

SEPT / OCT 2016



Santa Cruz
County



831.427.8020
WWW.NAMISCC.ORG



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NAMI SANTA CRUZ PRESENTS

The M.O.D.E.R.N Voice Hearer: An innovative approach for people who experience distressing voices

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

Debra has heard voices since childhood and spent several decades in mental institutions. She discovered a way of getting her voices under control and reclaimed her life. Her approach has now been adopted by mainstream Mental Health Services in New Zealand. In this presentation she will discuss her approach to dealing with distressing voices and the current mental health environment with an emphasis on recovery.

Debra has an extensive background as a mental health educator and as consultant providing Peer Advisory Services. She serves as the Project Manager for the Psycho-



Weds. Sep21, 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

logical Interventions for Enduring Mental Illness Project, developed the Consumer-Clinician Alliance to co-facilitate therapeutic groups for people who hear distressing voices and trains clinical staff in her innovative and internationally renowned approach to voice hearing.

Debra is a Professional Teaching Fellow with The University of Auckland's Centre for Mental Health Research in the School of Nursing, and travels internationally for conferences, teaching and presenting her publications. She transferred her own 30 years of the lived experience of recovery, voice hearing and the shared experiences of the consumers she has worked with into a wealth of knowledge that is collaborative, interactive and empowering. ■

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 namiscc.org/groups or contact Emily ebc73@comcast.net or (831) 476-1020 for info and location.

■ PARENTS OF YOUTH

For caregivers of youth 17 & under. 3rd Thursday at 6:30-8:00PM See namiscc.org/groups or contact Emily ebc73@comcast.net or (831) 476-1020 for info or location.

■ Odyssey II

For caregivers of adolescents ages 12-21 in or considering Wilderness or Residential Treatment. 2nd Monday of the month at 6:30pm; Contact Suzanne Williams shwilliams56@hotmail.com for info and location.

■ 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 Community Groups are listed on our website at namiscc.org/groups**

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

■ ADHD Group

Adults with ADHD meet:

6:30-8 PM the fourth Wednesday. For information: Judy Brenis 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

The Power of Community

Inspired by their patron saint, Dymphna, in the 12th century, the villagers of Geel took mentally disabled and dependent strangers into their homes. This tradition continues today. At one time a third of the families in this Flemish town hosted boarders. Some stay as long as 45 years. 28 years is the average length of stay. Many Geel Citizens have had boarders in their families since they were born. The boarders, whom they have known their whole lives, are considered family. Families get small stipends but for many, the emotional satisfaction and close bonds are the real reward.

Geel is a modern town of 35,000 people who accept, instead of fear, what we might label as 'strange' behavior. This is a culture with 700 years of exposure to and acceptance of mental patients once referred to as "Pilgrims." Coffee is served in a cafe with as much deference to actively hallucinating psychotics as to anyone else. People talking to themselves or pacing on street corners are not a cause for alarm.

The area around Geel is divided into three zones and teams are assigned to each. Each team has a doctor, social worker, occupational therapist and a nurse. When patients first arrive, they are prescribed meds and paired with a therapist. The doctors discuss and choose which family will be the best match. Families are considered partners in care and healing. They regularly consult with the district nurses, who stop in at least once a month to check on how things are going. The hospital looks like a resort. They can return for the 'baths' which gives professionals a chance to check on them without a formal appointment.

Hosts are not trained professionals and are not trying to change, fix, or cure the boarders. They are not given the history or diagnosis of their guest. They accept behavior, like random screaming, pacing, and delusions. In one home, a boarder twists all the buttons off his shirt every

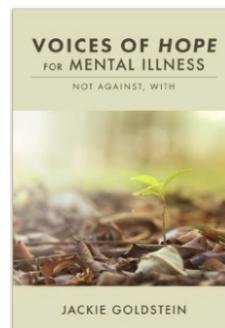
day. His host Mother sews them back on every night.

She says, "He needs to twist the buttons off. It helps him. We accept these odd behaviors. We don't try to make them go away. Some things you can't fix. But you can work around them, or you can not let it bother you." There are many small things that host families accommodate. Bothersome behaviors that they have learned, are calming to the boarders.

When a boarder hallucinated blood-thirsty lions coming out of the walls his hostess would calmly "chase" them away. She and her husband have hosted six boarders over the years. One had a gambling problem, one stole a wallet. Another would frequently lock them out of the bathroom, and one once threw a hammer at the door. She and other families have hosted those who were really difficult, aggressive or incoherent. Constant talking, rattling, and movements up-and-down in the chair and in and out of the room. The fact that these behaviors are accepted and the boarders are given the opportunity to work and contribute as much as they are able can create a sense of belonging and community. In Geel a person can live stigma free, with dignity.

