



Santa Cruz County

Your Impact in Numbers

13,500+

Total individuals served last fiscal year, thanks to your generosity and care!

5,796

Youth, parents/ caregivers, school staff, and youth-serving professionals learned about mental health, mental illness, local resources, and how to seek help for themselves or a youth.

1,409

Adults with a mental health condition received empowering information, life changing support, and critical resources.

6,177

People with an adult family member who has a mental health condition received compassionate support and built community.

YOU helped peers & families affected by mental health conditions to shift:

**From isolated to connected
From hopeless to hopeful
From confused to empowered
From suffering to thriving**



Your Impact in Program Growth

NAMI at Telecare

Through this new partnership, trained NAMI staff members are now on site at the Telecare facility 7 days per week to support patients and their families.

Expanded Peer Programs

Two new programs launched for peers! NAMI Conexion is our new support group for adults with a mental health condition. NAMI-SCC Peer Meetups are now being held twice-monthly, offering more opportunity for in-person connection and community!

Empowering Local Youth

The Santa Cruz County Office of Education has named NAMI-SCC the 2023 Community Partner of The Year, in recognition of the importance of our Ending the Silence (ETS) program. ETS educates students, staff, and parents about mental health conditions, including warning signs and how/when to seek help. This important program returned to classrooms in-person this year, allowing for deeper engagement with students.

Hope. Inclusion. Empowerment. Compassion. Fairness

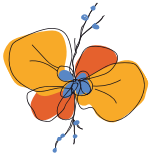
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“The safe place of NAMI SCC allows me to better handle situations that seemed physically and emotionally impossible most of my life.”

- Ethan, Connections Support Group Participant



Helping Parents to Help Our Youth

From isolation and despair to compassionate connection, hope, and healing...together

Ariel's family has always been close. They deeply value supporting each other and nurturing their intergenerational ties. Her kids have a special connection with their grandparents. In March of 2022, Ariel's son had a sudden psychotic break while attending university in the midst of the COVID-19 pandemic. Their family was thrown into a state of chaos. **They felt confused, scared, exhausted, and extremely overwhelmed.**

“It's okay, we're a part of the club.”

A friend who works as a therapist pointed Ariel to NAMI-SCC. She immediately signed up for our Family-to-Family course and attended every single class. There, she found empowering information and a caring, compassionate community. Ariel and her husband also found hope and healing in NAMI-SCC's Support Groups for parents. Her husband would say to her, **“It's okay, we're a part of the club.”** Ariel came to realize that her son's mental illness was not just about him - it was an entire family affair. Then began the important work to build healing and harmony together, as a family.

“NAMI has been there for me during my darkest moments and has shed a light on me.”

When Ariel first found NAMI, she felt lost and isolated in the confusion and chaos of their crisis. She says, **“NAMI has been there for me during my darkest moments and has shed a light on me.”** These days, **thanks to the support of caring people like you, Ariel is empowered and hopeful.** She volunteers at NAMI-SCC, helping other families get through the dark times. Through sharing her story, Ariel finds a new kind of connection and healing. She encourages others to do the same, saying, **“I invite you to honor yourself and your loved ones by sharing your personal experience, because it really does make a difference.”**

Help more families get the support they need by giving today:
www.namisc.org/donate

Questions? Contact Danu Schoeck at danu@namisc.org / (831) 200-4037

