

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
www.namiscparents.org

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, 6:30 - 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

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

January 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.

ACCESSING TREATMENT OUTSIDE OF THE PUBLIC MENTAL HEALTH SYSTEM

Presented by Michael Fitzgerald, RN, CNS-BC, Executive Director, Behavioral Health Services at El Camino Hospital; Judy DeBernardi, MHRS, Turning the Tide Recovery Services and Jennifer Prescott, MA, QMHP Assistant Director for Olivos Caminar for Mental Health

January 15th, 2014

6:30 Social Networking, 7:00-8:30 Presentations

Live Oak Senior Center

1777 Capitola Rd. (near 17th Ave.) Santa Cruz, CA 95062

Please join us for our next General Speakers Meeting with three panelists that are highly regarded in the mental health field and have expertise in keeping those with mental health disorders safe, in the community and at home, accessing treatment, while also engaging with families as partners.

Michael Fitzgerald, RN, CNS-BC,

Executive Director, Behavioral Health Services at El Camino Hospital

El Camino Hospital provides several specialty mental health programs including unique services for post-partum depression, adolescent anxiety/depression, dual-diagnosis, older adults, those with continuing care conditions such as schizophrenia, and a program for those individuals who are experiencing significant mood conditions. The approach of creating specialty programs is to provide mental health treatment that is more specific and meaningful, and ultimately more effective. The goals of improving mental health treatment access and the outcomes of care will provide cost-benefit to the overall health care system as well as to society through the functional and health improvements in the population. El Camino Hospital has served many Santa Cruz County residents through its services in Mountain View and Los Gatos.

Judy DeBernardi, MHRS, Turning the Tide Recovery Services

Judy has served clients and family members for 20+ years as a Santa Clara County Deputy Public Guardian, Program Manager for Full Service Partnership, and now a private Case Manager. Judy has an in-depth understanding of legal processes, linkages to community based services, and providing families with respite and relief.

Jennifer Prescott, MA, QMHP Assistant Director for Olivos Caminar for Mental Health

“Our approach is to provide services to clients in their homes and communities. Our goal is to stabilize people in their own environments and to help build independence and a sense of purpose. Our philosophy is that recovery, wellness, and self-sufficiency are possible.”

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

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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 families and friends to
 understand and help their
 loved ones. January classes at the
 Sashmill in Santa Cruz are full:
 Jan 7 - Mar. 25, Tues. 6-8:30pm
 Jan 11 - Mar 29, Sat. 9-11:30am
 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. Contact Loren at
loren-crabb@hotmail.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>



Provider Education

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.

February 8 through March 9, 2014
 5 Saturdays: 9:00 to 12:00
 Live Oak Senior Center
 1777 Capitola Rd.
 Santa Cruz, 95062

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.

The course is relevant to therapists, social workers, psychiatric technicians, drug and alcohol counselors, residential caregivers, RNS, outreach workers, vocation counselors, primary care clinicians, psychiatrists, psychologists and case managers, and all professionals who serve individuals with serious mental illness and/or their families.

Sponsored by NAMI Santa Cruz & Santa Cruz County through funds of the Mental Health Services Act. Course meets the qualification for 15 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Alicia Nájera, LCSW, Provider #1109.

Please register in advance by leaving a message at NAMI-SCC, **427-8020**, or contact namiscc@gmail.com.



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.

January 30th through April 3rd, 2014
 10 Thursdays: 2:00 to 4:00 p.m.
 Old Sash Mill complex,
 303 Potrero, Bldg 42,
 Suite 103, Santa Cruz

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.

Pre-Registration is required. Call NAMI Santa Cruz **427-8020** to register or to get information.

**The Holiday Party Was
a Great Success**

Many, many thanks to all of
 you donors and volunteers
 who made the
 MHCAN Holiday Party another
 big success.

415 guests were served a
 delightful holiday dinner.

