

JULY / AUGUST 2015



nami

**Santa Cruz
County**

National Alliance on Mental Illness



831.427.8020

WWW.NAMISCC.ORG



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NAMI SANTA CRUZ PRESENTS

ICE CREAM SOCIAL



Here is the Scoop!

It's time for a celebration, a reunion of all Family to Family students, Peer to Peer students, and all others! Make your own sundae, enjoy seeing old friends and meeting new ones.

Program:

- Ellen Adams, LMFT: on "The Powerful Art of Listening" presentation and discussion
- Program Leaders will share a significant highlight from their curriculum or from the NAMI Convention

Please come for fun, to support others or to get support you need, because your presence matters.

Weds. July 15, 2015
6:30 to 7:30 Ice Cream Social
7:30 PM to 8:30 Program & Q/A

Live Oak Senior Center
1777 Capitola Rd. near 17th Ave.
Santa Cruz, CA 95062

Family Support Groups

■ THURSDAY NIGHT SUPPORT GROUP FOR FAMILY MEMBERS

Provides opportunities for family and friends of people living with mental illness to explore ideas and support one another.
Every Thursday 7-8:30 PM, Live Oak Family Resource Center 1740 17th Avenue, SC • 427.8020

■ NEW! PARENTS OF TRANSITION AGE YOUTH

For caregivers of young adults 18-26; 1st Thursday at 6:30-8:00PM Old Sashmill, 303 Potrero St., Suite 42, Rm 103 For more info, contact Emily ebc73@comcast.net or 476.1020

■ PARENTS OF YOUTH

For caregivers of youth 17 & under. 3rd Thursday at 6:30-8:00PM Old Sashmill, 303 Potrero St., Suite 42, Rm 103, SC For more info, contact Emily ebc73@comcast.net or 476.1020 youth.namiscc.org

■ HOPE Bipolar Disorder and Depression Support

For peers and their family and/or friends. Christian Based-all beliefs welcome; 2nd & 4th Tuesdays, 6:30 - 8:15 PM Santa Cruz Bible Church • 440 Frederick St. Room #22 (2nd floor of Worship Center) • 336.5740

■ Parents with Hope - Al-Anon

For parents or relatives . Addiction & mental health issues. Sundays from 6:30-7:45PM at the Inner Light Center, 5630 Soquel Drive in Sequel. For info, contact Rachel at 688.1792

■ ADHD Group

Parents Meeting: 6:30-8 PM the second Wednesday. Adults with ADHD meet: 6:30-8 PM the fourth Wednesday. For information: Judy Brenis jbbrenis@comcast.net • 684-0590

Human Race - Great Fun - Huge Success



Woohoo! the Human Race was a big SUCCESS. We walked West Cliff wearing our capes and raised an amazing \$20,500, surpassing our goal. THANK YOU to all of you amazing donors, walkers, and fundraisers!

Congratulations to prize winners:

Top three fundraisers: *Emily Chapman, Melissa Watrous, Sheryl Lee*; Top three first time fundraisers: *Donna Lynn Brown, Wendy Citron, Deborah Letourneau*
Best costumes: *Wendy Citron and family*. Our thanks for tremendous coordination work by Melissa Watrous and Sheryl Lee.

Peer Support Groups

■ NAMI Peer Connections Recovery Support Group

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

Every Wednesday 1:00-2:30 pm;
MHCAN: 1051 Cayuga St., Santa Cruz
(enter by outdoor stairs to 2nd floor)

■ HOPE Bipolar Disorder and Depression Support

For individuals with Bipolar or Depression and their family and/or friends. Christian Based. (all beliefs welcome) 2nd & 4th Tuesdays, 6:30 - 8:15 PM

Santa Cruz Bible Church • 440 Frederick St. Room #20 (2nd floor of Worship Center) • 336.5740

■ Women with Mood Disorders

Connect with other women living with bipolar disorder, depression and/or anxiety (and who choose to treat it with psychiatric medication). <http://www.meetup.com/Medicated-Moms-with-Mood-Disorders-Support-Group/>

■ See full calendar of MHCAN Support Groups

831.469.0462 or www.mhcan.org

■ ADHD Group

Adults with ADHD meet:

6:30-8 PM the fourth Wednesday. For information: Judy Brenis jbbrenis@comcast.net • 684.0590

WHAT HAS NAMI BEEN UP TO?

From the President



Hello friends,

I am really looking forward to seeing every one of you at the Summer Ice Cream Social July

15. I love these opportunities to get to know each other. I find it amazing how often people find the right person with just the same problem or questions they are having, or they find someone who knows the answer or resource. Our needs and questions are unique, so it helps us to look to each other. Our motto: You are not alone.

