

831.427.8020
WWW.NAMISCC.ORG

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NAMI SANTA CRUZ PRESENTS

BACK TO SCHOOL: TIME TO TALK ABOUT MENTAL HEALTH

If a young person's thoughts, feelings or behaviors were causing them to struggle, would you know how to talk to them about it? If they came to you looking for help, would you know what to do? Speakers will talk about how families and teachers can help with school stress and coping. Learn the warning signs and protective factors that help to combat risk and help to prevent symptoms from becoming more severe or frequent.

Learn about how to find help in Santa Cruz County.

- Dr. Jon Girvetz, Ph.D., Child Psychologist and Therapist
- Stan Einhorn, Ph.D., Behavioral Health Program Manager at Santa Cruz County Child and Adolescent Mental Health
- Eileen McCormick, MFT, Director of Youth Services, a division of Encompass Community Services

Weds. Sept 16, 2015
6:30 to 7:00 Meet and Greet
7:00 PM to 8:30 Program & Q/A

Live Oak Senior Center
1777 Capitola Rd. near 17th Ave.
Santa Cruz, CA 95062

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 • 427.8020

PARENTS OF TRANSITION AGE YOUTH

For caregivers of young adults 18-26; 1st Thursday at 6:30-8:00PM Location changing for Sept / Oct see <http://www.namisc.org/support-groups.html> Or contact Emily ebc73@comcast.net or 476.1020

PARENTS OF YOUTH

For caregivers of youth 17 & under. 3rd Thursday at 6:30-8:00PM Location changing for Sept / Oct see <http://www.namisc.org/support-groups.html> Or contact Emily ebc73@comcast.net or 476.1020

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) • 336.5740

Parents with Hope - Al-Anon

For parents or relatives . Addiction & mental health issues. Sundays from 6:30-7:45PM at the Inner Light Center, 5630 Soquel Drive in Soquel. For info, contact Rachel at 688.1792

ADHD Group

Parents Meeting: 6:30-8 PM the second Wednesday. Adults with ADHD meet: 6:30-8 PM the fourth Wednesday. For information: Judy Brenis jbbrenis@comcast.net • 684-0590

Save the Date: Nov 12th
"Celebrate Santa Cruz" Speaker's Meeting
Building Community. Changing Lives.

A Benefit Event for NAMI Santa Cruz County

Thursday, November 12, 2015, 5:00-7:30
Santa Cruz Community Foundation, Aptos
Special Guest Congressman Sam Farr

Enjoy local wines, beer, apple ciders, cheeses, sausages.
Visit with old friends and new.

Live Entertainment, Raffle, and Art Show!
Win a Hawaiian vacation and other fun raffle prizes.

An opportunity to dialogue with Congressman Farr in an intimate setting

Tickets go on sale soon! Watch for more details!

Peer Support Groups

■ NAMI Peer Connections Recovery Support Group

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;
MHCAN: 1051 Cayuga St., Santa Cruz
(enter by outdoor stairs to 2nd floor)

■ 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

STAYING REAL IN SANTA CRUZ

GAD is no laughing matter

By Kris Hunter

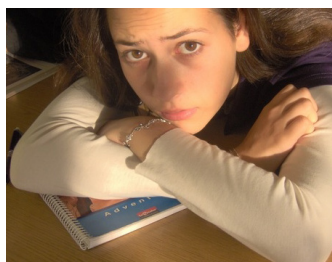
I was afraid of boys in elementary school. They freaked me out, especially if I had to sit next to one. They made me so anxious that my stomach turned. I felt a pit in the bottom of my stomach and a heavy ball sank deeper and deeper. Then I knew what was coming! Yup, you guessed it. I was going to vomit all over that boy.

It sounds funny now, but it was terrifying to me then. I was crushed. I was humiliated. Thirty children were laughing at me. I was in 10-year-old hell.

Before every big event, whether it was a party or a speech in class, I became physically ill. I'd start to sweat, get a sour taste in my mouth, my stomach would gurgle, and that deep pit in my stomach would ache and hurt so much.

During middle school, I threw up every first day of school, during the assembly, in the bleachers. When my book report was due in reading class, I got sick in the garbage can in class. You name it and I puked in it.

My parents took me to a variety of doctors. After taking my great grades, above average social skills, and extracurricular activities into account, they told my parents I was suffering from an "excitable stomach." I would grow out of this annoying habit. Not one doctor suggested I see a therapist or a psychiatrist. Something I hope would never happen now.



