

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
For more info, contact Emily at:
ebc73@comcast.net or 476.1020
www.namiscparents.org

HOPE Bi-Polar & Depression Support Group (NAMI Supported)

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 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

2nd & 4th Wednesdays (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 info: 831-427-8020

www.namisc.org

or like us at: 

www.facebook.com/namisc

July 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.

An Evening Presented by the NAMI Peer Leaders

FEATURING "IN OUR OWN VOICE", "PEER CONNECTIONS", AND "PEER TO PEER EDUCATION"

July 17, 2013

6:30 Social Networking

7:00-8:30 Presentations, 8:30 -9:00 Q & A

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



This evening will be presented by trained NAMI SC Peer Leaders. They are dedicated to building understanding and providing education and information regarding serious mental health issues, based on their lived experiences with bipolar, depression, schizophrenia, OCD, etc.

"They will provide a demonstration of the unique "In Our Own Voice" public education program, which they are presenting out in the community. Presenters share their personal experiences in life and in recovery, through transformational phases."

You will be inspired by their wisdom, candidness, strength, and willingness to use their experiences to help others coping with similar conditions, and to educate the public, focusing on recovery and hope.

This unique, inter-active public information program is now available to be presented to Santa Cruz clubs, churches, law enforcement, mental health facilities, civic groups, and providers.

You will also hear about:

- NAMI Peer to Peer Education Program
- NAMI Peer Connections Recovery Support Group

Presenters may include: Adrian Bernard, Kris Hunter, Hugh McCormick, Naomi Fuss, Cyrus Benck, Loren Crabb, Amante Liberte, Bruce Thomas, Larry Lester, Aldo Gonzalez.

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 Bi-Polar and Depression Support Group (NAMI Supported)

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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
at www.mhcan.org
or 469-0462

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. A new series of
classes will begin in September.
Call 427.8020 for
info 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,
Contact Loren at
loren-crabb@hotmail.com
or leave message at 427-8020

2013 NAMI California
Convention • San Francisco
August 16th & 17th
916-567-0163

Do you or someone you know have an interest in this important service? It is very rewarding, and very needed.

Support groups allow our NAMI friends and family members a place to share and to support each other in a uniquely safe and compassionate environment. Facilitators become trained in NAMI's format, which is truly helpful, and productive.

Skills needed to be a successful facilitator:

- You can respond to others in a non-judgmental way
- You are a good listener with an empathetic ear
- You are willing to talk about your experience as a relative of an ill family member.
- You are willing to attend a two-day training in Santa Clara in Aug. or Sept., all expenses paid. Graduates of the Family to Family Education Program, or the Provider Education Program, are preferred.

The Family Support Group meets every Thursday night, from 7:00 to 8:30 p.m. at the Live Oak Family Resource Center. Our goal is to have two trained facilitators at each meeting.

Support groups allow our NAMI friends and family members a place to share and to support each other in a uniquely safe and compassionate environment. Facilitators become trained in NAMI's format, which is truly helpful, and productive.

Please contact Carol Williamson right away to talk about this volunteer service, at 831-229-2675, cjna@comcast.net, or Ellen Adams, ellens.pad@gmail.com, 460-1160.

The 2 day training will be in Santa Clara in late August or September.

Aptos group cancelled:
The support group in Aptos, "Mid County" is no longer meeting, after June 2013. Many thanks to Susun Gallery who will be moving to Hawaii (temporarily we hope).

NAMI School Education and Outreach Programs

NAMI Santa Cruz County is rolling out two new school outreach programs for the 2013/14 school year. "Ending the Silence", and "Parents and Teachers as Allies".

"Ending the Silence" is a 50-minute presentation designed to provide teens and young adults the opportunity to learn about signs and symptoms of mental illness and to receive tips on how to seek help. The main goals of the program are to educate and to end stigma. It is intended for students in the high school or middle school classroom.

"Parents and Teachers As Allies" is a two-hour presentation focused on helping school professionals and families better understand the early warning signs of mental illnesses in children and adolescents. It also covers the lived experience of mental illnesses and how school professionals can

be helpful to children and families.

Qualified individuals are:

- Adults who experienced mental illness while still in school (elementary school, high school, or college).
- A parent whose child experienced mental illness while still in school.
- Individuals who are both a teacher and a parent of someone who experienced mental illness while still in school. These individuals are especially needed.

For more information or to schedule a presentation, or to refer a school contact to us, please contact Sheryl Lee at sheryllee@icloud.com or 831-331-9084. We extend our apologies if you offered to help and have not received a call back. Please do call again.

