March Membership & 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.

Please join us for an evening of information at the:

**County Mental Health Fair**

UNDERSTANDING LOCAL COUNTY MENTAL HEALTH SERVICES, AN OVERVIEW OF COUNTY PROGRAMS AND RESOURCES, HOUSING OPTIONS, AND FACILITIES

**Wednesday, March 20, 2013**

6:30 P.M. Social Networking
6:45 - 7:45 Presentations
7:45 - 8:40 Meet with Providers

**Live Oak Senior Center**

1777 Capitola Road, Santa Cruz

Directions: From Highway 1, take the Soquel Avenue exit (#439) and turn onto the frontage road going toward Capitola. Turn right on 17th Avenue, then left on Capitola Road and look for the Senior Center on your left.

In the recent NAMI SCC survey, 75.5% of respondents asked for a speaker meeting on this topic. We want to build a collaborative community that works together to meet the needs of families affected by mental illness. This is your opportunity to find out what you need to know about the "System of Care", and to get to know our Providers. First, there will be a panel presentation by a panel of leaders from many local mental health programs. Each leader will give a brief overview of their services. Then, these leaders will break out into tables so you can move around and speak with each leader about your personal questions or concerns.

We are grateful for the participation of

**Rama Khalsa**, Interim Director for Mental Health and Substance Abuse Services, Santa Cruz County Mental Health

**Pam Rogers-Wyman**: Chief of Adult Acute Services, Santa Cruz County Mental Health

**Yana Jacobs**: Chief of Adult Out-Patient Services and Family Advocate, Santa Cruz County Mental Health

**Dane Cervine**, Chief of Children’s Services, SCC Children’s Mental Health

**Kathy Cytron**, Program Manager, SCC Children’s Mental Health

**Inbal Yassur**, Director, Santa Cruz Community Counseling Center

**Connie Tanner**, Co-Director, Community Connections.

**Cybele Lolley**, Director, **Ann Butler**, Owner, Front St. Inc.

**Rigel Flaherty**, Manager, Second Story Peer-run Respite House

**Sara Leonard**, Director, Mental Health Client Action Network

Please come, bring your friends and family, get to know our Providers, let them know what you need.
NAMI Spring Luncheon Volunteer Celebration and NAMI Walks kick off.

Be our guest, come join your NAMI friends, old and new, for great conversation, food, and fun!

Live Oak Senior Center • Saturday, April 6 • Time 11:30 to 1:30
1777 Capitola Rd., Santa Cruz 95062

Please come to honor the volunteers that help make this organization successful. It is their compassion, time, and commitment that impact the lives of so many people in our community. Come celebrate all the hard work and progress! Learn about the NAMI Walks and volunteer opportunities. Everyone is welcome.

Please RSVP by emailing melissawatrous@pacbell.net or calling 408-834-3113.

$5.00 optional donation suggested.

SAVE THE DATES!
April 6th: Attend the Kick Off Luncheon, (details above)
May 1st: Fundraising event Wed., May 1 from 4-9 pm at Pizza My Heart at 2180 41st Ave. Mention NAMI Santa Cruz and 30% of your purchase will go to supporting our organization.
June 1: Walk in Golden Gate Park. 'Ride the Bus with Us' from Capitola to Golden Gate Park
Anytime: Register online at www.namiwalksfbay.org and join the Santa Cruzers Team.

Important Announcement

The Thursday Night Family Support Group
will change location beginning Thursday, April 4th, 2013 to the Live Oak Family Resource Center,
1740 17th Ave, Santa Cruz, CA 95062

Near the corner of Capitola Road and Valero Gas Station. Look for NAMI flyers to find the room. All friends and family of individuals living with a mental illness are welcome to drop-in any Thursday at 7:00 to share support and explore ideas and solutions. Groups are assisted by NAMI trained facilitators.

NAMI SCC extends deep appreciation to Community Connections for over 20 years of use of their facility at Harvey West Blvd., and to them and the Volunteer Center for providing lovely space at this new location.
Please spread the word to Spanish language speakers!

NAMI Santa Cruz is pleased to offer the excellent, free, Family to Family 12-week course in the Spanish language, taught by trained bilingual NAMI teachers. This class is life-changing for families, as it grows participants' understanding and skills in helping their loved ones.

Starts Saturday March 30, 2013
Continues for 12 Saturdays
Meetings at Live Oak Family Resource Center,
17th Ave near Capitola Rd.

Each class is 2.5 hours.
Pre-registration required, call 831-334-7812.

Call 831-334-7812. (to get on the wait list for the English language Family to Family, call 427-8020.

The NAMI Provider Education Program
April 12 through May 10, 2013
5 Fridays: 9 to 12
Live Oak Senior Center
1777 Capitola Rd, Santa Cruz, CA. 95062

This important course is relevant to all professionals who serve individuals with serious mental illness and/or their families. The series will give you a working understanding of the bio-psycho-social model of collaborative treatment, insight into the lived experience of mental illness, understanding of adaptation to diagnosis, medication and treatment, and an appreciation of the positive outcomes of team collaboration where people struggling with mental illness, family members and professionals work together. The format is innovative, interactive and dynamic, presented by a team of consumers, family members and Ellen Adams, LMFT.

The course is offered at no cost and meets the requirements for 15 Continuing Education Units for LMFTs, LCSWs, as required by California Board of Behavioral Sciences, Alicia Najera, LCSW, Provider #1109

To register or obtain detailed information contact:
Carol Williamson, NAMI SCC, cjna@comcast.net, 229-2675

Health Care Reform

If you missed the January 16th Speaker meeting, you can get a full summary of Rama Khalsa's talk by calling NAMI or emailing info@namiscc.org, or looking on the website www.namiscc.org under 'Useful Information' for the Health Care Reform document.

