

NOV/ DEC 2016



Santa Cruz  
County

831.427.8020  
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NAMI SANTA CRUZ PRESENTS

## ***Behavior Therapies: how they help us reach goals and handle stress.***

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

What is DBT (Dialectic Behavior Therapy)? What does dialectic mean? How is it related to CBT (Cognitive Behavior Therapy)?

Learn about the different DBT skills and how they can help us improve the “quality of life behaviors”. This could include making friends or feeling more comfortable participating in the community. It could also be used by caregivers to manage stress.

Get tips on questions to ask therapists to determine if they have the appropriate training. If we have time, we will receive an example of a typical DBT exercise.



***Presented by:***

Michael Fitzgerald, RN, CNS-BC,  
Executive Director, Behavioral Health  
Services at El Camino Hospital

El Camino Hospital provides several specialty mental health programs including unique services for post-partum depression, adolescent anxiety/depression, dual-diagnosis, older adults, those with continuing care conditions such as schizophrenia, and a program for those individuals who are experiencing significant mood conditions. The approach of creating specialty programs is to provide mental health treatment that is more specific and meaningful, and ultimately more effective. The goals of improving mental health treatment access and the outcomes of care will provide cost-benefit to the overall health care system as well as to society through the functional and health improvements in the population. El Camino Hospital has served many Santa Cruz County residents through its services in Mountain View and Los Gatos. ■

**Weds. Nov 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

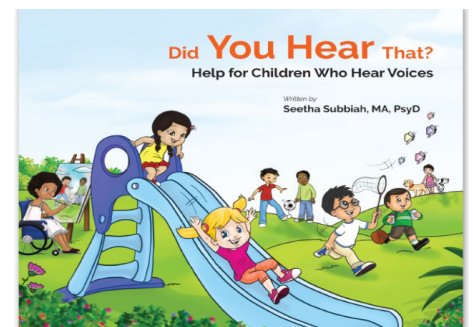
**Book Signing at the Speaker Meeting!**

**Dr. Seetha Subbiah, “Did You Hear That?  
Help for Children Who Hear Voices”**

We are excited that a special guest, Dr. Seetha Subbiah will be at our Speaker Meeting to sign her book and say a few words about the amazing response it is receiving worldwide.

Did You Hear That? is a beautifully illustrated practical therapeutic storybook for psychologists, psychiatrists and mental health practitioners assisting children who hear voices and see things that others do not hear and see.

It is also an easy to understand and user-friendly guide for concerned parents, children, teachers, pediatricians and allied health professionals.



## I see courage every day.

*“Gloria” called our warm line about five years ago. Her daughter “Heather” was cutting herself, not getting up for school and had Gloria really worried. Our trained phone answerer listened carefully and offered kind, encouraging words and many resources for Gloria to follow-up on. Gloria soon joined one of NAMI’s family support groups and attended a NAMI Family to Family class. She gained more education, understanding and coping skills and found the courage to continue the journey with her daughter and family. Heather was diagnosed with bi-polar disorder and the family moved together down a road of recovery. Today Heather is living on her own and attending Cabrillo College!*

Did you know that one in five people suffer from some type of mental health condition? NAMI-SCC is here for all who need us. Our services are offered at no charge. We rely on your generous donations to keep our classes, groups and advocacy efforts running strong. We can’t do it without YOU.

**Donate at [namiscc.org/donate-now.html](http://namiscc.org/donate-now.html) or mail us your payment information today.**

Your gift today will help us in so many ways! You will be part of keeping all of our support groups, trainings and advocacy going strong. You will also be helping us celebrate at our annual Holiday Party at the Mental Health Client Network.

This party is an opportunity for more than 300 folks with mental health challenges to gather and share great, home-cooked food and time together. Each person gets to choose a new jacket and receive a gift bag. Many do not have families to be with over the holidays and some are homeless.

Your contribution will make the season brighter for so many!

Offer your gift at [www.namiscc.org/donate-now.html](http://www.namiscc.org/donate-now.html) or mail a check to

NAMI-SCC  
P.O. Box 360  
Santa Cruz, CA 95061

P.S. Remember, you are our partner in giving a voice and needed resources to all those who suffer with mental illness and their loved ones who support them. And please send this on to a friend who might need us or who wants to give.



## NAMI AND MHCAN JOIN TO PRESENT

A special collaboration between volunteers from the National Alliance on Mental Illness of Santa Cruz County and the Mental Health Client Action Network.

# 11th Annual Holiday Party

Volunteers from NAMI-SCC and MHCAN will join together on December 10, 2016 to provide a holiday meal, gifts, and good cheer. This is a very special annual event of holiday

spirit and Santa's gift room.

