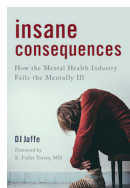




**INTEGRATED HEALTH AND HOUSING**  
ARRIVING LATE SPRING!



**DJ JAFFE**  
VISITS SANTA CRUZ  
MAY 23RD!



**HUMAN RACE**  
MAY 13TH! WALK,  
DONATE, HAVE FUN!

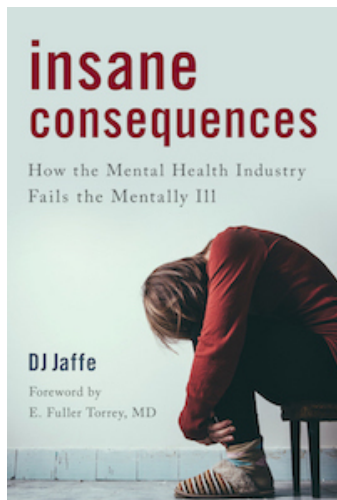


**MAY IS MENTAL HEALTH AWARENESS MONTH**



# NEWSLETTER

**NAMI SANTA CRUZ COUNTY PRESENTS:**



Insane Consequences proposes smart, compassionate, affordable, and sweeping reforms designed to send the most seriously ill to the head of the line for services rather than to jails, shelters, prisons,

and morgues. It lays out a roadmap to replace mission-creep with mission control and return the mental health system to a focus on the most seriously mentally ill. It is not money that is lacking; it's leadership. This book is a must read for anyone who works in the mental health industry or cares about the mentally ill, violence, homelessness, incarceration, or public policy.

***SPEAKER MEETING CHANGED TO A DIFFERENT DATE AND LOCATION!***

Tues. May 23, 2017

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

St John's Episcopal Church  
125 Canterbury Drive, Aptos  
(State Park Drive exit, near Seacliff Beach, the church is on your right)

**DJ Jaffe** is executive director of MentalIllnessPolicy.org, a nonpartisan think tank, which creates detailed policy analysis for legislators, the media, and advocates. He regularly appears on television and has written for the New York Times, Washington Post, Wall Street Journal, National Review, and Huffington Post. He has served with numerous nonprofits including the Treatment Advocacy Center and National Alliance on Mental Illness.

**BOOKS WILL BE AVAILABLE FOR PURCHASE AT A DISCOUNT. PLEASE CONTACT OUR OFFICE IF YOU CAN BRING SNACKS TO SHARE. (831) 824-0406 OR [INFO@NAMISCC.ORG](mailto:INFO@NAMISCC.ORG)**



# Light a FIRE!

**LESS THAN 2 WEEKS LEFT!**

This is a TALE of TWO RACEs a fundraising effort to support NAMI services for 2017 and a RACE along West Cliff where we March together and show the world that HEALTHY MINDS and MENTAL HEALTH MATTERS.

We need YOU! Did you know that YOUR story about your mental health challenges or those you love, helps NAMI?

The funds raised from the HUMAN RACE support our FREE support groups, classes and presentations.

Thank you to the wonderful people sending their stories to friends and family. They have sent their stories in letters, emails and social media of how NAMI helped and why our services are VITAL.

Your friends and family want to help. Give them the opportunity.

*It is a powerful and healing experience to share your story. I sent emails to many people who did not know our story. The response has been overwhelming and surprising. Each time I get a donation and thank the donor it is an incredible feeling of love and support.*

ASK Friends and Family to:

**\*FUNDRAISE\***

We can set up your link and help you craft your letter for you to send out to YOUR friends and family.


**\*DONATE\*** send in any amount you can afford over \$5.

**\*WALK \*** sign up to walk with us for \$35



\*\*\*\*\*

The 2017 Human Race takes place on Saturday, May 13, 2017. Registration starts at 8 a.m. The run begins at 9:00 a.m., and the walk immediately after. You can take a break at one of the rest stations along the beautiful West Cliff Drive, and there'll be music, a costume contest, obstacle course, street performers and other activities to make it a fun day!



**Just Want to Donate?**  
Here is the link to our Human Race donation page.  
<https://humanracesc.org/npo/nami-santa-cruz-county>

**Register to walk & fundraise:** Use the sample letter below as a starting point to write your own letter. Add your Human Race walker page link (provided via email once you register) and email it out to all of your friends and family. They can donate directly from the link.  
<https://humanracesc.org/register?>

## Example Letter

Hello!

