## July Membership & Speaker Meeting

*Family members, individuals with a mental illness, health care providers, and all other community members are welcome and encouraged to attend. No cost.*

Please join us for an evening of networking and information

### CREATING HEALTH AND WELL BEING: Tools for coping with ongoing stress.

WITH GUEST SPEAKER

## DR. LESLIE TREMAINE

### Wednesday, July 18

6:30 PM – Social Networking  
7:00-8:30 Meeting and Speaker Presentation

### Live Oak Senior Center 1777 Capitola Road, Santa Cruz

**Directions:** From Highway 1, take the Soquel Avenue exit (#439) and turn onto the frontage road going toward Capitola. Turn right on 17th Avenue, then left on Capitola Road and look for the Senior Center on your left.

### How are you doing??

Effective self care is crucial for anyone living with chronic stress, to help in sustaining health, well being, and effective functioning. In other words self care is not selfish—it's smart! The presentation will be offered by Leslie Tremaine, recently retired as county director of Mental Health and Substance Abuse Services, who will focus on the physical, social, cognitive, emotional, and spiritual elements of self care. The evening will provide a chance to look at how you may be experiencing stress, as well as key skills for enhancing your own health and resilience through personalized practices in those 5 areas. Brief experiential exercises will provide samples of research based methods.

*Also, a brief overview of Community Connections services will be presented by Andrea Turnbull.*

**Leslie** has worked for over 35 years in public mental health and substance abuse services. She has served as Mental Health Director for the County of Santa Cruz for the last six years. Prior to that, she served in Gov.

Bill Richardson's Cabinet as director of the state of New Mexico's innovative Behavioral Health Collaborative. She also worked for nearly 15 years in New Orleans as director of an award winner local human services agency, has directed a SAMHSA early childhood System of Care grant, and worked for nine years in Virginia as the state director of mental health.

Her major interests have included dual diagnosis services, collaborations with primary care as well as with criminal justice, and early childhood mental health services. Following her recent retirement she plans to remain active as an advocate for human services, as well as teaching Mindfulness Based Stress Reduction.

**Family Member Support Groups**

**West Side Support Group**

Every Thursday 7-8:30 PM  
Community Connections S.C.  
300 Harvey West Blvd • 427.8020

**Mid-County Support Group**

Every 3<sup>rd</sup> Tuesday, 7-9 PM  
Unitarian Universalist Fellowship  
6401 Freedom Blvd, Aptos  
728.8661

**NAMI Support for Parents of Children**

(age 17 and younger)  
1<sup>st</sup> Friday • 12:30 PM  
4<sup>th</sup> Thursday • 11:30 AM  
at the Old Sashmill in Santa Cruz  
For more information, contact Emily  
at [ebc73@comcast.net](mailto:ebc73@comcast.net) or 476.1020

**HOPE Bipolar Support Group**

For individuals with Bipolar or Depression and their family and/or friends. Christian Based.  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 6:30-8:15 PM  
SC Bible Church • 440 Frederick St.  
Room # 21 • 336.5740

**Parents with Hope Support Group**

For parents of individuals with addiction and mental health issues.  
Meets Sundays, 6:00 - 7:15PM  
Mt. Calvary Lutheran Church  
2402 Cabrillo College Dr., Soquel  
For information: Rachel at 688.1792

**Attention Deficit Disorder Support Group**

4<sup>th</sup> Wednesday of the month  
June through August;  
June 27, July 25, & Aug. 29  
Aptos Fire Station on Soquel Drive near Cabrillo College. Group is for anyone with ADHD or those who love them. For information: Judy Brenis [jbbrenis@comcast.net](mailto:jbbrenis@comcast.net) • 684-0590

Pictured are the participants in the recent NAMI Provider Education program. For Mental Health professionals, presented by a team of clients, family members, and a mental health professional. It presents the lived experiences of mental illness, stages of adaptation, and positive outcomes of the bio-psycho-social model of collaborative treatment. Meets for three hours once a week for five weeks. CEU's offered.