When I was diagnosed as an adult with Bipolar Disorder, my childhood ailments were also diagnosed as Generalized Anxiety Disorder (GAD). That fit me to a tee.

Generalized Anxiety Disorder is not just having too much stress in your life. It is a serious disorder that should not be taken lightly.

Did you Know:

- More than half of people with a mental illness experience symptoms by age 14.
- Signs of mental illness typically begin about two to four years before an illness becomes serious.
- Prevention is effective at helping people avoid serious mental illness.
- Mental illness is not anyone's fault or something to be ashamed of.

See more "Mental Health by the Numbers" at www.nami.org/Learn-More/Mental-Health-By-the-Numbers

Online Resources

- strengthofus.org – Designed to inspire young adults to think positive, stay strong and achieve their goals through peer support and resource sharing.
- OK2TALK.org – An online forum for teens and young adults to talk about what they're experiencing by sharing their personal stories.
- WalkInOurShoes.org – A resource designed specifically for young people ages 9-13, this site includes videos and interactive activities to introduce mental health and stigma reduction in an easy-to-understand way.
- ReachOut.com (us.reachout.com/buscaapoyo) Peer moderated forums for teens to talk about their issues such as anxiety, depression, eating issues, self-harm and getting help.

Talk to Someone

Suicide Prevention Hotline - Not just for suicide. Call with questions or just to express emotional pain you, your loved one or friend may be experiencing.

1-877-ONE-LIFE / 1-877-663-5433
831-458-5300 (Santa Cruz County)

Teen Online - staffed by teens trained to talk about abuse, AIDS, alcoholism, depression, divorce, drugs, gangs, homelessness, pregnancy, sexuality, violence, suicide. (teenlineonline.org)

open 6 pm – 11 pm

- Call tollfree in CA - 310-855-4673
- Text "TEEN" to 839863



Brain Gym

by Elena Broslovsky



There are dozens of products available online for exercising and strengthening your brain. They are aimed at improving memory, business acuity, math skills, concentration, language and problem solving.

Now doctors and neuroscientists are using this technology to develop ‘cognitive exercises’ that retrain the brain of people with a variety of mental health diagnosis.

Dr. Sophia Vinogradov of UCSF is at the forefront of this research as it pertains to schizophrenia. Her research has shown that 50 hours (10 weeks) of training results in significant improvements in verbal learning, memory and general cognition in adults with schizophrenia.

The people in the study become more able to engage with others, hear more accurately what is said and better recognize and interpret facial expressions. Furthermore, most of the gains remained 6 months after completing the training.

This is still in clinical trials but she is hoping for FDA approval and a wider use in next few years. You can learn more about her work at vinogradovlab.com. Contact her lab if you are between 18 and 60 and interested in participating in clinical trials.

The brain training tool she uses was developed by Posit Science. They have a commercial product available called BrainHQ. It is available online for anyone who wants a work out in the Brain Gym. <http://www.brainhq.com/>

Kelsey Wilshusen Pfothenauer Memorial Fund Grants NAMI \$5K for Youth Programs



NAMI Santa Cruz County is very grateful to announce a \$5,000 gift from the Kelsey Wilshusen Pfothenauer Memorial Fund at the Community

Foundation for our youth programs: Ending the Silence, Patents & Teachers as Allies, Student Leading Change Council, and In Our Own Voice.

Together, these programs are fostering meaningful change in the perception and management of mental health conditions among our youth, their families, local educators, and the wider community. NAMI-SCC is at the forefront of national and international efforts to broaden our collective understanding of mental illness, its causes, and successful strategies for hope and recovery.

“NAMI’s youth-oriented programs are reaching families and young people at

a critical time in the cycle of mental illness” says Linda Wilshusen, Kelsey’s mother. “These well-researched programs are already demonstrating their potential to significantly change the course of individual lives, and our family is happy to be able to continue to support NAMI’s wonderful work with this final grant from Kelsey’s memorial fund.”

Kelsey died by suicide in 2004 at age 19. She had recently been released from hospitalization in Ohio and Santa Cruz following a ‘first psychotic break’ associated with schizophrenia. Her family’s open sharing of the circumstances of her death and mental illness was both supported by and continues to support NAMI’s community education efforts.