We have an office!

Special thanks to Emily and Peter Chapman for giving us an amazing lease on office space. We will be opening for drop in hours starting in September. Our goal is to raise \$3600 to cover the yearly rent.

Service Enterprise Training

Recently NAMI SCC leaders took a

course offered by the Volunteer Center about developing and improving volunteer organizations. As a result, you will be seeing plans and better strategies to conduct all the programs we do, address the many advocacy issues we have, stabilize our infrastructure with paid staff, provide clear volunteer opportunities, and provide support to volunteers. We calculated our "Return on Volunteer Investment" and learned for every dollar donated, the community received six dollars worth of services. (The national average is three dollars.) Volunteers allow us to be exceptional stewards of your donations, providing much needed support and education, raising awareness and increasing compassion. Special thanks to Sheryl Lee for all her work on this project.

With love and respect for all that you do, courageous peers, family members, providers, community.

Carol Williamson, President

Integrated Behavioral Health Coalition

With the support of the Health Improvement Partnership of Santa Cruz County (HIPSCC.org), a new coalition of behavioral health providers and advocates is forming to improve access to behavioral health services across the public and private sectors of the community. A wonderful event was held on May 21st sharing efforts over the last 18 months to integrate mental health care into the primary care clinics which was supported by the Blue Shield Foundation and coordinated by HIP staff. Therapists and psychiatric services were added to the County primary care clinics, Planned Parenthood, Santa Cruz Community Health Centers in downtown Santa Cruz and Live Oak, Salud Para La Gente, Palo Alto Medical Foundation. Other programs also shared their efforts to coordinate care across health, mental health, and substance use disorders including Encompass Services, UCSC, Family Services, NAMI and others.

The growing interest in having improved access to mental health and substance use treatment at the primary care sites was evident. Besides making services more convenient for the patient and their family, there is reduced stigma in going to a regular primary care office for care. A meeting will be held June 26 to discuss forming a Behavioral Health Action Coalition with broad community support. HIPSCC represents a non-profit coalition of health and hospital programs committed to improving the community's health and wellness. They are working on a grant to help support this coalition to integrate behavioral health into services at a system level and improve access to the community as a whole. For more information contact Rama Khalsa, NAMI Board Member - 831-251-1939.





MentalHealthChannel
CHANGING MINDS

For years, many people have asked why there couldn't be a television channel dedicated to increasing public understanding of mental health conditions and eliminating the stigma that too often surrounds them. Now there is one.

The on-line channel's first season will consist of 120 short documentary episodes. Subjects cover a broad spectrum of issues including, youth, vets, families, latest research and innovations, and even some comedy. Here are a couple of our favorites! <http://mentalhealthchannel.tv>



Schizophrenia - Brendon Staglin went from brilliant engineering student to institutionalized. He fought his way back, to help found a leading brain research organization.



Caretaking 101: Legal Guardianship - Tips from a mother who became the guardian of her adult son, to ensure he had the best of care.



Resources in Santa Cruz County:

Community Connection

Community Connection is a nonprofit program of the Volunteer Center of Santa Cruz that serves adults and families referred through the Santa Cruz County Mental Health System of Care.* For over 30 years, Community Connection has been helping "to assist and support adults with psychiatric disabilities and their families in achieving greater independence and an improved quality of life as members of the community." They are the only employment focused work readiness program that contracts with Santa Cruz County and the State Department of Rehabilitation to serve adults with psychiatric disabilities and co-occurring disorders. Through their programs people build critical connections with the community. These connections support people in achieving health, wellness, sobriety and social inclusion.

Program activities are designed to improve functioning and develop strengths in areas correlated with increased mental health including, employment functioning, social functioning, living skills, self-care, transportation, social connectedness, talents/interests, community connection, resourcefulness, and volunteerism. Through these services, which are offered County-wide, people feel accepted and respected.

Community Connection is seeking peers, family members, mental health partners, and business partners to join their new advisory board. The purpose of the board is to help the larger community understand the work that they do at Community Connection, and for the members to serve as ambassadors for the organization.

What is an advisory board? An Advisory Board is a collection of individuals who bring unique knowledge and skills, which complement the knowledge and skills of the formal Board members and organizational leaders. Advisory Boards are used to maintain visible relationships with people in the community, and to plan and facilitate events, which will bring growth opportunities to Community Connection.

