

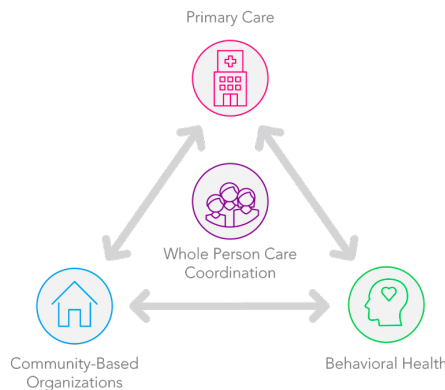


NEWSLETTER

SPEAKER MEETING

Cruc to Health: a Whole Person Care Pilot Project

Jorge Méndez joins us to describe a new ‘Whole Person Care’ (WPC) pilot project authorized and funded under California’s Medi-Cal 2020 waiver. This grant provides services to individuals who have a mental health OR substance use disorder and at least two of the following: Two or more chronic health conditions, homeless or at risk for homelessness, four or more psychiatric hospitalizations in a 12-month period, two or more medical hospitalizations in a 6-month period, institutional living in the last 12-months (locked care or jail), and/or prescribed five or more medications for chronic health conditions.



Whole Person Care provides services that were not previously funded by the Department of Healthcare Services to help address the high rates of medical and psychiatric hospitalizations experienced by those with multiple diagnoses and compounding risk factors. The additional services provided under this grant include Case Management in the primary care setting, funds for rental security deposits, peer and housing navigation services, the use of telehealth devices to help remotely manage chronic health conditions, comprehensive care management and others. Come learn about the addition of these services.

Wednesday, November 15, 2017
 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 Ave.
 Santa Cruz, CA 95062

Presenters:

Jorge Méndez, Sr. Health Services Manager

Mr. Méndez has extensive knowledge and experience directing mental health service programs in Santa Cruz County. In his previous roles Mr. Mendez directed residential and outpatient treatment programs, supportive housing services, emergency housing for veterans, and psychiatric services for older adults. He is a former NAMI Board Member.

Dr. Kelly DeBaene, Quality Improvement Manager/Epidemiologist

Dr. DeBaene has a background in public health, epidemiology, and veterinary medicine..She works with multidisciplinary partners on emergency preparedness, infectious diseases and substance use.

**PLEASE CONTACT OUR OFFICE IF YOU CAN BRING SNACKS TO SHARE OR CAN HELP SET UP.
 (831) 824-0406 OR INFO@NAMISCC.ORG**

Benefit Concert
 Save the **NEW** Date:
March 18 2018!



The NAMI Benefit concert is re-scheduled to March 18, 2018, Sunday at 1:00 pm at Cabrillo College.

There will be an **artists gallery show** in conjunction with the event.*

*Call to all artists in the mental health community: please get your art ready for the show Jean Bebe will coordinate a gallery show in conjunction with the concert
jbebe92@aol.com

The Mariposa Wellness Center in Watsonville is looking for people to help with a Thanksgiving Dinner on Wednesday, Nov 22, 2017, noon to 2, Watsonville Vet's Hall, 215 East Beach St. If interested please contact Jodie Wells 768-8132, x309

QUESTION PERSUADE REFER

This free training teaches how to recognize the warning signs of suicide, how to facilitate the three basic intervention skills, and how to collaborate with someone at risk in preparing a Safety Plan. SafeRx Santa Cruz and firearm safety experts will demonstrate how the storing of opioids and firearms during an emotional crisis may save a life.

December 15, 2017
 9 AM - 12 Noon
 County of Santa Cruz Emeline Health Center
 Large Auditorium - Building D
 1080 Emeline Ave.
 Santa Cruz, CA 95060

Melissa Ladrech, MS, LMFT, is the Sonoma County Behavioral Health Quality Improvement Manager. Previously, she worked as the Suicide Prevention Project Coordinator at Family Service Agency in Marin. Melissa is a Master Question, Persuade, and Refer (QPR) trainer and an Applied Suicide Intervention Skills (ASIST) trainer.