8th Annual WELLNESS FAIR

Saturday, August 24, 2013, 11 am-5 pm

Lincoln St. in Downtown Santa Cruz, between Pacific & Cedar

Come see the healing energy of Santa Cruz in action. Share this wonderful community event with the many others involved in health & well being here in Santa Cruz.

Education Programs

Provider Education Program

A series for professionals who serve individuals with serious mental illness and/or their families.
Next class starts Fall 2013.
Details: **831-427-8020**

NAMI Basics Education Program

A six week series for parents and other caregivers of children and adolescents living with mental illnesses.
Thursday evenings, Sept 12- Oct. 17
Old Sashmill, 303 Potrero, Bldg, 42, Rm103, Santa Cruz, 95060
Call **831-427-8020** to pre-register and save your space. you must be registered in advance to attend

**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

NAMI Parents of Youth
namisccparents.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

Dominican Hospital Behavioral Health Unit (BHU) • 462.7719

SC County Jail • Mental Health 454.5155

SC Community Counseling Center
www.scccc.org • 469-1700

NAMI Walk 2013 was an amazing success! This year's earnings exceeded all of our expectations by coming close to doubling our goal! **We were able to raise \$19,400 and were the #1 fundraiser team for this event! WOW!** A huge thank you to all who donated or participated. Special thanks to Susie Warrens for being the third largest fundraiser for the entire SF Bay event!! We couldn't have done it without the wonderful leadership from Melissa Watrous! A special Thank You goes to the Palo Alto Medical Foundation, for providing a matching grant of \$5,000.



Over 50 NAMI Santa Cruzers rode the bus together from Capitola to San Francisco Golden Gate for this beautiful sunny day. Our wonderful teams included The Front Street Cruzers, the UCSC NAMI Slugs, the Community Connections Cruzers, and many NAMI SCC members and friends. The Santa Cruzers joined 2500 people in a huge group walking through the park together, followed by a picnic lunch. The featured speaker, author and mental health advocate, Kevin Hines, inspired the crowd and reminded all gathered that there is a way through our darkest moments and that we are there to support each other.

This money will support our mission to provide help and hope to those in need. It will help support our education programs, outreach programs and support groups. 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.

WELLNESS

By Loren Crabb, Peer to Peer Mentor and Coordinator, Peer Connections Support Group Facilitator

I would like to introduce you to the concept of Wellness as part of a lifestyle that focuses on a healthy mind. It's not a new concept, anyone familiar with the work of Marsha Linehan and Mary Ellen Copeland will have already been given a dose of Wellness along the lines that I would like to talk about here.

Think of the mind as an organ, just as you would any in your body- heart, kidneys, etc- and realize that it can get sick just like any of those. And when it gets sick, doctors try to treat the symptoms, just as say one patient would take blood pressure medication for high blood pressure. But what if that's not all you can do for yourself when your mind is sick? Just like the aforementioned high blood pressure patient might exercise, change their diet, or meditate to reduce stress, so too can you include other methods that promotes mental Wellness in your life.

First, I would like to challenge the statement made by many that we are on a "Recovery Journey". I much prefer a "Wellness Journey". After all, we don't just recover

one day as if we had the flu and got better. Think of Wellness in terms of a path, something you have to focus on everyday as part of a lifestyle, not a finish line that you cross and then are done. Then define 3-4 things that you **MUST** do every day to feel good – perhaps shower, take meds, eat 3 balanced meals. Then define a list of maybe 5-10 things that make you feel good- realistically good. Could be meditating, listening to music, eating an ice cream, taking a walk... anything really that speaks to your heart and soul. Start doing your "must" items every day, then if you don't feel well, include some of your feel good items.

Also realize that a large part of a successful and sustainable Wellness journey is awareness. Such as being aware of your triggers, symptoms, likes, dislikes, how you are when well- and sick, and perhaps most important, being aware of your feelings from moment to moment. Awareness is key- after all, if you are aware of something you are already more than halfway to making it better. If nothing else think of your path in terms of a "Wellness Journey", focus on awareness of yourself, and see where it takes you.

Summer is a perfect time to look for work or prepare for school.

The Prevention and Early Intervention (PEI) program at Community Connection is seeking clients who are interested in **free** Employment and Education Support. This program is for people over 18 who are experiencing new and significant symptoms of mental illness (including post traumatic stress disorder) and who are not already receiving county services. **You do not need to be on Medi-Cal to qualify!**

EMPLOYMENT HELP:

- resume writing,
- interviewing skills and techniques,
- web and community based job search,
- skill building, and
- resume building volunteer opportunities.