Volunteer Spotlight

Jennifer Wentworth is a volunteer for NAMI as an *Ending the Silence* peer storyteller, *In Our Own Voice* speaker and UCSC presenter. She volunteers for NAMI so she can share her own personal experiences with mental illness and journey of recovery with others. By sharing her experiences, she can help touch the lives of others in a deep way. She says, “Every time I share my story with others, I feel it also helps me through my own recovery process and I want others to see that hope of recovery & strength within themselves.”



Jennifer has been involved in the Santa Cruz County Mental Health system since 2004 and realizes that though she may struggle with symptoms, her mental illness does not define her. Some things that help in her recovery are: socializing at Community Connection with her peers, mindfulness, playing with her cat and watching Harry Potter movies. She has a mental health recovery blog that she started earlier this year and uses it as a platform for sharing the message of recovery to others as well as using it as a personal coping skill. She posts her experiences living with Schizoaffective Disorder and Borderline Personality Disorder and writes about coping skills she has learned through her years in treatment and therapy. Other topics include her advocacy in the mental health system and personal experiences with different treatment modalities and coping skills. You can visit her blog at: www.makeadifferencegirl.blogspot.com

Wellness Corner

Exercise

Can exercise help with depression? You betcha. We all know the health benefits of moderate exercise and the exciting news is that studies show exercising 30 minutes; three times a week can make significant and long lasting reductions in depression.

Sometimes it is hard to stick to a regimen, especially when you are depressed. If this describes you, then you might consider just taking the first step. Put on your shoes and walk to your front door then be sure to congratulate yourself on this effort! Do this a few times and you might just find yourself walking around the block. Another motivator — make it a social time and walk with friends. Is there someone out there who would like to form a NAMI walking group? If so, contact us and we would love to advertise for you.

Read more: www.ncbi.nlm.nih.gov/pmc/articles/PMC474733/

Intensive Outpatient Programs Close to Santa Cruz

El Camino Hospitals Programs (Los Gatos & 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.

The Dual-Diagnosis Program is an intensive outpatient program designed to serve the adult population experiencing a psychiatric disorder that is co-occurring with a substance abuse/chemical dependency problem. Services include psychiatric evaluation, individual case management, group psychotherapy, & medication management.

The Older Adult Transitions Services (OATS) program is an intensive outpatient behavioral health program specifically designed for older adults who can benefit from psychiatric treatment in a multidisciplinary setting. The OATS program includes both group and individual therapy.

Bay Area Children's Association (San Jose) <http://baca.org>

Bay Area Children’s Association is a non-profit agency 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. All treatments are based on research findings. In addition to medication management and therapy, they are offering groups and intensive outpatient treatments.

Recovery — How to get there?

The New Year can bring new changes. Hope and Recovery is always possible! NAMI, Santa Cruz County is lucky to have amazing, strong and heroic presenters who talk to audiences about ways they have successfully managed their mental illness/disorder. Frequently, audience members talk about frustrations with finding the right treatment or therapist. To lift this shroud of mystery, we've update our website to include some important considerations and ways to educate your self on how to choose a counselor and/or treatment. We also have included some local resources to help you make a successful match. Visit www.namiscc.org/psychiatrists-and-therapists.html to learn more.

SAVE THE DATE!

Spring Volunteer Celebration & Workshop

March 19th; Time & Place TBD

NAMI California 2014 Annual Conference

August 1st and 2nd 2014
Marriot Newport Beach Hotel and Spa
Register early to get the best rates. See www.namicalifornia.org for more information.

Websites to Support Schizophrenia and Depression

The Internet is a great way to get support and connect with people who understand. Some websites also have applications that can be useful in managing a disorder. Here are a couple of our favorites:

We Live with Schizophrenia (<https://welivewithsz.com>)

For the estimated 2.4 million adults living with schizophrenia in the U.S., and the people who love and care for them, whether you're living with this disorder or caring for someone who is, we hope that this site can help provide some resources you need to face schizophrenia head on.