Rama provided thorough information about all of the changes and opportunities coming in January 2014.

All adults in the US legally, single or not, will be eligible for MediCal health coverage with incomes up to 133% of federal poverty ($14,484 per year for a single adult). In November/December, County staff will be available to help people who qualify to submit applications for coverage. Much more information is in the document.

Live Presentation at MHCAN

Breaking the Stereotypes of How to Treat People Called 'MENTALLY ILL'.

Featuring: Howard Dully, author of “My Lobotomy,” was the youngest Lobotomy patient... he was 12. His memoir includes the story of his difficult childhood, and Dr. Walter Freeman who performed 3,000 transorbital lobotomies in the 1950s and 60s.

Ted Chabasinski, JD was given electric shock treatment at age six, then sent to Rockland State Hospital in New York until age seventeen. Then worked his way through graduate school, becoming an attorney and an activist in the psychiatric survivors liberation movement.

Tuesday, March 19, 2013 • 2:00 p.m. – 4:00 p.m.
MHCAN, 1051 Cayuga St., Santa Cruz, CA 95062

please RSVP to B.Collazo at 454-4519 or mhsastraining@health.co.santa-cruz.ca.us
Programa Educacional de NAMI de Familia a Familia

Educación gratis para aquellas familias que tienen parientes con trastornos cerebrales (Enfermedades Mentales)

Las llaves del entendimiento

El Programa Educacional de NAMI de Familia a Familia es para las familias con individuos que sufren trastornos cerebrales críticos (enfermedades mentales) y tiene una duración de 12 semanas. El curso lo imparten miembros de familia entrenados. Todos los materiales del curso son proporcionados sin ningún costo a usted.

El programa se concentra en la esquizofrenia, trastorno bipolar (depresión maniaca), depresión clínica, pánico y el trastorno clínico de estas enfermedades y proporciona a las familias la información necesaria para salir adelante con más efectividad.

Los temas del curso de Familia a Familia incluyen:

1. Aprenda sobre los sentimientos, aprenda sobre los factores.
2. La esquizofrenia, depresión aguda, manía: diagnóstico y cómo manejar los periodos críticos.
3. Subtipo de depresión y trastorno bipolar, pánico y el trastorno obsesivo compulsivo; diagnóstico y causas; compartimos nuestras experiencias.
4. La biología del cerebro/nuevos adelantos.
5. Taller para resolver problemas.
6. Revisión de los fármacos.
7. Taller de empatía—como se siente tener un trastorno cerebral.
8. Taller de técnicas en comunicación.
9. Cuidado personal y grupos para parientes.
10. Rehabilitación, servicios disponibles.
12. Repaso y ceremonia de certificación.

Las clases comienzan el 30 de Marzo
Nos reuniremos por 12 semanas
en Live Oak Family Resource Center
en la 17th Ave., Santa Cruz, CA
Llama al 831-334-7812 para registrarte
NEW WEBSITE AND ONLINE DISCUSSION GROUP FOR NAMI PARENTS OF YOUTH!

We are very pleased to announce two exciting new resources for NAMI Parents of Youth in Santa Cruz County. We extend our great appreciation to Sheryl and Emily.

The first is a website, namisccparents.org which lists resources for parents of young people. It offers local information, from therapists and crisis support, to school, summer and social support. This website was created through the collective knowledge of the NAMI Parents of Youth Support Group and NAMI Basics Class.

We also have just started a Yahoo Discussion Group for the NAMI Parents of Youth in Santa Cruz County. This will allow parents to ask questions and share information in a supportive community. The link to join us is on the website, namisccparents.org. The group is closed, meaning you have to ask permission to join. It is also moderated so that only appropriate discussions will be allowed. If you are a parent or caregiver we hope you consider joining us.

This will be a continuing work in progress, an excellent repository for the myriad of information that young families need to find.

NAMI Basics Education Program

The fundamentals of caring for you, your family and your child with mental illness

BASICS is for parents and other caregivers of children and adolescents living with mental illnesses. **Goals:**

• 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 that will assist in making the best decisions possible for the care of the child.
• The NAMI Basics course is taught by trained teachers who are the parents of individuals who developed the symptoms of mental illness prior to the age of 13 years.

New class begins **April 11, 2013** and meets weekly on Thursdays, 6:00 to 8:30 p.m. for 6 weeks to May 16, at the Old Sashmill, 303 Potrero, Bldg. 42, Rm 103, Santa Cruz, 95060

Call 427-8020 for detailed course information or for registration – registration is mandatory.

NAMI California Conference

**Save The Date!**

**August 16th & 17th, 2013**

**NAMI California 2013 Annual Conference**

Come join us for an inspiring, educational and enlightening conference in Burlingame, CA at the beautiful and convenient San Francisco Airport Marriott Hotel.

**Early Bird 2 day registration is $170 for members, $120 for consumer members. Rates higher for non-members and after June 24**

Visit namicalifornia.org/annual-conference, or call 916-567-0163
Please Join or Renew Your NAMI-SCC Membership!

Thank you for your support!

NAMI-SCC is a 501(c)(3) nonprofit organization. Tax ID #77-002878
NAMI-SCC • P.O. Box 360 • Santa Cruz, CA 95061

Please make your check payable to NAMI-SCC and mail to:

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If you would like to make a donation to NAMI-SCC, please include an envelope addressed to that person with your donation check.

If you would like us to notify someone of this donation, please enclose an envelope.

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Thank you for your support!