For more information about NAMI-SCC’s youth programs or to make a gift in support of these important efforts, please contact Sheryl Lee at slee@namiscc.org or 831-331-9084. ■

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, joanecy@aol.com, or signup online at: namiscc.org/family-to-family.html Also offered in spanish. Contact Jorge Mendez, 831-521-1657, info@namiscc.org, or signup for Spring 2016 class online at: namiscc.org/de-familia-a-familia.html.

■ 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. Contact Hugh at hugh@namiscc.org or 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. Contact Emily at ebc73@comcast.net or 427.8020

■ NAMI Provider Education Program

For all professionals who want to understand more about serious mental illnesses. Taught by a panel of a professional therapists, providers, people living with a mental illness, and family members. Call 427.8020 to be put onto wait list for the Spring 2016 class.

Presentations

■ In Our Own Voice

Community presentation designed to create understanding and compassion. NAMI 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.

Upcoming Events

1 The Santa Clara County Office of Family Affairs invites Santa Cruz residents to attend the **WRAP for Families** training. (Wellness Recovery Action Plan) It is a great follow-up after a NAMI Family to Family class. For more info on WRAP see: www.copelandcenter.com WRAP for Families meets every Weds, 6:30 - 8:00pm; 2221 Enborg Lane, San Jose (enter through exterior patio door). For more info contact Diana (408)792-2166 or diana.guido@hhs.scgov.org

2 The NAMI Board meets the first Monday of each month. 6:00 p.m. to 7:30 p.m.; 303 Potrero St., Building 42, Room 103. All are welcome. Call for info and to verify location: 427-8020.

3 Mental Health Advisory Board Meeting invites you to attend their monthly meetings. Meetings are

held every 3rd Thursday, 3:00 - 5:00 p.m. MHCAN 1051 Cayuga Street, Santa Cruz (October's meeting will be held in room 207 at 1400 Emeline Avenue and will discuss the 2015-2016 Annual Update Three Year Program and Expenditure Plan of the Mental Health Services Act (MHSA/Proposition 63).

4 Free Seminar: Planning For A Loved One With Special Needs Saturday, October 10, 2015, 10:00 a.m. - 1:00 p.m. BASE, 301 Battery Street, Third Floor, San Francisco Call Karri Loud (415) 896-1500 or see www.myersUrbatsch.com

Learn how to: Setup plans for loved ones over 18; Maximize Government Benefits; Use Special Needs Trusts and Memos of Intent; Protect Loved Ones with Limited Conservatorships

5 8th Annual Coastal Trail Walk Sat, Sept 20th, 9:00 am - 1:00 pm coastaltrailwalk.dojiggy.com Del Monte Avenue and Camino El

Estero, Monterey

Contact us if you would like to walk with NAMI Santa Cruz County. 831-427-8020.

Join together in a celebration of life, in remembrance of loved ones, and in support of the services of Suicide Prevention. The walk begins at Window on the Bay Park in Monterey and continues on to just past the Monterey Bay Aquarium, then returns to the Park for announcements and prizes. The event is family-friendly, have kids, pets, friends, neighbors—bring them all!

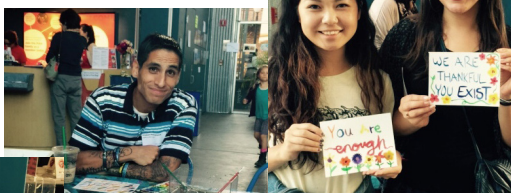
6 NAMI's "Celebrate Santa Cruz" Speaker Meeting

- Thursday, November 12, 2015
- 5:30-7:00
- Santa Cruz Community Foundation, Aptos

Can you help with this event? Can you donate something special to the raffle? Make phone calls? Host/hostess? Call NAMI at 427-8020. ■



Tristan McCormick
NAMI Presenter and
Ambassador



Community shows support for people in crisis

NAMI-SCC recently participated in 3rd Friday: GROWTH! at the Museum of Art and History. We had a great time hosting an activity called Positive Postcards and were honored to create an opportunity where people could show their support for those experiencing a mental health crisis.

It was also a wonderful way to educate our community on how isolating it can be when a mental health crisis occurs. We framed the activity by explaining that when a general health crisis occurs, friends and family may bring casseroles or get well soon cards. Conversely, when people have a mental health crisis,

family and friends frequently don't know how to respond. Many times they do nothing. This is unfortunate because support/caring frequently aids in recovery from a crisis.

