March Membership & Speaker Meeting

Don’t Miss this Special Opportunity

AN EVENING OF “ASK THE DOCTOR”

COPING WITH DEPRESSION, AND OTHER TOPICS

Presented by
Dr. John Preston, Psy.D.
and
Rosalina Valdez
Susan Shane, Ph.D.

March 19th, 2014

6:30 Social Networking, 7:00-8:30 Presentations

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

Dr. Preston is an acclaimed instructor and the author or co-author of 21 books on various topics including psychopharmacology, neurobiology, and psychotherapy, including *You Can Beat Depression, Consumer’s Guide to Psychiatric Drugs* and *Child and Adolescent Clinical Psychopharmacology Made Simple*, as well as many videos and DVD’s on topics including Neuroplasticity, Mood Disorders in Children and Adolescents, many more.

He is a board certified neuropsychologist, and ABPP in counseling psychology. See his website psyd-fx.com

Topics: Current information on medications.
Do antidepressants increase suicide risk?
Are antidepressants more effective than placebos?
Non-medical approaches to treating depression
Over the counter products, do they work and what are the risks?

NAMI SCC is fortunate to have Dr. Preston as a special guest, while he is in Santa Cruz, offering a two day training at County Mental Health (see page 5).

Dr. Susan Shane is a NAMI "Ending the Silence" presenter and is experienced at living well with depression. She has studied dolphins, manatees and whales for 25 years. She has raised two daughters and is a freelance writer, recently focusing on mental health (sciencetoliveby.blogspot.com).

Rosalina Valdez is the Assistant Program Director at Suicide Prevention Services, and certified ASIST trainer (Applied Suicide Intervention Skills Trainer)
Upcoming Classes

Sign up for our Free Education Programs

Call 427-8020 to register.
April 10 to May 29th
303 Potrero St., Bldg. 42
Suite 103, Santa Cruz

NAMI Basics is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The course consists of six weekly classes, each lasting for two hours.

Goals of the NAMI Basics:
• 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.
• Information on advocacy initiatives designed to improve and expand services.

April 4 through May 5, 2014
Five Fridays: 11:30 - 2:30
Contact info@namiscc.org
831-229-2675

The NAMI Provider Education Program promotes a new model of collaborative family therapy. It is based on the understanding that people suffering from mental disorders have a better prognosis with the help of a supportive family. The format is innovative, interactive and dynamic, presented by a team of consumers, family members and Ellen Adams, LMFT.

Goals and Objectives
• You will gain a working understanding of the bio-psycho-social model of collaborative treatment
• You will gain insight into the lived experience of mental illness
• You will have a working understanding of adaptation to diagnosis, medication and treatment.
• You will gain an appreciation of the positive outcomes of team collaboration where people struggling with mental illness, family members and professionals work together.

Thursdays May 1 - July 5
2:00 to 4:00 p.m.
Old Sash Mill Complex
303 Potrero, Bldg 42
Suite 103, Santa Cruz

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.

"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
Volunteer Spotlight

Tristan Arviso (aka Phonetic)

Written by Jennifer Wentworth
(Mental Health Recovery Blog)
http://adayinthechildhoodofbeingbipolar.blogspot.com

Tristan Arviso is a local rap and hip hop artist who has struggled with his own recovery from Bipolar Disorder. Music has allowed Tristan to overcome many challenges in his life, using it as a creative outlet to share his story and message of hope with others. By volunteering for NAMI as an Ending the Silence peer storyteller, Parents and Teachers as Allies and UCSC Presenter, he is able to help other people understand the realities and struggles of living with mental illness while instilling hope of recovery to others.

When I was seven, I kept a journal. One sentence summarized each day. Typical sentences were “Daddy hated me today.” “Mommy was mean to me.” Looking back at these sentences after having finally been diagnosed with major depressive disorder (MDD) at the age of 37, I recognized the hallmarks of my depression in those daily summaries.