EDUCATION HELP:

- support with applications and registration,
- academic counseling and planning,
- receiving accommodations, and
- academic referrals for tutoring and other services.

In order to qualify for Community Connection’s PEI services, the person must be experiencing new and significant symptoms of mental illness (not known to be caused by a medical condition, injury, or substance use) and experiencing worsening difficulties in school and/or difficulty in finding or maintaining employment. Qualified participants must live in Santa Cruz County and be over 18 years of age. If you or someone you know is interested in PEI services please contact Andrea Turnbull (831) 425-8132 ext. 227 or aturnbull@ccsantacruz.org

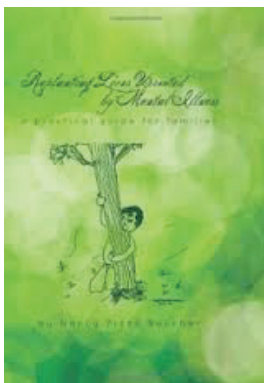
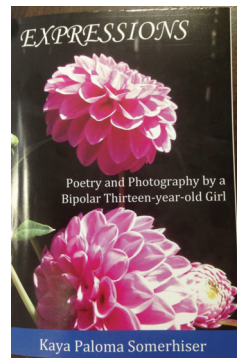
Available Books

Expressions: Poetry and Photography by a Bipolar Thirteen-year-old Girl

This is a book written entirely by Kaya Somerhiser, a young, local girl struggling with bipolar. This book provides a glimpse into the intimate spaces of this illness through a child’s eyes.

Although the disease limits Kaya’s ability to interact with the world, she has found a way to engage others with her moving words and images. This book has provided an avenue for Kaya to fight back against bipolar—a way to show herself and the world that although bipolar is cruel, it also can leave an embedded gift. Kaya hopes her book will inspire other children whose lives have been derailed by mental illness to discover and explore their unique gifts.

Available at Bookshop Santa Cruz.



Replanting Lives Uprooted by Mental Illness, a Practical Guide for Families

By Nancy Pizzo Boucher, author of "Getting My Night Vision"

Reviewed by Diane M. Harriman

Replanting Lives Uprooted By Mental Illness is not only a practical guide for families, but also a rich testament of a mother’s love. In her book, Boucher explains how consistent family interaction is a highly effective tool when dealing with a family member with mental illness. She provides multiple strategies and sound advice which offer hope to family members. The book includes wonderful illustrations created by the author’s son, Clem. The art work depicts how he perceives his illness. Boucher’s book is an educational read, with worksheets included, that can be used by the person who suffers with mental illness, or the caregiver, professional, or anyone who knows someone struggling with a mental illness.



9th Annual Mood Disorders Education Day

Saturday, July 27, 2013 8:30 A.M.–2:30 P.M.

Stanford University, Frances C. Arrillaga Alumni Center,
326 Galvez Street, Stanford CA

Be sure to register early for this very popular event. This is an excellent opportunity to learn about bipolar disorder and depressive disorder from experts in the field. This event is free for consumers and families.

For registration information, [go to www.bipolar.org](http://www.bipolar.org). For updates and additional info about this event, you can call Natalie Portillo at 650-498-4968 or email nport22@stanford.edu

The registration link will be available in early July.



The Mental Health Services Oversight and Accountability Commission's (MHSOAC's) Community Forum

Thursday, August 8, 2013 3:00 to 6:30 PM

Mental health information tables will be available from 1:30 pm to 2:30 pm

**Embassy Suites Monterey Bay Hotel
1441 Canyon Del Rey, Seaside, CA 93955**

The purpose of this Community Forum is to have a discussion on the progress and impact of the MHSOAC (Prop 63) in Monterey, Santa Cruz, and surrounding counties. Please RSVP to: mhsoac@mhsoac.ca.gov in order to have an estimated number of people who plan to attend.

NAMI California Conference

Save The Date!

August 16th & 17th, 2013

“Building a Roadmap: From Prevention to Wellness”

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, 1800 Old Bayshore Highway, Burlingame, CA 94010, 1-877-622-3056. Learn about the latest news in mental health treatment, stigma reduction, advocacy, reaching out to diverse populations, legislative initiatives, and meet other NAMI members like you.

Visit <http://www.namicalifornia.org/annual-conference.php> 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!