This party is an opportunity for sharing great food, socializing, choosing a new jacket and gift bag. Over 300 people with mental health challenges attend this celebration, many who do not have families to be with over the holidays. Some are homeless. Most live on a very limited budget.

You can volunteer in many different ways. Please go to <http://tinyurl.com/namiholiday11> to see all the volunteer opportunities and to sign up online, send email to [info@namiscc.org](mailto:info@namiscc.org) or call our office at 831-427-8020 ext 1.

Thank you for sharing your love, kindness and caring in this special way.

The NAMI / MHCAN Holiday Giving Committee

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## Jennifer's Corner

*By Jennifer Wentworth*

*See Jennifer's blog at <https://adayinthelifeofbeingbipolar.wordpress.com>*

The word psychosis is a clinical term meaning hearing voices and experiencing hallucinations or delusions which are not based in reality. For example "The FBI is monitoring me," or "Demons are taking over my body." Psychosis may include feelings of paranoia that someone is watching you, following you or out to harm you.



I am diagnosed with Bipolar 1 and I have dealt with psychosis and voices during my extremely high manias. The voices have said bad things and they have also said good things. The most stressful thing about them is that you cannot control what they say to you. I am a perfectionist and feel more comfortable when I have everything in my control. The voices create anxiety because I never know what they are going to say.

I can try to self sooth, reality test and wait it out. Below are some hands on practical tools and coping skills to help manage voices and the distress of psychosis.

### Focusing Techniques

- Examine the validity of what they say (Have they said the same things before? Did they come true?)
- "Time Sharing" schedule a time for them, and refuse to listen until that time
- Mentally visualize a barrier between yourself and the voices
- Set boundaries, refuse to speak with negative voices unless they are respectful
- Making deals "Be quiet now and I'll listen later"
- Use Positive voices as allies

### Self Care and Comfort ideas:

- Recognize & Acknowledge Fears & work on letting them go
- Self Forgiveness
- Ask for help with everyday tasks
- Eat a Healthy Meal
- Do something nice for "me" today
- Keep in frequent contact with support network (Doctors, Therapist, family, friends, etc)
- Plan a structured day
- Prayer/meditation
- Massage/acupuncture/yoga
- Focus on your breathing/mindfulness
- Progressive muscle relaxation
- Cup of Tea/ Journal

### Distraction Techniques

- Watching movies
- Tell jokes to people and laugh about the voices
- Listen to music
- Tidy the house
- Keep a list of achievements/ strengths
- Gardening, Arts & Crafts , Exercising
- Wear Ear Plugs
- Singing
- Playing Games

# Peer Support Groups

## ■ NAMI Peer Connections Recovery Support Group

### \*LOCATION CHANGE\*

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. Meets 9:30am M, T, Th, F at The Avenues Program, 12 Carr St. Watsonville, (831) 768-8132 ext. 306

## DON'T MISS OUT

# Upcoming Events

**1 NAMI Board Meeting**  
1st Mon of the month; 6:00-7:30pm United Way Conference  
Room; 4450 Capitola Rd, Ste 106, Capitola  
All are welcome.

**2 Mental Health Advisory Board Meeting** invites you to attend their public meetings. Next meeting is Dec 15th at MHCAN - 1051 Cayuga St. SC 3:00 -5:00pm.

**3 Next to Normal Coming to the Jewel Theater - Opens November 17th thru December 11th.**

Pulitzer Prize and Tony winning rock musical NEXT to NORMAL explores some of the issues many of us face daily but are rarely the subject of a Broadway Play. The story explores the lives of a seemingly 'normal' suburban family. They are dealing with bi-polar disorder, depression and grief, suicide, drug abuse and questioning the benefits of modern psychiatry. You might wonder how this could be set to music, ROCK music at that! But this play works. It is powerful, compelling and inspiring. It is real and recognizable. There is even some romance and humor.

For many of us it might be both cathartic and hopeful. <http://www.jeweltheatre.net/santa-cruz-performing-arts-new-season.php>

**4 An Effective Treatment for Psychosis – Cognitive Behavioral Therapy For Peers or Families**

Presented by Professor Kate Hardy and Professor Douglas Noordsy, Clinic Directors, INSPIRE Clinic (for Early Psychosis), Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Stanford University

Wednesday November 16, 7pm-9pm  
Cypress Community Center, Room 6, 403 Cypress Ave, San Jose (Map/directions)  
This talk will provide an overview of CBTp including core components of the approach and practice. Professor Hardy will introduce key skills that family members or caregivers can learn and apply. Professor Noordsy will describe how psychiatrists can use CBTp techniques to understand and communicate about symptoms, reinforce coping skills and frame the role of medication treatment. <https://southbayprojectresource.org/category/events/>



Residents from all Front Street facilities and programs are busy making wonderful craft items to sell for the holidays. This is an opportunity to gain skills, self esteem, be productive and creative members of our community and make a little extra money for the holidays as all profits go to the residents. However it only happens if YOU attend and support this wonderful event.