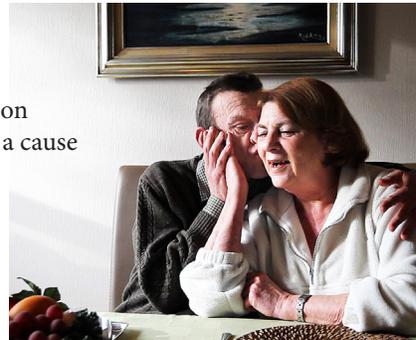
Below is a link to the inside of a host home with boarders. <http://tinyurl.com/geel-community>

Learn more about this and other communities



Voices of Hope for Mental Illness; Not Against, With by Jackie Goldstein

Available in our library. Support NAMI SCC at smile.amazon.com.



Is Master Lease an option?

A group of parents met with Gary Butler, Vice President of Front St. Inc. to explore questions raised at July's Speaker Meeting. Here is a summary with regards to Master Leases and Property Management:

MASTER LEASE

A master lease gives an organization like Front St. Inc., the right to sub-lease the property for a specified period of time. Front St., Inc. holds master leases for rental units in scattered sites throughout the county provided to individuals in the County of Santa Cruz Supported Housing program. They repair damage to the property. These units are subsidized to be affordable to persons with mental health disabilities who are receiving services through Santa Cruz County Mental Health. The Front Street Housing Support Team provides ongoing case coordination, medication support, occupational therapy, and assessment of tenants for these units. One proposal was to participate in this subsidized program by leasing a home to Front St. Inc. and stipulate that one of the rooms be rented to an adult relative. Other tenants in the home would be people receiving services through Santa Cruz County Mental Health. Your loved one would have to abide by the terms of the lease and could be evicted if the terms were not followed, but if the rent continued to be paid, s/he could return to the home or they could be moved to the top of the list for the next opening. The master lease with Front St. Inc. could be terminated or renewed at the end of the year.

PROPERTY MANAGEMENT

There are many ways to set up an agreement for managing your property. Typically a Property Manager looks for renters, collects rent, is contacted if anything goes wrong and coordinates repairs. The owner is responsible for repair costs and pays a fee to the

Property Management Company. No subsidies are available in this situation so costs to the tenants and home owner are higher. However, the property owner has more control. We discussed Front St. Inc. potential ability to help with these types of services which could include an option where Front St. Inc's Living Skills Support Services could be part of the lease agreement. The Living Skills Support Team could lead house meetings or work with individuals on a variety of independent living skills.

Thank you to Gary Butler for contributing to this article.

Gary Butler, Vice President, Front St. Inc. (831) 420-0120 ■

SEROTONIN HOUSE

People in recovery from mental illness often experience loneliness and isolation. Housing co-ops can provide a sense of community to combat these feelings.

Elizabeth Asako Kinase-Leggett is organizing a housing co-op for people living with mental illness. She has many years of experience living in housing co-ops in Illinois and California. She managed a co-op in Santa Cruz. Through cooperative living, she learned to communicate directly and how to live with a variety of people. In a co-op, the total is greater than the sum of its parts. Living cooperatively can be a transformative experience. The main requirement for the coop is that each member has a mental illness diagnosis and has been in recovery for at least six months. This house will offer social support, not psychiatric services. Asako is currently looking to find future members, a location and funding. If you are interested please contact Asako <asakokl@yahoo.com>, or complete this survey:

NAMI Housing Co-op Interest Survey at [http:// tinyurl.com/asako-coop](http://tinyurl.com/asako-coop).

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 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 Suzanne at suzanne@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 in October. Signup online at: <http://www.namiscc.org/nami-basics.html> or contact:

For English - Dyana at dzweng@comcast.net or (831) 706-7327.

For Spanish - Claudia at csaggese@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@namiscc.org.

DON'T MISS OUT

Upcoming Events

1 NAMI Board Meeting
Holiday Schedule: Weds, Sept 7th
6:00-7:30pm 303 Potrero St., Building 42, Room 103. All are welcome. Future Board Meeting will be held on the first Monday of the month. Call for info and location: 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. Next meeting on Sept 15, 2016 at the Mariposa Wellness Center 10 Carr Street, Watsonville.

3 Town Hall Meeting - Tuesday, September 13th at Aptos Village Park from 4:30 to 6:00 p.m.
Please join Santa Cruz County Behavioral Health for a Town Hall meeting. The recent state initiative has reduced funding and impacted local services. We will review the Mental Health Services Act plans and provide information on the State's initiative and impact on local service. Join us to hear the updates and share your input.

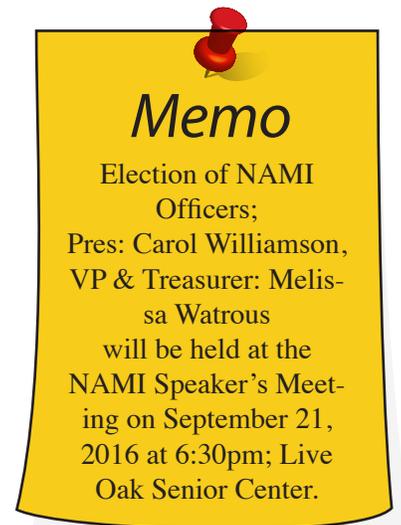
4 Training to volunteer with Suicide Prevention Service
Begins Tuesday, Oct. 11, 2016
(831) 459-9373; sp24hr@gmail.com or www.suicidepreventionservice.org
Gain effective communication skills. Interventions are on the telephone and are confidential. Join a community of

dedicated and caring people. No prior experience necessary.

