

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

May Membership & Speaker Meeting

In honor of Children's Mental Health Month

Intensive Outpatient Services for Youth Young Adults

*Available Programming
Latest research or resources
How families can support their loved one.*

Wednesday, May 21, 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:

Michael Fitzgerald, RN, CNS-BC, Executive Director, Behavioral Health Services at El Camino Hospital; *The After-School Program Interventions and Resiliency Education (ASPIRE) is designed to provide meaningful and effective treatment for teenage youth who are experiencing anxiety, depression, or other symptoms related to a mental health condition. The program takes a holistic view of the young person's life situation and encourages participation and education for youth and their families.*

Laura Griffith, MA- Primary Therapist for The Lotus Collaborative *is passionate about helping to advance the field of eating disorders. She has been working to help people find and develop their innate strengths for her entire career, first as an elementary and middle school teacher and now as a clinician. As a clinician, she has worked with at-risk high school students as well as adolescents and adults. She chose to work at Lotus because its philosophy applies both "science and soul" to the healing process, a concept that resonates with her.*

Thomas Tarshis, MD, MPH, Agency Director, Bay Area Children's Association; *BACA is a multi-disciplinary, evidence-based mental health care facility serving children, adolescents, young adults and their families in the San Francisco Bay Area. BACA has a clinic in San Jose, with plans to expand to Santa Cruz by the end of 2014. BACA is comprised of an outpatient clinic, as well as an Intensive Outpatient Program (IOP) for teens as well as a Latency IOP. Dr. Tarshis is an advocate for the latest scientific treatments for helping youth and encourages parents and the community to join in the fight to remove stigma from mental health treatment. He is a member of the Adjunct Clinical Faculty at Stanford University Department of Psychiatry and is an expert in bullying and victimization and author of "Living with Peer Pressure and Bullying (Teen's Guides)".*

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 Joanne: joannecy@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 May 1 - July 5
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

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

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

Join Us for NAMIWalks May 31st

Once again this year, NAMI Santa Cruz will
be walking in the SF Bay Area NAMIWalks
event on June 1st. Join the team and hundreds
of other committed individuals who want to
make an impact and statement on how mental
illness is understood.



Walk to change lives.

The most powerful steps we take, are those we take together!

<http://namiwalks.nami.org/santacruzers>

For many years, NAMI Santa Cruz County has provided free support groups and education programs to promote our mission and to provide help and hope to those in need. You should know that money raised in this effort stays in Santa Cruz County to support the continuation of our many programs. 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.

This year our goal is to raise \$10,000 for NAMI Santa Cruz, but we need your help to reach this goal.

**SIGNUP TO WALK WITH THE SANTA CRUZERS OR
JUST JOIN THE CELEBRATION**

Registration is **FREE!** Join as a walker or non-walker. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the walk.

When you sign up, you will be given a link where friends and family can easily donate online. It's easy! <http://namiwalks.nami.org/santacruzers>

Can't join us?

Go to <http://namiwalks.nami.org/santacruzers> to make a taxdeductable contribution to NAMI Santa Cruz County. Or mail your check to **NAMI Santa Cruz, P.O. Box 360 Santa Cruz, CA. 95061.** Any amount is appreciated.

All participants (walkers and non-walkers) raising \$25 or more receive a NAMI Santa Cruz T-shirt. If you raise \$100 or more, you will also receive a NAMIWalks event T-shirt!

NEED A RIDE?

We will be taking a bus together to San Francisco.
Dress in layers and walking shoes - the weather can be unpredictable!

Meet us in the Home Depot parking lot at 8:15 AM on Saturday, May 31
Pack a lunch or plan to purchase lunch at the event.
To reserve a space on the bus, you must preregister at

<http://tinyurl.com/namibusride>



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>



Jennifer's Volunteer Spotlight



Written by Jennifer Wentworth
(Mental Health Recovery Blog)
adayinthelifeofbeingbipolar.blogspot.com

Sheryl Lee is one of our dedicated NAMI volunteers. She is our Coordinator for school outreach and oversees our awesome Ending the Silence and Parents & Teachers As Allies teams! She currently advocates for youth mental health services in Santa Cruz County,

manages our NAMI website and coordinates the newsletter. She outreaches for NAMI through tabling at public forums and workshops; manages a youth resource website as well as a parents of youth chat group. (youth.namisc.org) She is dedicated to supporting youth and families of children affected by mental illness and has contributed to NAMI greatly with her talents.

Sheryl got involved with NAMI because of her personal frustration with the lack of services for youth in Santa Cruz County. Someone close to her struggled with mental illness and the family felt frustrated and helpless with the lack of services. When services aren't close by, families have to reduce activities that are adding enjoyment to life in order to have the time to drive to the services. So many have to take time off work (or take a leave), take time off of school and reduce activities that are positive and healing. She decided to become part of the solution. Being involved with NAMI helped her find and gain connections with people who feel the same way.

She says, "It was great finding camaraderie, meeting fantastic, inspiring people and contributing to making a difference in children's lives in Santa Cruz County. It's very rewarding."

Some of Sheryl's hobbies are hiking, gardening, spending time with her kids and husband, traveling, and eating unique foods. She says some of her favorite places in the world are Annapurna Circuit, Nepal (in the foothills of the Himalayas) & Chaing Mai, Thailand.

