

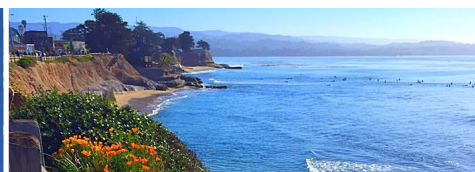
MARCH / APRIL 2016



nami

National Alliance on Mental Illness

**Santa Cruz
County**



831.427.8020

WWW.NAMISCC.ORG



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NAMI SANTA CRUZ PRESENTS

Intensive Treatment Programs that Encourage Mental Health Recovery

Would you like to learn about Santa Cruz County's service and support programs for those moving out of or into a crisis? Are you wondering what support is available when therapy isn't enough to overcome mental health roadblocks?

Panelists will discuss their programs, capacities, and plans, as well as philosophy on how the family can play a part in recovery. These programs are for people who are stepping down from hospitalization, or needing alternatives to hospitalization or feel they need more support/skills than individual therapy can offer.

Panelists:

Marty Riggs, LCSW, Acute Services Program Manager

The County's Adult Mental Health Services Program located at the Emeline complex, provides services of assessment and access to services, care treatment teams, medication management, and therapy. It also oversees all the services provided by the contract providers of Encompass, Inc.

David MacBryde, Program Director, Telos, a program of Encompass, Inc.

Telos is a 10-bed crisis residential program which serves as an alternative to psychiatric hospitalization for individuals in crisis. The program provides a healing environment where residents receive the treatment, support and caring they need to stabilize and move out of their crisis state. Staff provide process groups, individual counseling, and assistance with independent living skills and connecting to the community. Treatment approaches include Motivational Interviewing and utilizing the Wellness Recovery Action Plan (WRAP) materials.

David Campbell, Program Director, El Dorado Center, a program of Encompass, Inc.

El Dorado Center (EDC) is a 16-bed, community-based treatment program for individuals who are in need of an intensive structured residential program. Most residents are stepping down directly from the Behavioral Health Unit or long-term locked care into EDC as an unlocked, more home-like environment, as they continue the healing process in preparation for transitioning back to community living. EDC staff provide individual and group counseling, crisis intervention, structured activities, community outings, and assistance with independent living skills and connecting to the community.

Adrian Camp, Manager, Second Story, a program of Encompass, Inc.

Second Story is a six-bed house which serves as short term respite and a voluntary opportunity for individuals seeking to learn how to move out of old roles and patterns and into mental wellness. Staffed by "peers," the household provides an opportunity to experience what change feels like, and to learn new responses through relationships with each other.

Cassia Bloom, MFT, LPCC and Shawn Smith, MFT, CADCI, Coastal Turning Point

Has a variety of services including an Intensive Outpatient Program for adults and teens. They primarily serve people with mood and anxiety disorders but also accept participants with other disorders such as schizophrenia or schizoaffective disorder who are already stabilized on medication. The program consists of topics including but not limited to: Goals Setting, Self-Esteem, Developing Healthy Relationships, Dialectical Behavior Therapy (DBT) skills training, Developing Coping Skills and Emotional Regulation, and Cognitive Behavior Therapy (CBT).

Weds. Mar 16, 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

Old Sash Mill, 303 Portero Street, Bldg 42 Suite 103 Santa Cruz. Contact Emily ebc73@comcast.net or 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 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) • 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



SAVE THE DATE!

HUMAN RACE - May 7th

We were the Number One fundraiser for the Human Race in 2015! We walked West Cliff wearing our Super Hero capes and raised an amazing \$20,500, surpassing our goal. This is our BIGGEST Fundraising event and we couldn't have done it without YOU!

Let's do it again this year!

Our large volunteer base allows us to make your gifts count. For every \$1 contributed, NAMI provided \$6 of services. (\$2-\$3 is typical for a non-profit). Thanks to these donations, we were able to help so many. In 2015, 130 students graduated from an education course, we held over 170 Support Groups and 90 Community Education Presentations. The official Human Race Fundraising Cam-



aign runs from March 26th to the day of the race on May 7th. We are preparing for a strong start and you can help in 2 ways.

1. SHARE YOUR STORY- Encourage donations by sharing how NAMI has helped you or your loved one. Did you appreciate

one of our classes, support groups or presentations? Personal stories help to show how donations can help the people in their community.

