



831.427.8020
WWW.NAMISCC.ORG

 LIKE US AT:
FACEBOOK.COM/NAMISCC

NAMI SANTA CRUZ PRESENTS

Do you have questions about the services available for people in a psychiatric crisis?

NAMI SCC will host a panel of speakers from our Santa Cruz County Behavior Health Center that is comprised of an outpatient Crisis Stabilization Program and an inpatient Psychiatric Health Facility. They will address some of the concerns of our NAMI community. Please join us for an informative evening that will include discussions on:

- Services in crisis stabilization unit (CSU)
- Services in inpatient care (PHF)
- Data regarding: usage, occupancy, length of stays, treatment, releases, referrals out of county, etc.
- Criteria for admission to the inpatient Psychiatric Health Facility (PHF)
- Legal hearings and process in inpatient PHF.
- Resources available to patients discharged from inpatient unit.

Jorge Méndez, Administrator

Jorge Méndez, MA/MPA, has been the Director of the Santa Cruz County Behavioral Health Center, since it opened in 2013. Mr. Méndez has extensive knowledge and experience directing mental health service programs in Santa Cruz County and is also a family and NAMI board member. In his previous role as Vice President of Front St. Inc., Mr. Mendez directed residential and outpatient treatment programs, supportive housing services, emergency housing for veterans, and psychiatric services for older adults.

Arveen Sandhu, Crisis Stabilization Program Director

Arveen Sandhu, Registered Nurse and has been the Program Director for Telecare's Crisis Stabilization Program since July 2015. Ms. Sandhu began her mental health career in 2010 working with dually diagnosed consumers (developmental disabilities and mental illness).

Laura Nadel, Clinical Director

Laura Nadel, Licensed Clinical Social Worker, began her mental health career at a locked mental health rehabilitation center in 1999. Ms. Nadel has worked extensively with individuals diagnosed with severe and persistent mental illness and has expertise transitioning clients successfully out of locked psychiatric care. Ms. Nadel has a passion for community mental health, working as a Senior Mental Health Client Specialist for Santa Cruz County for ten years, and in July 2015 stepped into her newest role as Clinical Director of the inpatient psychiatric health facility operated by Telecare overseeing clinical care at the facility.

Weds. Jan 20, 2016

6:30 to 7:00 Meet and Greet
7:00 PM to 8:30 Program & Q/A

Live Oak Senior Center

1777 Capitola Road
near 17th Ave.
Santa Cruz, CA 95062

Family Support Groups

■ THURSDAY NIGHT SUPPORT GROUP FOR FAMILY MEMBERS

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 TRANSITION AGE YOUTH

For caregivers of young adults 18-26; 1st Thursday at 6:30-8:00PM
Location changing for Sept / Oct see <http://www.namisc.org/support-groups.html> Or contact Emily ebc73@comcast.net or 476.1020

■ PARENTS OF YOUTH

For caregivers of youth 17 & under.
3rd Thursday at 6:30-8:00PM
Location changing for Sept / Oct see <http://www.namisc.org/support-groups.html> Or contact Emily ebc73@comcast.net or 476.1020

■ HOPE Bipolar Disorder and Depression Support

For peers and their family and/or friends. Christian Based-all beliefs welcome; 2nd & 4th Tuesdays, 6:30 - 8:15 PM Santa Cruz Bible Church • 440 Frederick St. Room #22 (2nd floor of Worship Center) • 336.5740

■ Parents with Hope - Al-Anon

For parents or relatives . 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

Peer 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
(enter by outdoor stairs to 2nd floor)

■ HOPE Bipolar Disorder and Depression Support

For individuals with Bipolar or Depression and their family and/or friends. Christian Based. (all beliefs welcome) 2nd & 4th Tuesdays, 6:30 - 8:15 PM

Santa Cruz Bible Church • 440 Frederick St. Room #20 (2nd floor of Worship Center) • 336.5740

■ Women with Mood Disorders

Connect with other women living with bipolar disorder, depression and/or anxiety (and who choose to treat it with psychiatric medication). <http://www.meetup.com/Medicated-Moms-with-Mood-Disorders-Support-Group/>

■ 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

PRESIDENT'S LETTER

New Year's Greeting from the NAMI Board

As we look back over 2015's successes, we are amazed and so proud of the achievements of NAMISCC, and share them with you here:

