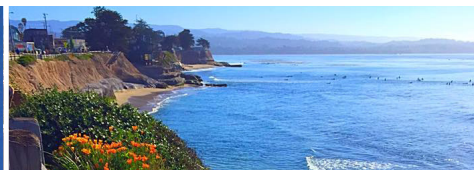




**nami**

National Alliance on Mental Illness

**Santa Cruz  
County**



831.427.8020

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NAMI SANTA CRUZ PRESENTS

## Speakers Meeting:

# The Housing Dilemma

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



Understanding Housing can be complicated and mysterious. How do you get on housing wait-lists? Who

provides the housing? What kind of supports are available? What is the wait time? What are the costs?

In this month's Speaker Meeting

## Speaker Meeting:

**Weds., July 20, 2016**

*(Every 3rd Wednesday of the month.)*

**6:30-7:00PM Meet & Greet**

**7:00-8:30PM Program & Q/A**

**Live Oak Senior Center  
1777 Capitola Road  
Santa Cruz, CA 95062**

*(Near 17th Avenue)*

you will learn about the housing options in Santa Cruz County. We are very grateful that such a knowledgeable panel is giving their time to educate us. There will be plenty of time for questions.

.....  
**THE PANELISTS:**

**Jim Straubinger, M.S.** - Inpatient and outpatient mental health system 30+ years. 10 years as Patient's Rights Advocate in Santa Clara County. Housing Coordinator since 2008. Former Treatment Coordinator for County of Santa Cruz in 2002.

**Patrice Sovyak OTR/L**, Director Community Services, Front St. Inc - Supervisor of Housing Support program since its expansion in 2009. Team member of County Interagency Housing Support. Former Program Director of Opal Cliffs Social Rehab and Willowbrook Residential. Licensed Occupational Therapist working in Santa Cruz County mental health programs for 18 years. Certified WRAP facilitator. Promotes wellness.

**Keri Swenson** - Property and Asset Manager for Encompass Community Services since 2010. Former Regional Manager for John Stewart Company, a leader in Affordable Housing Management. Committed to affordable housing. ■

## *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

Old Sash Mill, 303 Portero Street, Bldg 42 Suite 103 Santa Cruz. Contact Emily ebc73@comcast.net or (831) 476-1020

### ■ PARENTS OF YOUTH

For caregivers of youth 17 & under. 3rd Thursday at 6:30-8:00PM

Old Sash Mill, 303 Portero Street, Bldg 42 Suite 103 Santa Cruz. Contact Emily ebc73@comcast.net or (831) 476-1020

### ■ Odyssey II

For caregivers of adolescents ages 12-21 in or considering Wilderness Treatment or Residential Treatment Centers. 2nd Monday of the month at 6:30pm; Old Sash Mill, 303 Portero Street, Bldg 42 Suite 103 Santa Cruz. Contact Suzanne Williams shwilliams56@hotmail.com

### ■ 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

### ■ 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 (831) 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 • (831) 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; 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

## ■ 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](http://www.mhcan.org)

## ■ ADHD Group

Adults with ADHD meet:

6:30-8 PM the fourth Wednesday. For information: Judy Brenis [jbbrenis@comcast.net](mailto: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. Gain alcohol and drug refusal skills. Learn coping skills to manage emotional or psychiatric condition. Make friends and gain a support network Receive Meeting Log of Attendance and/or referrals (if desired). Meets 9:30am M, T, Th, F at The Avenues Program, 12 Carr St. Watsonville, (831) 768-8132 ext. 306

## BEHAVIORAL HEALTH AND CRIMINAL JUSTICE

On May 12, 2016, over 250 concerned citizens attended the Behavioral Health Criminal Justice Collaboration Conference, representing law enforcement, families, consumers, justice system professionals, mental health providers and educators.

This outstanding conference was facilitated by Judge Ariadne Symons and Pam Rogers-Wyman, Chief of Acute Services County Mental Health. The day included talks by Major Sam Cochran of CIT International, Honorable Stephen Manley of Santa Clara Superior Court, Sheriff Jim Hart, Erik Riera of County Mental Health, Judge Heather Morse and panel members from all agencies.

