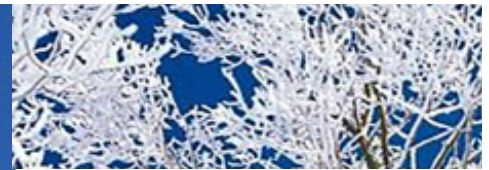


JAN / FEB 2017



Santa Cruz County



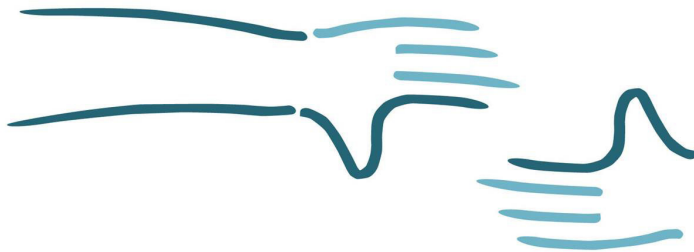
OFFICE: (831) 824-0406
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NAMI SANTA CRUZ PRESENTS

BEFORE, DURING AND AFTER CRISIS



Weds. Jan 18, 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 members, individuals with a mental illness, health care providers, and all other community members are welcome and encouraged to attend. No cost.

People with a serious mental illness often lead lives characterized by recurrent, significant crisis. These crises are not the inevitable consequences of mental disability, but rather represent the combined impact of a host of additional factors, including lack of access to essential services and supports, poverty, unstable housing, coexisting substance use, other health problems, discrimination and victimization. Communities across the country struggle with these issues.

At our next Speaker's Meeting, Pam Rogers-Wyman will offer strategies and services available before, during and after a crisis. We will learn about what is available now, plans for the future, as well as a wish list of ways to fill the gaps if funding became available. Pam will also describe Laura's Law and other Assisted Outpatient solutions.

Presented by:

Pam Rogers-Wyman, Adult Chief of Services Santa Cruz County Behavior Health

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Is your New Year Resolution to help out your favorite non-profit? Here is your chance!

We would LOVE your help with this event setting up, cleaning up and/or bringing snacks to share. (Especially the clean up!)

Please arrive at 6:00 to help set up and shoot Suzanne a short email letting us know if you are planning on bringing a snack like fruit, cookies, cheese and crackers, or juice. suzanne@namiscc.org

Peer Support Groups

■ NAMI Peer Connections Recovery Support Group

LOCATION CHANGE

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; Old Sash Mill, 303 Portero Street, Bldg 42 Suite 103 Santa Cruz. *New Location

■ 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

■ 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

■ Dual Recovery Anonymous DRA

A place for those wanting to stop using Alcohol/Other Drugs and a desire to manage an Emotional or Psychiatric Condition. Meets 9:30am M, T, Th, F at The Avenues Program, 12 Carr St. Watsonville, (831) 768-8132 ext. 306

■ New Group! Suicidal Depression Support Group - (831) 566-1191

Peer-support group for anyone who has experienced suicidal depression. Suicidal depression is life-threatening condition. 6:30 p.m. 1st and 3rd Thursday; Soquel Congressional Church 4951 Soquel Drive, Soquel-Brewster Room

DON'T MISS OUT

Upcoming Events

1 NAMI Board Meeting
1st Mon of the month; 6:00-7:30pm United Way Conference Room; 4450 Capitola Rd, Ste 106, Capitola All are welcome.

2 Mental Health Advisory Board Meeting invites you to attend their public meetings. Next meeting is Jan 19th at MHCAN - 1051 Cayuga St. SC 3:00 -5:00pm.

3 Serotonin House Interest Meeting - People in recovery from mental illness often experience loneliness and isolation. Housing co-ops can provide a sense of community to combat these feelings. Come to this meeting to learn more. (See article in this newsletter.)
Sunday, January 22, 2017
3 pm at The Sash Mill 303 Potrero, Bldg 42, Suite 103, Santa Cruz. (Click Away is on the opposite side of the building.)

For more info contact:
Asako at asakokl@yahoo.com

4 Financing Residential & Outpatient Services for Youth with Mental Health Issues
Saturday, February 11, 2017
9:45-10:00 Registration;

10:00-1:00 Workshop
Holiday Inn San Francisco Airport, Presidential Room
275 South Airport Blvd., South San Francisco, CA

Pre-registration is required at:
<http://tinyurl.com/willowevent>

5 Assessing and Managing Suicide Risk Workshop

A one day workshop for mental health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at risk client. Focusing on 24 core competencies, the workshop is a mix of lecture, video demonstrations, and interactive exercises.

