



831.427.8020
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SEPTEMBER MEMBERSHIP AND SPEAKER MEETING

Conservatorships

A panel discussion on the process of conservatorship, and the roles and responsibilities of a conservator.

- Have you ever wondered what a conservatorship is? How they work?
- What are the legal requirements for a conservatorship?
- The pros and cons of family members being a conservator?

Join us for a presentation and discussion by Vanessa Bertsche, Public Guardian for Santa Cruz County and Bill Lewis, Public Guardian for Santa Clara County. Come with questions and Bill and Vanessa will do their best to answer them.

"A conservatorship is established when the Superior Court holds a hearing and a judge appoints a conservator to manage the financial and/or personal care needs of an individual who is either physically or mentally unable to properly provide for these needs alone. The inability to provide for the personal needs of physical health, food, clothing or shelter may indicate the need for a conservatorship of the person." (SC County Mental Health website)

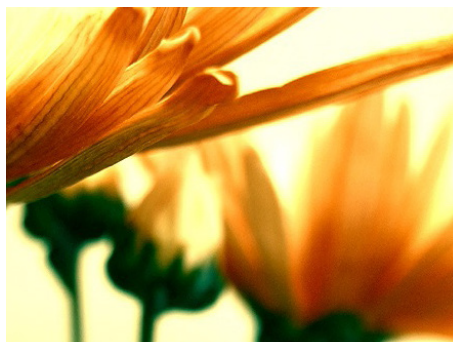
Vanessa Bertsche has been the Public Guardian for Santa Cruz County since 2008. She has worked as a so-

September 17, 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



cial worker in Skilled Nursing Facilities and has worked in the banking industry. She has an undergraduate degree in Sociology and a Masters in Psychology. She is also a certified Drug and Alcohol Counselor.

Bill Lewis, Deputy Public Guardian from Santa Clara and Santa Cruz Mental Health Board President, President of Santa Cruz Mental Health Advisory Board and past NAMI Santa Cruz board member.

Jorge Mendez will facilitate discussions. Jorge is the Director of the new Behavioral Health Center, Psychiatric Health Facility, and NAMI Board member.

Family Support Groups

THURSDAY NIGHT SUPPORT GROUP FOR FAMILY MEMBERS

NAMI's Family Support Group provides opportunities for participants 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

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 SC 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

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 #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 SANTA CRUZ COUNTY - WHAT ARE WE UP TO??

NAMI is working hard to Support, Educate, and reduce Stigma

Our presentations, classes, and groups are in great demand.



Summer Strategic Planning

Over the summer our board, led by Nancy Sherrod, participated in a Strategic Planning process. We identified many accomplishments,

needs for growth, and ideas for solidifying our organizational infrastructure. It was amazing to see how much we have done on such a small budget. NAMI's strength comes from our wonderful volunteers and their dedication to improving and saving lives.

In the coming year, you will see more opportunities to volunteer in small and meaningful ways. This will allow us to build stronger relationships with local mental health providers and organizations, law enforcement, schools, and other community organizations. One of our primary goals is to reach the Spanish speaking community. You will be hearing more about that in the coming months. In every program, presentation, support group and class, NAMI continues to improve the understanding, care and support in Santa Cruz County.

Below are just a couple of the projects we have been building since our strategic planning process.

School Presentation and Outreach

Our mission this year is to increase the number of high school and middle

school presentations by 50%, with a goal of 45 presentations this year. We are off to a strong start with 11 presentations already scheduled. NAMI national's recent research survey showed that "Ending the Silence" reduced stigma and increased compassion in our youth.

Our team is also working with other organizations to encourage high school participation in the directingchange.org video contest and forming high school mental wellness stigma reductions clubs. Many thanks to our new team members. We hope they find this work empowering and important.

Exciting Developments and Relationships

In other news,

- The County now has a Mobile Crisis Team.
- NAMI is collaborating with PAMF and ASPIRE to bring youth programs to our county.
- Dominican Hospital has invited

NAMI to provide education to their staff with "In Our Own Voice".

- NAMI is meeting with law enforcement and County Mental Health to bring

Crisis Intervention Training here.

Coming and Going

We welcome a new Board member, Jorge Mendez, Director at the new BHC.

NAMI Board members Don Hilbert and Louise Loots are stepping down from the Board of Directors, but they will



continue to attend meetings and share their wisdom.

