NEWSLETTER

SPEAKER MEETING

VOICES OF HOPE

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

Would you like to gain insight and ideas for improving your journey? NAMI Speakers will share!

Please join us on Wednesday, May 16, 2018 to embrace hope and celebrate the journey of recovery. Our panel of peers, parents and providers will share stories of resiliency, courage and hope. Sharing format will allow time for discussion and suggestions for coping, recovery and wellness.

Inbal Yassur, MFT, Clinical Director for Encompass Community Services will offer a brief introduction to Mindfulness Based Stress Reduction, and discuss the long term benefits of stress reduction practices.

We appreciate any help with set-up, snacks and clean-up. Please contact our office at 831-824-0406 or anastasia@namiscc.org

Wednesday, May 16, 2018
6:30 to 7:00 Meet and Greet
7:00 to 8:30 Program & Q/A
Live Oak Senior Center
1777 Capitola Road
near 17th Avenue

Speakers From:

› NAMI Ending the Silence
› NAMI In Our Own Voice
› NAMI Family Groups
› Crisis Intervention Training

It will be a fun and inspiring evening!
May is mental health month and we have the opportunity to walk and be seen during the Human Race on Saturday, May 12th. Can we count on you to join us? Together we can end the silence.

WALK, DONATE OR FUNDRAISE FOR NAMI
Participants in the Walk are asked to donate at least $35. Set up your fundraising page and then rally your friends, family, co-workers and community to ask for their sponsorship or to support NAMI’s important work.

Our Fundraising team is standing by to help you. We have example letters and ideas to support your efforts. Call Annie at 831-824-0406. WE WOULD LOVE TO ANSWER ANY QUESTIONS.

To walk, donate or set up your fundraising page: https://humanracesc.org/npo/nami-santa-cruz-county

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Dawn Mokracek, Captain of the “Peers Connect Team”

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.

I know first hand how amazing this non-profit, grassroots organization is. I "stumbled" upon NAMI when I first got to Santa Cruz, California. I had been traveling for over 2 years alone and I felt lost, hopeless, and wanted to just give up. I met someone who worked for NAMI, she felt she understood my symptoms and helped me connect with services in the county to help me better understand what I was going through. I NEVER wanted to face the fact that I had bipolar disorder because of the stigma around mental illness so instead for 20 years I self-medicated with alcohol.

To make a long story short, because of NAMI, I have learned so much about my diagnosis and why my life has always felt like a non-stop roller coaster ride. The classes, groups, and speaker meetings have saved my life. I am now hooked up with a therapist and a psychiatrist I adore and for the first time in my life considered taking a medication to level out my mood swings and impulsive behaviors. I also have learned how better to deal with my triggers through alternative methods that NAMI also encourages. Without NAMI, I don’t think I would be alive right now.

Sponsor Dawn and NAMI Peer Programs at: https://tinyurl.com/dawn-nami
The NAMI Warmline is an important resource for families dealing with issues related to having a loved one with mental illness. The Warmline is staffed by trained, experienced volunteers, who have had their own experience navigating mental health crises. The Warmline volunteer can provide a sympathetic ear, suggestions regarding mental health and community resources, and information about NAMI classes and groups. The Warmline is not a “hotline,” meaning that the call is not picked up immediately by the volunteer. The person calling leaves a message and contact information, and the call will be returned within 24 hours. We now have a great group of volunteers ready to take your call. Callers do not need to be NAMI members and do not need to have a specific question in mind. Sometimes it just helps to reach outside your immediate support system to talk to someone else who understands the frustration, sadness, fear, and helplessness you may be feeling. A variety of people have called the Warmline: from a frustrated wife who just needs to talk and share her feelings; a fearful father needing advice about navigating the criminal justice system; an exhausted mom needing advice about navigating the mental health system, to a couple feeling helpless, who go on to take a NAMI class and become volunteers helping others.

Interested in exploring being a NAMI Board Member?

We would love to have coffee with you and talk about it! Our board is currently seeking new board members who are passionate about our mission and want to support the many services, good governance and sustainability of NAMI.

Some of the skills we are seeking include financial management, legal expertise and strategic management.