The Community Connection Advisory Board will meet the 3rd Monday of every month from 5:00PM-6:00PM, beginning July 20th. If you are interested in discussing this opportunity further, please contact Laurel Hillerson-Spear by emailing lhillerson@ccsantacruz.org or by calling 831-425-8132 Ext. 214.

**Most programs require the client to be a part of the system of care, but a few don't. Call them for more information.*

Education Classes

■ NAMI Family to Family

This 12 week educational program helps friends and families to understand and help their loved ones. Contact Joanne Yablonsky, joanecy@aol.com, or sign up online at: namiscc.org/family-to-family.html Also offered in spanish. Contact Jorge Mendez, 831-521-1657, info@namiscc.org, or sign up for Spring 2016 class online at: namiscc.org/de-familia-a-familia.html.

■ NAMI Peer to Peer

The free Peer to Peer class is a 10 week series taught by individuals who are experienced at living well with a mental illness. Class starts Aug 5th. Contact Loren at loren-crabb27@gmail.com or 427.8020

■ NAMI BASICS

This 10 week educational program is designed for parents and caregivers of youth (10-17) to understand and help their loved ones. Contact Emily at ebc73@comcast.net or 427.8020

■ NAMI Provider Education Program

For all professionals who want to understand more about serious mental illnesses. Taught by a panel of a professional therapists, providers, people living with a mental illness, and family members. Call 427.8020 to be put onto wait list for the Spring 2016 class.

Presentations

■ In Our Own Voice

Community presentation designed to create understanding and compassion. NAMI 427.8020.

■ School Presentations:

- ✍ Ending the Silence
- ✍ Parents & Teachers as Allies

Middle and High School presentations for students, teachers and parents. Contact Wendy Citron at wcitron@namiscc.org

Upcoming Events

1 NAMI National Convention San Francisco, July 6-9 2015

NAMI National's annual conventions are huge affairs, packed with dozens of workshops, keynote speakers, films, exhibits, and special interest sessions. Registration is now open. Individuals living with mental illness may also register with reduced fees. (See below article for more information) <http://www.nami.org/convention>

2 NAMI California Conference, August 21-22

Newport Beach Marriott Hotel - "Bringing Communities Together"; Panels on Transition Age Youth, Criminal Justice and Consumer/Family. Workshops Tracks: Advocacy, Affiliate Relations, Consumer/Family Engagement Criminal Justice, Engaging Diverse Commu-

nities, and Transition Age Youth. <http://www.namica.org/annual-conference.php>

3 Mental Health Advisory Board Meeting

invites you to attend their monthly meetings. Meetings are held every 3rd Thursday, 3:00 - 5:00 p.m. See website for location.

4 The Community Connection Advisory Board

will meet the 3rd Monday of every month from 5:00PM-6:00PM, beginning July 20th. If you are interested in discussing this opportunity further, please contact Laurel Hillerson-Spear by emailing lhillerson@ccsantacruz.org or by calling 831-425-8132 Ext. 214.

5 New "Peer to Peer" and "Family to Family" classes now forming! (free classes)

The Peer to Peer class: Weds, Aug 5 - Oct 7. 6:30 - 8:30 Registration is



required. Contact Loren at loren-crabb27@gmail.com or leave a message at 427-8020.

The Family to Family class: Tuesday's, Sept 8-Nov. 24, 6:00-8:30 pm. Contact Joanne Yablonsky, (831) 427-8020, joannecy@aol.com, or sign up at <http://www.namisc.org/family-to-family.html>

6 NAMI Board meets the first Monday of each month.

6:00 p.m. to 7:30 p.m.; 303 Potrero St., Building 42, Room 103. All are welcome. ■

Remembering Past Conventions

by Louise Loots (Family to Family teacher, NAMI Presenter and NAMI Board Member)

When I went to my first NAMI National Convention, I felt as if I had found family. We wore tags indicating our names and states, and when I met someone new, I felt a connection forged in similar experience. Although I have forgotten some of their names, I can recall their faces and their desires for better treatment. I remember their hopes.

At these conventions the speakers and workshops are often exciting and informative. One of the most popular workshops is "Ask the Doctor." In separate sessions, experts on the severe mental illnesses answer questions from the audience. I am one of the first in line in the schizophrenia sessions. While no one has been able to tell me how to cure schizophrenia, I have always received compassion, support and education on the latest research.

This year the NAMI national convention is offering three different tracks for attendees to follow. The Multicultural Track focuses on diverse and different cultures within the NAMI community. The Young Adult Track includes information on early intervention and creating more programs for youth. The Veterans and Military Track centers on the experiences of veterans with PTSD and other difficulties when re-entering civilian life.