Don, with his wife Rody, also led the Thursday night Family support group for many years, through thick and thin, rain and sleet. Don was a high school English and History teacher, and has been a dedicated and wise Board member.

Louise Loots has taught Family to Family, and has acted as NAMI President, has been a board member, and is involved with NAMI school outreach programs. She is a retired professor of English at Hartnell and Cabrillo who is currently writing a book about schizophrenia with her son, Jonathan.

Richard Fairhurst, a wonderful teacher for Provider Ed and Family to Family, and his wife Betty and family, will be moving to Idaho, and will be sorely missed.

NAMI salutes the dedication and love given by these awesome NAMI leaders. ■

FAMILY ADVOCATE

Yana Jacobs wears another hat



Yana Jacobs is moving to the Foundation for Excellence in Mental Health Care

After 35 years of dedicated and passionate service, Yana Jacobs, former Chief of Adult outpatient services and Family Advocate in Santa Cruz County, has accepted a new job as the Senior Program Officer at Foundation for Excellence in Mental Health Care. The foundation was inspired by Robert Whitaker's book, the Anatomy of an Epidemic. Yana is excited to use her vast skills and experience to help build a model that acknowledges each individuals' experience, working with their families and friends as part of the community necessary to provide healthy systems of care. One of the many things Yana is remembered for is writing a SAM-HSA transformation grant that started a Peer Run Respite House, Second Story. NAMI thanks Yana for helping families with Access to care and solving problems.

BEHAVIORAL HEALTH COURT OPENS DOORS TO THE PUBLIC

Mental Health Advisory Board News

The Mental Health Advisory Board encourages community members to attend meetings and join their board. In September they will visit the Behavioral Health Court. Judge Heather D. Morse will describe the court and be available for questions. It should be a very interesting afternoon.

Thurs, Sept 18th

3:00 to 5:00pm

Superior Court, Dept 11

259 Water Street, Santa Cruz

was able to use his board influence and experience as an educator to get mental health education included in the California State Health Curriculum.

You too can make a difference. 1.5 hour monthly commitment, people who have a mental illness or their family members can join to express their concerns, lend their voice and share their wisdom toward improving and monitoring services in our county. If you wish to apply for a position on the board, visit the following link and fill out the easy application: <http://tinyurl.com/scadvisory-form> ■

Board Member - Making a difference

Last month John Laue shared how he

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 lorencrabb27@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

Second Story builds bridges to wellness, using relationships with Peer Staff and other guests to develop new patterns for living.



MOVIE NIGHT

Second Story Fundraiser

Saturday, October 25th

Noon to 4:00pm

Coast Chapel, 1275 30th Ave, corner of 30th & Brommer

\$20 ticket includes movie, drinks & snack

Join us for a fun and inspirational afternoon as we explore experiences of the untold story through food, film and fellowship. We will be showing, "Take these Broken Wings" by Daniel Mackler.

Second Story is a transformational Program which is an adjunct to traditional mental health care and serves as a Respite for those wanting to learn how to address change through relationships with peer staff and other guests.

Contact Malin, Darcy , or Adrian at Second Story 466-0967.

Donations gratefully accepted: Go to www.encompassCS.org, and follow the "Donate to Encompass" link. Please be sure to specify 2nd Story when asked "Donate to a Specific Program"

LEARN MORE

Elections 2015

In accordance with NAMI SCC Bylaws, this September 17th Speaker Meeting will be the annual membership meeting for voting-in of officers and board of directors for 2015. The nominating committee has prepared a slate of officers and Board members. A vote will be held at the opening of the Speaker meeting.

Slate of Candidates:

- Carol Williamson, President
- Melissa Watrous, Vice President
- Jim Williamson, Treasurer
- Lynda Kaufmann, Secretary
- Susan Warrens, Board Member
- Tina Landino, Board Member
- Rama Khalsa, Board Member
- Jorge Mendez, Board Member

To submit application for joining the Board, contact Sheryl Lee at NAMI, 427.8020. ■

What is a Conservatorship?

Come to the Speaker Meeting Sept. 17 to learn more and ask your questions . We will be discussing the pros and cons.

A conservatorship is a court proceeding where an individual is appointed by a judge to protect and manage the financial affairs and/or a person's daily life due to physical or mental limitations. The conservator may be only of the "estate" (meaning financial affairs), but may be also of the "person," when he/she takes charge of overseeing the daily activities, such as health care or living arrangements of the conservatee.