5 Text, Talk, Act for Mental Health
Text, Talk, Act is a conversation to talk about the importance of mental health. Text, Talk, Act uses text messaging to facilitate a face-to-face conversation on mental health. Participants gather in small groups (3-4 people) with one cell phone per group. They text START to the number 89800 to receive a series of text messages that guides their group through a conversation on mental health: why it is important, how to care for it, and how to help a friend in need. The text messages include videos, social media interactions, polling questions and discussion questions.

Upcoming Nationwide dates for Text, Talk, Act in collaboration with Active Minds:
Suicide Prevention Month (Sep 10 - Oct 3)
Active Minds' National Day without Stigma (October 3)
Active Minds' Stress Less Week (Dec 4 - 10)

6 Bridging the Gap Between Neuroscience and Psychiatry: Brain Imaging Studies of Hallucinations. Presented by: **Dr. Judith Ford, Professor of Psychiatry, Co-director, Brain Imaging and EEG Lab, UCSF**
Wednesday, October 19, 2016
6:00pm - 7:30pm
El Camino Hospital, 2500 Grant Road Mountain View. New Main Hospital Conference Room E & F
Registration required due to limited



room capacity. southbayprojectresource.org/category/events/

7 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. ■

END THE LONG-TERM ISOLATION OF YOUTH IN CALIFORNIA'S JUVENILE FACILITIES



In California's juvenile facilities, young people can be locked away in isolation for weeks or months at a time—separated from their families and meaningful human contact.

Gov. Brown has a chance to change that by signing SB 1143 into law. Can you help show the governor that

thousands of people across the state want him to protect the basic human rights of our most vulnerable populations, including children in local and state juvenile facilities?
<http://tinyurl.com/sb1143>



Santa Cruz County Mental Health Leaders invite you to come and meet **Jimmy Panetta**

Monday, October 24, 2016
5:30 p.m. to 7:00 p.m.

Simpkins Swim Center
979 17th Ave, Santa Cruz

Come and meet Jimmy Panetta and learn about who he is, why he is running, and his positions on the critical issues impacting the 20th Congressional District, including mental health care.

If you have any questions or would like to RSVP please contact 831-238-7742 or omar@jimmypanettaforcongress.com

UPCOMING CLASSES



Peer to Peer Class begins

Thursday, Oct 6th; 6:00 to 8:00 pm

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.

Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a "relapse prevention plan" to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

Register online at:

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

Or Contact: Suzanne Williams 831-419-5403

suzanne@namisc.org



**English Class Offered in Santa Cruz beginning
Weds, October 19th 6:00- 8:30pm**

**Spanish Class Offered in Watsonville beginning
Mon, October 10th 6:00 - 8:30pm**

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 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.

Register online for the English and Spanish classes at:

<http://www.namisc.org/basics.html>

You can also sign up by contacting the lead teachers:

For English - Dyana at dzweg@comcast.net or
(831) 706-7327.

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

UPCOMING ONLINE CLASSES

CARING FOR PEOPLE WITH PSYCHOSIS AND SCHIZOPHRENIA

Starts October 16th - Offered by Kings College in London at no cost. You can purchase a certificate at the end if desired but taking the class is FREE.

<https://www.futurelearn.com/courses/caring-psychois-schizophrenia/3>

This class offers helpful information that can be taken in your own time. It is in an format which includes written information, videos, simple quizzes to test your knowledge and understanding and an opportunity to interact with fellow students from all over the world.

It is open to anyone with an interest in psychosis and/or caregiving for someone experiencing psychosis, i.e. a child, partner, sibling, parent or friend. No previous knowledge is required.

Cohorts of the June class found it extremely valuable. We gained a deeper understanding of what psychosis is, what its causes and symptoms are, how it is currently treated, and what anti-psychotic medications and talking treatments aim to achieve. We also found out how psychosis can affect the lives of caregivers.

We identified some of the physical health challenges associated with psychosis, and how to begin to address these. We examined the concept of recovery and what it means for carers, families and their relative with psychosis. We looked at how carers' needs can start to be met and highlighted some alternative approaches to tricky communications issues. ■

FAMILIES HEALING TOGETHER

<http://familieshealingtogether.com/> Next class starts at 9/15.

This class will provide you with a safe and supportive space to learn the tools of family mental health recovery including: sharing stories for the purposes of connecting and healing, learning from people who have recovered from psychiatric labeling and extreme emotional states, deepening our understanding of the continuum of mental health and distress, harnessing the power of hope, using a strengths based approach in communication, ways to stay connected during psychosis, setting healthy personal boundaries, and celebrating recovery stories.

Link to a paper just published on the curriculum.
<http://nsuworks.nova.edu/tqr/vol21/iss7/3/> ■