

## 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 17<sup>th</sup> 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.  
1<sup>st</sup> Friday at 12:30 PM  
3<sup>rd</sup> 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.  
2<sup>nd</sup> & 4<sup>th</sup> 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

## March Membership & Speaker Meeting *Don't Miss this Special Opportunity*

# AN EVENING OF "ASK THE DOCTOR" COPING WITH DEPRESSION, AND OTHER TOPICS

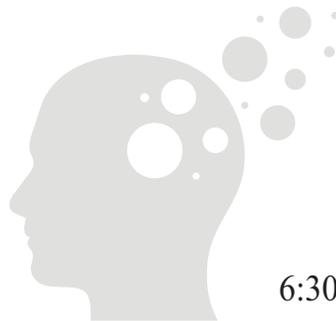
Presented by

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

**March 19<sup>th</sup>, 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](http://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](http://sciencetoliveby.blogspot.com)).

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

**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](http://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. The class meets in  
Santa Cruz on Tuesday evenings:  
6:00-8:30pm  
April 1-June 17, 2014  
Sashmill, 303 Potrero, Bldg 42,  
Suite 103, Santa Cruz  
This class is open to family members,  
friends, and caregivers of an individual  
living with a mental illness. To enroll  
contact Joanne ([joanne@aol.com](mailto:joanne@aol.com))  
or call NAMI SCC answering service  
**831-427-8020.**

**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. Contact Loren at  
[loren-crabb27@gmail.com](mailto:loren-crabb27@gmail.com)  
or leave message at **427-8020**

**"NAMI on Campus" at  
Cabrillo College!**

If you are an interested Cabrillo  
College student, please contact:  
Kris Hunter 831-406-0960  
[whaleaid@aol.com](mailto:whaleaid@aol.com)  
or Diane 831-479-6230  
[diavelar@cabrillo.edu](mailto:diavelar@cabrillo.edu)  
For more info see:  
<http://tinyurl.com/namioncampus>

**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.



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.

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.

**April 4 through May 5, 2014**  
Five Fridays: 11:30 - 2:30  
Contact [info@namiscc.org](mailto:info@namiscc.org)  
**831-229-2675**

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

**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.

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 [loren-crabb27@gmail.com](mailto:loren-crabb27@gmail.com)

## Volunteer Spotlight

### Tristan Arviso (aka Phonetic)



Written by Jennifer Wentworth  
(Mental Health Recovery Blog)

<http://adayinthelifeofbeingbipolar.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. Public Speaking enables him to give people a personal view instead of societies view of what mental illness looks like. He has a deep passion for speaking to high school students and says he wants to spread hope and understanding about mental illness to young people. He says, "Speaking brings more healing to me every time I present my story and realize how far I've come since first being diagnosed."

Tristan, better known by his artistic name, Phonetic released his latest album two

months ago which included a song called, "Killing the Stigma." This song has a powerful mental health anti-stigma message. In his song he describes the illness, society's view of the person with mental illness and the person living with it in 3 different segments. Tristan's music has begun to spread to different countries from around the world. His music and lyrics come from real life issues and he uses, TV, news and other artists as his inspiration. He performs "Killing the Stigma" during his ETS high school presentations. Some of Tristan's coping skills are being with his friends, dancing, his music, church, running and cross fit. Tristan truly has an inspiring story to tell.

To listen to his music go to:  
<http://tinyurl.com/tristanphonetic>  
"Like" his Facebook fan page:  
<http://tinyurl.com/phoneticfacebook>

## Depression: Does Talk Therapy Work?

by Susan H. Shane (<http://sciencetoliveby.blogspot.com/>) 2/21/14

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 psycho-

therapist 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

Barth, J., T. Munder, H. Gerger, E Nuesch, S Trelle, H Znoj, P Juni, P Cuijpers Comparative efficacy of seven psychotherapeutic interventions for patients with depression: a network meta-analysis. Published May 28, 2013. PLOS Medicine DOI: 10.1371/journal.pmed.1001454

NAMI Santa Cruz invites all supporters, volunteers, family members, clients, mental health providers, and community leaders to join our

## **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 31<sup>st</sup>. 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](mailto: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>*



**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

**April 10 to May 29th**

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

**NAMI Parents of Youth**

[youth.namisc.org](http://youth.namisc.org)

**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**

**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](http://www.encompasscs.org) • 469-1700

**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. Attn: Balvina Collazo,**

To Register, email your RSVP to [mhsastraining@health.co.santa-cruz.ca.us](mailto:mhsastraining@health.co.santa-cruz.ca.us)

Please see website <http://www.namisc.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](http://suicidepreventionservice.org).  
Teen Line: **310-855-HOPE(4673)**  
6-10pm nightly

**Take a look at the new information on our website! [namisc.org](http://namisc.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.