

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

Youth Meeting: 6:30-8 PM the second Wednesday of the month.
Adults 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

November 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 OF "ASK THE DOCTOR" Pharmacotherapy for Substance Use Disorders

Presented by Dr. Vanessa de la Cruz, Chief of Psychiatry for Santa Cruz County Mental Health and Substance Abuse Services.



November 20, 2013

6:30 Social Networking

7:00-8:30 Presentations

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

Dr. de la Cruz joined the county last month. Previously she was the Director of Addiction Treatment Services at the VA Palo Alto Health Care System. She did her residency training at UCSF and a Public Psychiatry Fellowship at Columbia and has focused her career on working with underserved populations including those struggling with chronic mental illness, trauma, substance use disorders, and homelessness. She will provide an overview of some of the latest thinking related to medically assisted treatment for substance use disorders. She will leave time at the end of her presentation for an "ask the doctor" question and answer session.

Before Dr. de la Cruz speaks, there will be a brief presentation by the Central Coast Center for Independent Living, describing their services. See article on page 2 for more information.

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:
Jan 7 - Mar 25, Tues. 6-8:30pm
Jan 11 - Mar 29, Sat. 9-11:30am
Email Joanne: joannecy@aol.com
before Nov. 8th for registration
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>

November 23-24, 2013 in Campbell, CA.



We are currently seeking individuals (18 years and older) with lived experience and utilize creative expression as a tool for maintaining wellness and recovery, to participate in the training. The training is absolutely free of charge, meals will be provided and/or costs will be reimbursed for all attendees, and travel and lodging expenses will be covered for eligible participants.

Advantages of becoming an IOOV presenter include:

- Provide encouragement and hope to individuals and/or family members experiencing the effects of mental illness
- Helping to inspire and motivate others
- Develop and/or enhance leadership and public speaking skills
- Networking opportunities
- All presenters are paid a stipend for each presentation given

If you or someone that you know might be interested in participating in this upcoming training, please contact Carol Williamson, at cjna@comcast.net or (831) 229-2675 to request an application.

**Summit for Mental Health Transformations
a Big Success!**

Peers, Providers, Healing Practitioners, and Family Members came together on October 26th to hear stories of personal transformations through, with, and within the mental health system. There was a keynote panel of Andrew Phelps, Ph.D., Jenn Bahr, ND, and Michael Cornwall, Ph.D. and an eight member panel of local community members affected and connected to mental health.

At the end of the day, participants broke out into groups to discuss the "system" and our lives with it.

People are still talking and building community. Want to be a part of it? Email: Adrian Bernard at adrianlives@sbcglobal.net

Want to Learn More About Disability and Benefit Options?

The Central Coast Center for Independent Living is a non-profit agency providing services for over 20 years to people with disabilities across the tri-county area of Santa Cruz, Monterey and San Benito. CCCIL can provide information regarding your disability and benefits options, including the Covered California plans.

“We’re an agency that knows disability because most of our staff has disabilities. Our agency believes in the power of personal choice, and we encourage those with disabilities to make their own life choices. We can help gather information regarding your situation, so you can make an informed decision that best suits your personal needs. Our staff is dedicated, multicultural, disabled, and committed to keep you living independently as a member of the community”.
Contact: 831.462-8720 or by email at the website www.cccil.org.
Office location is 1350 41st Ave, Capitola.

NAMI AND MHCAN JOIN TO PRESENT

A special collaboration between volunteers from the National Alliance on Mental Illness of Santa Cruz County and the Mental Health Client Action Network

9th Annual Holiday Giving Project

Dear Friends,

Please support the MHCAN Holiday Party. Volunteers from NAMI-SCC and MHCAN will join together on December 14th, 2013 to provide a holiday meal, gifts, and good cheer to local people who are living with mental illness. This is a very special annual event of holiday spirit, with musical entertainment and Santa's gift room.

Over 250 people with mental illness attend this celebration, many who do not have families to be with over the holidays. Most live on a very limited budget. Some are homeless. This celebration is a fun and important event.

If you wish to volunteer, please go to <http://tinyurl/namiholiday> to signup online or send e-mail to info@namiscc.org or call Volunteer Coordinators Sheryl 331-9084 or Carol 229-2675. You can help with food or with gifts, in many different ways.

