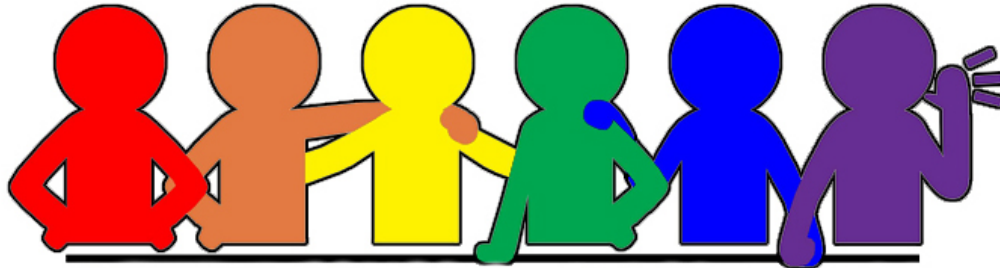


# NEWSLETTER



## SPEAKER MEETING

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

### Ask the Doctor

*Come to learn and ask your questions of Dr Rique Brister, psychiatrist.*

#### De-mystifying brain chemistry - "It's just a wave. It's not the water!"

Understanding how different chemistry affects perception and behavior helps to banish forever the stigma behind these imbalances and the belief if you have this different chemistry you are somehow less than. Dr. Brister helps people strive for true happiness; not just dealing with this glitch. To quote Jimmie Dale's county western song "It's just a wave. It's not the water."

This talk will begin with dopamine and hallucinations and will take other questions from the audience.

|  |
|--|
| <p>Wednesday, Sept 19, 2018<br/>         6:30 to 7:00 Meet and Greet<br/>         7:00 to 8:30 Program &amp; Q/A<br/>         Live Oak Senior Center<br/>         1777 Capitola Road<br/>         near 17th Avenue</p> |
|--|

#### **About Rique Brister, M.D.**

Rique Brister, M.D. studied psychobiology in grad school then switched to medicine to become a psychiatrist. She started practicing in 1984, focusing on biochemical changes with depression, anxiety, bipolar, OCD and schizophrenia. Dr. Brister is very familiar with family struggles regarding a loved one going through these episodes. She was a foster mom for 12 yrs to traumatized children and her biological child has OCD. Dr. Brister also has a sister with Bipolar. Dr. Brister is currently the Medical Director at Good Samaritan Hospital, former Medical Director at Telecare in Santa Cruz. She also has done addiction work, inpatient, outpatient and partial hospitalization.

**We appreciate any help with set-up, snacks and clean-up.**

**Please contact our office at 831-824-0406 or [anastasia@namiscc.org](mailto:anastasia@namiscc.org)**

---

# NAMI HAPPENINGS

---

## Re-affiliation and By-Law Changes

NAMI National is currently in the process of “re-affiliation.” The purpose of re-affiliation is to ensure that all of the 1200 local NAMI affiliates across the country are providing programs consistent with NAMI standards, and that policies regarding membership, Board of Directors, fiscal management, staffing, and operations are consistent across all affiliates. We are revising our by-laws to meet these requirements, and adopt the recommended new bylaws through a vote of current members. One change will be to reduce the length of terms of service of the board directors to three years, two terms, which will promote more movement and learning among the chairs. Another change is that the board of directors will be allowed to select officers of the board from the directors, instead of waiting for a vote from the full membership, as previously done. Required offices are President, and Secretary/Treasurer.

At the September 19th speaker meeting, we will

ask for a vote to approve adopting of the new bylaws, and vote on officers.

We are grateful to volunteer Board members who have agreed to continue to serve: Melissa Watrous, Vice President. Directors: Hugh McCormick, Warren Barry, Tina Landino, Carol Williamson, Betsy Clark, and Advisory Board members: Nancy Sherrod, Rama Khalsa, Lynda Kaufmann, and Technical Advisor Michael Fitzgerald.

Members will vote for volunteer officers:  
President: Carol Williamson, and Secretary/  
Treasurer: Betsy Clark. There are no new nominations.

Applications for Board service are available by calling 824-0406. We’d love to talk!

Hard copies of the new by-laws will be available at the Speaker Meeting and are posted <https://www.namisc.org/board-information.html>

---

## Stakeholder Meeting - Your participation is requested

Your input on how you or your loved one has benefited and identifying gaps is so important at these critical meetings. This is our chance to influence how millions of our tax dollars are spent. We thank the reps from NAMI California for coming here on Sept 19 and starting the process with our County Behavioral Health Dept. For more info contact Carol Williamson at: [cjna@comcast.net](mailto:cjna@comcast.net) and (831) 229-2675.