Thursday, March 16, 2017
Online Registration Application Deadline: March 2017
www.sprc.org/events-trainings

For more information, contact Suicide Prevention Resource Center at: amsr@edc.org

Sponsored by the County of Santa Cruz MHSAS, Palo Alto Medical Foundation, Suicide Prevention Resource Center, Clarence and Catherine Bailey Trust

11th Annual Holiday Party!

Volunteers from NAMI-SCC and MHCAN put on a wonderful party! Thank you to all the volunteers and donors! The music and food were fabulous and everyone had a great time! This party is an opportunity for sharing great food, socializing, choosing a



new jacket and gift bag. Over 220 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. THANK YOU FOR HELPING TO MAKE THIS A HUGE SUCCESS!

SPREAD THE WORD

Upcoming Classes



Beginning in January and continuing for 12 weeks.

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being.

Registration is required.

www.namiscc.org/family-to-family.html
Suzanne Williams 831-419-5403 or suzanne@namiscc.org



Peer to Peer Class begins January

NAMI Peer-to-Peer class is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

Registration is required.

www.namiscc.org/peer-to-peer.html
Suzanne Williams 831-419-5403 or suzanne@namiscc.org



Spanish Class Offered in Watsonville beginning Mon, January 23rd 6:00 - 8:30pm

Class in English coming this Spring.

NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. NAMI Basics is offered in a group setting so you can connect with other people face-to-face. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care.

Registration is required.

<http://www.namiscc.org/basics.html>
Contact Claudia at cisaggese@hotmail.com or (408) 348-6864.

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Zero Suicide - Assessing and Managing Suicide Risk Workshop

A one day workshop for mental health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at risk client. Focusing on 24 core competencies, the workshop is a mix of lecture, video demonstrations, and interactive exercises.

Thursday, March 16, 2017
Online Registration Application Deadline: March 2017
<http://www.sprc.org/events-trainings>



For more information, contact Suicide Prevention Resource Center at: amsr@edc.org
Sponsored by the County of Santa Cruz MHSAS, Palo Alto Medical Foundation, Suicide Prevention Resource Center, Clarence and Catherine Bailey Trust

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, joan-necy@aol.com, or signup online at: namiscc.org/family-to-family.html Also offered in Spanish next April 2017.

■ **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. Signup online at <http://www.namiscc.org/peer-to-peer.html> or contact Suzanne at suzanne@namiscc.org or 831.427.8020

■ **NAMI BASICS**
This 10 week educational program is designed for parents and caregivers of youth (10-17) to understand and help their loved ones. Signup online at: <http://www.namiscc.org/nami-basics.html>

For Spanish - Claudia at cisaggese@hotmail.com or (408) 348-6864.

■ **NAMI Provider Education Program**
For all professionals who want to understand more about serious mental illnesses. Taught by a panel comprised of providers, people living with a mental illness, and family members. Call 427.8020 to be put onto wait list for Spring 2017.

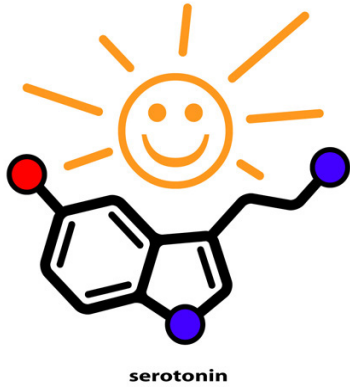
Presentations

■ **In Our Own Voice**
Community presentation designed to create understanding and compassion. 831.427.8020.

■ **School Presentations:**
✍ **Ending the Silence**
✍ **Parents & Teachers as Allies**

Middle and High School presentations for students, teachers and parents. Contact Suzanne Williams at suzanne@namiscc.org.

Serotonin House Co-op Interest Meeting



Sunday, January 22, 2017 - 3 pm

Sash Mill 303 Potrero, Bldg 42, Suite 103, Santa Cruz. (Click Away is on the opposite side of the building.)

Asako <asakokl@yahoo.com>

People in recovery from mental illness often experience loneliness and isolation. Housing co-ops can provide a sense of community to combat these feelings.

Asako Kinase-Legget welcomes you to a discussion on starting a housing co-op for people living with mental illnesses. She has many years' experience living in housing coops in Illinois and California and managed a co-op in Santa Cruz. Through cooperative living, she has learned to communicate directly, to live with a variety of different people, and met people who she never would have met otherwise! In a co-op, the total is greater than the sum of its parts. Living cooperatively

can be a transformative experience.

The main requirement for the co-op is that each member must have a mental illness diagnosis and have been in recovery for at least six months. This house will offer social support, not psychiatric services. Asako is currently looking to find future members, a location, and funding.

