

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 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

September 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.

WHEN THE BHU CLOSES (DOMINICAN BEHAVIORAL HEALTH UNIT) WHAT NEXT?

Presented by Pam Rogers-Wyman of Santa Cruz County Mental Health and Ann Christen of Telecare Corp.

This evening we will learn about the new Psychiatric Health Facility (PHF) and Crisis Stabilization Program in Santa Cruz that will replace the Dominican Hospital Behavioral Health unit, which will close.

September 18, 2013

6:30 Social Networking

7:00-8:30 Presentations

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

This is your opportunity to find answers to your questions such as: How will the new facility be different from the Behavioral Health Unit currently at Dominican? What are the new programs planned for the new facility called Crisis Stabilization and Psychiatric Health Facility? How many people can they serve? What about transportation to the facility? What will happen to emergency overflow? Are there special considerations for children in crisis? Who is Telecare and what is their philosophy, experience, approach? What role will NAMI play? Are there opportunities for employment and peer/family support? How is construction progress?



- **Pam Rogers-Wyman, LMFT** is the Acute Services Program Chief for County Mental Health, and has served mental health in many capacities since 1988, including in fields of child and family therapy, psychiatric homeless services, and managing crisis and acute services.
- **Ann Christen, MFT**, is the Director of Corporate Planning and Development at Telecare Corporation. She has deep expertise and experience in mental health services, early childhood and children/youth issues, social services, education, developmental disabilities and cultural diversity.

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 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. September class is full. Call to be put on the waiting list or sign up for the next class series starting in January.
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**

"NAMI on Campus" at Cabrillo College Forming this Fall!
If you are an interested Cabrillo College student, please contact:
Kris Hunter 831-406-0960
whaleaid@aol.com
For more info see:
<http://tinyurl.com/namioncampus>

New Programs coming soon for people needing Acute and Crisis Care Services

“After thirty years of providing psychiatric emergency and inpatient services to the community, Dominican’s Behavioral Health Unit is closing. The County of Santa Cruz is building a new facility that will provide crisis stabilization and inpatient services to provide those critical services. The County’s vision for the new facility is to provide services that are consistent with current best practice models of care. Rich programming is being developed to support individuals in crisis to return to stability and recovery that reflect the diverse perspectives of the consumers and their families. The County is working very closely with Telecare to adapt their expertise to the needs of our community.

philosophical approach for the Crisis Stabilization Unit and Psychiatric Health Facility is to make these programs as welcoming, supportive, effective, and recovery-focused as possible, so the people of Santa Cruz can get the support they need, and make progress toward their hopes and goals. They utilize their own Recovery Centered Clinical System (RCCS) as a basis for treatment in the inpatient setting.

The collaboration between the County of Santa Cruz and Telecare is intended as a partnership where services are delivered along a continuum of care. The expectation is that there is integration and collaboration of services so that the individual receiving services experiences a “warm hand off” to the next level of care. We look forward to the opportunity to serve the community.”

*~ Pam Rogers-Wyman, LMFT,
Acute Services Program Chief for
County Mental Health.*

Our New Programs: At a Glance

	Santa Cruz Crisis Stabilization Program (CSP)	Santa Cruz Psychiatric Health Facility (PHF)
Hours:	24/7	24/7
Access:	Locked	Locked
Capacity:	4-8 adults, 1 child	16 beds
Population served:	Children & youth up to age 18; adults aged 18+	Adults, aged 18+
Status:	Voluntary & involuntary	Voluntary & involuntary
Services & treatment:	Comprehensive assessment, plus crisis evaluation & intervention services.	Robust treatment program of active therapies & recovery-based services
Length of Stay:	23 hours	5 to 7 days average
Licensing/ Accreditation/ Certification:	Medi-cal certified by Santa Cruz County	Will meet Joint Commission CMS, PHF and W&I Code standards
Staffing:	Comprehensively staffed	Comprehensively staffed