One in six Americans will have MDD during their lifetime. There are nearly 15 million (6.7%) adults living with depression, far more women than men. Among pre-teens, 2.5% of children have MDD (equal number of girls and boys), and the percentage grows to 8.3% of teens. At puberty the number of depressed girls exceeds the number of depressed boys.

Curious about the current data on treating depression with psychotherapy (aka talk therapy) alone, I dove into the professional literature. Surprisingly, several different types of talk therapy (all relatively short-term, with usually weekly sessions over six to 20 weeks) consistently have been shown to be nearly equally effective in treating MDD. A large analysis of studies involving over 15,000 patients (Barth et al. 2013) came to this conclusion while commenting that an individual needs to look for a good fit with a particular type of talk therapy; not all types help all people. The bottom line is that many psychotherapies work except for what is called “supportive therapy” in which a therapist simply listens sympathetically, comforts and encourages the patient.

A couple of elements of talk therapy turn out to be critical in helping people with depression. First, the therapy needs to be “bonafide” meaning provided by a trained therapist using a method documented as being effective. Second, the competence of the therapist is critical.

Talk Therapy and Medication

How does talk therapy alone compare with medication alone or a combination of the two approaches in terms of effective treatment for MDD? Most studies, as well as meta-analyses which combine the data from many different studies for a larger sample size, show that talk therapies are basically equivalent to antidepressant medications in their effectiveness at treating depression. My own experience differs from this conclusion in that years of talk therapy never relieved my depression, but my first Prozac at age 37 was nearly instantaneous in relieving me of depressive symptoms: after just three weeks on Prozac, I did not have depression for five years. I’ve found, with age, that I must stay on Prozac daily, or I will sink into depression. I visit my psychotherapist on an as-needed basis, as well. My experience confirms what is commonly noted in medicine these days and what is the main take-away advice here: treatment needs to be individualized.

Types of talk therapy shown to be effective at reducing symptoms of MDD:

- Cognitive behavioral therapy (CBT) — focuses on changing negative thinking (strongest evidence, perhaps because more studies have been done)
- Interpersonal therapy (IPT) (short, highly structured)
- Behavioral activation (focus on positive)
- Problem solving therapy (define problems and come up with multiple solutions)
- Psychodynamic therapy (past unresolved conflicts and relationships)
- Social skills therapy (relationship skills)

REFERENCES


To listen to his music go to:
http://tinyurl.com/tristanphonetic
"Like" his Facebook fan page: http://tinyurl.com/phoneticfacebook
NAMI Spring Celebration Brunch!
Saturday, April 5, 2014, 10:00 to 12:30
The Seacliff Room at Seacliff Inn, 7500 Old Dominion Court, Aptos CA 95003
Brunch Buffet: Fresh fruits & yogurt, scrambled eggs, bacon & sausage, pastries, coffee, juice,
Special Guest Speaker:

Eric Riera
The New Director of Santa Cruz County Mental Health
“Creating a Unified Vision for Mental Health Services in Santa Cruz County”

You are invited to
• Enjoy buffet brunch with NAMI friends and supporters!
• Meet the new Director, Eric Riera!
• Celebrate our volunteers and our progress!
• Kick off the NAMI Walk campaign!!

Win Raffle Prizes

Eric Riera comes to Santa Cruz County with background as Director for the State of New Hampshire Department of Health and Human Services, with extensive experience in Behavioral Health in many capacities.

NAMI’s volunteers, members, donors, and supporters are making an enormous difference in our community. Because of this grassroots movement, NAMI is growing and truly changing lives, and teaching many classes for families and clients, conducting support groups, speaking to schools and the public, offering educational lectures, responding to callers, helping people navigate services, finding each other, and advocating for research and legislation.

How can you help? The NAMI Walks Campaign is our biggest fund-raiser. At this kick-off event, volunteers will make it easy for you to sign up to be a “Walker” fund-raiser, or to help you be a Team Captain and create your own team. Or, if you wish, you can simply make a donation to the Santa Cruzers’ Teams.