Education Programs

- 4 Family to Family 12-week Education Programs
- 1 de Familia en Familia 12-week program in Spanish
- 3 Peer to Peer 10-week Education Programs
- 1 Provider Education 5 week Education Program

Support Groups

- 50 weekly Family Support Groups
- 26 Family and Consumer combined Support Groups
- 50 Peer Connections Recovery Support group
- 26 Parents of Youth Support Group under 18
- 20 parents of Young Adults 18-25

Presentations

- 40 "In Our Own Voice" at mental health facilities
- 11 "In Our Own Voice" and other presentations at community venues
- 36 "Ending the Silence" for high school students
- 5 Teacher and/or Parent presentations

Warm Line Assistance, On-line Chat groups

- Advocacy, resources, and support to callers or participants

Student Youth Council

- Began summit meetings of high school students from different schools to promote campus mental

health clubs for support and to raise awareness. Hired part-time intern Olga Rechetova to facilitate.

Speaker Meetings

- 6 informative lectures or presentations for the public and membership

Law Enforcement Training

- Participating on planning committee for Crisis Intervention Training of police and sheriffs

Special Events

- The Human Race walk on West Cliff in May raised \$17,000
- The tremendously successful, "Celebrate Santa Cruz", with raffle and silent auction, legislative representatives, and music and food. Raised \$23,500 and was sold out!
- Holiday Party at MHCAN for mental health clients. Served meal, music, gifts and jackets to 240 guests
- Began a "Meet Up Group" for on-line connecting of peer and family graduates and others

Grew staffing and obtained office space

- Sheryl Lee promoted to Program Director
- Donna Cederlund hired as our Youth Outreach Manager
- Rented a small office space at 523B Capitola Ave., Capitola

May our 2016 be even more successful, as we stretch to try and meet the many difficult needs of our NAMI family.

Gratitude to all!

Your NAMI Board,

Carol Williamson, Pres., Melissa Watrous, VP, Lynda Kaufmann, Treasurer, Tina Landino, Rama Khalsa, Jorge Mendez, Jim Williamson, Pam Gleitsman, Hugh McCormick, and Program Director Sheryl Lee



Front St. Inc. Offers Private Pay Case Management



Are you or someone you know learning to manage a mental health condition or have a learning difference that makes the world hard to navigate. Front Street has been a contracting agency with Santa Cruz County Mental Health for many years, serving as partners and coaches to many individuals. They are now offering this service to the community beginning February 2016.

Examples include (but are not limited to):

Scheduling and Self-Management:

- Structuring and managing a day
- Medication Management
- Managing school and work responsibilities
- Bill Paying
- Doctor and dentist visits
- College study skills classes

Social Interactions

- Self advocacy

- Maintaining and nourishing family relationships
- Participation in religious and social activities

Household Activities

- General Organization
- Grocery and personal shopping
- Planning and preparing meals
- Home maintenance and management

Please call Megan Shell (831) 420-0120 ext 101 to get on the wait list.

Save the Date!



Mental Health and Wellness Summit!

Community Connections will host a panel of health experts from mental health, physical health, substance abuse, and nutrition to discuss unique health challenges that exist for people with mental health challenges.

Preventable illnesses, such as heart disease and diabetes disproportionately affect people with a mental health diagnosis. Research shows that 40-60% of individuals with schizophrenia and 55-68% of individuals with bipolar disorder are overweight or obese. Poor nutrition, obesity and malnutrition have all been linked to depressive mood. It's time to address these statistics.

The Mental Health and Wellness Summit will engage the mental health community in a larger discussion about reducing these risks and establish relationships between community members, mental health providers and people involved in the health and wellness industry.

February 18th, 2016
8:30am-1:00pm
Watsonville Hospital Campus

To get involved or for questions call; Salina Nevarez at (831) 425-8132 ext 219 or email her at snevarez@ccsantacruz.org.

Education Classes

■ NAMI Family to Family

This 12 week educational program helps friends and families to understand and help their loved ones. Contact Joanne Yablonsky, joanecy@aol.com, or signup online at: namiscc.org/family-to-family.html Also offered in spanish. Contact Jorge Mendez, 831-521-1657, info@namiscc.org, or signup for Spring 2016 class online at: namiscc.org/de-familia-a-familia.html.