### 1. MHTA and strategic plans

- Tuesday, September 25th - Mid County: 10:00 a.m.- 12:00 p.m. @ Santa Cruz Sheriff’s Office 5200 Soquel Avenue, Santa Cruz, CA 95062
- Wednesday, September 26th
  - North County: 10:00 a.m. – 12:00 p.m. @ Santa Cruz City Council Chambers 809 Center Street, Room 10, Santa Cruz, CA 95060
  - South County: 6:00 p.m. – 8:00 p.m. @ Watsonville City Council Chambers 275 Main Street, Suite 400(4th Floor)

### 2. **Second Story** - Get involved with preventing it’s closure. Contact Adrian Bernard at [adrian.bernard@encompasssc.org](mailto:adrian.bernard@encompasssc.org)

### 3. **Task Force on Suicide Prevention**

A task force has formed, composed of 25 representatives from the community, including schools, law enforcement, public health, hospitals, County Behavioral Health, primary care, and NAMI, to focus on causes and prevention from all angles.

## TRANSITIONS: AMAZING VOLUNTEERS

We welcome Fay Rector as our new Coordinator for the Family to Family Education Program. Fay found NAMI 10 years ago, when her son experienced a serious mental health crisis. After taking a Family to Family class from Cherry Maurer and Richard Fairhurst, with a guest visit by Hugh McCormick, she knew she had found others who could help and understand her. And, she told herself “someday I want to teach too”. When she left her work (implementing electronic health records systems), Fay became a teacher, and has taught Family to Family six times. She is also a Family Support facilitator and helps on the Warm Line. Her greatest love about helping NAMI: the wonderful opportunity to give back, helping others get the information they need, overcoming her fear of speaking, and learning something new all the time. “I’ve learned how to listen, and you can’t judge anyone else’s situation. As I help others, they help me”.

All NAMI members want to thank Joanne Yablonsky for her dedication to NAMI as Family

to Family coordinator for more than ten years, for teaching Family to Family and Provider Education, for her loving work as a support group facilitator.

Her warmth, concern, love, and sense of humor has helped so many of us. She will still help NAMI in other ways.

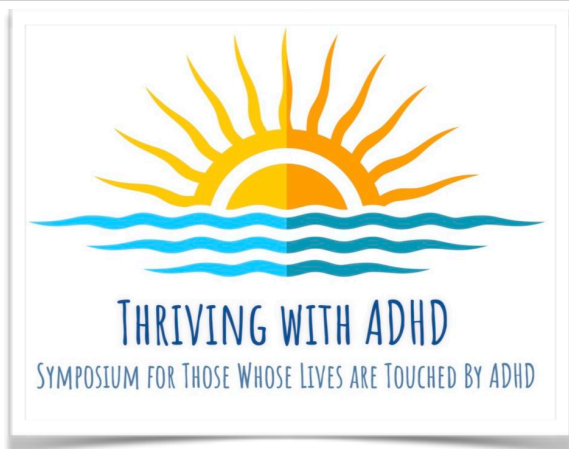


Sheryl Lee’s dedication, talent, and creativity has brought so much to NAMI. She built our terrific website, created good database systems, made great newsletters, started the Ending the Silence program in schools, started the

Parents of Youth Support Group, worked as our program manager, helped with special events, and with everything! We are so grateful. Now Sheryl is stepping back a bit from NAMI tasks as her family commitments require. Thankfully, she will still help with certain projects!

In other news, new staff recruitment is in process. Staff should be hired and in place by October.

Thank you to every volunteer, member, and donor. You are the heart of this beautiful organization.



Sunday, October 14, 2018

1:00-6:00 PM

Temple Beth El, 3055 Porter Gulch Road, Aptos  
Register At: <http://adhdsymposium.com>

Keynote Speaker Laurie Dupar, creator of the ADHD Awareness Book Project

### **The Gifts of ADHD**

Closing Speaker Lawrence Choy, MD, Medical Director of the Elite Focus Clinic

### **The Science & Neuroplasticity: How to “Hack & Rewire” the ADHD Brain**

**Interactive Breakout sessions with experts in the ADHD field.**

# EVENTS

## YOU are invited to a social gathering!

- Rio Del Mar Beach
- 7-9pm
- Saturday, September 22

This is for ALL members of the mental health community. Peers, Family Members, Advocates, Providers and friends are all WELCOME.