2. MAKE YOUR DONATION GO TWICE AS FAR- Donations made by March 25th will be used as "match-

ing funds" to encourage others to donate. Learn more by going to:

<http://www.namisc.org/human-race.html>



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

"Ending the Silence" is an educational outreach program designed to educate middle and high students about the signs and symptoms of mental illness and give them ideas about how to help themselves, family members, or friends who may be in need of support. The program includes personal testimony from a young adult with lived experience about their journey to recovery.

If you are you interested in participating in NAMI's "Ending the Silence" for our local schools as a presenter or by sharing your story of healing please contact Donna Cederlund at donna@namisc.org or (408) 780-1552 to learn about our training program.

Upcoming Events

- May 12th 8:30 to 4:00 - Behavioral Health Criminal Justice Collaboration Conference
- May 18th 6:30 to 8:30 - NAMI Speaker Meeting; Learn about Community Engagement and Peer Programs in Santa Cruz County
- July 6-9 NAMI National Convention - Learn more at: <https://www.nami.org/convention>
- Aug 26-27 NAMI California Conference - Learn more at: <http://conference.namica.org>

Ongoing Meetings

The NAMI Board meets the first Monday of each month. 6:00 p.m. to 7:30 p.m.; 303 Potrero St., Building 42, Room 103. All are welcome. Call for info and to verify location: 427-8020.

Mental Health Advisory Board Meeting invites you to attend their monthly meetings. Meetings are held every 3rd Thursday, 3:00 - 5:00 p.m. Locations vary. Call to verify location - (831) 454-4170.

The M.O.D.E.R.N. Voice Hearer

Debra Lampshire, a teaching fellow at the University of Auckland Centre for Mental Health Research, has overcome the voices she has heard since childhood. South Bay Resource Center hosted her informative, enlightening and delightful talk last month. <http://southbayprojectresource.org> They are hosting a Hearing Voices Workshop on March 26th in Palo Alto.

NAMI Santa Cruz has invited Debra to speak to our community this September!

By Elena Broslovsky

Debra Lampshire was born in New Zealand, a country that she joked had 3 million people and 60 million sheep. She opened her compelling talk with a Maori greeting. The Maori are the aboriginal people of New Zealand. The Maori had good relationships with the European farmers who settled in the area where she grew up. She was familiar with and comfortable with their culture which included talking to nature spirits and hearing voices.

At twelve, Debra was sent to private school in a wealthy, urban area where the students had little respect for the Maori or for farmers they considered beneath them. Debra and her peers were bullied mercilessly. She internalized these cruel voices which she now believes lead to psychotic episodes. At the age of 15, she was sent to an institution where she endured harsh, unsanitary, alienating conditions that were far below today's basic standard of care.

The first voice that Debra heard was a loving positive voice she called Nana. The subsequent voices were intrusive and abusive. They told her to cut herself and to hurt certain people. She did not want to lose Nana so she tolerated the others. She believed that she was a messenger for God who would contact her by telephone. She spent as much time as she could waiting by the phone and rocking back and forth. The voices would not allow her to explain why she was doing this.

Eventually, with help, she came to understand that the voices needed her to exist and that they responded to kindness. She saw them as a manifestation of distress and began to explore the relevance of their message and normalize her experience.

After 12 years she was released when mental health care standards had improved and she was not a danger to herself or others. She had no skills to live in 'outside' world and returned to live with parents who barely knew her anymore, as she had so profoundly changed from the young girl they had not seen in 12 years.

It was a difficult transition. Eventually she was able to control the constant bombardment of the voices enough to return to school and earn a teaching degree. She be-

lieves most voice hearers are above average in intelligence.

In her riveting two hour talk, she courageously described her amazing recovery to an audience comprised of both caregivers and voice hearers. Her courage allowed many of the voice hearers in the audience to speak about their own experiences publicly for the first time. Her informative and compassionate responses were moving and elucidating.

Some of the voice hearers in the audience spoke of "chemical imbalances" and being "crazy."

Debra, who is extremely bright and high functioning, does not believe she is crazy or sick. Although she takes no medicine at this time, she has in the past and would not hesitate to do so if she felt she needed it and would help. She views her voices as "a coping strategy and legitimate response to stress." She would not choose to be completely without them as they are part of who she is.

She believes that anxiety and stress are the trigger to voices. Empathy and supportive listening and questioning are what are most helpful. The voices are real to the voice hearer and often threaten them not to talk to others. It is important to allow them NOT to answer questions if they do not feel safe and not to try to convince them that the voices do not exist.

"I am engaged in a relationship with my voices. I am in an abusive relationship with some of them. They can only express themselves in unhelpful ways so it is my job to interpret their content into helpful information."

