

Family Member Support Groups

Thursday Night Support Group for Family Members

NAMI's Family Support Group provides opportunities for participants to support each other & to explore ideas & solutions relating to mental illness.

Every Thursday 7-8:30 PM
Live Oak Family Resource Center
1740 17th Avenue, SC • 427.8020

Support Group for Parents of Youth

For caregivers of youth 17 & under, sharing on issues including relationships, schools and local resources.

1st Friday at 12:30 PM
3rd Thursday at 6:30-8:00PM
at the Old Sashmill in Santa Cruz
303 Potrero St., Suite 42, Rm 103
For more info, contact Emily at:
ebc73@comcast.net or 476.1020
youth.namisc.org

HOPE Bipolar Disorder & Depression Support Group

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

2nd & 4th Tuesdays, 6:30 - 8:15 PM
SC Bible Church • 440 Frederick St.
Room #20 • 336.5740

Parents with Hope Support Group Al-Anon Group

For parents or relatives of individuals with addiction & mental health issues.

Sundays from 6:30-7:45PM
at the Inner Light Center,
5630 Soquel Drive in Soquel.
For information: Rachel at 688.1792

Attention Deficit Disorder Support Group

Parents Meeting: 6:30-8 PM the second Wednesday of the month.
Adults with ADHD meet: 6:30-8 PM the fourth Wednesday of the month. For anyone with ADHD or those who love them.

For information: Judy Brenis
jbbrenis@comcast.net • 684-0590

For more info: 831-427-8020
www.namisc.org
or like us at: 
www.facebook.com/namisc

July Membership and 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.

Management of Depression & Anxiety in the 21st century: *The Latest Advances and Innovations*

Wednesday, July 16, 2014

6:30 Social Networking

7:00-8:30 Presentations

Live Oak Senior Center

1777 Capitola Rd. (near 17th Ave.)
Santa Cruz, CA 95062

Presented by:

Saad A. Shakir, M.D., D.F.A.P.A., F.A.C.I.P.

Come learn about new theories on what causes mood and anxiety disorders as well as advances in treatment of Depression and Anxiety. Emphasis will be on new research and developments in neurosciences including Neuromodulation and Transcranial Magnetic Stimulation.

Dr. Saad A. Shakir, MD is a Neuro-psychiatrist in the San Francisco Bay Area. He is board-certified by the American Board of Psychiatry and Neurology, and also a distinguished fellow of the American Psychiatric Association. He is the founder of Integrated Clinical Neurosciences and an Adjunct Clinical Associate Professor, Emeritus of Psychiatry and Behavioral Medicine at Stanford University School of Medicine. He enjoys teaching about Depression, Anxiety, Bipolar disorders, and ADHD to providers and community members.

For more information, please see:

www.siliconvalleytms.com

www.saadshakirmd.com (site for Integrated Clinical Neurosciences)

www.SVIsleep.com

Beth Hyytinen, Program Manager of the Health Insurance Counseling and Advocacy Program (HICAP) from Senior Network Services will talk about potential savings for Medicare beneficiaries who are eligible for Medi-Cal or receive Extra Help with their prescription drug coverage. She will also explain how all Medicare beneficiaries can access free insurance counseling and advocacy services.

(See article on page 3)

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

**HOPE Bipolar Disorder & Depression
Support Group (NAMI Supported)**

For individuals with Bipolar or
Depression and their family and/or
friends. Christian Based.
2nd & 4th Tuesdays, 6:40 - 8:15 PM
SC Bible Church • 440 Frederick St.
Room #21 • 336.5740

See full calendar of
MHCAN Support Groups
469-0462 or www.mhcan.org

Education Programs

**NAMI Family-to-Family
Education Program**

This 12 week educational program
helps friends and families to
understand and help their
loved ones.

Email Joane: joanecy@aol.com
to get on waitlist for future classes
or call 427.8020

**NAMI Peer-to-Peer
Education Series**

The Peer to Peer class is a 10 week
series taught by individuals who are
experienced at living well with
a mental illness.

Thursdays Jul 10 - Sept 11
2:00 to 4:00 p.m.
Old Sash Mill Complex
303 Potrero, Bldg 42 Suite 103,
Santa Cruz
Contact Loren at
lorenrabb27@gmail.com
or leave message at 427.8020

**Ending the Silence
Story tellers**

Are you 18-24 years old? Did
your symptoms appear in high
school? Do you want to offer
hope to teens? Share your story
of recovery as part of the
"Ending the Silence" high school
presentation. Call Sheryl at
831.331.9084.