“This course was wonderful. I learned more about the real life experience of families and individuals with mental illness than I did in all my previous education. The presenters were outstanding, courageous, honest and informative. The curriculum and the handout materials were very helpful.” To sign up for the next class series in January, call Carol Williamson 229-2675.

**NAMI Walks a success**



June 2, 2012

Fifty NAMI folks from Santa Cruz and Monterey rode the big bus to support the NAMI Walk in Golden Gate Park, San Francisco.

It was a beautiful day, a short walk, a picnic, and great comraderie. Thanks to all of you who donated to our most successful fund raiser to date, led by our enthusiastic Team Captain Melissa Watrous. Plan to join us next year!



**Volunteer Opportunities from Carol Williamson**

NAMI SC has been very active with classes, meetings, support groups, and fund raisers. A big thank you goes out to all the magnificent volunteers who give so much to the NAMI cause.

*Following are some opportunities to help NAMI SC. Here is a list of our needs:*

1. **Your thoughts and suggestions** about what sort of topics and speakers to present at our bi-monthly speaker meetings. Call or e-mail, or fill out a form at the next speaker meeting.
2. **A team of a few people** to rotate bringing water and snacks to the speaker meetings
3. **Someone willing to be a liaison** with NAMI Calif. on legislative issues
4. **A volunteer newsletter creator, newsletter writer**
5. **Volunteers** to help with MHCAN Holiday Party in December
6. **A volunteer to review website** frequently for accuracy and current-ness.



## Client Support Groups

### NAMI Peer Connections Recovery Support Group

Every Wednesday  
1:00-2:30 PM

#### MHCAN: Mental Health Client Action Network

1051 Cayuga St. in Santa Cruz  
www.mhcan.org • 469.0462

### HOPE Bipolar Support Group

For individuals with Bipolar or  
Depression and their family and/or  
friends. Christian Based.

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 6:30-8:15 PM  
SC Bible Church • 440 Frederick St.  
Room # 21 • 336.5740

### (DBSA) Depression & Bipolar Support Alliance

Santa Cruz Women's Group  
Lois Roth (831) 246-0877  
feltongemlady@yahoo.com  
dbsalliance.org

### "Mood Matters" at MHCAN

Mondays 6:00-8:00 PM  
Steve Wiesinger (831) 246-1893  
or Jesika (408) 489-6377

## Education Programs

### NAMI Family-to-Family Education Program

12-week course taught by trained  
family members. Curriculum includes  
discussions of clinical treatment  
of mental illnesses and teaches the  
knowledge & skills families need  
to cope and help more effectively.  
No fee for the course. Call 427.8020  
to get on waiting list. Classes  
start in September.

### NAMI Peer-to-Peer Education Series

10-week, two-hour-per week,  
experiential education course for  
people living with serious mental  
illness. Learn about establishing  
and maintaining wellness.  
Taught by trained mentors  
who are experienced at living well  
with mental illness. Call 427.8020  
to get on waiting list.

The day my child was diagnosed with schizophrenia was the day I left my life behind. Everything changed overnight. My entire being was suddenly focused on doctor appointments, making sure she took her medicine, monitoring her mood, and reducing her stress. Everything else — family, friendships, career, my own health — became secondary to the needs of my ill child.

Four years later, my child — now, my young adult child — has made extraordinary progress in her recovery. But as she became stronger, I started to unravel; slowly at first, then more rapidly as time passed. Normally a gregarious, fun-loving person, I began to isolate myself. I stopped spending time with friends and going to lunch with coworkers. I made excuses to avoid parties and social events. I stopped wearing make up. Exercising became a thing of the past. At times, I was so anxious that I couldn't answer my phone.

All the while, my daughter was getting better and better. So why was I falling apart?

It was when my young son started talking about moving in full-time with his father that I knew I needed help.

So what did I do? The same kinds of things I'd been doing for my daughter. I made an appointment with my doctor, took my medicine (yes, sometimes parents need antidepressants, too), found a psychologist to help me with my mood, and began riding my bike to work twice a week to reduce stress.