To register, please contact: Betty Nadeau at ndbtty@yahoo.com

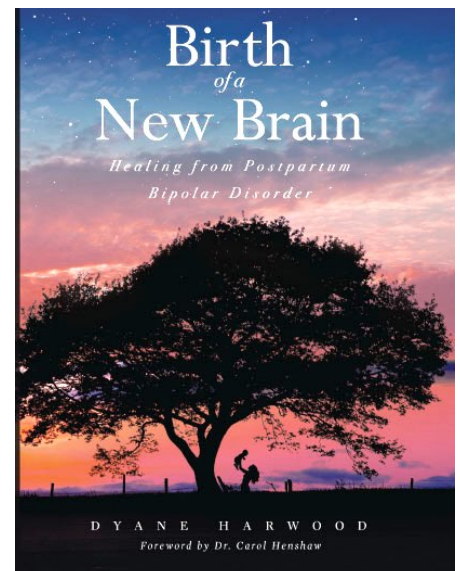
This free event is sponsored by;
 Santa Cruz County Mental Health Services and
 The Clarence and Catherine Bailey Trust

Suicide prevention is everyone's business. Thank you for caring!

Don't miss Birth of a New Brain - Healing from Postpartum Bipolar Disorder!

Thursday, December 7th, 7:00-8:15 p.m.
 Park Hall Community Center, 9400 Mill St., Ben Lomond

Dyane Harwood will define postpartum bipolar disorder, an unusual form of bipolar and a perinatal mood and anxiety disorder. She'll share how one can live well with a mood disorder. Q&A session following. Proceeds from Dyane's book and refreshment sales benefit NAMI/ National Alliance on Mental Illness, Santa Cruz County and the Valley Women's Club of San Lorenzo Valley.



Our First Executive Director!

The NAMI Santa Cruz County Board is pleased to introduce and to welcome Janet Gluch as our



first Executive Director. We thank all of our many dedicated volunteers and generous donors who have supported us over the years and have contributed to NAMI, helping NAMI to reach this milestone. We are so grateful.

Janet is enthusiastic about using her professional experience and skills

to further NAMI's mission of education, support and advocacy. Her personal experiences, challenges, and lessons-learned of having loved ones with mental health challenges motivate her to support others to live the fullest life possible.

Janet comes to NAMI Santa Cruz County from a professional background with several education and non-profit institutions including Hospice of Santa Cruz County and Kirby School. Her executive skills in resource and volunteer development contributed to growth in financial structure and in creating enriching experiences for volunteers. She has also been an active board member and volunteer in our community with Above the Line and Monarch Services, formerly Women's Crisis Support. Most recently, she directed faith formation programs at a local church.

She received a BBA from the University of Pennsylvania and a MA in Pastoral Ministries from Santa Clara University. Originally from Philadelphia, Janet has enjoyed living in Santa Cruz County for the past 30 years. She is an active member of the Rotary Club of Santa Cruz and enjoys traveling, hiking and watercolor painting.

We are excited to welcome Janet in December 2017. Janet can be reached at: janet@namiscc.org, or office 831-824-0406

NAMI Task Force on Crisis Care Sparks Change

In Spring 2017, NAMI SCC formed a Task Force on Crisis Care in response to many concerns brought to NAMI regarding situations at the SC Behavioral Health Center: the Crisis Stabilization Program and the Psychiatric Health Facility.

Meetings with top leaders of Telecare Corporation, SC County Behavioral Health, and NAMI have resulted in improvements.

Many NAMI members submitted stories of their difficulties getting the help they needed in crisis situations. The problems that were brought forward include releases of 5150 holds before stability, need for psychiatrist to do releases, short stays, assessments needing consideration of the information provided by friends/family, overcrowding in the CSP, food inadequacies, staffing shortages, stays beyond 24 hour limit in the Crisis Stabilization Program, and issues with Dominican hospital ER

Telecare Corporation responded quickly with changes in leadership and policies. In particular, psychiatrists will be consulted before the release of any 5150 holds, staffing is increased, and Telecare is conducting a comprehensive review of standards, policies and procedures.

The problems which we experience here in Santa Cruz with shortages of crisis beds are common throughout the state, due to complex policies and funding at state and national levels. Our BHC has only 16 beds.

We believe major changes are needed to address those under-met needs in our community and communities everywhere in our state. NAMI must work collaboratively to provide feedback and to improve all mental health services.

Reading the full report will help you to become informed advocates.

