

## Family Member Support Groups

### Thursday Night Support Group for Family Members

Every Thursday 7-8:30 PM  
Live Oak Family Resource Center  
1740 17<sup>th</sup> Avenue, SC • 427.8020

### Mid-County Support Group

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

### NAMI Support for Parents of Children and Adolescents

1<sup>st</sup> Friday • 12:30 PM  
at the Old Sashmill in Santa Cruz  
For more info, contact Emily at:  
ebc73@comcast.net or 476.1020  
www.namiscparents.org

### HOPE Bipolar Support Group

For individuals with Bipolar or Depression and their family and/or friends. Christian Based.  
2<sup>nd</sup> & 4<sup>th</sup> 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

2<sup>nd</sup> & 4<sup>th</sup> 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

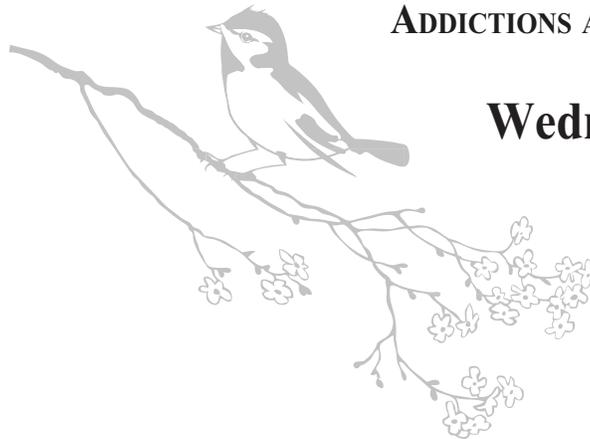
## May Membership & Speaker Meeting

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 related to:

## Co-Occurring Disorders

ADDICTIONS AND MENTAL HEALTH ISSUES



Wednesday, May 15, 2013

6:30 Social Networking  
7:00 Presentations, Q & A

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

This is your opportunity to hear about topics such as:  
Local treatment resources for co-occurring disorders, current information on treatments, the psychology of addictions, advances in psycho-pharmacology for addictions.

How does treatment work? What about methadone?

What are the challenges of recovery? Why are people resistant to recovery?

What are the bio-psycho-social-spiritual aspects?

How do I maintain a relationship while setting limits?

What's my role when someone doesn't want to deal with their addictions?

How do I walk that line between enabling or drawing that line that could make things worse?

### Our panel includes:

**Bill Manov, PhD**, Chief of Santa Cruz County Alcohol and Drug Programs for 25 years. Certified Drug Counselor, with Doctorate in clinical psychology. Past experience includes work in LA in children's day treatment mental health clinic, & residential treatment for individuals living with mental illness.

**Cecilia Krebs, RN**, Community Clinic Program Director of Janus of Santa Cruz which includes Detox, Residential, Outpatient, Relapse Preventions, and Medication Assistance treatment programs. Cecilia is a Certified Addictions Registered Nurse with 20 years experience working in chemical dependency and expertise in treatment of opiate addictions. She was inspired to become a psychiatric nurse by her brother's schizophrenia. Representative from Santa Cruz County Mental Health

**Eli Chance MSW**, Coordinator of the Avenues Program, Community Connections, Santa Cruz County Mental Health. For over 10 years Eli has worked with youth, families and adults throughout Santa Cruz County. The last five years he has worked extensively with adults with co-occurring mental health and substance abuse disorders

**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 Support Group**

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SC Bible Church • 440 Frederick St.  
Room # 21 • 336.5740

See full calendar of  
**MHCAN Support Groups**  
at [www.mhcan.org](http://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. Classes begin this fall. 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. A new series of classes will begin May 30th MHCAN, 1051 Cayuga St.  
Contact Loren at  
[loren-crabb@hotmail.com](mailto:loren-crabb@hotmail.com)  
or leave message at **427-8020**

**2013 NAMI National  
Convention • San Antonio  
June 27-30**  
[www.nami.org/convention](http://www.nami.org/convention)



National Alliance on Mental Illness

**Peer to Peer** is an 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 units 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.

**Class Starts Thursday, May 30th**  
from 3:30-5:30pm and continues every Thursday for 10 weeks.

Location: MHCAN 1051 Cayuga Street, Santa Cruz

Registration is required. Call NAMI Santa Cruz **427-8020** to register.

**NAMI School Education and Outreach**

**NAMI Santa Cruz County is rolling out two new school outreach programs for the 2013/14 school year. Ending the Silence is a 50-minute presentation designed for older middle and high school students. Parents and Teachers as Allies is a teacher in-service program or a program to be shown at a Parent Meeting. For more information or to schedule a presentation, please call Sheryl Lee at 831-331-9084.**

**Ending the Silence**  
[www.endingthesilence.org](http://www.endingthesilence.org)

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 end the stigma.

**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 and how best to intervene. It also covers the lived experience of mental illnesses and how schools can best communicate with families.

**We Need Presenters! Qualified individuals include:**

- 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.

**NAMI California 2013 Annual Conference**

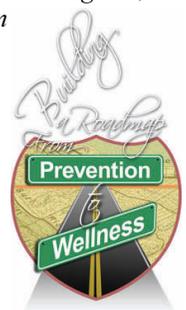
**August 16th & 17th, 2013**

**“Building a Roadmap: From Prevention to Wellness”**

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

**EARLY BIRD REGISTRATION ends June 24, 2013.**  
Scholarships available to clients and active family volunteers.  
Call Carol Williamson **229-2575** to apply today!

Visit <http://www.namicalifornia.org/annual-conference.php>  
or call **916-567-0163**.



**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.  
Live Oak Senior Center  
1777 Capitola Rd, Santa Cruz, 95062  
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.  
Next series begins Fall 2013.  
Old Sashmill, 303 Potrero, Bldg, 42, Rm103, Santa Cruz, 95060  
Details: **831-427-8020**

**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

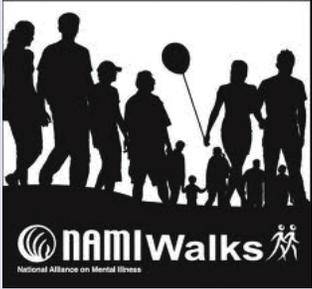
**Dominican Hospital Behavioral Health Unit (BHU) • 462.7719**

**SC County Jail • Mental Health**  
454.5155

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

**Join Us for NAMIWalks June 1<sup>st</sup>**

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, meeting at the 41 Ave Home Depot parking lot at 8:00 a.m. To reserve a space on the bus, you must preregister at

<http://tinyurl.com/namiscdbus>



Santa Cruz  
County

National Alliance on Mental Illness

P.O. Box 360 • Santa Cruz, CA 95061

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ADDRESS SERVICE REQUESTED

**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!**