You can also sign up to ‘Ride the Bus with Us’ to Golden Gate Park on May 31st. You will never forget the awesome experience of walking with over 2,000 bay-area advocates for our cause.

Please RSVP for the Brunch by contacting Melissa at melissawatrous@pacbell.net, 831-247-6825, or leave a message at NAMI SCC at 427-8020

NAMI Walks SF Bay 10th Anniversary!
On Saturday, May 31, 2014
NAMI Walks Bay Area will celebrate
10 years of walking to make a difference.
Register today to walk with the NAMI Santa Cruzers! This is a fun, low key event in beautiful Golden Gate Park.
http://namiwalks.nami.org/santacruzers
Psychopharmacology: March 19 and/or March 20th

Presented by John Preston, Psy.D., ABPP

1080 Emeline Ave., Large Auditorium, Santa Cruz, CA 95060

All interested people are invited to attend.

SCCMHSAS must receive full payment on or before Friday, March 14, 2014 in order to secure your spot. Mail or drop off your $90.00 payment for one training date or $180.00 for both dates to:
1400 Emeline Ave., Santa Cruz, CA 95060.
Atttn: Balvina Collazo,

To Register, email your RSVP to mhsastraining@health.co.santa-cruz.ca.us

Please see website http://www.namiscc.org/event.html for more details and information on how to receive continuing education credit for MFT's, LCSW's, Psychologists and Drug/Alcohol Counselors.

March 19, 2014:
Child and Adolescent Psychopharmacology
8:45 a.m.-4:30 p.m.
Specifics on medical treatment of childhood psychiatric disorders. Special concerns, limitations of medical treatments and controversies. How to more effectively interact and collaborate with primary care pediatricians and psychiatrists in the treatment of psychiatric disorders

March 20, 2014:
Psychopharmacology Updates
8:45 a.m.-4:30 p.m.
This workshop addresses potential problems with suicidality in teenagers and young adults treated with antidepressants, new diagnostic criteria for bipolar spectrum disorders (DSM-5), empirically derived treatment guidelines for ADHD, experiential treatments for PTSD, treatment of psychotic disorders, and new studies on over-the-counter products such as St. John’s Wort, Omega-3 fatty acids, and SAM-e. And finally, the role of psychotropic drugs in protecting and healing the brain (neuro-protection).

Suicide Prevention

Did you know that the local Suicide Crisis Line is available for anyone, anytime? We continue to live in a world where feelings of sadness, despair, and frustration are not often welcomed or shared as readily as feelings of happiness or joy. We all experience loss, stress, and change, as well as the sense of aloneness that comes from bearing them in silence. Sometimes, we struggle to find the words or find a place to share these experiences — we feel overwhelmed and alone. At these times, we perhaps simply need someone to listen, to care, or to stay on the line with us as we share our pain, our struggles, or our hopes — someone to “walk” beside us. Even when we have family members, friends, counselors, or others we might normally go to for support, there are times when we may hesitate to ask for help or reach out.

At Suicide Prevention Service, you do not have to wait until you or someone you love is in a crisis or in danger. Please call us 24 hours a day to speak to one of our trained and compassionate volunteers:

1-877-663-5433 (toll free) or 831-458-5300
Multilingual interpreters available, suicidepreventionservice.org.
Teen Line: 310-855-HOPE(4673)
6-10pm nightly

Take a look at the new information on our website! namiscc.org

We’ve added a lot of information to our Local Treatment and Resources pages; Public and Private Pay Resources, Legal Help, Link to our Youth Website, and Respite Care. This information was collected from our members and while the volunteers at NAMI have not vetted or contacted these sources we wanted to make them available to our community. We are especially excited about local organizations; Easter Seals, Comforcare and Care.com who offer local Respite services.