## Sept Speaker: Debra Lampshire on Voice Hearing

NAMI-SCC was grateful to have popular international speaker Debra Lampshire make room in her schedule to present her compelling talk at our last very well attended Speakers Meeting. She addressed her remarks to both voice hearers and those who care for them. Voice hearing is a manifestation of distress alerting the person to the fact that they are concerned, worried or troubled by something which may not be obvious initially. Voice hearing is not a symptom of madness but viewed as a coping strategy and legitimate response to stress.

The voice hearing experience is a very personal one. Approach the person hearing voices with respect for their experience and their right to disclose at their own pace. Sharing the voice hearing experience happens best in the context of a long term, supportive, and trusting relationship. "Strangers" should not feel they can simply interrogate someone about their voice hearing experience. Don't wait until a person is in acute distress before talking with them about voices. Engage people on the subject when they are feeling well and have consented to share with you. Do not push people to disclose too quickly. Sometimes voices threaten the person with harm if they disclose too much too soon. Always let the person know that they have the right to say "I don't want to answer that question at this time". Let the person know they can change the subject at any time.

**Don't start problem solving immediately!** It is important to listen to what people are saying and to inquire as to their understanding of what they report. Inquire about the "symbolism" but do not interpret for people. If you want to talk with someone about their voice hearing experience make sure you have time and a private place to talk. Make sure you have discussed issues of confidentiality with the person prior to actually talking with them about their voice hearing experience. A person should know in advance who (if anybody) you will tell about the content of the discussion, what (if any) notes will be put in the file and under what (if any) circumstances you would be obliged to report danger to self / other as well as what you would do i.e. hospitalize.

If you thought this was interesting, we suggest you look at Debra's slides and recording of her talk located at: <http://www.namisc.org/materials.html>

You may also want to join the mailing list for South Bay Project Resource [southbayprojectresource.org](http://southbayprojectresource.org) They are a partnership between family members, peers, clinicians and other stakeholders with a commitment to improving psychosis-related supports, working for social change, and increasing public awareness of the diversity of approaches to distressing experiences and disability. ■

## In Memoriam - Ken Thomas



It is with deep sadness we say goodbye to one of our wonderful volunteers. Ken Thomas was a force of compassion and kindness, touching so many lives - especially youth and young adults. He was a mainstay of our NAMI Ending the Silence high school presentations. He really knew how to bring the presentation to life; interweaving stories and engaging students in the areas where each class seemed most interested.

His compassion for helping our NAMI community didn't end there. He volunteered as a coach for people who wanted to improve their mental health through exercise. He attended planning meetings lending his many years experience as a high school principal. Last year he played Santa for local families, accepting donations for NAMI-SCC. This year he already had 15 families signed up to receive a visit from Santa. His spirit lives on in the lives he has touched. <http://tinyurl.com/kenthomasnami> ■

## 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](mailto:joan-necy@aol.com), or signup online at: [namisc.org/family-to-family.html](http://namisc.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. Signup online at <http://www.namisc.org/peer-to-peer.html> or contact Suzanne at [suzanne@namisc.org](mailto:suzanne@namisc.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. Signup online at: <http://www.namisc.org/nami-basics.html> or contact:

For English - Dyana at [dzweng@com-cast.net](mailto:dzweng@com-cast.net) or (831) 706-7327.

For Spanish - Claudia at [cisaggese@hotmail.com](mailto:cisaggese@hotmail.com) or (408) 348-6864.

### ■ 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 Spring 2017.

## 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@namisc.org](mailto:donna@namisc.org).

# Crisis Intervention Training (CIT) Call for Speakers

## NAMI NEEDS YOU!

NAMI SCC is creating a solid team of speakers to help with Crisis Intervention Team Training for Law Enforcement. Are you interested?

Crisis Intervention Team Training is the gold standard in law enforcement training involving the interaction between first responders and individuals with mental illness. It builds officers' understanding of mental illness, compassion, and skills in de-escalation.



Our County Mental Health Department, along with law enforcement agencies, and NAMI, has been developing this training for some time. The 24 hour program has recently received the necessary POST Certification, and sessions for law enforcement are scheduled for February, March and April 2017. It will cover many topics surrounding mental illness.

NAMI will do what we do best. In our two hour portion of the training, NAMI presenters will:

- Tell their personal stories
- Perform the Empathy Exercise from Family-to-Family
- Emphasize the importance of CIT in developing new skill sets, changing culture, de-escalating crisis situations, and keeping people safe
- Put a human face on mental illness for the deputies

Our participation provides the strong emotional experience that is essential to creating lasting impact.