Our activity gave participants an opportunity to create cards of encouragement, hope and recovery. The completed cards will be distributed at appropriate "In Our Own Voice" presentations, letting people recovering know that our Community is pulling for them. Many thanks to our volunteers; Kris Hunter, Tristan McCormick, Donna Cederlund and daughter Sequoia, Amy Coffin, and Sheryl Lee. ■

Volunteers make a difference

Each issue we will shine a much deserved spotlight on our volunteers.

Spotlight on EMILY CHAPMAN NAMI Leader and Volunteer

by Elena Broslovsky

Emily Chapman is a wife, and mother of Benjamin, 22 and Michael, soon to be 21.

She lost her mother to suicide in 1980 before NAMI was available in her area, and believes, "that having the support of a NAMI community back then could have saved her life."

After her younger son was diagnosed with Bipolar Disorder in 8th grade, she and her husband Peter, joined a NAMI support group and immediately, took the Family to Family class. She then trained to teach the class. She was also trained to teach the BASICS class for parents of youth. She started a support group for them and also for parents of transitional age youth "TAY" s.

She has presented for both the "Ending

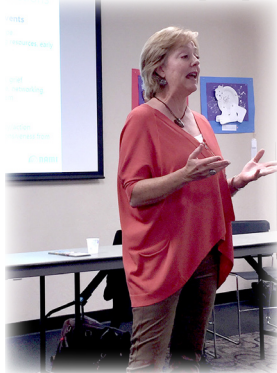
the Silence" program and "Parents and Teachers as Allies." She says, "I'm particularly fond of these programs because we get to share our stories with students as well as parents and teachers. We are reaching a lot of people through these programs and it is amazing how popular they have become."

Emily also helps setting up and greeting attendees at bi-monthly Speakers Meeting.

Her son has graduated from an Alternative school and now attends classes at Cabrillo College. He s a part of "Ending the Silence" and "In Our Own Voice." She is very proud of him.

Emily states, "I love the NAMI community and am so proud to be a part of this incredible shift in consciousness!"

Under Emily's leadership, our community of parents of youth and young adults is flourishing. NAMI is so grateful for all her contributions. ■



Get Involved

Volunteering at NAMI shows how important mental health is to you. Whether you are giving your time because NAMI has helped you or someone you know or you are passionate about our cause, you can help make a difference.

Family to Family Teacher Training

Calling all Family to Family graduates! If you would like to join our teaching team, please contact Joanne Yablonsky, joannecy@aol.com. NAMI CA is offering Family to Family teacher training in Ukiah, October 16-18. Teaching Family to Family is a wonderful way to give back to NAMI and to help our community.

Ending the Silence Speakers!!

Looking for people to join our team for the 2015/16 school year. We have received a tremendously positive response, with over 50 presentations last year. Become part of our team and help change attitudes and lives.

We need you. Become a Mental Health Champion!

Contact Donna Cederlund at donna@namiscc.org. ■

Jennifer's Corner

By Jennifer Wentworth
adayinthelifeofbeingbipolar.blogspot.com



So what's in a name? Some people don't like being labeled with anything especially the stamp of a mental illness. While other people think having a diagnosis or label helps you to better understand the problem and then find better treatment. I tend to lean on the latter of the two. I feel it is important to have a correct diagnosis to deal with the problem and know it by name, getting better treatment for it can then be possible. If you don't know what your dealing with then how can you expect to treat it properly? That is exactly what happened to me. I was misdiagnosed for the last 10 years of my treatment and this led to poor management of my Bipolar Disorder.

My years of misdiagnoses started back in 2004 and included just about everything in the DSM! When we landed on the Bipolar Disorder I, a successful treatment plan followed. That plan has allowed me to remain in recovery even during a stressful move. If I knew then what I know now, this road would have been much shorter!

So here is my advice. Be as honest with your doctor as you can about everything, your symptoms, your medication side effects, your desires and

goals for treatment, your dreams of the life you want to live, who you want to be and where you want to go. If your doctor is not willing to work towards what you want to achieve as a human being then get another doctor. And if you feel like you might be misdiagnosed, try to get a second opinion from another practitioner or doctor. Get your family involved and sign a release to help them be able to report symptoms to the doctor as they arise, they are likely to spend more time with you then your psychiatrist.

Now that I feel I have the correct diagnosis I am about half way there. After 10 years I would expect so! Believe it or not the average time frame for getting a correct diagnosis is 10 years. If you know the right things to look for in a doctor and the right things to say it can help reduce the 10 year average. ■