Thank You! NAMI Walk 2014 was an amazing success! This year we raised an incredible \$15,457, surpassing our \$15,000 goal! ... A huge thank you to all who raised money, donated or participated. Special thanks to our top fundraisers Carol Williamson, Susie Warrens, Joanne Yablonsky and Alan Cherry.

Over 50 NAMI Santa Cruzers rode the bus together from Capitola to San Francisco Golden Gate for this beautiful day. Our wonderful teams included the Front Street Cruzers, Lompico Walkers and many NAMI SCC members and friends. The Santa Cruzers joined 2500 people in a huge group walking through the park together, followed by a picnic lunch.

This money will support our mission to provide help and hope to those in need. It will help support our education programs, outreach programs and support groups. Funds raised also allow NAMI Santa Cruz County to have a stronger presence in our community and to advocate in greater ways at the local, state and national level on behalf of the millions affected by mental illness.

It's not too late to donate! Donate today at: [http:// www.namisc.org/nami-walks.html](http://www.namisc.org/nami-walks.html)



**NAMI California 2014 Annual Conference
Newport Beach Marriott Hotel and Spa
900 Newport Center Drive, Newport Beach, CA 92660**

Speakers include:

Mariel Hemingway, Actress, Author and Mental Health Advocate;
Herb Schultz, Regional Director of US Department of Health & Human Services; **Gina Kaye Calhoun**, National Director for Wellness; **Sergio Aguilar-Gaxiola, M.D., PhD.** Professor of Internal Medicine and founding Director of the UC Davis Center for Reducing Health Disparities; **Mark Refowitz**, Director of Orange County Health Care Agency and, **Judge Perez** of Orange County.

Go to NAMI California website to register
<http://www.namicalifornia.org> or call **NAMI California at: 916-567-0163**



Bilingual Volunteers Needed

NAMI SCC is looking for bilingual people who would like to help with translation and interpretation on our warm line, emails and flyers.

We are also seeking someone to teach the Spanish language version of the 12 week Family to Family class series, **"De Familia a Familia de NAMI"**.

To teach the class, you must be a family member of a person who has a mental illness, have taken the Family to Family class series, **"De Familia a Familia de NAMI"**, be a good reader and listener, and willing to commit to 3 hours a week for 12 weeks.

NAMI will pay all expenses to send you to a weekend long training.

Contact the NAMI line **831.427.8020** or info@namisc.org if you or anyone you know might like to take steps into this important service.

Support group for family members on Tuesday nights 5:00-7:00 at Mariposa Center in Watsonville, 10 Carr Street off of Beach Street. Near Watsonville High School. **831-768-8132.** (Spanish speaking receptionists available from 9-2)

Did you know you could save money on your prescription drugs by calling HICAP?

NAMI members who pay out of pocket for Medicare Part D prescription drugs are encouraged to use HICAP (Health Insurance Counseling and Advocacy Program) of Senior Network Services to help them find a better drug plan. Senior Network Services is a non-profit community resource agency that links older adults and persons with disabilities with support services essential to their physical and mental well-being.

Medicare beneficiaries are randomly assigned to Part D prescription drug plans when they become eligible for Medi-Cal or other financial assistance through a Medicare Savings Program. The problem with random assignment is that quite often there are better and cheaper options for individuals which match the drugs you are currently taking with a Part D plan. HICAP staff can help you learn which of the 34 Part D plans will have less out of pocket costs for you and fewer problems for your doctors who prescribe medications you need. HICAP provides:

- Screening for individuals for financial assistance with Medicare prescription drug coverage.
- Provide application assistance for Extra Help/Medicare Savings Programs.
- Help determine if Medicare beneficiaries are enrolled in the lowest cost Medicare Part D plan.
- Explain possible enrollment periods to change Medicare Part D coverage.
- Schedule one-on-one appointments with HICAP registered counselors who are trained to help Medicare beneficiaries better understand their options.

Note: HICAP is a safe resource to get unbiased information about Medicare. HICAP does not sell or endorse any specific insurance plan. It is funded to advocate for the Medicare recipient and help with the many complex questions and issues.

It's easy, just call HICAP at **462-5510**

Education and Employment Services

A FREE program offered to adults over 18 experiencing new and significant symptoms of mental illness.

Please call:

Andrea Turnbull 212-5954

aturnbull@ccsantacruz.org

Prevention and Early Intervention (PEI) Community Connections

NAMI Board of Directors

A slate of officers and voting members of the NAMI SCC board will be presented to the membership for a vote at the September 17th annual membership meeting.

Elected officers will be installed in January 2014. If you wish to join the Nominating Committee contact **427-8020** or info@namiscc.org

Nominating committee will submit slate to the Board by July 15 2014.