Financing Residential & Outpatient Services for Youth with Mental Health Issues



Saturday, February 11, 2017

9:45-10:00 Registration;

10:00-1:00 Workshop

Holiday Inn San Francisco Airport, Presidential Room
275 South Airport Blvd., South San Francisco, CA

Pre-registration is required at: <http://tinyurl.com/willow-event>

Special Education: Securing Mental Health Placements and Services

Deborah Jacobson, Founder of Jacobson Education Law in Berkeley

When children have severe mental health issues that impact their ability to learn in the regular school environment, they may be entitled to funding from school districts for mental health placements including full time therapeutic treatment in residential treatment centers. Federal and state laws require school district to fund such services and placements when necessary for a child to gain educational benefit. This topic is a must for anyone needing to know the strategies, information and legal procedures to secure mental health placements and services for children from the school districts.

Mental Health Insurance Parity: Don't take "NO" for an Answer

Nancy Shea, Senior Attorney, Mental Health Advocacy Services, Los Angeles

The lack of mental health parity in health insurance coverage has been a form of discrimination that persons with mental disabilities have long experienced. Federal and State Laws now require insurance companies to provide mental health and substance use abuse benefits equal to their physical health benefits. This is especially critical at a time when the need for children's mental health services is so great. This workshop will cover federal and state mental health parity laws and the knowledge, skills and tools needed to appeal the denial of insurance.

Sponsored by *Willows in the Wind*. Co-hosted by *NAMI Santa Cruz County* and *Odyssey, Women Supporting Women*

ANNOUNCEMENTS

Carol Williamson honored as a Community Hero at the United Way CAP Event!



Over a dozen NAMI volunteers attended to show their support for our hero, Carol Williamson, NAMI-SCC President. In her kind and generous way, Carol was quick to give credit for her recognition to our NAMI community, "I see such courage when I look at you. Because I know that you each have such struggles to deal with in your lives, and you still step forward to give, to help others, to turn those struggles into your dedicated action. I love your strength and your smiles. This award shows that the work you all are doing is helping our community.

Someday everyone will recognize the name NAMI."

I think that I can speak for our community when I say that if it weren't for HER, there wouldn't be an organized effort for us to DO the work. Thank you for your excellent leadership! Congratulations for this well deserved recognition! ■

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NAMI Celebrates Senate Passage of HR 34

The National Alliance on Mental Illness (NAMI) applauds and celebrates the U.S. Senate's passage of HR 34, the 21st Century Cures Act, legislation that sets a foundation for improving mental health care for millions of Americans.

Every day, NAMI hears firsthand from people and families struggling to access mental health services and supports. The consequences of lack of mental health care are frequently tragic, including homelessness, hospitalizations, suicides and unnecessary incarceration. HR 34 contains a number of provisions designed to improve access to needed care and foster recovery.

"This is a pivotal milestone on the road to mental health reform," said Mary Giliberti, NAMI's Chief Executive Officer. "By passing HR 34, the House and Senate have shown that they consider fixing our nation's broken mental health system to be a national priority. We are grateful for their dedication to getting this important legislation passed. This momentum must be sustained and strengthened as Congress moves forward."

HR 34 incorporates advances to shift mental health care in the right direction by breaking down barriers for individuals and families to access mental health services, expanding the availability of effective services and focusing on improving outcomes. HR 34 will also improve integration and program coordination across multiple federal agencies that serve people with mental illness and remove discriminatory impediments to mental health care. Finally, HR 34 addresses the needs of people with mental illness who become entangled in the criminal justice system.

"NAMI congratulates the U.S. Senate for their significant efforts to improve mental health care in this country. We are particularly grateful to Senators Chris Murphy (D-CT), Bill Cassidy (R-LA), John Cornyn (R-TX), Lamar Alexander (R-TN) and Patty Murray (D-WA) for their leadership. Congress has clearly heard the hundreds of thousands of messages from NAMI advocates and members of the mental health community who never faltered in their call for improving programs and removing federal barriers to mental health care," Giliberti said. ■

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 • (831) 427-8020

■ PARENTS OF TRANSITION AGE YOUTH

For caregivers of young adults 18-26; 1st Thursday at 6:30-8:00PM

See namiscc.org/groups or contact Emily ebc73@comcast.net or (831) 476-1020 ; Soquel Congressional Church 4951 Soquel Drive, Soquel.

■ PARENTS OF YOUTH

Meets the 2nd and 4th Monday from 12:00 to 1:30 pm. Old Sash Mill, 303 Portero Street, Bldg 42 Suite 103 Santa Cruz.

See namiscc.org/groups or contact at Suzanne suzanne@namiscc.org (831)427-8020.

■ 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) • (831) 336-5740

■ More groups are listed on our website at namiscc.org/groups

