

MAY / JUNE 2016



**nami**

National Alliance on Mental Illness

**Santa Cruz  
County**



831.427.8020

WWW.NAMISCC.ORG



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NAMI SANTA CRUZ PRESENTS

# Community Engagement and Peer Programs in Santa Cruz County

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

Looking for friends and community who have similar life experiences? Would you like to receive help and support finding a job, volunteering or returning to school? If so then this night is for you! NAMI and Community Partners will share information about their programs including:

- Program descriptions
- How to gain access to the programs (i.e. age range, system of care, etc.)
- Any future plans
- Stories from participants.



**Weds. May 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

## PANELISTS:

### Community Connection / Mariposa Center

- Andrea Turnbull, Director
- Larry Lester, Community Connections
- Representative from Mariposa Center

### Mental Health Client Action Network (MHCAN)

- Sarah Leonard, Executive Director
- Thomas Webb, Volunteer & Board Member
- Helen Bradley, Shadow Speaker

### National Alliance on Mental Illness (NAMI)

- Hugh McCormick, Peer Program Coordinator and Board Member
- Will Llewellyn, NAMI Peer to Peer Mentor

## 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) • 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 Connections is a weekly recovery support group for people living with mental illness where participants 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) • (831) 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) • (831) 684-0590

## PEER PROGRAMMING IN SANTA CRUZ COUNTY

# Peer Opportunities

**Community Connection** is a mental health nonprofit organization providing day treatment, career and education services, and health and wellness activities for mental health consumers and those with co-occurring mental illness and substance use disorders in Santa Cruz County. Community Connection has 10 programs serving approximately 450 mental health consumers every year. Community Connection is a Volunteer Center Program with 2 locations in Santa Cruz and Watsonville.

<https://scvolunteercenter.org/programs/community-connection/>

**The Mental Health Client Action Network of Santa Cruz County (MHCAN)** is a peer-run organization dedicated to providing mutual support & networking. This peer run community creates and manages many groups and fun classes while providing a place of connection. They also advocate and provide public education. Opportunities range from expressive arts such as drawing and crochet classes to a rich variety of support and recovery groups. Peer Support Workers at MHCAN have been trained in evidence based methods such as Intentional Peer Support and Trauma Informed Care.

<http://www.mhcan.org>

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**NAMI Santa Cruz County** has three programs run by trained peer volunteers, including a support group (NAMI Peer Connections Recovery Support Group), a class on mental health recovery (NAMI Peer to Peer) and various speaking presentations. Graduates from NAMI Peer to Peer can be considered to become the group facilitator or class mentor. To become a presenter, you need to be a NAMI member, be willing to participate in training and be comfortable speaking to a group.

NAMI members love to connect, not only in our classes and support groups, but also in social gatherings. To make it easy, we started a meetup group! Please come and join the fun. <http://www.meetup.com/namisc/>

The Board Games Group currently meets the 1st and 3rd Friday of the month. It is open to adults - both family and peers. You can sign up on our meetup group or ask to be included on the mailing list.

To learn more, please see our website, [namisc.org](http://namisc.org) or call our Warm Line: (831) 427-8020.

2016 Mental Health Month

1 in 5 Americans live with a mental health condition. Raise awareness and make a difference this #mentalhealthmonth

[www.nami.org/mh16](http://www.nami.org/mh16)

The graphic features a stylized white silhouette of a person's head and shoulders against a green background. Inside the head area, there are five small circles representing people, with one circle being white and the others green. The text is arranged around and below the silhouette.

# Join the Conversation

The following startling statistics came from the Treatment Advocacy Center. While these are national statistics, Santa Cruz County is not immune.

- There are now 10x more people with severe mental illness behind bars than receiving treatment in a hospital. The country has only 14.1 beds per 100,000 people.
- The rate of suicide among people with bipolar disorder is 10-15 percent; schizophrenia is 5 percent. The rate of attempted suicide is even higher, with some studies reporting 50 percent.
- People with Serious Mental Illness (SMI) comprise one-third of the homeless population and are at an increased risk of being assaulted, raped or even victims of homicide.

While there is still so much work to be done, we are so proud of Santa Cruz County for addressing statistics like these. We applaud the work of the Behavioral/Mental Health and Criminal Justice Collaboration (of which NAMI has been a part) for holding the upcoming "Conference for a Safer, Healthier Santa Cruz County" May 12th. Many NAMI members plan to attend and lend their voice to the solution. (This event is full.)

Last year, the County held a series of meetings to identify gaps in our mental health system. In the coming weeks, they are asking community members to help them prioritize the identified gaps.

### Town Hall meeting on Mental Health Strategic Plan

Tuesday, May 10, 2016  
6 p.m. to 8 p.m.  
Simpkins Family Swim Center  
979 17th Avenue, Santa Cruz

Thursday, May 12, 2016  
6:00 p.m. to 8:00 p.m.  
Watsonville High School Cafeteria  
250 East Beach St.

The County has made some inroads to fill those gaps with the Mobile Crisis Team, the creation of the Office of Family and Consumer Affairs, MOST (Maintaining Ongoing Stability through Treatment) and expanding the Mental Health Police/Sheriff Liaison program, (to name a few).