It was encouraging to hear about the

collaboration occurring, and the progress and efforts being made to divert persons with mental illness away from incarceration into treatment--especially youth programs. Sheriff Hart discussed the Crisis Intervention Trainings for law enforcement that provide skills to officers in de-escalating situations.

Carol Williamson, President of NAMI Santa Cruz County, noted "There is still so much to be done, so many people not receiving the care they need, too many people in jail instead of in treatment. NAMI is grateful for all efforts to build treatment options for individuals affected by serious mental illness, and to provide training for law enforcement." ■

## Mental Health Reform H.R. 2646 -- Take Action!

H.R. 2646, the *Helping Families in Mental Health Crisis Act* passed unanimously (53-0) out of the House Energy & Commerce Committee on Wednesday, June 15th. Representative Diana DeGette (D-CO) said, "I want to thank all the advocates. You are the ones who held our feet to the fire to get this passed." **Keep the fire going.** Let your members of Congress know that you appreciate the unanimous vote and urge them to bring a vote to the floor of the House and Senate. [EMAIL NOW](mailto:EMAIL NOW) at <http://tinyurl.com/hr2646> ■

## "No Place Like Home" Initiative Update

The CA Senate unveiled Budget trailer bill language for the "No Place Like Home" (NPLH) proposal, which Governor Brown recently endorsed as part of his Fiscal Year 2016-17 May Revision. The No Place Like Home proposal, if it passes, will build permanent housing with services. It also includes a safety net of 200 million dollars in rent subsidies to help people stay in their homes; smartly directs resources to local governments to extend existing programs for working families; supports an increase in Supplemental Security Income/State Supplementary Payment (SSI/SSP) program grants for seniors, the blind and disabled poor who cannot work; and includes a one-time investment to local government to leverage federal dollars by increasing outreach efforts to enroll more eligible poor people in the SSI/SSP program. ■

## NEW CRISIS OPTION FOR YOUTH!

MERT is a Santa Cruz County walk-in and field based Mental Health Crisis Intervention and Evaluation Service. They providing acute crisis intervention/ stabilization services including 5150 (72 hour hold) assessments in concert with clinicians/staff who are already familiar with the youth and family involved, regardless of insurance coverage.

Walk-in location is ground floor of 1400 Emiline, Bldg. K, Santa Cruz (800) 952-2335 M-F (excluding Holidays) 8:30 am - 5:00 pm.

## HOUSING

# Securing Stable Housing

For someone with a mental health condition, the basic necessity of a stable home can be hard to come by. The lack of safe and affordable housing is one of the most powerful barriers to recovery. When this basic need isn't met, people cycle in and out of homelessness, jails, shelters and hospitals. In Santa Cruz County, Encompass Community Services, Front Street, Inc. and Santa Cruz County Mental Health Housing department coordinate most of the housing for people with a mental health condition.

### Types of Housing

Housing options range from completely independent living to 24/7 care. The type of housing that is right for you can depend on whether you need assistance paying your bills, cleaning, making appointments or require no assistance at all. Below are some of the types available in our county.



### Board and Care Facilities

This type of housing provides the most support for its residents. Trained staff members are present 24/7 to provide care and assistance with things like medication, daily living skills, meals, paying bills, transportation and treatment management.

List of Board and Care for Adults  
(18-60 years of age)

*Front Street Residential Care Facility* - 47-bed residential care facility serving individuals with mental disabilities located near downtown Santa Cruz.

*Willowbrook Residential Care 1 (Front Street)* 34-bed Adult Residential Program that offer mental health support services to adults from 18 through 59 years of age located in a beautiful creek side setting.

*Wheelock Residential Care (Front Street)* Provides 16 adults with residential and mental health services. Located in the hills of Watsonville.

*Opal Cliff Rehabilitation Center (Front Street)* - Serves 15 adult clients with the primary emphasis being supporting and empowering residents to gain or reclaim skills that will enable them to enter various independent living situations.

*Rose Acres (privately owned and operated)* - 34 board and care beds in the San Lorenzo Valley area.

List of Board and Care for Older Adults  
(older then 60 years of age)

*Drake House (Front Street)* - 49-bed Residential Care Facility for the Elderly (RCFE) bed facility located in Monterey. This is primarily an older adult residential care facility with enhanced services for people with a combination of both mental health issues and/or complex medical problems. This a regional program in collaboration with Monterey County Mental Health. Santa Cruz County contracts for 5 of the beds, the other beds are utilized by Monterey County and private citizens.

