

Family Member Support Groups

West Side Support Group

Every Thursday 7-8:30 PM
Community Connections S.C.
300 Harvey West Blvd • 427.8020
As of April 4 note new location.

Mid-County Support Group

Every 3rd Tuesday, 7-8:30 PM
Unitarian Universalist Fellowship
6401 Freedom Blvd, Aptos
427.8020

NAMI Support for Parents of Children and Adolescents

1st Friday • 12:30 PM
4th Thursday • 11:30 AM
at the Old Sashmill in Santa Cruz
For more information, contact Emily at ebc73@comcast.net or 476.1020

HOPE Bipolar 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 # 21 • 336.5740

Parents with Hope Support 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

2nd & 4th Wednesday of the month (except holidays) at
Mar Vista Elementary School.
6:30 to 8:00 PM
Group is for anyone with ADHD or those who love them.
For information: Judy Brenis
jbbrenis@comcast.net • 684-0590

For more information:
www.namisc.org
831-427-8020

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.

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
www.mhcan.org • 469.0462

HOPE Bipolar 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 # 21 • 336.5740

"Mood Matters" at MHCAN

Mondays 6:30-8:00 PM
Steve Wiesinger (831) 246-1893
or Jesika (408) 489-6377

Education Programs

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

This excellent
12 week educational program
helps families
and friends to understand
and help their loved ones.
Call 427.8020 for
information or to
get on the waiting list.

**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, for individuals who
live with a mental illness. A new
series of classes will begin in May
MHCAN, 1051 Cayuga St.
Contact Loren at
loren-crabb@hotmail.com
or leave message at 427-8020

**2013 NAMI National
Convention • San Antonio
June 27-30
www.nami.org/convention**

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.

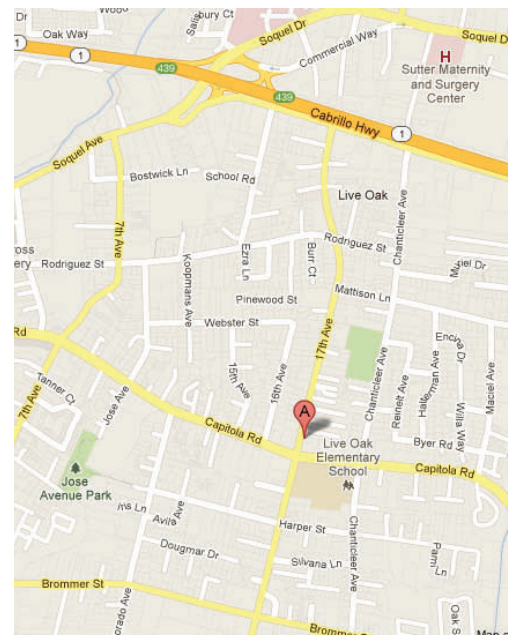
Important Announcement

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 Volun-
teer 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.



Participe confidencialmente con otros miembros de familia como usted

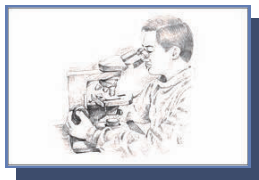
El programa se concentra en la esquizofrenia, trastorno bipolar (depresión maniaca), depresión clínica, pánico y el trastorno clínico de estas enfermedades y proporciona a las familias la información necesaria para salir adelante con mas efectividad.

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 como manejar los periodos críticos.
3. Subtipo de depresión y trastorno bipolar, pánico y 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.
11. Defensa: lucha contra el estigma.
12. Repaso y ceremonia de certificación.



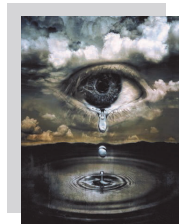
Aprenda como las familias se unen ante esta discapacidad



Aprenda todo lo relacionado sobre la biología de los trastornos cerebrales conocidos como enfermedades mentales.



Aprenda por lo que su familiar esta pasando.



Education Programs

Speaker Meetings
Guest lectures and programs of interest, bi-monthly
3rd Wednesdays at 6:30
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

SC County Mental Health & Substance Abuse Services
www.santacruzhealth.org
for ACCESS information and the Crisis Line • 800.952.2335
Family Advocate • 454-4539

Dominican Hospital Behavioral Health Unit (BHU) • 462.7719

SC County Jail • Mental Health 454.5155

SC Community Counseling Center
www.sccccc.org/ • 469-1700

Help SCCCC begin celebrating our 40th year and join us for dinner at the Shadowbrook Tuesday, March 12th.

Dining Room Reservations
5 pm to 8:45 pm
Bar & Lounge 5pm to 10pm
Call 475-1511 to make reservations.

Be sure to say you are dining on behalf of Santa Cruz Community Counseling Center

If you cannot attend, you can support us by making a donation online at www.sccccc.org/donate

Questions? Call Allison Titley at 469-1700 x123

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, namiscparents.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, namiscparents.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

Vist namicalifornia.org/annual-conference, or call 916-567-0163



Santa Cruz
County

National Alliance on Mental Illness

P.O. Box 360 • Santa Cruz, CA 95061

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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 _____ Second Name Phone _____

Membership Renewal

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!