Education Programs

Provider Education Program
A series for professionals who serve individuals with serious mental illness and/or their families. Next class starts Jan 2014. 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



Tanya Gabrielian
September 21, 8:00 p.m.
First Congregational Church
900 High Street, Santa Cruz

Internationally recognized Pianist Tanya Gabrielian will dedicate her upcoming concert to Mental Health Awareness, as part of the Distinguished Artists Concert and Lecture Series, and as a part of NAMI's participation in National Wellness Week, Sept 16-22. Photo: Louis Seigal*

"Even though artists are notorious for dealing with mental health issues, the idea that art can only be created from suffering and pain is a statement that truly troubles me. Art is a celebration of life and a way to acknowledge that every person, regardless of their personal circumstances, can contribute beauty to this world. But, the number of composers that have dealt with mental illness is staggering, as are the statistics of people in the world that deal with mental health issues in their own lives, and approaching the subject is unfortunately still taboo.

As my attempt to combat the stigma, I am trying to bring attention to mental health in my choice of programming. Presenting works of composers who have dealt with mental illness in their own lives, I am showing the issues in a positive light, demonstrating the enormous contributions to society that these composers have given us. I hope to enable the audience to feel comfortable talking about these issues and to be supportive of those that deal with mental illness in their own lives.

The program is called "Committed"—a word with a strong negative connotation when it comes to mental health, but also simultaneously positive in showing a commitment to changing the status quo. The recital features five sets of pieces, all highlighting issues of mental health, by Handel, Bethoven, Cardelus, Stanchinsky, and Rachmaninov.

The variety of the program and the centuries that it encompasses also lead back to the thought that music is a universally encompassing art and contains truths that remain throughout the passing of time."....Tanya Gabrielian.

Lauded by the Washington Post for her "strikingly poised nobility" and "commanding presence", Tanya Gabrielian has performed across the world in venues including Carnegie Hall, Wigmore Hall, and the Sydney Opera House.

Before this amazing performance, NAMI and several mental health organizations will be hosting informational tables and displays of art work by local people affected by mental illness.

Tickets are \$20 to \$30 and can be purchased at the door or through www.distinguishedartists.org, or call 539-0000.

**National Wellness Week is a program of SAMHSA, Substance Abuse and Mental Health Association*

Coastal Trail Walk (A Suicide Prevention Service Annual Fundraiser)



Saturday, September 21, 2013
www.coastaltrailwalk.org

For a Great Cause. Sponsorship benefits Suicide Prevention Service — a program of Family Service Agency of the Central Coast. Chances are that the suicide of a loved one, friend, or colleague will affect each of us. As a community, we are diminished by each and every loss. For family and friends, the pain can be unbearable without substantial support. Suicide Prevention Service provides education, a 24-hour suicide crisis line, school programs and grief support.

The Coastal Trail Walk is a fun, family event and will begin a new tradition for all members of the community to celebrate life and support the programs of Suicide Prevention

Service. The Coastal Trail offers some of the most scenic vistas and ocean views on the Monterey Bay. This is certain to be a memorable experience for all.

For further information, please contact a Coastal Trail Walk coordinator at 877-311-WALK (9255).

Let's Go Whale Watching!

NAMI Santa Cruz is making preliminary plans for another fabulous whale watch trip on September 28, 2013, 9:30 – 2:00, embarking out of Moss Landing harbor. Last year, the 25 NAMI people who went had a wonderful time. Cost will be \$23 per person.

Whale watching is a fun and exciting adventure. I should know, I have led over 5,000 whale watch trips! Please join us for a day of wonder and awe. Please email me how many in your party would be interested in attending ASAP. Thanks so much!



Kris Hunter whaleaid@aol.com 831-406-0960

"Summit for Transformations in Mental Health."