And, like my daughter, I started to feel better.

My "recovery" from my child's mental illness is slow-going. I keep reminding myself that it took several years for my daughter to really start to act like herself again, and I know that it may take that long for me. I also know I'm not the only one that has ever experienced this "recovery" from my child's mental illness. Having a sick child is stressful enough without the added fear and heartbreak that comes with an illness of the brain, and I think forgetting yourself and your own needs is very common for people who, like me, are driven to do anything they can to help their child get well. But allowing yourself to deteriorate will not help your child get well. In fact, it might make things worse.

So here is my advice to all of you parents, spouses, siblings, and children of people struggling with a brain disorder: it's time to recover. You already know how, so make it happen. When you begin to feel better, you will be able to give that much more of your happy, healthy, positive self to those you love.

*The author of this article wishes to remain anonymous*

## In Our Own Voice

NAMI Santa Cruz has a new and unique public education program developed by NAMI National, which offers insight into the personal journey to recovery now possible for people with a mental illness.

Studies now show that client education presentation is very effective in increasing audience knowledge and decreasing stigma and discrimination.

In Our Own Voice presentations consist of compelling and personal testimonials, a short informative video, and time for audience questions and discussion. Target audiences include consumers, mental health service providers, families, students, law enforcement personnel, professionals, faith members, and all people wanting to learn about mental illness.

This program will be presented at a future speaker meeting.

If you know of a group, church, or an organization that our team could present to, please contact Kris Hunter at whaleaid@aol.com or NAMI at 831.427.8020



**Education Programs**

**Speaker Meetings**

**Guest lectures and programs of interest, bi-monthly**

3rd Wednesdays at 6:30  
at Live Oak Senior Center, 1777  
Capitola Rd. Santa Cruz

**Let us know what topics you want presented.**

**Parents & Teachers as Allies**

This two-hour in-service program helps school professionals identify the early warning signs of early-onset mental illnesses in children and adolescents in schools. It focuses on the specific, age-related symptoms of mental illnesses in youth, how best to intervene, and shares the lived experiences of consumers and families.

For more information: **427-8020**

**Resources**

**MHCAN: Mental Health Client Action Network**

A peer-run facility, offers a variety of support groups and programs for adults with a mental illness in a non-judgmental, supportive environment, open 9-2 weekdays, dropin. 1051 Cayuga St., Santa Cruz  
[www.mhcan.org](http://www.mhcan.org) • 469.0462

**Community Connections**

[www.ccsantacruz.org](http://www.ccsantacruz.org) • 425.8132

**SC County Mental Health & Substance Abuse Services**

[www.santacruzhealth.org](http://www.santacruzhealth.org)  
for ACCESS information and the Crisis Line • 800.952.2335  
Family Advocate • 454-4539

**Dominican Hospital Behavioral Health Unit (BHU) • 462.7719**

**SC County Jail • Mental Health 454.5155**

**SC Community Counseling Center**  
[www.scccc.org](http://www.scccc.org) • 469-1700

*Community Connection is a mental health service provider for SC County Mental Health*

The Prevention and Early Intervention (PEI) program at Community Connection offers employment and education support for transition aged youth and adults who are experiencing new and significant symptoms of mental illness (including post traumatic stress disorder) and who are not already receiving county services. Our goal in PEI is to support our participants in recovering their independence and self-responsibility through community integration. We provide brief services aimed at assisting people in reaching their employment and academic goals. We believe that with early and effective intervention, many people succeed in work, school, and life.

The Prevention and Early Intervention program is funded by the Mental Health Services Act, and all PEI services are free of charge to qualified participants. The PEI team is a partnership between Santa Cruz County Mental Health, Senior Network Services, and Community Connection. A member of the PEI team can meet for a consultation with the individual and/or family at school, home, or any other location.