I am reaching out to ask you to support a cause that is important to me. I am walking in the 2017 Human Race for NAMI (National Alliance on Mental Illness) Santa Cruz on May 13, 2017. I want to invite you to support me.

I am committed to raising funds to help NAMI provide more services in Santa Cruz County for people living with mental health challenges. My fundraising goal is \$[Enter Goal Here].

Any support that you can give for this worthwhile cause is greatly appreciated. Click the following link to donate (*include the your individual fundraising page provided by the Human Race after you register*). All donations are tax deductible. Donating online is safe and easy!

Thank you in advance for your support!

## NAMI SANTA CRUZ COUNTY VOLUNTEER CORNER



We would like to honor Fay Rector for her countless hours and tireless efforts on behalf of NAMI Santa Cruz.

Fay joined NAMI Santa Cruz many years ago and jumped in with both feet.

She is an active Family to Family Instructor, Family Support Group Facilitator and continues to take

classes and volunteer in any way she can. She attended the NAMI CA convention in August and plans to attend in the future. She shares her story as a family member in our Crisis Intervention Training for police officers.

She recently completed the 70 hour NAMI Family and Peer Support Specialist Webinar Training. The training focuses on many of the same aspects covered in Family-to-Family but also covers suicide prevention and dealing with ethnicity issues in greater detail. It opens greater possibilities in working within the mental health field as a

family or peer mentor. Contact Zuleima for more info on how to get involved. [zuleima@namica.org](mailto:zuleima@namica.org)

She is raising much-needed funds for our biggest fundraiser of the year – The Human Race. Here is her plea:

“I am excited to participate in the Human Race Walkathon & Fun Run because I know the funds I raise are going to make our community a stronger, safer, more vibrant place to be. NAMI is able with your giving kindness to train, educate and provide support for families that have or are facing a Mental Health challenge. This could be anyone. Please help with either joining the walk or by a donation. Anything is appreciated. Blessings and Healing to all!”

<http://tinyurl.com/fayrector>

Fay likes all the support NAMI provides and would like to share that support with others. “Nami helped me survive! NAMI is so inclusive of everyone facing a mental challenge. We need to spread the word!”

Our many thanks to Fay!

## CONGRATULATIONS TO OUR NEW VOLUNTEERS!

Congratulations to our new NAMI Connections and Family Support Group facilitators, and NAMI Basics and NAMI Peer to Peer teachers! We are so grateful to these 20 new volunteers! (Only Peer Connections graduating class shown.)

They attended 2 day trainings and have committed to bringing their enthusiasm, wisdom and compassion to their roles.

In the coming months, we will be rolling out a Spanish language Family Support Group in Watsonville and a veterans NAMI Connections Peer Recovery Group. THANK YOU!!!!

### Want to Sponsor a NAMI Peer to walk in the Human Race?

Many of our fabulous volunteers are low income. They do so much to give back to our community. For every \$35 dollars donated, a NAMI Peer will be able to officially register in the Human Race. They will receive a breakfast, lunch, t-shirt and enjoy a day of companionship, music and FUN! Thank YOU!!

<http://tinyurl.com/peerhumanrace>





## INTEGRATED HEALTH & HOUSING ARRIVING IN LATE SPRING!

*Santa Cruz County Behavioral Health recently announced the MHSA Innovative Project. This project provides housing and honors the fact that the client's input and decision about what is needed and what is most helpful is crucial in developing a treatment strategy. We are delighted that the county responded to NAMI member's requests by incorporating some of our ideas into this project. The entire plan can be found at: <http://tinyurl.com/INNSCC>*

*If you are interested in providing a rental property please contact: [alicia.Najera@santacruzcounty.us](mailto:alicia.Najera@santacruzcounty.us)*

*If you are interested in participating, please check with your County Case Manager.*

Program participants will be up to 60 consumers annually who (1) have co-occurring psychiatric and other health conditions, and (2) have a primary care physician in the County operated Federally Qualified Health Clinic and (3) require housing supports to live in the community due to their mental illness and/or substance use disorder and (4) are interested in participating in the program voluntarily.