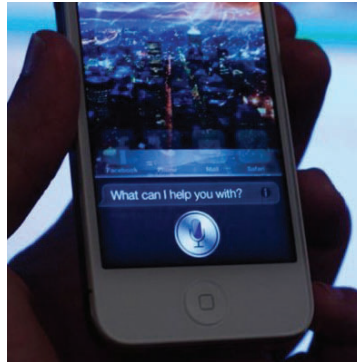
Saturday, October 26th 9:00 to 4:30
100 Aptos Creek Rd., Aptos CA

This Summit provides an opportunity for people to get together to learn from each other through personal transformation stories. This is an opportunity for Family Members and Friends, Peers and Clients, Providers, and Alternative Healers to join in open dialogue about what each of us has gone through, in the mental health system, how our lives have transformed and how our experiences can create change. *The day will consist of a keynote panel, a personal narrative panel, and break out groups for discussion. There will be food, music, and community working toward common ground.*

Sponsored by NAMI and Santa Cruz County Mental Health
For information please email Adrian Bernard at adrianlives@sbcglobal.net

(The following article is from the Treatment Advocacy Center's (www.treatmentadvocacycenter.org), Executive Director, Doris Fuller - (June 14, 2013))

I don't know about other parents, but when my daughter is in psychiatric crisis, my brain turns to mush. It doesn't matter how many times I go through this experience or how recently I've reviewed the civil commitment laws and standards in her state. At the height of a crisis, fear and dread flush every last particle of memory from my mind and transform me into a terror-stricken, paralyzed mom.



The last time this happened was two weeks ago. After more than a year of stability and soaring accomplishment, my darling daughter suddenly veered into mania that, for her, inevitably is followed by psychosis. Thankfully, there was a caring and capable adult on call, but the episode unfolded late on a Friday night more than 2,500 miles away. I had to respond by remote control.

As my stand-in described how my daughter was acting, my brain turned to mush. You know how we tell our little children to "remember your words"? I couldn't remember my words. But then I remembered the Psychiatric Crisis Resources mobile app we had released literally days earlier that I had saved to my smartphone screen.

I opened the app. I tapped "Emergency Evaluation" and chose her state. I read this: "A person may be taken into custody ... (or) detained (for emergency evaluation upon) reason to believe that the person is gravely disabled due to mental illness...."

I hit "Back" to return to the menu and and tapped "Inpatient / Outpatient Criteria" to read the "gravely disabled" definition. And there it was: If "there is a substantial risk (she) will continue to physically, emotionally or mentally deteriorate to the point that the person will, in the reasonably near future, be in danger...."

My daughter was gravely disabled. She not only should but could under the law be detained for an emergency psych evaluation. I read the language to my stand-in so she knew what to tell authorities. She managed to coax my daughter into the car and drove her to the ER; we would have called police if that hadn't worked. In the ER, she used the words I'd read to her, and my daughter was admitted for evaluation. She was hospitalized overnight and transferred the next day to the local psychiatric facility for care.

Siri now offers number for Suicide Prevention

Siri's New Approach to Suicide When the iOS digital assistant Siri is presented with a user that indicates he or she is considering suicide, the program will offer to call the National Suicide Prevention Life-line. Before this most recent addition, Siri would show the locations of centers but not offer to call them.

The change to Siri's recommendations will be a feature in iOS 6 and 7. On devices without a calling feature, such as the iPad and iPod Touch, Siri will list and read off the NSPL phone number, but will then search for nearby suicide prevention centers.

Santa Cruz, Monterey and San Benito Counties Suicide Prevention Service:
Call 24 hours Free & Confidential
Santa Cruz County (831) 458-5300.
Toll Free:
(877) 663-5433 (877) ONE-LIFE

I never anticipated the circumstances that very likely made me one of the first people to use our newest tool. Those of us who live on hope never really do. But I'm so grateful it was there for me, and I'm sharing this story because we family members need all the help we can get, and our mobile app might help you or someone you know, too.

Please download our app and save it to your smart-phone screen. (<http://tinyurl.com/crisisapp>) If you know someone with a severe mental illness, you never know when it might put the words you need in a crisis at your fingertips.

DORIS A. FULLER, *Executive Director*



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!