*Willowbrook Residential Care 2 (Front Street)* - Residential care facility for the elderly (over 60 years of age). The facility consists of 1 small cottage containing 6 beds with 24-hour staffing in a beautiful creek side setting.

### Supportive Housing

Supportive housing provides limited assistance. The residents of these homes live almost independently and are visited by supported housing coordinators 2-4 times a month. However, they do have someone to call and resources available to them if a problem does arise.

*Front St., Inc.* provides property management for 36 two and three bedroom apartment rental units (42 placements) in scattered sites throughout the county. These units are subsidized to be affordable to persons with mental health disabilities who are receiving services through Santa Cruz County Mental Health. The Front Street Housing Support Team includes 3 Support Coordinators and 2 full-time medication support nurses. The team provides ongoing case coordination, medication support, occupational therapy, and assessment of tenants. Other core functions include skills building, outreach to engage clients in services, assessing individual needs, arranging support services (such as money management, benefit programs, and job training), monitoring medication and use of services, and advocating for client rights and entitlements. All tenants are County clients. When a room becomes available, Front St. works with Santa Cruz County staff to determine potential candidates. Wait times vary widely. Placement is determined by need, availability and compatibility of household.

*Encompass Community Services* - Encompass owns 10 homes with a shared living environment (common kitchens and bathrooms) that have 45 bedrooms. Chores and utilities are shared among the residents. Encompass also owns and manages 7 properties which house 88 individuals in single occupancy apartments. Tenants have their own kitchen and bathroom and live independently. Some of these units are federally subsidized and all units in the Encompass portfolio are low income. Encompass also welcomes Housing Vouch-

Continued on next page

## Housing (Cont)

ers/Section 8 in all their properties that are not federally subsidized.

Current time on waitlists is 1.5 to 3 years. Applications are accepted during an open period then a lottery is held to rank the applications. Lists are updated every 6 months. Some of their housing opportunities have a homeless preference and selection is determined by these qualifications.

Shared housing situations have the shortest lists, single unit apartments the longest.

Encompass CFSC Housing is open to all individuals with disabilities in or outside Santa Cruz County. Qualification requires verification of a mental health diagnosis from a licensed medical professional.

### Subsidized Rental Housing

This type of housing is for someone who is completely independent. Rent can be paid for in full by the individual or subsidized by a third party, such as the government or a non-profit agency.

For more information on subsidized housing for people with a low income or disability, see:

- HUD Subsidized Housing:  
<http://tinyurl.com/scrental16>
- Santa Cruz Housing Authority:  
<http://hacosantacruz.org>
- Mercy Housing (low income housing):  
<https://www.mercyhousing.org>

### Transitional Residential

Transitional Residential provides an activity program that encourages utilization of community resources for no longer than 18 months. An advantage to this program is that it provides the needed supports and time to transition successfully to independent living. That transitional time period has been proven to be crucial to long-term success. A disadvantage is that residents have to leave as soon as their program completes and this could be disruptive. This program existed in Santa Cruz but they lost the funding and so it was closed. With the upcoming community meetings and funding options, it would be advantageous to explore opening a facility of this kind in Santa Cruz County.

### Other Resources:

- Front Street, Inc.  
<http://www.frontst.com> \* 831-420-0120
- Encompass Community Services  
[www.encompasscs.org/community-support-services/supported-housing](http://www.encompasscs.org/community-support-services/supported-housing)

## NEW-Private pay help with independent living!

*Front Street, Inc* now provides a private pay option to help with independent living skills such as shopping, eating well, maintaining safety in housing, and accessing community resources. The service can follow an individual from renting a room in a family member's home to living more independently in the community. (Housing is not provided by Front Street.) Call for more information: Megan Shell (831) 420-0120;101

## When Your Loved One Chooses Homelessness. Not Giving Up Hope

by Jeannie Omasz

Our mother has a diagnosis of schizophrenia. I am one of six siblings who shares the responsibility of her housing. Her landlord received complaints about her unusual and sometimes aggressive behavior toward other tenants or their visitors. Eventually, she was given notice. Whilst my eldest brother and I scrambled to find her another apartment, she disappeared. With the help of the local police, we located her car and kept waiting for her return. Eventually, she showed up and we convinced her to stay with my kid sister, but after few days she took off again. Meanwhile, she was on foot because her car had been impounded. I posted flyers and alerted the police, but there wasn't much more that they could do aside from keeping an eye out for her because under California law she had "the right to be homeless." I searched for months without results.