Please contact Carol Williamson, Board President, at 831-229-2675 for more information.
CONCERT & ART SHOW SUCCESS!

The Beauty Within: Music, Art & Stories of Resilience

On April 22nd at Cabrillo’s Samper Recital Hall, three internationally-acclaimed musicians, Pianist Tanya Gabrielian, Grammy-award winning Cellist Jonah Kim, and Violinist Helen Kim performed to a very appreciative and enthusiastic crowd. Highlighting composers whose mental health challenges inspired their beauty within, Tanya wove remarkable stories of Mozart, Shostakovich, Beethoven and Gershwin into the sold-out performance.

The Beauty Within: Healing Through Creativity Art Exhibit, showed another way the Beauty Within is revealed by providing an opportunity for visual artists in our community with lived mental health experiences to share and promote their work. The exhibit was shown both at the Concert and at the 17th Avenue Studios on the weekends surrounding it.

Many thanks to all who attended, volunteered or sponsored this wonderful event!

“Through the darkness, art can triumph as a symbol of hope” - Tanya Gabrielian

NAMI CALIFORNIA CONFERENCE

Our Annual State Conference will take place on Friday and Saturday, June 1 and 2, 2018 at the Hyatt Regency Monterey Hotel & Spa on Del Monte Golf Course. The plenary track themes this year are Advocacy, Young Adults, Consumers & Families, Providers, Criminal Justice, and Engaging Diverse Communities. On Saturday at 3:45 pm in Regency 4, 5 and 6, Cherry Maurer and Hugh McCormick from NAMI Santa Cruz County will present “A Parent and Son’s Journey from Despair to Hope, Happiness and Recovery.”

For more information or to register for the conference, go to: https://namica.org/conference/

Would you like to carpool?
contact Annie at anastasia@namiscc.org
SUICIDE PREVENTION

Suicide Prevention and Clinical Management for Diverse Clientele

A Workshop for Mental Health Professionals

Saturday, June 16, 2018
8:00 a.m. to 3:30 p.m.
Seacliff Inn
7500 Old Dominion Court, Aptos

http://fsa-cc.org/continuing-education/

Workshop Description:
Though almost all mental health professionals encounter suicide risk within their practices, formal training on suicide prevention and clinical management is sparse. The first portion of the current presentation will provide instruction and a forum for clinical discussion and case practice on the current gold standard practice for suicide prevention and management. The second portion of this workshop addresses the management of suicide in diverse populations common in California. This training will provide a foundational understanding of how suicide differs across cultural groups and will cover advances in the culturally competent assessment and management of suicide. Attendees will learn state-of-science theoretical measurement and applied research as practical approaches to assist clinicians in accounting for cultural influences in suicide risk among diverse populations. The aim is to provide guidance to advance culturally competent suicide research and practice.

LEAP TRAINING

Regional Leap Training

June 21 - 23, 2018 (1 or 3 days training)
Foster City

https://leapinstitute.org/other-events
(Go to Regional Trainings to enroll. Space Limited)

Many who have attended our NAMI Family to Family class or Support Groups are referred to the book, “I’m not Sick and Don’t Need Help.” by Xavier Amador. He talks about the LEAP method for communication.

LEAP® is for any relationship, but it also gives you the tools you need to persuade someone in “denial” about mental illness to accept treatment and services.

LEAP® ("Listen-Empathize-Agree-Partner®") shows you how to quickly gain the trust of someone you are at odds with. When you Listen – Empathize – Agree – Partner®, you stop trying to convince the other person that they’re wrong, or simply misguided. Instead, you listen in a new way that conveys respect for the person’s point of view and a complete lack of judgment. Sounds easy, but most people have a very hard time doing this simple thing. It is easy, once you learn LEAP®. And the result is an immediate lowering of tension, anger and defensiveness. As you convey genuine understanding, empathy and respect for his/her point of view, even when you disagree with it, you are free to find common ground on which you can partner. And suddenly, your opinions and advice start to matter a great deal.

Training is one day for Leap Training/Certification or two days for those also seeking Certification as a LEAP trainer. The full event occurs over 3 days. Successful graduates are certified in LEAP® and receive a certificate of course completion and ongoing support from LEAP Foundation.