

## Family Member Support Groups

### West Side Support Group

Every Thursday 7-8:30 PM  
Community Connections S.C.  
300 Harvey West Blvd • 427.8020

### Mid-County Support Group

Every 3<sup>rd</sup> Tuesday, 7-9 PM  
Unitarian Universalist Fellowship  
6401 Freedom Blvd, Aptos  
427.8020

### NAMI Support for Parents of Children

(age 17 and younger)  
1<sup>st</sup> Friday • 12:30 PM  
4<sup>th</sup> Thursday • 11:30 AM  
at the Old Sashmill in Santa Cruz  
For more information, contact Emily  
at [ebc73@comcast.net](mailto:ebc73@comcast.net) or 476.1020

### 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 of individuals with addiction and mental health issues.  
Meets Sundays, 7:30 PM (*note new time*)  
Mt. Calvary Lutheran Church  
2402 Cabrillo College Dr., Soquel  
For information: Rachel at 688.1792

### Attention Deficit Disorder Support Group

2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month (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](mailto:jbbrenis@comcast.net) • 684-0590

## 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.

Please join us for an “Ask the Director” evening  
**A DIALOGUE ON MENTAL HEALTH AND  
DRUG AND ALCOHOL TREATMENT SERVICES**  
Santa Cruz County

WITH GUEST SPEAKER

**SUZANNE TAVANO, PHN, PH.D.**

*New Director of Behavioral Health*

**Wednesday, September 19**

6:30 PM – Social Networking  
7:00-8:30 Meeting and Speaker Presentation

**Live Oak Senior Center**

1777 Capitola Road, Santa Cruz

**Directions:** From Highway 1, take the Soquel Avenue exit (#439) and turn onto the frontage road going toward Capitola. Turn right on 17th Avenue, then left on Capitola Road and look for the Senior Center on your left.

Suzanne Tavano, PHN, PH.D. is the recently appointed Behavioral Health Director for Santa Cruz County. She is licensed both as a Public Health Nurse and a Clinical Psychologist. Dr. Tavano previously worked in San Francisco County as the Director of Jail Psychiatric Services. She later entered private practice and was on the medical staff of a private psychiatric hospital serving children, adolescents and adults. Concurrently, she held various clinical-administrative positions at this hospital and temporarily served as its Chief Operating Officer and then Chief Executive Officer. In 1996, she left private practice to become a program manager for Contra Costa County Mental Health. Over time, she served as that county's Quality Improvement Coordinator, Care Management Administrator, Clinical Director, Deputy Director and then Mental Health Director. She currently chairs the California Mental Health Directors Association's (CMHDA) MediCal Policy Committee and is a member of CMHDA's Governing Board. In her new role in Santa Cruz, she is particularly interested in furthering integration of mental health and drug and alcohol treatment services (behavioral health) and integration of behavioral health and primary care. She looks forward to this opportunity to meet the NAMI community in Santa Cruz, share some of her vision and priorities, give updates on the county's implementation of the Mental Health Services Act, answer questions and receive feedback on behavioral health services in our county.

## 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  
www.mhcan.org • 469.0462

### HOPE Bipolar Support Group

For individuals with Bipolar or  
Depression and their family and/or  
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SC Bible Church • 440 Frederick St.  
Room # 21 • 336.5740

### (DBSA) Depression & Bipolar Support Alliance

Santa Cruz Women's Group  
Lois Roth (831) 246-0877  
feltongemlady@yahoo.com  
dbsalliance.org

### "Mood Matters" at MHCAN

Mondays 6:30-8:00 PM  
Steve Wiesinger (831) 246-1893  
or Jesika (408) 489-6377

## Education Programs

### NAMI Family-to-Family Education Program

NAMI Santa Cruz has two series  
underway of this excellent  
12 week educational program.  
Family to Family helps Families  
and friends to understand  
and help their loved ones.  
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, for individuals who  
live with a mental illness. It will start  
Thursday September 20, 2:30 to 4:30  
at MHCAN, 1051 Cayuga St.  
If you are interested please  
contact Carol at cjna@comcast.net,  
or leave message at 427-8020

An exciting new group is forming in Santa Cruz to support families whose teen has been diagnosed with a mood or thought disorder, such as bi-polar, schizo-affective disorder, anxiety and depression, schizophrenia, and other emotional or mental health challenges.

SEE Families seek to improve lives with Support, Education, and Empowerment using a breakthrough, evidence-based treatment called **Multi-Family Support**, where the whole family can participate, weekly, with other families.

This welcome new effort is being championed by a local NAMI Santa Cruz member, with two experienced local mental health therapists who will assist the group of four to five families.

The group shares similar experiences and so can understand, without judgment, the hard times and appreciate the good times. They also will explore skills that help manage anxiety and facilitate communication while having a little fun. Breakout groups will allow the teens to get to know each other and build community. Parents can learn more about resources in our area that may make life a little easier.

Get a feel for what is possible. Only a few spots open. Learn more at  
www.seefamilies.com or call 831.204.8815.

If you are interested in the Multi-Family Support Group, it is recommended that you take the six-week NAMI Basics class listed below.

## Basics Education Program

### NAMI Basics

BASICS is a *six week program* that is intended for parents and caregivers of children and adolescents age 17 and under with mental illness. Class covers biological brain information, getting an accurate diagnosis, treatment options, family communication skills and problem solving tips, crisis preparation, relapse planing, family impact, systems in mental health services and schools, advocacy for your child, self-care.

This class will be held at the Sashmill in SC starting Thursday Sept. 13, every Thursday at 6:00 p.m. thru October 18.