**SEE IT AT WWW.NAMISCC.ORG .
YOUR MEMBERSHIP TRULY COUNTS IN
ADVOCACY.
PLEASE JOIN TODAY.**

Many thanks to the many NAMI Advocacy responders or their stories and involvement, and to the dedicated CrisisTask Force: Carol Williamson, Hugh McCormick, Betsy Clark, Sheryl Lee, Rama Khalsa, Michael Fitzgerald

NAMI PROGRAMS

Be The Difference Awards

Congratulations to “Be the Difference Award” winners Emily Chapman and NAMI Peer Program Volunteers!

Emily Chapman has helped hundreds of people. She co-founded the Parents of Youth Support Group, teaches the



NAMI Basics class & speaks to schools and parent groups, describing the warning signs, offering the message of hope and recovery, & telling her story. Emily is the North Star for many, guiding the way towards wellness and recovery. She does all of this difficult work with a calm and reassuring manner. A genuine listener who “gets it” and can offer that warm embrace. Emily makes it look easy as she listens to the really hard stories and offers hope and support.

Award for volunteer program went to NAMI Peer Programs. NAMI Peer Program Volunteers are the bedrock of our peer programming. Through teaching the NAMI Peer



Begins Tuesday, Jan 9th
6:30 to 8:30 pm Santa Cruz
Registration is required.
Email joannecy@aol.com
or sign up at
www.namiscc.org/family-to-family.html

NAMI Family-to-Family is a free 12-week course for family members of individuals mental health challenges. It teaches the knowledge and skills that family members need to cope more effectively.

- Medications, side effects, and strategies for medication adherence
- Biology of brain disorders and effective treatments
- Gaining empathy
- Problem solving, listening, and communication techniques
- Strategies for handling crises and relapse
- Care for the caregiver



Next class, January 2018
evenings (TBD)
in Santa Cruz
Registration is required.
Call 824-0406 or sign up at
www.namiscc.org/peer-to-peer.html

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. It provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope.

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up-to-date on mental health research
- Understand the impact of symptoms on your life
- Resources on how to maintain your journey toward recovery

to Peer classes, facilitating our NAMI Peer Recovery Connection Support Groups, and telling stories of hope with the “In Our Own Voice” and “Ending the Silence” presentations, these volunteers help people focus on recovery, resiliency, and provide the support that is essential to wellness and quality of life. People who attend the programs and presentations gain insight from hearing the challenges and successes of others. NAMI Peer Volunteers create an atmosphere where people can learn from shared experiences in an environment of sincere, uncritical acceptance. They are a true heroes and a gift to our community.

No one should face this challenge alone.

With your donations of time, heart and dollars NAMI SCC reaches over 1,500 people each year! We rely on your generous donations to keep our classes, groups and advocacy efforts running strong. We can't do it without YOU.

<http://www.namisc.org/donate-membership.html>

- ▶ Over 104 Family Support Groups and 70 Peer Connections Recovery Groups
- ▶ 5 Family to Family, 2 NAMI Basics classes and 4 NAMI Peer to Peer classes
- ▶ Over 80 Ending the Silence and In Our Own Voice Presentations
- ▶ 6 Speaker Meetings
- ▶ Warmline and online chat group
- ▶ Involved in every Crisis Intervention Training
- ▶ Crisis Advocacy Task Force - collaboration to improve our mental health system
- ▶ Chief Council and CIT Council participants

We have also added Spanish language programs!

- ▶ NAMI Bases (Spanish class)
- ▶ Spanish Family Support Group

*"When our daughter was having a crisis, I turned to NAMI."
"I always walk away feeling strengthened and with a game plan how to improve our situation."*

This important work can only happen because of your generous donations.

Your contribution will make the season brighter for so many

<http://www.namisc.org/donate-membership.html>

or mail a check to

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

Thank you!



Holiday Party

Date: 12/09/2017 (Sat.)

Time: 12:00pm - 3:00pm

Volunteers from NAMI-SCC and MHCAN will join together to provide a holiday meal, gifts, and good cheer to local people who are living with mental illness. This is a special annual event of **holiday spirit**, with **musical entertainment** and **Santa's gift room**.



We are purchasing gifts of warm coats, socks and toiletries for over 200 people.

We hope you can help us raise \$8,000 to cover the cost of the gifts and party expenses.

If you can help at the event or donate go to:

<http://tinyurl.com/holiday-mhcan2017>

Be the Elf you always wanted to be!

Get your Holiday Uplift early by contributing and knowing you are helping someone who needs your help to stay a little warmer this winter.