



831.427.8020
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NOVEMBER MEMBERSHIP AND SPEAKER MEETING

Changes in Santa Cruz Mental Health Services

November 19, 2014
6:30 Social Networking
7:00 PM to 8:30 Program
Live Oak Senior Center
1777 Capitola Rd. near 17th Ave.
Santa Cruz, CA 95062

Erik Riera is pleased to have the opportunity to join NAMI on November 19th to discuss upcoming changes in the Santa Cruz mental health services system.

Over the last several months, the County has been leading a review of the needs and gaps within the behavioral health system, and there are a number of upcoming changes already in place to begin addressing those needs.

Erik has been the Director of Behavioral Health Services for Santa Cruz County for the last 12-months, and had previously worked in the State of New Hampshire for 22-years, the last 8 of which were as the State Mental Health Director. He has worked as



a clinician and administrator in the community as well as various positions in State government for all of his career, and has a strong commitment to improving access to services and opportunities to build resiliency and promote recovery for all individuals and families dealing with the daily struggles of mental illness.

SANTA CRUZ COUNTY COMMUNITY MEETINGS ON IDENTIFYING CRITICAL NEEDS CONTINUE

Identifying the needs, addressing the needs, and evaluating the services.

- Tue, Nov 18th 9 to 11 a.m. in Watsonville OR Thurs, Nov 20th 6 to 8 p.m., in Santa Cruz (Note: The Nov 20th meeting was originally scheduled for November 13th.)
- Tues, Dec 9th 9 to 11 a.m. in Santa Cruz, or Thurs Dec 4th from 6 to 8 p.m. in Watsonville.

Santa Cruz - large auditorium in the basement of 1080 Emeline Avenue, Santa Cruz.
Watsonville - the City Council Chambers on the 4th floor, 275 Main Street.

Family Support Groups

THURSDAY NIGHT SUPPORT GROUP FOR FAMILY MEMBERS

NAMI's Family Support Group provides opportunities for family and friends of people living with mental illness to explore ideas and support one another. Every Thursday 7-8:30 PM * Live Oak Family Resource Center 1740 17th Avenue, SC • 427.8020

PARENTS OF YOUTH

For caregivers of youth 17 & under. 1st Friday at 12:30 PM
3rd Thursday at 6:30-8:00PM
Old Sashmill in Santa Cruz
303 Potrero St., Suite 42, Rm 103
For more info, contact Emily ebc73@comcast.net or 476.1020 youth.namisc.org

HOPE Bipolar Disorder & Depression Support

For individuals with Bipolar or Depression and their family and/or friends. Christian Based.
2nd & 4th Tuesdays, 6:30 - 8:15 PM
Santa Cruz Bible Church • 440 Frederick St. Room #20 • 336.5740

Parents with Hope - Al-Anon

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 info, contact Rachel at 688.1792

ADHD Group

Parents Meeting: 6:30-8 PM the second Wednesday.
Adults with ADHD meet: 6:30-8 PM the fourth Wednesday. For information: Judy Brenis jbbrenis@comcast.net • 684-0590

Client Support Groups

■ NAMI Peer Connections Recovery Support Group

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

Every Wednesday 1:00-2:30 pm
MHCAN: 1051 Cayuga St., Santa Cruz

■ HOPE Bipolar Disorder & Depression Support

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2nd & 4th Tuesdays, 6:30 - 8:15 PM
Santa Cruz Bible Church • 440 Frederick St. Room #20 • 336.5740

■ See full calendar of MHCAN Support Groups

831.469.0462 or www.mhcan.org

■ ADHD Group

Adults with ADHD meet:

6:30-8 PM the fourth Wednesday.
For information: Judy Brenis jbbrenis@comcast.net • 684.0590

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,

Your generous help is requested and needed, to create a special and fun holiday party for people who are living with serious mental health challenges.

Volunteers from NAMI-SCC and MHCAN will join together on December 13, 2014 to provide a holiday meal, gifts, and good cheer. This is a very special annual event of holiday spirit, with musical entertainment and Santa's gift room.

This party is an opportunity for sharing great food, socializing, choosing a new jacket and gift bag, and enjoying music of The Fish Hook rock band. Over 300 people with mental health challenges attend this celebration, many who do not have families to be with over the holidays. Some are homeless. Most live on a very limited budget. Your help can make definitely make the season brighter!

Please make a financial donation of any amount to contribute towards the cost of food, new jackets, socks, toiletries, etc. Please send your tax-deductible contributions to NAMI-SCC, P.O. Box 360, Santa Cruz, CA 95061.

