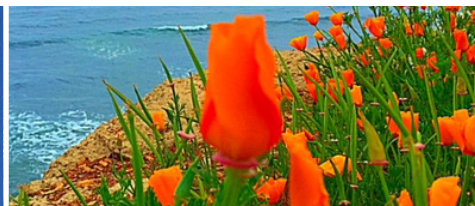


MAY / JUNE 2015



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NAMI SANTA CRUZ PRESENTS

Mental Health Improvements Through Early Detection & Intervention: Promising new Approaches

The United States is reaching a tipping point in the awareness and recognition of early identification and intervention for young people with prodromal symptoms or first episode psychosis (FEP). The National Institute of Mental Health (NIMH) is sponsoring significant clinical research in this field and the Robert Wood Johnson Foundation (RWJF) has supported the expansion of programs for those with prodromal symptoms in multiple sites throughout the country.

Dr. Adelsheim will discuss the international and national movement towards building these early detection and intervention models for those with serious mental illness. Through the development of community outreach efforts and addressing community stigma, young people at risk for serious mental illness are accessing care earlier, leading to improved outcomes in mental health, employment and educational success. Learn how these models are now expanding across California and other states in an effort to build a more effective mental health support system for our young people.

Steven Adelsheim, MD, FAACAP, is a child/adolescent psychiatrist and Director of Community Partnerships at the Department of Psychiatry & Behavioral Sciences at Stanford University's School of Medicine. He works to support community behavioral health collaborative efforts locally, at the state level, nationally, and internationally. Dr. Adelsheim is also involved in the implementation of integrated behavioral health care models in primary care settings as well as the use of media to decrease stigma surrounding mental health issues. He served as the principal investigator of both the EARLY and RAISE prodrome and first episode programs at UNM, and he is working to develop similar models in the Psychiatry Department at Stanford.



Weds. May 20, 2015
6:30 Social Networking
7:00 PM to 8:30 Program & Q/A

Live Oak Senior Center
1777 Capitola Rd. near 17th Ave.
Santa Cruz, CA 95062
Refreshments will be served !

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 Sheryl slee@namiscc.org or 331-9084

■ 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 & Depression Support

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

Client 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

■ HOPE Bipolar Disorder & Depression Support

For individuals with Bipolar or Depression and their family and/or friends. Christian Based.
2nd & 4th Tuesdays, 6:30 - 8:15 PM
Santa Cruz Bible Church • 440 Frederick St. Room #20 • 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

Human Race humanrace.namisc.org

Human Race donations accepted throughout May

This year, we are walking in Santa Cruz your breakfast and tshirts!

instead of taking the bus to the NAMI Walks in San Francisco. This event will be NAMI

Santa Cruz's major fundraiser for the year. Let's walk together to celebrate all that NAMI

Santa Cruz does and have some fun along the way! We will gather

at our banner and table. The first group of walkers will start walking at 8:00 am with a second group starting at 8:30 am. Get there early to receive

and individuals who raise the most money or get the most walkers. With your help we can reach our goal! Visit humanrace.namisc.org. ■

Human Race
Saturday, May 9, 2015 - 8 am. The 5 mile course goes from 2300 Delaware Ave. along West Cliff Drive to Lighthouse Park and back. (or walk as far as you like)

Who can recruit the most walkers? In 2014 we raised, \$15,457 and had over 50 walkers. This year our goal is to raise \$20,000. To add to the fun, we will be giving prizes to the teams

and individuals who raise the most money or get the most walkers. With your help we can reach our goal! Visit humanrace.namisc.org. ■



Donate today at:
humanrace.namisc.org
Donations accepted throughout May

Why donate?

Because mental health matters.

- 92 Family Members, 48 Peers and 25 Providers learn in NAMI's **education classes**. Family to Family class is now offered in Spanish!
- Throughout the year, 300+ people attend the weekly or monthly **support groups**.
- 500+ people attend the **speaker meetings and workshops**.
- 100's are reached in **community tabling**.
- 300-400 attend the **Holiday Party** for people living with mental illness.
- Over 2000 community members hear our **presentations** each year, spreading the message of compassion, hope and recovery.
- A county-wide **student leadership council** for high school students interested in social advocacy around mental health launches this fall!





From the President

Our NAMI family is made up of awesome people who have learned many unique and difficult things. They are resilient, compassionate, and reach out to help each other, often through their own difficulties.

As I have watched our NAMI grow, I am amazed at what it has become today, thanks to wonderful volunteers, workers, and contributors. Special thanks to leaders Sheryl Lee, Emily Chapman, Joanne Yablonsky, Loren Crabb, Hugh McCormick, Ellen Adams, Cherry Maurer, Carol Sedar, Susan Warrens and to Board members; Melissa Watrous, Jorge Mendez, Lynda Kaufman, Jim Williamson, Tina Landino and Rhama Khalsa.