One day, I received a letter from her with a return address that included "C/O GENERAL DELIVERY". General Delivery is a way for people without a permanent address to receive mail. I wrote back sending my letter "registered, signature required". She'd have to sign for it and I would know where she was. It worked! What a relief when that little green card came back signed. She seemed happy as a clam in her own world. She described her daily route, the shelter, buses, places she stopped--it was everything I needed to know. Because of that little green card, I knew where she was, could drive there and usually find her for a visit. We continued communicating like this for four years. I was able to keep tabs on her and know that she was safe until she returned to our area and accepted housing.

Today she lives in an assisted living housing with medical staff onsite to manage her medication. I hope the "registered letter" trick might help another worried family member make contact with a wandering loved one. ■



## WHAT IS NEW IN SANTA CRUZ COUNTY?



### Recruiting Presenters for NAMI's "Ending the Silence" Education Program

Join our team of presenters for the 2016/17 school year! Bring the message of hope and recovery to middle and high students. Students learn about the signs and symptoms of mental illness and give them ideas on how to help a friend who may be in need of support. Contact [info@namiscc.org](mailto:info@namiscc.org) or (831) 427-8020 to learn about our training program. ■

**Memo**  
*Seeking Administrative Assistant*

NAMI Accepting resumes through July 6th. Please see the full job description and how to apply at the Craigslist ad - <http://tinyurl.com/namicraiglist>.



### Let's Go Whale Watching!

It's an amazing year to see the whales. Let's have some fun! Only 25 spots open.  
Date: September 4th, 2016  
Place: Blue Ocean Whale Watch  
7881 Sandholdt Rd. Moss Landing, CA 95039  
Time: 2:00 – 5:00ish.

Cost: \$32.00 per person, make checks out to NAMI and mail to P.O. Box 360, Santa Cruz, CA 95061

Call to confirm your place- Kris Hunter 831-406-0960 or [whaleaid@aol.com](mailto:whaleaid@aol.com).

## UPCOMING EVENTS

- 1 The NAMI Board meets in the evenings from 6:00-7:30 pm at 303 Potrero St., Building 42, Room 103. Board meetings will be on summer schedule July 14 and August 16(?) at the Sash Mill. Call 427-8020 to verify
- 2 Thursday, July 21st - Mental Health Advisory Board Meeting invites you to attend their monthly meetings. Meetings are held every 3rd Thursday from 3:00-5:00 pm. Locations vary. Please call (831) 454-4170 to verify location.
- 3 July 23rd and the 23rd of every month - Santa Cruz-Statewide Coordinated Actions to End Solitary Confinement. Outreach & Rally 12-2pm on the corner of Pacific Ave. and Cooper (GPS using 110 Cooper St., Santa Cruz, CA 95060).
- 4 Aug 26-27 NAMI California Conference - Learn more at: <http://conference.namica.org> ■

## GREAT SUCCESS IN THE HUMAN RACE 2016!

The Human Race is our biggest fundraising event of the year. Last month's race held on May 7th raised \$17,000! We couldn't have done it without you! Funds raised by your participation in the Human Race is crucial to our ability to offer many helpful mental health related services providing education, support groups, advocacy and outreach for our community. **THANK YOU** to everyone who donated, walked and participated! We are very grateful and hope to see you, your family and your friends for the Human Race in 2017! ■



## 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](mailto:joanecy@aol.com), or signup online at: [namiscc.org/family-to-family.html](http://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. A new class begins June 21st. Signup online at <http://www.namiscc.org/peer-to-peer.html> or contact Hugh at [hugh@namiscc.org](mailto:hugh@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. Next class begins Fall 2106. Signup online at: <http://www.namiscc.org/nami-basics.html> or contact Dyana at [dzweng@comcast.net](mailto:dzweng@comcast.net) or 831.427.8020
- **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 the Spring 2017 class.

## 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 Donna Cederlund at [donna@namiscc.org](mailto:donna@namiscc.org).