In California there are 2 types of conservatorships. A LPS Conservatorship is temporary and lasts up to a year. A Probate Conservatorship remains in effect indefinitely, usually until the conservatee can show that he or she is again capable of handling his/her own affairs appropriately, or until a

suitable alternative such as a representative payee is found.

A relative, friend, interested third party can be a conservator. The Santa Cruz County Public Guardian recommends contacting an attorney to advise.

Santa Cruz County Bar Association Lawyer referral site: lawyerreferral-santacruz.org

Santa Cruz County Public Guardian page. santacruzhealth.org/cmhs/2publicguardian.htm

The Santa Clara Superior Court: http://www.scscourt.org/self_help/probate/conservatorship/conservatorship_home.shtml

Nolo Press is well regarded law publisher. <http://www.nolo.com/legal-encyclopedia/conservatorships-adult-guardianships-30063.html> ■

Identifying Critical Community Needs

Note from Carol Williamson: It is extremely important for NAMI people to show up at the forums beginning Sept 9.6:00 p.m. Let your voice be heard!

Over the past year, the County Alcohol and Drug Program has been working with community members on a strategic plan for alcohol and drug treatment and intervention services in Santa Cruz County. The draft plan is open for community review on **September 18th at 5:30 p.m. at Simpkins Swim Center.**

An important community value identified in that process, has been a need for integration of substance use disorder and mental health treatment. In June, the County Board of Supervisors requested that a strategic plan be developed for mental health services as well. Therefore, this fall the community is launching a strategic planning effort to identify the necessary community mental health needs.

This will take place in several phases: Identifying the needs, addressing the needs, and evaluating the services.

Join them for the first series of meetings focusing on the first phase: Identifying the critical community mental health and substance abuse service needs.

What do you think the critical needs are in our county?

Each month's meeting builds on each other.

- **Tues Sept 9th, 6 to 8 p.m. in Santa Cruz, or Tues, Sept 16th, 9 to 11 a.m. in Watsonville**
- **Wed, Oct 15th from 9 to 11 a.m. in Santa Cruz, or Thurs Oct 16th, from 6 to 8 p.m. in Watsonville**
- **Thurs, Nov 13th from 6 to 8 p.m., in Santa Cruz, or Tue, Nov 18th 9 to 11 a.m. in Watsonville**
- **Tues, Dec 9th from 9 to 11 a.m. in Santa Cruz, or Thurs Dec 4th from 6 to 8 p.m. in Watsonville.**

Locations: 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.

Save the Dates
Overview of Alcohol/Drug draft plan: Sept 18th from 5:30 – 7:30 p.m. at the Simpkins Swim Center.
Forums for community input on Identifying Critical Community Needs: Sept 9 -Dec 9. See schedule on left for times and locations.

- 1** Integration of trained family members and peer navigators
- 2** Mental Illness support in the Homeless community.
- 3** More Dual Diagnosis Programs. CASA Pacific is a very good model, but too small, and getting into it is difficult.
- 4** Early Intervention for Psychosis, including family education, vocational and social support.
- 5** Improved Crisis Care for Youth

Jennifer's Corner

By Jennifer Wentworth

See Jennifer's blog at adayinthelifeofbeingbipolar.blogspot.com



NAMI In Our Own Voice is presenting to the Staff of Dominican Hospital. We are very thankful for the opportunity that Dominican has given us to educate the staff

about mental illness and the stigma surrounding it. It is great to see that Dominican recognizes the need to train security staff, nurses, doctors, social workers, OTs and all of those who will come in contact with people living with mental illness. Unfortunately sometimes the unknown aspects and lack of education surrounding mental illness can produce fear and lack of compassion towards our fellow human beings. The truth is, we all suffer and deal with hardships throughout our life, whether you have a mental illness or not. So we are pleased to be able to present IOOV to staff

at the hospital who will undoubtedly come across people living with mental illness on a daily basis. We want to make sure that they understand what it's like to live with mental illness and most importantly to know that recovery is possible and to have compassion and empathy towards others. We had our first presentation on the 18th of August and it was a success! Our second presentation on August 28th had a great turn out! Over 35 Dominican staff attended from a wide variety of departments. We will be doing another again at the beginning of November! Thank You Dominican for partnering with NAMI in educating some of the most important health-care providers in our community!