We are building community, coming out into the open, teaching others, reducing stigma. We have a strong website, a new database, excellent programs, and strong relationships in the community.

So many people are finding their way to NAMI's classes, support groups and lectures, referred by schools and doctors, and word of mouth. People often tell me that NAMI classes "saved their lives", and that nowhere else had they learned what they learned in NAMI classes. They have found other people who "get it", people who can help and support them. Here they find that they are not alone on their journey.

Our NAMI is at an important crossroads. The community's needs are great. There is much work to be done. It is time to look to our future, to stabilize our systems, hire staff, organize volunteers. It's time to consider a future space for an office/meeting/classroom/library. With your help, we can meet the many challenges. Your volunteer work and your donations are needed and appreciated.

Thank you for your support! I'll see you at the Human Race!

Carol Williamson



Gratitude and Farewell!

Our amazing volunteer Jennifer Wentworth is moving to Arizona!

We are really going to miss her. Jen and Brent are moving because Brent was accepted to study Emergency Medicine at Midwestern University in Glendale, Arizona. He has been working at Natividad Hospital, and he plans to become an ER doctor. Jen has been a brave and enthusiastic peer advocate. With her honest and powerful messages, she educates and informs about her journey with mental illness: her history, the challenges, the different diagnoses, the up and down times, learning to cope, and finding

best treatments.

We have all learned from her. She is an incredible example of resiliency and keeping your sense of humor.

We thank Jen for her work as a presenter of In Our Own Voice, and Ending the Silence, her contributions to the NAMI newsletter with "Jennifer's Corner", her blog "A Day in the Life of Being Bipolar", her loyal support of NAMI and all her NAMI friends, and the walk fundraising efforts. She received the "Volunteer of the Year" award from the Volunteer Center.

We are happy that Jen will continue to write for NAMI, and she will return regularly to visit all her NAMI friends. ■

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, 831-684-1432, joannecy@aol.com, or signup online at: namiscc.org/family-to-family.html Also offered in spanish. Contact Jorge Mendez, 831-521-1657, info@namiscc.org, or signup online at: namiscc.org/de-familia-a-familia.html

■ NAMI Peer to Peer

The Peer to Peer class is a 10 week series taught by individuals who are experienced at living well with a mental illness. Contact Loren at lor-en-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 notification of dates.

Presentations

■ In Our Own Voice

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

■ Ending the Silence and Parents and Teachers as Allies

Middle and High School presentations for students, teachers and parents. Call Wendy at (925) 297-7502

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. Let us know if you are attending. It would be great for the Santa Cruz Community to share a meal or get together during the conference. Register at: <http://www.nami.org/Get-Involved/>

Attend-NAMI-National-Convention

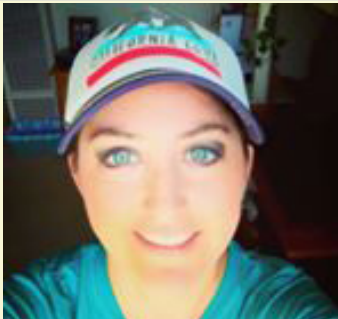
2 **The Mental Health Coalition Meetings** take place at MHCAN every 2nd Wednesday of the month at 5:30. Contact Adrian for more information. adrian.camp@encompasscs.org

3 **Mental Health Advisory Board Meeting** invites you to attend their monthly meetings. Meetings are held every 3rd Thurs-

day, 3:00 - 5:00 p.m. 1400 Emeline, Building K.

4 NAMI California Convention

NAMI California is currently recruiting volunteers for the conference on August 21st - 22nd at the Newport Beach Marriott Hotel and Spa! Volunteering for one time block per day, allows free entry into workshops on the same day. Please call 916-567-0163 for inquiries. ■



Jennifer's Corner

By Jennifer Wentworth

See Jennifer's blog at: adayinthelifeofbeingbipolar.blogspot.com

Bipolar Disorder is a serious but treatable illness marked by extreme changes in mood, thoughts, energy, and behavior. People with Bipolar Disorder have moods that alternate from mania which is the extreme highs and depression which is the extreme lows. All symptoms of mania and or depression can result in psychosis which can include hearing voices, delusions or false beliefs, extreme paranoia and severe anxiety as a result.

MANIA: The manic episodes can feel elating and full blown manic episodes, which only happen with the diagnosis of Bipolar Disorder I, can feel euphoric. Symptoms include racing thoughts and flight of ideas, pressured speech, lack of sleep, delusions of grandeur, irritability or aggression, increased sexual drive, reckless behavior and poor concentration. For example, when I was in a full blown manic episode, I had the delusion that I was not of this world but was a goddess sent down here to do Gods work and bless others. It felt like I was high as a kite all the time. I was invincible! I also felt irritable and unable to have conversations with others - including the psychiatrist! I could not follow a linear thought pattern and nothing I said made sense to others. I had fast pressured speech that jumped from thought to thought trying to keep up with my racing mind.