■ NAMI Peer to Peer

The free Peer to Peer class is a 10 week series taught by individuals who are experienced at living well with a mental illness. Contact Hugh at hugh@namiscc.org 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

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 the Spring 2016 class.

Presentations

■ In Our Own Voice

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

■ School Presentations:

- ✍ Ending the Silence
- ✍ Parents & Teachers as Allies

Middle and High School presentations for students, teachers and parents. Contact Donna Cederlund at donna@namiscc.org.

This article appeared in the San Jose Mercury News on January 2, 2016. While it focuses on Santa Clara County residents, it echoes the voices and experiences of the Santa Cruz County families. Santa Cruz County children also have no psychiatric beds, but unlike Santa Clara there is no Intensive Outpatient Programming (IOP) available to the majority of our youth. IOP programs like El Camino Hospital's ASPIRE Program or Bay Area Children's Association's Intensive Outpatient Program can help to prevent crisis or help a youth transition out of crisis. Both organizations attempted to bring their programs to Santa Cruz but experienced too many roadblocks. They have since expanded into other counties. While you read the below article, consider contacting your County Supervisor to ask for their support in addressing these issues. We need to create a system that helps prevent crisis and creates places where children can learn how to move into recovery.

Psychiatric facility for children planned Mothers' lobbying of Santa Clara County supervisors pays off

With no inpatient units available, families must leave area for crisis care

By Karen de Sá kdesa@mercurynews.com

Despite a rash of teen suicides and hundreds of children in need of emergency mental health care each year, Northern California's most populous county does not have a single inpatient psychiatric bed for young people.

But now, with overwhelmed community agencies and desperate parents seeking crisis care as far away as Concord, Vallejo and even Sacramento, Santa Clara County supervisors have vowed to fund a new psychiatric facility for children by June. The move comes as epidemiologists from the U.S. Centers for Disease Control and Prevention head to Palo Alto this month on an urgent mission to study suicide "clusters" near two local high schools.

"There is no question" the inpatient facility is needed, said child psychiatrist Thomas Tarshis, echoing a consensus of local mental health professionals. "No child should be denied access to the best scientific treatment for whatever illness they have, and right now Santa Clara County is missing a significant piece." [... section omitted for brevity ...]

Sarah Gentile, of Los Altos, scrambled to get crisis care for her teenage son to get him through his severe depressive episodes. In 2014, when the 17-year-old revealed to his psychiatrist that he had a suicide plan, a doctor at El Camino Hospital's emergency room in Mountain View had some troubling advice.

"The first thing he said to me was: 'We need to call around and find a place that will take your son,'" Gentile recounted. "I said, 'What are you talking about?' And he said, 'We don't have any psychiatric beds for children here.'" [... section omitted for brevity ...]

Hoping to reach youths in crisis who display early warning signs, county officials and community-based providers say a hospital unit would enhance other prevention efforts underway. "Mental diseases and disorders" are by far the No. 1 reason California children are hospitalized, according to the Lucile Packard Foundation for Children's Health — well above fractures, viruses, seizures and asthma. Nearly 40,000 Californians ages 5 through 19 were hospitalized for mental health reasons in 2014.

In Santa Clara County, youths initially are brought to hospital emergency rooms. But when inpatient care is needed — if youths have overdosed on pills or carved their arms so deeply they need stitches, for example — caregivers and families must find bed space elsewhere.

The lucky ones find room at Mills-Peninsula Medical Center in San Mateo or Fremont Hospital in the East Bay. Still others have to transport deeply troubled kids as far away as Bakersfield, hundreds of miles away.

"This is just hell on kids and their families at one of the toughest times in their lives," Simitian said. "It's a challenging problem but a solvable one."

Some parents have testified in public meetings about choosing not to hospitalize their kids because the only available facilities were too far away. And some teens say the time it takes to be assessed and then transferred to an out-of-county hospital in the middle of a crisis is simply too much to handle, said Christine Tam, a director with the school based Adolescent Counseling Services in Palo Alto.

"Mental diseases and disorders" are by far the No. 1 reason California children are hospitalized, according to the Lucile Packard Foundation for Children's Health — well above fractures, viruses, seizures and asthma.