We hope you will make a financial donation of any amount to help pay for the many gifts of new jackets, socks, rain ponchos, toiletries, and other useful items, or to contribute to the cost of food.

Please make your donation check payable to NAMI-SCC and mail to NAMI-SCC, P.O. Box 360, Santa Cruz, CA 95061. Or you can use PayPal on the NAMI website, namiscc.org/give.html. Any extra funds will be used for MHCAN and NAMI programs.

Your generosity is greatly needed this holiday season.

Thank you for sharing your love, kindness and caring in this special way.

The NAMI / MHCAN Holiday Giving Committee

NAMI-SCC, P.O. Box 360, Santa Cruz, CA 95061
831 427 8020 www.namiscc.org

MHCAN, 1051 Cayuga St. Santa Cruz, CA 95062
831 469 0462 www.mhcan.org

What has NAMI Santa Cruz been up to in 2013?

At this time of thanksgiving, we are grateful for all of the ways that NAMI is helping our community. As you consider your giving, please note all of the activities that your donations of money and time and effort are making possible:

The MHCAN Holiday Party is an extraordinary way to provide useful gifts and a holiday meal for people we care about. The atmosphere is full of good cheer, with rockin' music by 'Fish Hook', home cooked turkey, ham, and all the traditional side dishes and desserts. Volunteers pitch in to cook, clean, set up, serve, and assist guests in selecting a new jacket and getting their gift bag of socks, underwear, toiletries, and other useful items. Everyone has a good time. Any extra funds will go towards MHCAN and NAMI programs.

Other Activities

- Four Family to Family 12 week class series were presented, including one in Spanish
- Peer to Peer mentors have taught three 10 week series for peers living with a mental illness.
- 'In Our Own Voice' presentations have been done regularly at El Dorado Center and at Crisis house, and other locations.
- The School Outreach programs are underway: 'Ending the Silence' presentations have begun in high school classrooms, and 'Parents and Teachers as Allies' is offered to schools this semester.
- One 'Provider Education Program' was completed.
- Nine new Family Support Group Facilitators became trained. The weekly Family Support Group moved to it's new location at the Live Oak Family Resource Center. It is attended by up to 12 people who are eager for help.
- NAMI SC hosted a Peer Connections Support group facilitator training. This Peer support group meets weekly at MHCAN.
- The support group for Parents of Youth meets twice monthly. The BASICS 6 week class for Parents of Youth was presented.
- Six Speaker meetings were held, with varied topics and guest speakers. Newsletters are distributed bi-monthly.
- The NAMI Board held strategic planning meetings.
- NAMI applied for and received a grant from Palo Alto Medical Foundation, and MHSA funds from County Mental Health
- A NAMI literature distribution project is ready to begin.
- A great new website is completed, including a separate website for Parents of Youth.
- A new and professional NAMI SCC brochure has been completed.
- NAMI Peer speakers talk to UCSC psychology classes regularly.
- NAMI is advocating for training for law enforcement personnel, and for crisis intervention services, participating with the County in a State grant application.
- Countless phone calls have been handled by the telephone team, giving support and referrals.
- The NAMI California Conference in Burlingame was attended by 15 NAMI volunteer leaders.
- NAMI participated in the recent Mental Health Summit in Santa Cruz, which brought together family members, clients, and providers for a day of learning and sharing.
- A whale watching boat trip was enjoyed by 35 NAMI people.
- A bus load of NAMI people went to San Francisco to join in the NAMI Walk. A small team worked year round on planning.
- A classical piano concert performance was hosted along with a fabulous client art show.

All of these things could not happen without your commitment of dollars or efforts. Volunteers are welcome and needed. NAMI SCC needs to maintain all this and to continue to grow to meet the huge needs of our community.