If the goal is employment, we provide services including resume writing, interviewing skills and techniques, web and community based job search, skill building, and resume building volunteer opportunities. If the goal is education we offer support with applications and registration, academic counseling and planning, receiving accommodations, and academic referrals for tutoring and other services. In addition, a representative from Prevention and Early Intervention will be happy to present information about the PEI program to any interested community organization or agency.

In order to qualify for Community Connection's PEI services, the person must be experiencing new and significant symptoms of mental illness (not known to be caused by a medical condition, injury, or substance use) and experiencing worsening difficulties in school and/or difficulty in finding or maintaining employment. Qualified participants must live in Santa Cruz County and be over 18 years of age. If you or someone you know is interested in PEI services please contact Andrea Turnbull (831) 425-8132 ext. 227 or [aturnbull@ccsantacruz.org](mailto:aturnbull@ccsantacruz.org)

To find more information about all the programs at Community Connection please visit [www.ccsantacruz.org](http://www.ccsantacruz.org)

**New Education Program For Parents of Children 17 and Under**

**NAMI Basics**

is a new education program for parents and other caregivers of children and adolescents living with mental illnesses. Designed to give parents the tools to make the best possible decisions. The course consists of six classes, each lasting for 2 ½ hours. Class will begin Thursday, Sept 13, 2012.

**Goals:**

To give the parent/caregiver the basic information necessary to take the best care possible of their child, their family, and themselves.

To help the parent/caregiver cope with the impact that mental illness has on the child living with the illness and the entire family.

To provide tools for the parent/caregiver to use even after completing the program that will assist in making the best decisions possible for the care of the child.

To sign up call: **427-8020**

**Mountain Oak Comprehensive Care**



*A Mental Health Treatment Facility exclusively for women located in La Selva Beach, CA*

Our goal is to stabilize severe episodes of mental illness and inspire the healing process within.

We offer two programs:  
a full day of treatment Monday - Friday  
and a half day treatment Monday - Friday.

*We are an Anthem Blue Cross Preferred Provider*

9 Marea Avenue #C in La Selva Beach  
**831.661.5293**  
[www.mountainoakcare.org](http://www.mountainoakcare.org)

***Education is the key to stigma reduction.***

Dr. Tony Hoffman, of UC Santa Cruz's Abnormal Psychology classes, regularly invites a NAMI panel to present to his classes about the real lived experience of people with mental illness.

Students hear from Carol Williamson about the free programs that the NAMI organization offers, and they hear stories from individuals about their personal experience of depression, bipolar, schizophrenia, including their early symptoms, their most difficult times of mania, depression, and/or psychosis, their acceptance of their struggle, their treatments, their coping skills, and what works for them to stay well. They answer many questions from the curious audience.

Empowerment and advocacy and helping others are cornerstones of their stories of healing.

NAMI Peer mentor and support facilitator Naomi Fuss says that the interaction of peer groups like NAMI Connections has been crucial to her stability. "It was just huge to find out that I had some peace inside of me, that I had a center I could find inside of me, and that I could articulate myself, I could be compassionate, and I had a gentle way about me with other people." Adrian talks of the movement towards client empowerment and reversing the dehumanizing aspects of current systems, and reducing stigma towards the "Last Minority", quoting his friend Mael Dinell.

The students express such gratitude. "Thank you for coming to share your



*Pictured are NAMI presenters Hugh McCormick, Adrian Bernard, Naomi Fuss, Tristan Arviso, and Stephan Dubose.*

stories, you are very courageous and inspiring people. I learned so much, and I now have a better understanding of my relative who also lives with a mental illness."

*See the full story in the Santa Cruz Weekly by Maria Grusauskas June 6-12, 2012.*

**Sleep**

Recent Research and a Few Tips

*Excerpts from an article by Ken Duckworth, M.D., in "The Advocate" Spring Issue.*

We know good sleep is protective for the brain, whether you do or do not live with mental illness. For example, evidence suggests that good sleep and a regular routine helps to protect against the recurrence of mania. The converse is also true: I have had patients report that sleep deprivation or working night shifts have substantially worsened their psychosis or

mood symptoms.