Debra has been leading groups and teaching others how to do this for the past seven years at The University of Auckland. She uses Acronyms, CBT/DBT and other coping tactics.

Below is a link to Debra's 49 page slide presentation.

<http://seprep.no/wp-content/uploads/2012/07/The-MODERN-Voice-hearer-Debra-Lampshire.pdf>

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.

Labeling - Helpful or Harmful

www adayinthelifeofbeingbipolar.wordpress.com

By Jennifer Wentworth



The idea of labeling people who have a mental illness had become a controversial thing in a lot of peoples opinion and minds. Some people think its a good thing while others think its a practice that perpetuates stigma. The idea that putting a label on someone somehow is destructive towards their identity as a human being and harmful to ones self esteem, I believe to be somewhat correct. However I can also see the value in having my Bipolar label as well.

I'm sure it all started as a way to bill insurance companies and treat illness's but has morphed into individuals identities and the way that people with mental illness are treated and justified by it. I suffered so long and so badly for years not knowing what I was plagued with. Swinging into horrific psychotic manias and depressions with little or no hope of survival, living with suicidal thoughts and having 3 suicide attempts until I got the help that I needed.

And it all started with a label. The correct one. The first thing that had to be identified in order to start to receive proper treatment was to find the correct diagnosis. I went for years living with the incorrect diagnosis and could never accept the labels because I knew that they were wrong and perpetuating incorrect treatment practices. It was damaging me for quite a while.

I was relieved after all that suffering and welcomed having the correct label put on me mostly because it answered all the reasons why I was experiencing certain symptoms.

So in my opinion I can see the value of having the correct label. Incorrect labels do nothing but harm us. And at the same time I can also see how having these labels and the way that treatment providers and society in general treats us because of it can be harmful and perpetuate stigma. I don't see the labels themselves as the problem but the opinion and lack of education of others to be the problem. People don't feel stigmatized for being labeled a diabetic so why are we for being labeled Bipolar or Schizophrenia? See the problem. Because of these opinions of others it creates a sense of insecurity in us and sometimes we choose to embody the label a little too much letting it become our identity. This is society's fault not ours. So the answer is EDUCATE. EDUCATE OTHERS. And don't let your mental illness label define who you are. Know that you are a special human being with a purpose and know that your mental illness is a part of you but not YOU.

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Family Support Meeting Offered by Telecare, Santa Cruz Psychiatric Health Facility

All family members of adult aged loved ones with mental illness are invited to attend an informational/support group. It is not mandatory that your loved one is a patient of the facility to attend. A tour of the facility, or the scheduling for a tour will be provided during this meeting depending on group size and other variables. They would appreciate an RSVP through email, although drop-in's are welcome.

Hosted by David Hayes, L.C.S.W.

Meets the second and fourth Wednesday of each month.
Santa Cruz PHF conference room at 6:30 PM.
2250 Soquel Ave.
Santa Cruz CA 95062

RSVP or Questions? Please email Laura Nadel, Clinical Director: lnadel@telecarecorp.com

UPCOMING CLASSES



Peer to Peer Class coming this spring. 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

Register online at:

<http://www.namisc.org/peer-to-peer.html>

Or Contact:

Hugh McCormick 831-251-1642; hugh@namisc.org



Memo

New NAMI family support for parents of adolescents ages 12-21 in or considering Wilderness Treatment or Residential Treatment Centers!

Meets the 2nd Monday of the month at 6:30pm

Old Sash Mill, 303 Portero Street, Bldg 42 Suite 103 Santa Cruz, CA.

Questions? Contact Suzanne Williams shwilliams56@hotmail.com



Weds 6:00-8:30pm, beginning March 30th and continuing for 12 weeks. Sash Mill in Santa Cruz

Also offered in Spanish Thurs 6:30 to 8:30pm. beginning April 7th. YWCA at 340 E. Beach Street, Watsonville

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. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

Register online for English class at:

<http://www.namisc.org/family-to-family.html>

Or call: 831-427-8020

Register online for Spanish class at:

<http://www.namisc.org/de-familia-a-familia.html>

Or call: 831-440-7883



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

Lunch provided.

Encompass Board Room, 716 Ocean Street, Santa Cruz

Fee: \$120 - Fee will be waived for SC County Mental Health employees and contract providers.

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.

Register online at: <http://www.namisc.org/provider-education.html>

Or contact: Carol Williamson - 831-229-2675; cjna@comcast.net