If you wish to volunteer, please go to <http://tinyurl.com/namiholiday> to see all the volunteer opportunities and to sign up online, send email to info@namiscc.org or contact Tina 831-345-0053, Sheryl 831-331-9084, or Carol 229-2675. You can help with food or with gifts, in many different ways.

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 Street
Santa Cruz, CA 95062
831 469 0462 www.mhcan.org



Residents from all Front Street facilities and programs are busy making wonderful craft items to sell for the holidays. This is an opportunity to gain skills, self esteem, be productive and creative members of our community and make a little extra money for the holidays as all profits go to the residents. However it only happens if YOU attend and support this wonderful event.



NAMI teams have been teaching local high schoolers about mental illness for the past two years and have visited classrooms from Pajaro Valley High School to San Lorenzo Valley High School sharing a national program called "Ending the Silence". In each class one NAMI team member presents a slide show educating students about mental health issues, describing the suffering and lack of treatment caused by the isolation of those living with mental health conditions, listing the warning signs of these illnesses, and explaining how to get help or help a friend. Incorporated into the show are four videos created by California high school students. The team encourages students to talk about the many life skills they already have and use to handle stress in their lives.

The second NAMI team member shares his or her personal experience of living with a serious mental illness. The kids are always riveted by these life stories. These courageous people are doing so much to end the silence by bringing their own stories into the open in hopes of helping others who might be suffering in silence. One first person speaker is Tristan Arviso, a rap musician. His performance of his song "Killing the Stigma" always brings an enthusiastic response from the class. At a recent presentation, a small group of students seeking support and guidance gathered outside the classroom to talk with a NAMI first-person storyteller. The teacher let us know that that help was "invaluable". ■

Jennifer's Corner

By Jennifer Wentworth

See Jennifer's blog at adayinthelifeofbeingbipolar.blogspot.com



October 28th was a very meaningful day filled with accomplishment and pride. NAMI Santa Cruz was awarded the "Be the Difference" award by the Volunteer Center of Santa Cruz and the State of California, State Legislation for all its hard work in mental health education, advocacy, and support.

"The National Alliance on Mental Illness is an amazing grassroots mental health advocacy group. Thanks to many volunteers, the Santa Cruz chapter is able to offer several support groups, educational classes, community

speaker meetings and presentations, a volunteer referral and telephone support line, advocacy services, crisis intervention training for law enforcement and bi-monthly newsletter. NAMI members and volunteers help each other through difficult and unique challenges. Bringing the motto "You Are Not Alone" to life, these volunteers are passionate about their service to others and to the community."

Carol Williamson, the President of NAMI Santa Cruz accepted the award on behalf of NAMI's dedicated volunteers for their tireless effort in working to help reduce the stigma surrounding mental illness. The award was presented by California State Senator, Bill Monning 17th district, Assembly Member Mark Stone 29th district, & US State Representative, Sam Farr. ■

NAMI Superstar Recognized For Her Many Volunteer Efforts!

In addition to the NAMI Award, Jennifer Wentworth was recognized as an Individual Volunteer of the Year for her dedication and efforts to reduce stigma surrounding mental illness, speaking in NAMI programs at schools and in the community, sharing her experiences of her recovery journey, as well as for her other volunteer efforts at the American Red Cross, Animal Shelter, and Dominican Hospital. "Jennifer is a fervent advocate and inspiring young woman making a difference in our community".

Education Classes

■ NAMI Family to Family

This 12 week educational program helps friends and families to understand and help their loved ones. Email Joane: joannecy@aol.com to get on waitlist for future classes or call 427.8020

■ NAMI Peer to Peer

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 lorenrabb27@gmail.com or 427.8020

■ NAMI BASICS

This 10 week educational program is designed for parents and caregivers of youth (10-17) to understand and help their loved ones. Contact Emily at ebc73@comcast.net or 427.8020

■ NAMI Provider Education Program

March 2015 - 3 hours a week for 5 Weeks, 15 CEU's

For all professionals who want to understand more about serious mental illnesses. Taught by a panel of a professional therapists, providers, people living with a mental illness, and family members. Call 427.8020 to be put onto wait list for notification of dates.

Presentations

■ In Our Own Voice

Community presentation designed to create understanding and compassion. NAMI 427.8020.

■ Ending the Silence and Parents and Teachers as Allies

Middle and High School presentations for students, teachers and parents. Call Sheryl at 331.9084