We are looking for both family member and consumer volunteers who have personal experience of interaction with law enforcement. For each presentation we will pair two family members with two consumers.

We want a large trained team that can be ready for any law enforcement venue.

There will be a mandatory NAMI training session on Dec.17, 2016, conducted by

trainers from NAMI Los Angeles County Council. This training will help us develop our stories to be impactful and productive.

If you would like to volunteer for this initiative, please email Carol Williamson, at [cwilliamson@namiscc.org](mailto:cwilliamson@namiscc.org), and provide your name, email and phone number as well as your NAMI teaching and speaking history, and a brief statement of why you wish to participate.

NAMI speakers, teachers, leaders, and program graduates are preferred, but all with appropriate experience and interest in helping this project are encouraged to get involved.

Thank you for volunteering,

Carol Williamson  
NAMI President  
[cwilliamson@namiscc.org](mailto:cwilliamson@namiscc.org)



## Tragedy highlights needs for reforms

NAMI expresses deep sadness at the shooting death of Sean Arlt, a beautiful father who was struggling with a mental illness. Our hearts go out to the Arlt family.

Our people, who rely on law enforcement, are especially shaken. Those who are living with mental illness deserve non-lethal interventions in a psychiatric crisis, and officers deserve the best possible tools and non-lethal options.



NAMI supports the scheduled Crisis Intervention Team trainings, beginning in February, and will be involved. See article regarding NAMI's role and call for action.

Our County leaders must seriously examine and address the shortages of treatment provided by the mental health care system. People who are in a mental health crisis need safe hospitalization and also ongoing services to prevent the crisis from recurring. Release of people from crisis hospitalization before they are stable and connected to adequate services after release is common. Options for aftercare are few. We need comprehensive review and reform.

Your input can be sent to Carol at [cwilliamson@namiscc.org](mailto:cwilliamson@namiscc.org).



## UPCOMING CLASSES

### Ellen Adams Selected as Volunteer of the Year and receives the "Be the Difference Award"!



Ellen Adams, MFT has been a consistent and conscientious NAMI champion. She is a true advocate, volunteering relentlessly on behalf of local families affected by mental illness. NAMI-SCC has benefited enormously from her intelligence, commitment and caring – as has this community.

Ellen became a NAMI Support Group Facilitator 18 years ago. Initially, she did this alone. In time, she became a state-wide trainer. Ellen is now joined by a pool of facilitators she has trained. Ellen oversees and manages the drop-in Family Support Groups. Each week, up to 25 attendees have a place to go and a trained facilitator with lived experience who is there to support them. The number and effectiveness of trained Support Group Facilitators has grown, thanks to Ellen, as has service to families facing a mental illness. ■



#### Beginning in January and continuing for 12 weeks. Sash Mill in Santa Cruz

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.

#### Registration is required.

[www.namisc.org/family-to-family.html](http://www.namisc.org/family-to-family.html)  
Suzanne Williams 831-419-5403 or [suzanne@namisc.org](mailto:suzanne@namisc.org)



#### Peer to Peer Class begins January

NAMI Peer-to-Peer class is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

#### Registration is required.

[www.namisc.org/peer-to-peer.html](http://www.namisc.org/peer-to-peer.html)  
Suzanne Williams 831-419-5403 or [suzanne@namisc.org](mailto:suzanne@namisc.org)



#### coming this Spring.

NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. NAMI Basics is offered in a group

Spanish Class  
Offered in  
Watsonville  
beginning  
Mon, January 9th  
6:00 - 8:30pm

Class in English

setting so you can connect with other people face-to-face. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care.

#### Registration is required.

<http://www.namisc.org/basics.html>  
Contact Claudia at [cisaggese@hotmail.com](mailto:cisaggese@hotmail.com) or (408) 348-6864.

## 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  
See [namisc.org/groups](http://namisc.org/groups) or contact Emily [ebc73@comcast.net](mailto:ebc73@comcast.net) or (831) 476-1020 for info and location.

### ■ PARENTS OF YOUTH and Odyssey II are changing times!

We are combining these 2 groups and changing the time to meet during the day. This group will meet the 2nd and 4th Monday from 12:00 to 1:30 pm. Old Sash Mill, 303 Portero Street, Bldg 42 Suite 103 Santa Cruz.

See [namisc.org/groups](http://namisc.org/groups) or contact at Suzanne [suzanne@namisc.org](mailto:suzanne@namisc.org) (831)427-8020.

### ■ 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

### ■ More groups are listed on our website at [namisc.org/groups](http://namisc.org/groups)