Before resorting to using a sedative hypnotic medicine, individuals should assess the following areas to ensure good sleep:

- Aerobic exercise, but not right before bed.
- Assessing caffeine intake. It works against sleep.
- Alcohol. It worsens sleep quality and quantity.
- Reduce naps.
- Sleep hygiene— a cool, quiet place to induce sleep with no TV.

- Review medications. Some are stimulate and can work counter to sleep.

Assess the possibility of sleep as a symptom of worsening illness:

- Early morning awakening
- Recurrent Nightmares
- Snoring can indicate sleep apnea. There are good treatments for this.

Other difficulties with sleep, such as restless legs and sleepwalking, require an evaluation by a sleep disorder specialist.

**Can Fish Oil Help Prevent Psychosis?**

*Excerpts from an article by Courtney Reys, NAMI Publications Manager in "The Advocate" Spring Issue.*

A 2010 ground breaking study by Paul Aminger and his team in Vienna, Austria, found that fish oil can help prevent psychosis in individuals with schizophrenia. Two years later, researchers and mental health professionals around the world are starting to replicate that study to see whether mental illness can be prevented.

There is currently a multi-country study underway in Europe looking at the effects that Omega-3 fatty acids (found in fish oil, among other things) have on the brain

when it comes to psychosis. Additionally, in the US and Canada, Dr. Barbara Corn-blaatt (founder of the Recognition and Prevention Program (RAP) and a recipient of the 2003 NAMI Research Award) is collaborating with several other investigators to determine whether Omega-3 fatty acids could potentially prevent the onset of psychosis and improve clinical symptoms and functional outcome in youth and young adults who are at elevated risk for schizophrenia and other mental illnesses.

Omega-3 fatty acids (essential fatty acids, or EFAs) are thought to aid brain functioning in three possible ways: the assimilation of EFAs into brain cell membranes,

EFA-induced alteration of neurotransmission and EFA-caused reduction of oxidative stress. In separate studies, low levels of all three of these have been implicated in cases of schizophrenia.

Technicalities aside, fish oil looks promising because it can help prevent psychosis from appearing in people who are at risk of developing it, and it has no side effects (and even some health benefits) for people who aren't at risk. Essentially, it's a benign preventative measure.

Read more at: <http://clinicaltrials.gov>  
[www.rapprogram.org](http://www.rapprogram.org) and  
[www.nami.org/psychosis](http://www.nami.org/psychosis)



Santa Cruz  
County

National Alliance on Mental Illness

P.O. Box 360 • Santa Cruz, CA 95061

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**Please Join or Renew Your NAMI-SCC Membership!**

NAMI's ability to provide education, support, and advocacy is strengthened with each and every new and renewing member. The collective voice of our members gives us greater influence over local, state, and national lawmakers, and others who hold the future of mental health treatment in their hands. Please support our programs by renewing your membership or becoming a new member today. Thank you!

Name(s)

New Membership

Email

Phone

Membership Renewal

Mailing Address

This is a new address

City

State

Zip

I am interested in volunteer opportunities with NAMI-SCC. Please contact me.

Membership Dues

\$35 - Individual/Family

\$ \_\_\_\_\_

Check 1 box and write the amount on the line to the right

\$3 - Client/Low Income

\$ \_\_\_\_\_

I would like to make a donation to NAMI-SCC:

To support free programs and services for people coping with mental illness and their families.

In honor of \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

If you would like us to notify someone of this donation, please enclose an envelope addressed to that person with this form and your donation check.

I would like to make a donation to the

Human Race Walkathon  NAMI Walks Fundraiser

Donation Amount \$ \_\_\_\_\_

Total Amount Enclosed

\$ \_\_\_\_\_

Please make your check payable to NAMI-SCC and mail to:

NAMI-SCC • P.O. Box 360 • Santa Cruz, CA 95061

NAMI-SCC is a 501(c)3 Nonprofit Organization Tax ID#77-0002878

Thank you for your support!