HYPOMANIA: Hypo-mania is a less severe form of mania. You get an elated euphoric mood, more productivity, and racing thoughts. In Hypo-mania, the mood swings are not severe enough to hospitalize someone or to create psychotic symptoms. If diagnosed with Bipolar type I, Hypo-mania can lead to full mania if not treated.

MIXED STATES: Mixed states are symptoms of mania and depression at the

same time. These are the most unpleasant and most dangerous states to be in. You have the frenzied symptoms of mania, without the euphoric state. Add in symptoms of depression, negative thinking, and worsening panic attacks. A person with Bipolar Disorder who is in a mixed episode may be more likely to feel suicidal than in any other state and be in the most danger of acting on those suicidal thoughts.

DEPRESSION: Depression comes along with the diagnosis of Bipolar Disorder. It occurs more frequently with Bipolar Disorder type II than for those of us with type I. In my experience with Bipolar Disorder I, I often have back to back full blown manic episodes including severe psychosis, hearing voices and mixed manic episodes. I will only cycle through a true depression episode about once a year.

Whether you're a family member or peer living with mental illness get yourself educated about Bipolar. Visit nami.org. You can also sign up for one of our Family to Family classes, or Peer to Peer classes at www.namisc.org. ■

LEGISLATION and ADVOCACY

On April 20, 2015 NAMI California released their position papers on the State Assembly and Senate Bills. For a complete description, please refer to namica.org and click on "Advocacy & Legislation" -> "2015 Bill List".

2015 Assembly Bills

AB 72 (Bonta) Medi-Cal: demonstration project
AB 260 (Lopez) Foster care: parenting youth
AB 374 (Nazarian) Health Care Coverage: prescription drugs
AB 618 (Maienschein) Parole: primary mental health clinicians
AB 703 (Bloom) Juveniles: attorney qualifications
AB 918 (Stone) Health and care facilities: seclusion and behavioral restraints
AB 983 (Mathis) - Veterans courts
AB 1018 (Cooper) - Medi-Cal: Early and Periodic Screening, Diagnosis, Treatment (EPSDT)
AB 1056 (Atkins) Housing Assistance: formerly incarcerated tenants
AB 1156 (Brown) Imprisonment in county jail
AB 1194 (Eggman) Mental health: involuntary commitment
AB 1231 (Wood) Medi-Cal: nonmedical transportation

AB 1194 (Eggman) Mental health: involuntary commitment

Many NAMI California families struggle to receive services and support for loved ones in crisis because the law is interpreted to require proof of dangerousness at that moment. This allows individuals to deteriorate needlessly before a family can access treatment. The knowledge a family has of past history is often a reliable way to anticipate the future course of illness, and must be utilized in every county in California. Although current law allows for the consideration of the historical course of mental illness, the application of this provision is uneven due to its permissive nature. This bill clarifies the existing law allowing that danger constitutes a present risk of harm that requires consideration of the historical course of a person's mental health disorder and shall not be limited to imminent or immediate risk of harm to others or to himself or herself.

2015 Senate Bills

SB 11 (Beall) Police officer training: mental health
SB 29 (Beall) Police officer training: mental health
SB 36 (Hernandez) Medi-Cal: demonstration project
SB 124 (Leno) Juveniles: solitary confinement
SB 219 (Liu) Prisons: alternative custody
SB 608 (Liu) Homelessness
SB 614 (Leno) Medi-Cal: mental health services: peer and family certification
SB 621 (Hertzberg) Mentally ill offender crime reduction grants

SB 614 (Leno) Medi-Cal: mental health services: peer and family certification

NAMI has been a strong proponent of a statewide certification for peer and family support specialists that enables the services provided by these specialists to be billable to Medi-Cal and a sustainable piece of the mental health care delivery system. Family members have valuable experience and perspective to bring to recovery and wellness. Additionally, a peer specialist program should provide meaningful employment and a career ladder so that consumers and family members working in mental

health have the opportunity to utilize their skills to fully contribute. In currently operating peer specialist programs, peers perform duties that include wellness, resilience and recovery coaching; navigating systems and community services; assisting in the development of individual wellness plans; and outreach to potential beneficiaries. In fact, peer specialists have been shown to be more effective than traditional providers in reaching populations that are historically underserved by the health care system*.

* *Repper & Carter: "A Review of the Literature on Peer Support in Mental Health Services". 2011.*

Your Voice Matters!

NAMI CA is looking for people to share their stories. Contact David Czarnecki, Advocacy Coordinator, (david@namica.org) and Kiran Savage-Sangwan, Legislative Advocate at NAMI CA, (kiran@namica.org)