We will sit around a campfire on the beach, enjoy a full moon, roast marshmallows and make s'mores.



*TLC is a Cooperative Community, creating gathering spaces to enhance the quality of life for all of us in NAMI and the mental health community. ALL are WELCOME*

Learn more at <https://www.tlcsantacruz.org/>

For more information please contact Elena Broslovsky [irthma@gmail.com](mailto:irthma@gmail.com) or Fay Rector [rectorf@yahoo.com](mailto:rectorf@yahoo.com)

*The Mental Health Advisory Board of Santa Cruz County invite you to light a candle in support of*  
**WORLD SUICIDE PREVENTION DAY**



**Monday, September 10, 2018**  
**6:00pm**  
**Clock Tower / Downtown S.C.**

Remember a lost loved one and for survivors of suicide and their families and friends. Increase public awareness and response.

CANDLES WILL BE PROVIDED

*\*If you cannot attend but would like to support World Suicide Prevention Day, please light a candle near a window at home.*



This annual three-day event is for anyone interested in Mental Health both personally or professionally. The Conference includes keynote sessions and breakout workshops. They also feature numerous community leaders and mental health professionals giving workshops and participating in panels, as well as representatives from various ministries and organizations.

Email [carrie@tlc.org](mailto:carrie@tlc.org) or call 831-465-3368 for information. You can Register at: <http://www.tlc.org/mentalhealth/>

# ADVOCACY

## NAMI Santa Cruz Supports 1/2% Sales Tax Initiative

There will be an initiative on the ballot in November that will provide funds to the County Mental Health and Sheriffs Department to help people with mental illness who are in the greatest need of treatment and assistance, yet are resistant to treatment, who suffer also from substance use disorders, and who are disruptive to the public through criminal acts.

The effective treatment of mental illness is one of our community's greatest challenges. This issue has risen to prominence not only due to the sheer number of families coping with this issue and fighting for resources for their loved ones, but because many of those who suffer mental illness are often homeless persons whose struggles have led them into the wilderness of the streets, where their health can quickly degrade further.

While Santa Cruz County provides a range of behavioral health services, unfortunately, not all who need services take advantage of them.

Under Measure G, a proposed half-cent sales tax on the November ballot that would apply only in unincorporated parts of Santa Cruz County, the County is proposing a new program focused on

individuals in our community with mental health and substance use disorder issues that are repeatedly exhibiting behaviors that are asocial, volatile and threatening to others. Some of these people may be homeless; some may have homes. These focused intervention teams would be comprised of mental health and law enforcement professionals, and focus on dual diagnosis persons who exhibit disruptive behavior through criminal acts and who are resistant to services. (Measure G also provides funds for other County needs, such as parks and road improvements)

The program has the potential to fill a gap in our mental health system in Santa Cruz County. NAMI has worked hard to distinguish between criminality and mental health issues, and will continue to do so. This program will provide more intensive assistance to those individuals in need.

I urge you to join us in supporting this program, and in supporting Measure G. We hope it will make a difference in outcomes for this hard-to-treat population, and in doing so, improve the perception of mental illness throughout the community.

NAMI SCC Board of Directors

### Housing Advocacy Network

This is an important moment in our movement to tackle the affordable housing crisis in Santa Cruz County. The Santa Cruz County Board of Supervisors will be considering a proposal to place a \$140 million Housing Solutions Bond on the November ballot. The proposal, which benefits the entire county and all our local cities, will provide substantial funds for new affordable rental housing to meet the needs of local working families (teachers, farmworkers, first responders, healthcare workers and

more) and vulnerable populations such as seniors, persons with disabilities, and low income residents. There are also funds included to create new facilities and housing to address homelessness and to assist moderate income first time homebuyers. We need everyone in the community to stand up for affordable housing.



Please use this link to email the County Board of Supervisors ( [https://actionnetwork.org/letters/housing-bond-at-the-board-of-supes?source=direct\\_link&](https://actionnetwork.org/letters/housing-bond-at-the-board-of-supes?source=direct_link&) )

For more information on the Housing Advocacy Network or to join their newsletter please visit: <http://scchousingadvocacynetwork.com>