MHCAN Update (Mental Health Client Action Network)

MHCAN is an all Peer-Run drop-in center that has grown considerably to offer many support groups, and activities for hundreds of people living with a mental illness. Just some examples of the activities are:

- NAMI Peer Connection Support Group
- Various supports groups for Schizophrenia, Bipolar Support, Anxiety & Depression, PTSD, Anger management, Methamphetamine Recovery, Body Image,
- Medi-Cal class
- Self Healing, Yoga, Dance, QiGong, Meditation and Mindfulness, Acupuncture, Walking group, Gaming group
- Men's Group, Women's group
- Sculpture, watercolor, singing, writing, knitting, cooking classes/groups, Spanish
- Suicide Survivors group
- Dialectical Behavioral Group
- Breakfasts, barbecues
- Many other activities, see MHCAN calendar at www.mhcan.org

Education Programs

Provider Education Program

A series for professionals who serve individuals with serious mental illness and/or their families. Next class starts Feb. 7, 2014. CEU's available. 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. 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
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

Encompass Community Services
(formerly SC Community Counseling Center)
www.encompasscs.org • 469-1700

Apps for Mental Illness Support

With so many apps on the market, it's hard to know which are useful. Software developers instead of psychologists design many, without scientific testing. They range from beneficial, to harmless but useless, to bordering on fraudulent. When selecting an app, check to see if the app has endorsements or better yet, have been used in university research. Make sure they make no hucksterish claims and are based on established treatments. Here are a few that you may find useful. Search for them in your favorite app store.

Operation Reach Out

Literally a lifesaving app, this free intervention tool helps people who are having suicidal thoughts to reassess their thinking and get help. Recommended by followers of @un suicide, who report that this app has helped in suicidal crises. Developed by the military, but useful to all.

eCBT Calm

Provides a set of tools to help you evaluate personal stress and anxiety, challenge distorted thoughts, and learn relaxation skills that have been scientifically validated in research on Cognitive Behavioral Therapy (CBT). Lots of background and useful information along with step-by-step guides.

Deep Sleep with Andrew Johnson

Getting enough sleep is one of the foundations of mental health. This straightforward app features a warm, gentle voice guiding listeners through a Progressive Muscle Relaxation (PMR) session and into sleep.

WhatsMyM3

A three minute depression and anxiety screen. Validated questionnaires assess symptoms of depression, anxiety, bipolar disorder, and PTSD, and combine into a score that indicates whether or not your life is impacted significantly by a mood disorder, recommending a course of action. The app keeps a history of test results, to help you track your progress.

DBT Diary Card and Skills Coach

Based on Dialectical Behavior Therapy (DBT) developed by psychologist Marsha Linehan, this app is a rich resource of self-help skills, reminders of the therapy principles, and coaching tools for coping. Created by a therapist with years of experience in the practice, this app is not intended to replace a professional but helps people reinforce their treatment.

Coping Tutor (for Schizophrenia)

Having schizophrenia or hearing voices can be stressful and unpleasant. With this new internet-based software education program, you learn and practice thinking skills that can help you cope with distressing thoughts and voices. The program was developed in close co-ordination with schizophrenia-focused psychologists from leading universities. The program is designed to be used by itself, or with additional help by therapists. It is not designed as a replacement for any existing treatment or therapy. An article about this on-line method of accessing Cognitive Behavioral Therapy (CBT) is in the Spring SZ Magazine.

"Panic 911" Boosts Ratings at the Expense of People in Crisis.

Have you ever been outraged by how television distorts and misrepresents the truth about mental illness? In an effort to boost ratings, "Panic 911" on the A&E channel is purposefully and hurtfully exploiting the death of a local young man, Robin Miranda. His mother, NAMI SCC member, Carol Miranda, is fighting back with a petition at Change.org. Please help her fight to prevent showing this false portrayal. She is hoping to collect 1000 signatures to "Stop exploiting personal tragedy on your show Panic 911". Go to:

<http://tinyurl.com/namipanic911>

Here is an excerpt of the petition: "The intentional editing and fictional reenactment were done to create a more thrilling show, with no regard for the truth or for the memory of my son, Robin, or for the people who he left behind. The show uses the real name and photograph of my son, but it makes him appear dangerous to others and does not show the complexities involved when law enforcement is involved with a person with a mental illness. It is hurtful to my family, to our community, to Robin's memory and to people who are fighting for better mental health care, training of law enforcement and eliminating stigma."



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!