Many things help with recovery but she says, "focusing on what is working, strengths and trying to build on that" is an important part of her focus within her family and friends who are struggling with mental health challenges. Also actively doing things she enjoys even during difficult times has helped her continue to move through the difficulties of life with grace. Sheryl is an awesome asset to our NAMI Santa Cruz team!

See youth.namisc.org to find local resources and to join the Parents of Youth chat group.

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

May 1 - July 5

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

Webinar: Best practices in assisting young adults as they transition to adulthood.

Thursday, May 15; 9:00 -11:00 am

Free to AACRC members

Non-members fee is \$50.00 for an single login. Learn more and register

tinyurl.com/taytalk

Learn how Young Adulthood has evolved over 60 years and the unique needs of this age group; best practices emphasizing the Transition to Independence Practice (TIP); and changes the audience members can make right now to better prepare for adult life. The audience will leave with resources and contact information for learning more about the discussed practices and about further young adult and child welfare-based research.

HICAP Hosts an Informational Meeting: Medicare Part D Prescription Drug Coverage

Thursday, May 29, 2014

2:30-4:00

Live Oak Senior Center
1777-A Capitola Rd, Santa Cruz

You may qualify for a Special Enrollment Period for Part D coverage if you qualify for Extra Help. Extra Help pays for some Part D prescription drug plan costs, including Part D plan premiums, deductibles and copayments. Depending on your income and resources, you may qualify for the full Extra Help or partial Extra Help. Medicare Savings Programs may help with Medicare Part A and Part B premiums.

Note: HICAP is a safe resource to get unbiased information about Medicare. HICAP does not sell or endorse any specific insurance plan.

- Screen individuals for financial assistance with Medicare prescription drug coverage and Medicare Savings Programs.
- 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

For more information, call HICAP at (831) 462-5510

PAMF Expands Pediatric Behavior Health Services!

PAMF is aware of the need for improved mental health care in our community and are in the process of developing a plan. They are starting with Post-Partum and Prenatal Care and are incorporating mental health screenings as part of well child appointments. PAMF hopes to build a model where a psychiatrist is on hand to support the primary care doctors and to take on the more serious cases.

They recently posted positions for both a LCSW/MFT Mental health Care Navigator as well as a Pediatric Psychiatric Nurse Practitioner. Both of whom will be available to educate/assist with connecting folks to appropriate services in a timely manner, provide therapy, and generally support behavioral and mental health services for patients —this is the first time this has ever happened in a private pediatric clinic in Santa Cruz County.

Thank you PAMF!

What do you know about Children's Mental Health???

Take the entire quiz on childmind.org and \$0.20 will be donated for each question you answer.

True or False... There are more taxidermists in the United States than there are child and adolescent psychiatrists.

There are 75,000 taxidermists and only 10,960 child and adolescent psychiatrists. That's right. It's easier to find someone to mount your trophy fish.

True or False... You could earn your PhD in child psychology or get your MD in the average time it takes a child to get treatment after first exhibiting symptoms of a mood disorder such as depression.

A PhD takes 7 years to complete; 8 years for an MD. On average, children don't get treatment for depression until 7.5 years after first symptoms appear. Why? Because mental health problems are often perceived as less "real" than physical ones. Parents and children, fearing everything from blame, shame and discrimination, put off seeking help even though early intervention can improve chances of successful treatment.

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

May Speaker's Meeting: Intensive Outpatient Programs for Youth and Young Adults

Learn more about the programs our esteemed speakers represent

Go to youth.namisc.org/treatment-centers.html for links to these and more resources.

ASPIRE, an El Camino Hospital program located in Los Gatos and Mountain View. The After-School Program Interventions and Resiliency Education is designed to provide meaningful and effective treatment for teenage youth who are experiencing anxiety, depression, or other symptoms related to a mental health condition. Emotional wellness is the primary goal of the program. One of the objectives of this goal is training families in health communication responses, to provide a validating and supportive environment.

Bay Area Children's Association is committed to providing integrated, scientific, empathetic mental health treatment for kids and their families. They provide treatment for all mental health issues including: depression, anxiety, attention-deficit/hyperactivity disorder, bipolar disorder, eating disorders, impulsive behavior and others. In addition to medication management and therapy, they offer groups and intensive outpatient treatments.

The Lotus Collaborative is a health and recovery center in Santa Cruz, California specializing in eating disorder treatment and health, weight, exercise, and nutrition concerns. In addition to providing day treatment, individual, group and family therapy, TLC provides education, nutritional counseling, life skills training, mindfulness, and free community support.

Join us in the Human Race!

This is a local walkathon and fun run in our own Santa Cruz community. All of our nonprofit organizations in Santa Cruz County come together, fundraise and walk with pride supporting their teams. Just like the NAMI walks happening in the end of May, the Human Race is also a wonderful way to raise money for NAMI Santa Cruz and let the local community know we are here for them!



Go to our NAMI Santa Cruz Human Race walk page and sign up for free to walk with us or if you can't walk donate to our team instead. This is a great opportunity for us to raise our banners, wear our shirts and walk with pride in our own community!

<http://www.humanracesc.org/goto/NAMISantaCruz>

DATE- Saturday May 10th, 2014
TIME- 8am-12pm
LOCATION- 2300 Delaware Ave, Santa Cruz CA 95060 (Parking lot right behind Natural Bridges State Beach)
RAIN OR SHINE!

WEAR your NAMI Santa Cruz tee shirts & meet at 7:45am at the starting line. We'll have our banner and walk together!