Sign up for our Free Education Programs



Peer to Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. The course consists of 10 two-hour classes and is taught by a team of two trained 'Mentors' who are personally experienced at living well with mental illness.

Each Class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice. Classes build on each other, therefore attendance each week is required.

Thursdays

Jul 10 - Sep 11

2:00 to 4:00 p.m.

Old Sash Mill Complex
303 Potrero, Bldg 42 Suite
103, Santa Cruz

"I was struck by how the NAMI Peer to Peer program is about us. It's very humanistic and informative. I am so glad I can now find support and information that goes beyond what therapists share. The brain information is what only the best psychiatrists share. I look forward to unfolding the many aspects that NAMI Peer to Peer addresses."
quote by recent Santa Cruz Peer to Peer student.

Contact lorencrabb27@gmail.com

California Mental Health and Spirituality Initiative – New Website!

The Steering Committee of the California Mental Health and Spirituality Initiative (CMHSI) is proud to announce the launch of the new and improved CMHSI website. We encourage all to visit the website and use it as a resource to get involved and promote the use of spirituality for mental health recovery and wellness. The website will also serve as a great way to receive regular updates about the October 2014 Northern Region Mental Health and Spirituality Conference – details coming soon! Visit the website at www.mhsprit.org and submit your feedback online using the comment form provided on the website.

Santa Cruz County Mental Health Services Update

(For more, see the "We are Serious About Mental Health and Recovery" newsletter from the Department of Mental Health at <http://www.santacruzhealth.org/cmhs/2cmhs.htm>)

NAMI members have been advocating for a Mobile Crisis Team for a long time. We have seen the needs, far too many times, as we desperately try to get help for families in crisis. Currently there is only one downtown worker and only for within city limits. NAMI is very hopeful and grateful about the news below.

Good News! County Mental Health is creating a Mobile Crisis Team

“There are a number of new programs being established for the residents of Santa Cruz County this year, as part of our ongoing efforts to build a better system of care for all of our residents, and address some gaps in services that have been identified through feedback we have received from the individuals and families who are served through the County Behavioral Health system, and those who are served outside of our system as well.

In late fall, the County of Santa Cruz will be establishing a Mobile Crisis Team to provide services to individuals and families experiencing an urgent or emergent mental health need in the community, as well as expand crisis response services to work directly with Law Enforcement. The Mobile Crisis Team will provide crisis intervention services at different locations in the community, including office based visits for walk-in’s and appointments, evaluations with law enforcement in the community, local hospital Emergency Departments, and individuals’ homes. The goal is to stabilize the crisis situation, determine whether or not there is a need for hospitalization, and develop an

appropriate disposition plan for that individual which would include follow-up with the Mobile Crisis Team until the individual or the family can be connected with ongoing services. The Mobile Crisis Team will work with residents of the County, regardless of the type of insurance they may have or whether or not they ultimately end up connected to County Behavioral Health Services.

We are excited at the opportunity to begin this new service, and thank the Board of Supervisors for their support, and Dominican Hospital for supporting part of the costs of operating this new program through a generous funding commitment.”

Erik G. Riera
Director, Behavioral Health Services
Santa Cruz County Mental Health and
Substance Abuse Services

Grief Resources

Grief Support Group

Compassionate Friends provides highly personal comfort, hope and support to families experiencing the death of a son or daughter, brother or sister, or a grandchild, and helps others better assist the grieving family.

Meets on the second Monday of each month.

7:00- 8:30 pm Quaker Meetinghouse, 225 Rooney Street, Santa Cruz

<http://www.tcfsantacruz.com>

Suicide Grief Support

The Family Services Agency’s Suicide Prevention Service offers Support Groups for people who have lost someone through suicide. Grieving the suicide of a loved one is different than grieving other kinds of loss, it can be extremely painful, confusing, and overwhelming.

Visitors will discover that they are not alone and that survival and healing is possible. Call **831-459-9373** or

<http://fsa-cc.org/suicide-prevention-service/if-you-have-lost-someone/>

Grief Share

13-week video series and interactive grief support for people who are grieving the death of someone close to them. Christian based. Fall sessions begin Wed mornings, 9/3 - 12/3 and Thur evenings, 9/4-12/4 at Twin Lakes Church.

For more information, call **831.465.3368** or email care@tic.org

Education Programs

NAMI Basics Education Program

A six week series for parents & other caregivers of children & adolescents living with mental illnesses.

Class covers:

- Stages of emotional reactions
- Insights into understanding of the lived experience
- Current research, evidence-based, most effective treatments
- Problem solving, listening and communication skills
- Information about the school system and the mental health system
- Exposure to personal record keeping systems
- Planning for crisis management and relapse

Call **831-427-8020** to add your name to the wait list for the next class series.