One of the great things about these conventions is that one can choose a track and follow it every day or jump around from one track to another. Because I don't want to miss out on anything, I race around before a new set of sessions begins, check out each session and grab any handouts. Then I settle in on the one that piques my interest the most. It's exhausting--but fun. Hope to see you there!

NAMI National Convention
San Francisco, July 6-9
<http://www.nami.org/convention>

NAMI California Convention
Newport Beach, August 21-22
<http://www.namica.org/annual-conference.php> ■

Volunteers make a difference

Each issue we will shine a much deserved spotlight on our volunteers.



Board Members Make a Difference

What does our Board Do?

The Board of Directors are people with passion for NAMI's mission to provide support, education, and advocacy for individuals and families affected by mental illness. Board members provide guidance on operations and oversight of fiscal matters. Appointments are made to fill vacancies. Officers and Board members will be presented for election at September's General/Speaker meeting.

Our bylaws require that two thirds of NAMI SCC's board are either people who are family members of someone affected by serious mental illness, or individuals who live with a mental illness.

Susan Warrens stepping down from Board

We extend our deepest appreciation to Susan Warrens for her wonderful service to our NAMI Board as Vice President for the past six years. Susie has been an amazing NAMI supporter through her work as VP, Family to Family teacher, Super Fund Raiser through the NAMI Walk, and as an enthusiastic Holiday Party Gift Elf. Many thanks for her love and friendship to all. She says she needs a sabbatical, but will return to help, because she knows "it takes a village".

Gratitude to volunteers Jim Williamson and Lynda Kaufmann

Jim Williamson has taken excellent care of NAMI's finances since 2008, back when our membership was about

40, budget was \$4000, and bookkeeping was being done by hand. He simplified with Quick Books and Excel, and this April contracted with Front St. Administrative services for bookkeeping services. Now he'll be playing more golf. Thank you Jim! And, our huge thanks to Board member Lynda Kaufmann, who has taken on this important role, a tremendous service. She brings her background in banking, and her current work at Psynergy Programs, Inc.

Welcome Pam Gleitsman

Pam Gleitsman joins the NAMI Board as a passionate advocate for improvements in our County's mental health systems of care. She is a current teacher of Family to Family and brings her life experience as a mother of six, her Masters work in psychology and art, and creation of a successful art business with her husband Bing. Inspired by difficult experiences, Pam looks forward to advocating for better access to crisis care, better communication between families and our mental health system and help in improving care for people with mental illness.

Welcome Hugh McCormick

Hugh McCormick is joining the NAMI SCC Board as a Peer representative. Hugh has been an incredible spokesman for people living with mental illness, and for NAMI's programs. He teaches Peer to Peer classes and Provider Education Program, coordinates and speaks for the In Our Own Voice speakers program, UCSC Psychology classes, and runs Peer Connections support groups. Hugh deeply understands the needs of Peers and family members. He advocates for alternatives to locked care and for opportunities for Peers. "It wasn't until I took the NAMI Peer to Peer course (2008) that the concept of recovery was even on the table for me". ■

Get Involved

Volunteering at NAMI shows how important mental health is to you. Whether you are giving your time because NAMI has helped you or someone you know or you are passionate about our cause, you can help make a difference.

Ending the Silence Speakers!!

Looking for people to join our team for the 2015/16 school year. We have received a tremendously positive response, with over 50 presentations last year. Become part of our team and help change attitudes and lives. Here is what a teacher had to say...

"Huge thanks to Sandy and Tristan for an amazing presentation at my Cabrillo health class this morning! Excellent speaking, such a well put together program, moving and inspiring stories. We are so lucky to have the Ending the Silence program available in this community!" - Margaret Fahl, Soquel High and Cabrillo College Health teacher.

We need you. Become a Mental Health Champion!

Contact Wendy Citron at wcitron@namiscc.org or (925) 297-7502

Labeling Party

We are stocking up for next year and 3 boxes of brochures just arrived on our doorsteps. Come join our "quilting circle" (of sorts) to help put labels on the brochures.

Monday, July 13th at 11:00; Old Sashmill, 303 Potrero, Bldg 42, Suite 103, Santa Cruz.

RSVP to Sheryl at slee@namiscc.org or join our Meetup Social Group to RSVP for this and other events. www.meetup.com/namiscc ■



NAMI Air is a safe, anonymous mobile app to share and air your experiences. Learn more at: www.nami.org/Find-Support/Air-App