Housing rentals will be provided using traditional funding through HUD, Shelter Plus Care and HUD VASH vouchers. In addition, family members have expressed a desire to help support loved ones housing by using a family-owned property or to assist in paying rent and are requesting access to Supported Housing. This private/public partnership is an innovative way to increased housing stock for individuals with mental illness in a very expensive housing market.

Participants will receive a comprehensive needs assessment inclusive of mental health needs, medical issues and challenges, functional assessment by an Occupational Therapist and a social integration assessment. A comprehensive treatment and care plan will be developed to address the needs for each domain.

Each residential unit will be equipped with an automated telehealth monitor, and potentially other technology assisting devices such as automated medication dispensing devices and wrist fall monitoring devices. The telehealth monitoring device is capable of monitoring conditions such as hypertension, COPD, CHF and

diabetes, as well as prompting the client around medication adherence. The device provides prompts to the consumer both visually and auditory to check key health indicators and then provides confidential reports to the nursing staff to monitor. The nurse will be able to respond promptly to indicators such as high blood pressure or blood sugar that might otherwise go unchecked between medical appointments.

The Integrated Health and Housing Support team will provide intensive support services in a multidisciplinary approach to address the various needs of the consumer.

- The mental health clinicians will support behavioral health care and recovery goals, utilizing case management interventions, CBT, DBT and Motivational Interviewing.
- The Occupational Therapist will work with consumers to develop functional skills including household care, budgeting, shopping, cooking, transportation services and appointment management.
- The Nursing staff will provide medication management support for providing home-based injection or pill box services. The nurses will also provide the monitoring of the telehealth device, linkages to medical appointments, linkages to psychiatric appointments and provide continuity of care across the domains.
- The Medical Assistant will work with the Psychiatrist and the individuals in the program to coordinate services and provide support to the treatment team.
- Family members will be supported through training in a program specially designed for family members in Cognitive Behavioral Therapy for Psychosis, to provide early identification of issues needing the attention of the treatment team and have rapid access to staff to go out and support individual program participants when the need arises. These family members will over time become a critical extension and partner within the treatment team.
- Peer Support staff is integral to stabilizing the consumer in the housing environment. Peers will provide monitoring of the individual's progress, assistance with community integration and community engagement, modeling for successful management of psychiatric symptoms and linkages to natural supports.



 May is  
**Mental Health Matters Month**

# Say This Not That

Each Mind Matters: California's Mental Health Movement encourages everyone to check in with loved ones on their mental health. Talking openly and honestly about mental health lets those we care about know that we support them. The following phrases can be used to create meaningful conversation with someone experiencing a mental health challenge. Before starting a conversation with someone you are concerned about be sure to have resources on hand, including local county mental health department numbers and suicide crisis resources.

Say This	Not That
I'm deeply concerned about you and I want you to know that help is available to get you through this.	Cheer up; I'm sure it will pass.
<b>Comments such as "it will pass" can make a person feel worse. Let the person know you care. Letting them know that you take their situation seriously, and you are genuinely concerned about them, will go a long way in your effort to support them.</b>	
I am someone who cares and wants to listen. What do you want me to know about how you are feeling?	Stop feeling sorry for yourself.
<b>It's important to learn to separate the disorder from the person you love. Comments like this blame the individual for their feelings.</b>	
It seems like you are going through a difficult time. I want you to know you're not alone in this.	There's always someone worse off than you are.
<b>Ensure that your loved ones feel supported. A negative comment like this can make the person feel as though their feelings are insignificant.</b>	
I can't really understand what you are feeling, but I can offer my compassion and find you help.	Believe me, I know how you feel. I was depressed once for several days.
<b>Avoid saying you know how they feel as it invalidates their experience.</b>	
I'm concerned about your safety. Have you thought about suicide?	You're not thinking about killing yourself are you? (said in a joking manner)
<b>Ask directly about suicide. Talking about suicide does not put the idea in someone's head and usually they are relieved. Asking directly and using the word "suicide" establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk about suicide.</b>	
I care about you too much to keep a secret like this. You need help and I am here to help you get it.	Don't worry, I won't tell anyone. Your secret is safe with me.
<b>Don't promise secrecy. The person may say that they don't want you to tell anyone that they are suicidal. You may be concerned that they will be upset with you, but when someone's life is at risk, it is more important to ensure their safety.</b>	

Sources:  
<http://www.mentalhealth.gov/talk/friends-family-members/index.html>  
 SuicidelsPreventable.org

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