In our support groups and classes, we are still hearing frustrations about the lack of Intensive Outpatient Treatment programs for people outside the judicial system, access to supportive housing, or help engaging our loved ones in treatment or community. We need your participation in these meetings so they can hear our voice. ■

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**Identified Needs and Gaps (abbreviated)**

1. Communication, Collaboration, and Community Education
2. Programs and Services
  - Implement Evidence Based Practice Models across the system of care.
  - Establish a broad-based use of client and programmatic outcomes measures.
  - Ensure that services are delivered based on culturally & linguistically standards.
  - Increase access to safe and affordable housing with the needed supports in place to ensure successful community placement for individuals in the community.
  - Increase the availability of a full spectrum services from prevention and early intervention to episodic and ongoing treatment services.
3. Program Staffing
4. Timely Access to Treatment
5. Integrated Models of Care

## 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](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).

SAVE THE DATE

# Be part of the Mental Health Solution in Santa Cruz County!

*This May there are a number of meetings requesting community input on where Santa Cruz County should place their resources. Spring and Summer are times to get informed and connect with our community.*

## **1 Behavioral Health Criminal Justice Collaboration Conference**

May 12th 8:30 to 4:00  
Enterprise Technology Center  
100 Enterprise Way, Scotts Valley

## **2 Town Hall meetings on Mental Health Strategic Plan**

The meeting will cover two key areas:

1. **Prioritizing Critical Community Needs:** This is Part II of the strategic planning process. We will provide an overview of state and federal mandates, and within the context of more detailed service utilization and demographic data and additional stakeholder input, establish

- a prioritized list of action steps over a 5-year period of time.
2. **Overview of Prevention & Early Intervention requirements:** The Mental Health Oversight Accountability passed new regulations affecting the Prevention & Early Intervention component of the Mental Health Services Act

Tuesday, May 10, 2016  
6 p.m. to 8 p.m.  
Simpkins Family Swim Center  
979 17th Avenue, Santa Cruz  
OR

Thursday, May 12, 2016  
6:00 p.m. to 8:00 p.m.  
Watsonville High School Cafeteria  
250 East Beach St.  
Watsonville, CA 95076

## **3 NAMI Speaker Meeting: Community Engagement and Peer Programs in Santa Cruz County**

Wednesday, May 18,  
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

## **4 NAMI National Convention**

The 2016 NAMI National Convention, July 6-9 in Denver, will bring together nearly 2,000 mental



health activists and advocates from across the United States and other countries. The convention educates, encourages and empowers a diverse community that is passionate about building better lives for people affected by mental illness. This year's theme is "Act. Advocate. Achieve." Learn more at: <https://www.nami.org/convention>

## **5 NAMI California Conference**

August 26-27, 2016 Burlingame, CA  
This year's theme is "Back to the Future. Building on the Past for a Better Tomorrow." Learn more at: <http://conference.namica.org> ■

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## Ongoing Meetings

1. The NAMI Board meets the first Monday of each month. 6:00 p.m. to 7:30 p.m.; Meetings take place in one of two locations:

Sash Mill, 303 Potrero St., Building 42, Room 103, Santa Cruz  
Psychiatric Health Facility, 2250 Soquel Avenue, Santa Cruz

All are welcome. Call for info and to verify location: (831) 427-8020.

2. 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.



## Join NAMI's Speakers Bureau for School Presentations

Ending the Silence is a 50-minute classroom mental health awareness program for high-school aged youth in which teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs. Ending the Silence instills a message of hope and recovery, and encourages teens to reduce stigma and end the silence surrounding mental illness.

NAMI Santa Cruz County is seeking Lead Presenters, adults who are a family member of an individual living in recovery, and Young Adult Presenters, adults aged 18-35 who are living in recovery and who can relate well with teens. Presenters will receive free online training and in-person practice. For more information or to

register for upcoming trainings, contact Donna Cederlund, NAMISCC's Youth Outreach Manager, at [donna@namiscc.org](mailto:donna@namiscc.org) or leave a message at (408) 780-1552.

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## UPCOMING CLASSES



### **Begins Tuesday, June 21, 2016 Evenings in Santa Cruz**

Would you:

Like to learn more about your mental illness?

Benefit by being around others that know what it's like living with mental illness?

Interested in developing a Relapse Prevention Plan?

The NAMI Peer-to-Peer Recovery Education Course is a FREE educational course for any individual (18 years and older) living with mental illness, who is interested in establishing and/or maintaining their wellness and recovery. Each session is two hours in length and continues for ten complete sessions. The course uses a combination of lecture, interactive experience and structured group processes. The diversity of experience among the course participants affords for a lively dynamic that moves the course along. The course is guided by two trained "mentors" and a "resource" volunteer who are themselves experienced at living well with mental illness.

Register online at:

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

Or Contact:

Hugh McCormick 831-251-1642; [hugh@namiscc.org](mailto:hugh@namiscc.org)



### **The next class will be offered in September 2016.**

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 Family-to-Family course topics include:

- Learning about feelings and facts
- Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology/new research, Problem solving workshops, Medication review
- Empathy workshop-what it's like to have a brain disorder, Communication skills workshop
- Self-care, Rehabilitation services-what's available, Advocacy: fighting stigma

**Register online for English class at:**

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

Or call: 831-427-8020