**Register by** emailing joannecy@aol.com or calling the NAMI SCCanswering service at 831-427-8020.

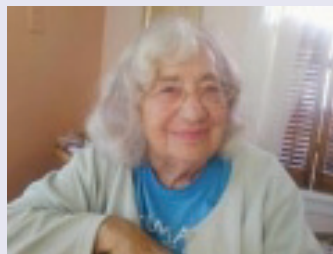
## Survey Questionnaire coming soon from Survey Monkey.

NAMI Santa Cruz would like to get more input from you. An online questionnaire will be coming to you soon by e-mail, and hard copies will be available at the Sept. 19th speaker meeting.

Please watch for this and respond with your priorities, hopes, and needs. Responses will be anonymous.

**If you are interested in opportunities to help NAMI SC. Call 427-8020.**

## Condolences to Families on the Passing of special NAMI Board Members



**Liz Zieber, NAMI SCC Board member**, died peacefully 7/23/12. Her contributions and dedication to our organization are deeply appreciated. Liz served as a NAMI SCC Board member, for many years through 2011, and

enjoyed serving on mailing projects, MHCAN holiday party, the Human Race, and other projects. Her help, her calm and her happy approach will be missed.

**Former NAMI SCC President John McSweeney** passed on August 2, 2012. John served as president in the late 80's, early 1990's. His contributions and leadership to NAMI Santa Cruz are deeply appreciated.



### Education Programs

#### 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.

#### Parents & Teachers as Allies

This two-hour in-service program helps school professionals identify the early warning signs of early-onset mental illnesses in children and adolescents in schools. It focuses on the specific, age-related symptoms of mental illnesses in youth, how best to intervene, and shares the lived experiences of consumers and families.

For more information: **427-8020**

### Resources

#### MHCAN: Mental Health Client Action Network

A peer-run facility, offers a variety of support groups and programs for adults with a mental illness in a non-judgmental, supportive environment, open 9-2 weekdays, dropin.  
1051 Cayuga St., Santa Cruz  
[www.mhcan.org](http://www.mhcan.org) • 469.0462

#### Community Connections

[www.ccsantacruz.org](http://www.ccsantacruz.org) • 425.8132

#### SC County Mental Health & Substance Abuse Services

[www.santacruzhealth.org](http://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/](http://www.scccc.org/) • 469-1700

All meetings of the **Santa Cruz County Mental Health Advisory Board** are open to the public. Meetings are held on the 3rd Thursday of every other month, at 3:00 - 5:00 p.m at **1400 Emeline Ave. Room 207**. Reports and updates are presented by County staff. This Board provides advice to the governing body (Board of Supervisors) and the local mental health director. They provide oversight and monitoring of the local mental health system as well as advocate for persons with mental illness. They review and evaluate the community's mental health needs, services, facilities, and special problems.

The next meeting is October 18th .

### Quality Improvement Committee

This committee provides input to the County for State reporting purposes. Your experience as a consumer or family member is valued. County Mental Health & Substance Abuse Services seeks family and consumer representatives to the QUALITY IMPROVEMENT COMMITTEE. The committee meets quarterly on the third Monday between 1:30pm-3:30pm. The QI Committee oversees service delivery capacity, accessibility of services, consumer/family satisfaction, monitoring clinical issues, coordination of care with physical health providers, monitoring provider appeals from hospitals or other providers, performance improvement projects; recommends policy decisions; and ensures follow-up of recommendations.

Please contact Karolin Schwartz at County Mental Health if you are interested, **454-4671**.

### Upcoming event

Advocacy, Inc. celebrates the " 2012 Above and Beyond Award" honoree **Leslie Tremaine**, recently retired Director of Santa Cruz County Mental Health, for her work as a community advocate for accessible quality care and treatment throughout Santa Cruz County.

**Sunday, September 23, 3:00-6:00** at Peachwood's Restaurant at Pasatiempo. Food, wine, auction and raffle. \$30.00 per person. Reservations contact Margaret de Faymoreau, **429.1913**

Advocacy Inc.'s mission is to: Protect, through advocacy, education and intervention, the rights of facility-placed seniors, persons with disabilities and individuals with mental health needs.

### Front St. Inc. is hosting its 10th Annual Resident Art Show

at UCSC on **Thursday, Sept. 13th** .  
from 1:00 to 2:30. This is a wonderful  
showcase for the many talented artists  
within our community.

Location: UCSC student lounge/plaza,  
Graduate Student Commons, upstairs  
of lounge complex.

Directions: Enter UCSC campus at Main entrance off High St. Go through 1st stop light. At 2nd stop light, turn LEFT on to Hager. Continue up hill. For guests, metered parking is located on Hager on the Right side before the Stop sign at Steinhart and Hager. Additional metered parking is located on the Left side down the drive off Steinhart once you pass the right-side Bookstore.

### Legal Notice

If you paid for the drug Paxil®, you could get a payment from a class action settlement.

A class action settlement will provide money to California residents who were 18 years old or older and who paid for any portion of the price of the prescription antidepressant Paxil® while living in California from January 14, 1999 through January 1, 2003, and who qualify under the settlement.

A detailed notice is available at  
[www.CApaxilclassaction.com](http://www.CApaxilclassaction.com) or by  
calling **1-800-407-3459**.



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!

Name(s)

New Membership

Email

Phone

Membership Renewal

Mailing Address

This is a new address

City

State

Zip

I am interested in volunteer opportunities with NAMI-SCC. Please contact me.

Membership Dues

\$35 - Individual/Family

\$ \_\_\_\_\_

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.

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

Human Race Walkathon  NAMI Walks Fundraiser

Donation Amount \$ \_\_\_\_\_

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!