Speaker Meetings

Guest lectures and programs of interest, bi-monthly

6:30 pm on 3rd Wednesday of January, March, May, July, Sept. and Nov.

at Live Oak Senior Center, 1777 Capitola Rd. Santa Cruz

Let us know what topics you want presented.

Resources

Community Connections

www.ccsantacruz.org • 425.8132

NAMI Parents of Youth

youth.namisc.org

SC County Mental Health & Substance Abuse Services

www.santacruzhealth.org

for ACCESS information and the

Crisis Line • 800.952.2335

Family Advocate • 454-4539

Santa Cruz County Behavioral Health Center • 831.600.2801

SC County Jail Mental Health

454.5155

Encompass Community Services

(formerly SC Community Counseling Center)

www.encompasscs.org • 469.1700

Summer Reading!

You Can Beat Depression, A guide to Prevention & Recovery

By John Preston, MD; Speaker for a recent NAMI Santa Cruz meeting.

Dr. Preston recommends a series of self-help actions to promote emotional healing when afflicted by clinical depression. Also offered is an up-to-date consumer guide to medications; material on the prevention of depression; brief therapy interventions, exercise, and other non-medical approaches.

One reader wrote: "I am a long term sufferer of depression for over 20 years. This is the first book that I've ever written that truly "gets" it. From beginning to end I felt that the book easily acknowledged and explained everything I've ever gone through in relation to depression. It was quite helpful in explaining the things that you needed to do in order to get well. I was so impressed that I had my husband read the book and it was an AHA! moment for him, as well. He finally was able to understand the things that I had been going through, understand my mood swings and understand how some of the things that he would do and say were not only not helpful but hurtful."

The Secret is Out! SC Mental Health Advisory Board

I recently attended two Santa Cruz Mental Health Advisory Board meetings and want to spread the word and urge you to attend. This is the county's best kept secret — but not for long (and not on purpose). The Advisory Board encourages community members with an interest in mental health services to attend the meetings. They also have a goal to grow the Advisory Board. With only 1.5 hour monthly commitment, people who have a mental illness or their family members can join to express their concerns, lend their voice and share their wisdom toward improving and monitoring services in our county.

Erik Riera, Director of Behavior Health Services and a member from the Board of Supervisors give a monthly update. There are frequent speakers to educate the Advisory Board and community members on the services offered throughout the county. Advisory Board members review and evaluate the community's mental health needs, services, facilities, and special problems; provide oversight and monitoring of the local mental health system; and advocate for persons with mental illness.

Come check out a meeting!

Third Thursday of each month, 3pm to 5pm

Live Oak Senior Center (occasionally there are other locations so call to confirm)

1777 Capitola Rd, Santa Cruz, CA

<http://tinyurl.com/scadvisory>

If you wish to apply for a position on the board (and please do!!) visit the following link and fill out the easy application: <http://tinyurl.com/scadvisoryform>

Questions? Call Yolanda Pao, Administrative Aide at: **831-454-4611**

Exploratorium Exhibit:

The Changing Face of What is Normal: Mental Health

A Temporary Exhibition on View in the West Gallery through Summer 2014. Does what is normal change with time? How do we define, categorize, and treat those we decide are not normal? What's normal can depend on when you were born, where you live, or the language you speak. Normal can be a highly personal concept-and almost everyone, from certain perspectives, can be seen as normal... or abnormal.

The Changing Face of What Is Normal: Mental Health is the first major temporary exhibition in the Exploratorium's new West Gallery, which focuses on human thought, behavior, and social interaction. The exhibition's collection of artworks and artifacts explore the notion that normality is a subjective, dynamic, socially driven idea.

A second phase to open Fall 2014! Pier 15, San Francisco.

<http://www.exploratorium.edu/visit/west-gallery/whatisnormal>



Santa Cruz
County

National Alliance on Mental Illness

P.O. Box 360 • Santa Cruz, CA 95061

NON-PROFIT ORG.
US POSTAGE
PAID
SANTA CRUZ, CA
PERMIT #398

ADDRESS SERVICE REQUESTED

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!

Member Name _____ e-mail _____

Second Name _____ e-mail _____
(Spouse or other)

New Membership Member Phone _____

Membership Renewal Second Name Phone _____

Mailing Address _____

This is a new address

City _____ State _____ Zip _____

I am interested in volunteer opportunities with NAMI-SCC.

Membership Dues \$35 - Individual \$ _____

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. Donation Amount \$ _____

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 Holiday Party Donation Amount \$ _____

Human Race NAMI Walks Fundraiser

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!