Families for Depression Awareness

(<http://www.familyaware.org>)

is a national nonprofit organization helping families recognize and cope with depressive disorders to get people well and prevent suicides. This website offers webinars on a variety of subjects including "Teen Depression" and "Coping with Stress and Depression" podcasts and a lot more.

Car Donations and Online Donations



To make it easier to donate, we have set up online donations as well as a partnership with *DonateACar.com*. You can donate cars, trucks, vans and other vehicles. Your car will be picked up for free from your home or office and you will get a nice tax deduction when you choose to donate. To donate, please go to: <http://www.namiscc.org/join-or-donate.html>



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

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

namiscparents.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 Psychiatric Health Facility • 831.600.2801

SC County Jail • Mental Health

454.5155

Encompass Community Services

(formerly SC Community Counseling Center)

www.encompasscs.org • 469-1700

Is your group health plan in compliance with the federal parity law?

Your Requested Action:

Persons with mental illness and family members are urged to email parity violation stories to both the Departments of Labor and Health and Human Services. NAMI encourages stories to be reported by both persons with mental illness and families that are still struggling to access non-discriminatory coverage for mental illness treatment services. Here is a link to a sample template: <http://bit.ly/NAMIParity>

Be sure to tell your personal story & attach any relevant documents (if available) such as a denial letter, summary of benefits or other materials provided by the health plan.

Below are some examples:

1. Outpatient sessions are being limited by utilization review (also known as medical necessity review) and this is not being done for medical and surgical conditions.
2. Provider reimbursement rates are too low, so the provider has to offer services out-of-network and the patient has to pay a higher out of pocket for their treatment.
3. The insurance company has labeled treatments as “experimental” and therefore are refusing to pay for those treatments, leaving the patient to pay 100% out of pocket, or go without.
4. The insurance company says that a plan does not cover residential treatment or intensive outpatient care.
5. The insurance company says that a plan does not cover inpatient or residential treatment unless it is provided in an acute care hospital, but most of the treatment providers are non-hospital based facilities.
6. A patient has requested from their insurance company the reason why they have been denied care and the insurance company does not respond to requests for further information, or they refuse information about what they do for medical and surgical care, or they refer the patient to an enormous website that is confusing or hard to navigate.

Send your email to: Turner.Amy@dol.gov; Lynett.Elena@dol.gov; James.Mayhew@cms.hhs.gov

Be sure to also send a copy of your message to info@parityispersonal.org

The New Santa Cruz Behavioral Health Center

2250 Soquel Avenue, Suite 150,
Santa Cruz, CA 95062 **831-600-2801**

The new Santa Cruz Behavioral Health Center consists of two areas in the same building, the Psychiatric Health Facility and the Crisis Stabilization Unit.

The Psychiatric Health Facility is a safe, welcoming, recovery-focused place for people who are having a mental health emergency — and need intensive treatment and support.

- Open 24-hour, 7 days per week.
- Serves adults, aged 18+
- Individuals can be admitted voluntarily or involuntarily (5150).
- Length of stay is usually 5-7 days.
- People who come to the PHF receive a robust treatment program of active therapies and recovery-based services.

The Crisis Stabilization Program is a short-term (less than 24 hours) crisis assessment and intervention program whose goal is to assist in a mental health crisis. If the individual would benefit from longer term, more intensive services, they will then be referred to the Psychiatric Health Facility.

Whereas the Psychiatric Health Facility serves adults only, the Crisis Stabilization Program serves adults and can accommodate one child. The child can stay for up to 24 hours while being assessed. If it is determined that the child needs hospitalization, s/he will be transferred to a Pediatric Behavioral Unit outside of the county. The Crisis Stabilization Unit does not accept voluntary admissions for youth under 18. Children must be on a 5150 status to be seen.

Please read more about Crisis Care on our website. <http://www.namisc.org/crisis-support.html>