"They worry that they're going to get into this messy bureaucratic type experience," she said. "It's dangerous for kids to have the perception that we're not going to serve them in a caring way that's efficient because then they're resistant to share with an adult that they may be depressed or having suicidal thoughts."

[... section omitted ...] Ideally, a new inpatient facility would stabilize distraught kids in a safe and secure environment for as long as is needed. Experts say successful hospital interventions rely

on close family involvement, with visits as often as twice daily. Most essentially, after-care planning should begin upon admission, with a discharge plan providing seamless links to at-home support. That critical piece is difficult to ensure across multiple county lines. [... section omitted ...]

Stanford law professor Alison Morantz, whose mildly autistic and severely aggressive son was first hospitalized at age 8 when he developed severe psychosis, says crisis help is needed for young children like her son, whom she calls "my polka-dotted swan."

"It's not that he needs a hospital for polka-dotted swans," Morantz said. "But the basic characteristics of a hospital should support a child with any needs — including my swan."

Read the entire article at: <http://sanjosemercurynews.ca.news-memory.com/publink.php?shareid=19f6a5fe6>

Stanford's study provides free CBTp Training for Caregivers

There have been a series of articles in the mainstream news recently about the importance of early intervention for psychosis. One best practice that many intervention programs employ is *Cognitive Behavior Therapy for Psychosis* or CBTp. In Santa Cruz County, the PREP early intervention team use this therapy.

We are excited to announce that Stanford is doing a study on CBTp for caregivers. They are providing free training for caregivers who are willing to attend two CBTp class on Jan 27, 28 and a half day class on Feb 7. They are looking for 40 participants.

If interested, look at <http://med.stanford.edu/psychiatry/research/CBTpF.html>



Memo

Family and Consumer Affairs Director Job Opening

Seeking person with lived experience. Look for job posting on SC County website in early Jan 2016.

[edu/psychiatry/research/CBTpF.html](http://med.stanford.edu/psychiatry/research/CBTpF.html)

The criteria has been relaxed as it is now open to ALL caregivers and the love one does not have to have had a diagnosis within the last 10 years as the web page mentions.

Thank You!

A tremendous thank you to every single supporter and donor. Your contributions of every amount truly matter and are making a difference.

Celebrate Event

- Rama Khalsa for donating the week at
- The Cliffs at Princeville
- Bargetto Winery
- Bonny Doon Garden Company
- Bonny Doon Vineyards
- Corralitos Market
- Derma Bella
- Discretion Brewery
- Ella's At the Airport
- Excel Performance
- Hula's Island Grill and Tiki Room
- Kaito
- Martinelli's
- Mavericks Mailing
- Nickelodeon Theaters
- North Coast Vision
- Palapas Restaurant and Cantina
- Print Smith
- Real Olive Connection
- Santa Cruz Whale Watch
- Seascape Fitness
- Soquel Vineyards
- Ted Altenberg Digital Services

Private Donors

- Linda Wilshusen & Rock Pfothenauer
- Alice Kennedy, (Yoga With Alice)
- Benefit event
- Ken Thomas as Santa Claus, accepted donations for NAMI
- And hundreds of other donors!

Supporting Organizations

- PAMF Community Health Care Endowment Fund \$10,000
- Santa Cruz County Mental Health \$18,000
- Santa Cruz County Office of Education \$5,000
- Yahoo, Inc. \$1,000
- St John Episcopal Church \$600
- Aptos United Methodist church \$525
- Resurrection Church Women's Guild \$500

UPCOMING CLASSES



Peer to Peer Class Starting January 19th. Call now to learn more or reserve your spot.

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held once a week for two hours
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

Hugh McCormick

831-251-1642; hugh@namiscc.org



April 1 through Apr 29, 2016. 12:00 to 4:00. Five Fridays. Lunch provided.

Location to be announced

The NAMI Provider Education Program is a five-session course that presents a penetrating view of the experiences of individuals living with mental illness and their families. Using an innovative, dynamic format and extensive curriculum, it provides insights and tools for providers. The program also presents a model of collaborative family support and education to promote the best possible prognosis for individuals living with a mental illness.

Course meets qualification for 15 hours of continuing education for MFTs and LCSWs.

Contact info@namiscc.org