



CIT TRAINING
TEACHING, PROTECTING,
HEALING



LEARN!
NAMI CLASSES AND
WEBINARS



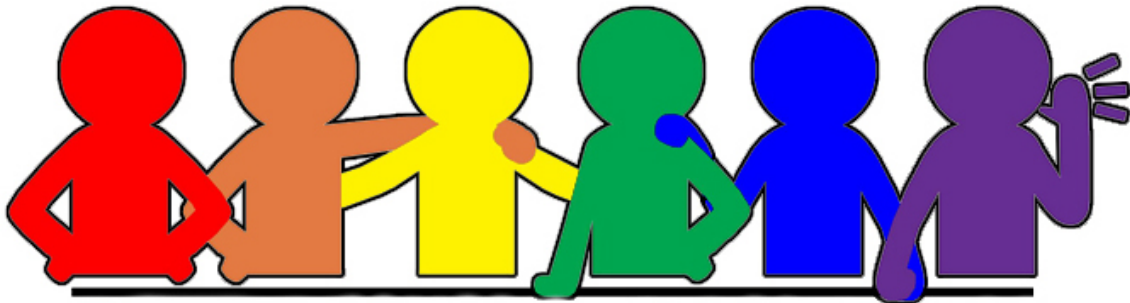
HUMAN RACE
MAY 13TH! WALK,
DONATE, HAVE FUN!



ADVOCACY- ACA
LEND YOUR VOICE
RECOVERY AT RISK



NEWSLETTER



NAMI SANTA CRUZ COUNTY PRESENTS:
**BEING HEARD: STORIES OF HOPE AND
ADVOCACY**

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

Don't miss this Speaker Meeting where you will hear awesome peer and family presenters from our Speaker's Bureau who regularly share their stories of hope and recovery to schools, hospitals, law enforcement and community groups. Hear how these programs have positively affected our community. Be inspired and get ideas that will help you on your own journeys. We share the message of Hope. Recovery is Possible!

You will also learn ways that you can advocate, including how to join our Speaker's Bureau, participate in the Human Race, and join new advocacy efforts for better mental health services in our county, state, and nation.

It will be an inspirational, fun and informative meeting!

We appreciate any help with set-up, snacks and clean-up. Please contact Suzanne if you can help: suzanne@namiscc.org or (831) 824-0406.

Weds. Mar 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

Presented by:

NAMI Speakers from

- ▶ NAMI Ending the Silence,
- ▶ NAMI In Our Own Voice,
- ▶ CIT Speakers,
- ▶ Indivisible on ACA and Parity.

It will be an inspiring and fun evening!

Teaching, Protecting, Healing



NAMI SCC was invited to participate in the much anticipated “Crisis Intervention Team Training” for law enforcement, which is being presented by Santa Cruz County Behavioral Health Department, and began in February.

Our part is to provide two hours of the three day training. We tell stories that are impactful and productive. The training also covers mental illness, resources, and de-escalation techniques, taught by a variety of experts.

After the tragic shooting death of Sean Arlt last October, many of us were motivated to come together for healing, learning, and to improve the situation. We felt frightened for our loved ones.

We wanted to be part of the solution, to help prevent future tragedies, and to build officers’ understanding and compassion for mental health crises and challenges, by using our true stories of our lived experiences.

We invited two leaders from NAMI Los Angeles County Council to train our NAMI presenters. Thirty five NAMI SCC members (22 family members and 13 peers) participated in the first training on December 17, 2016.

Sheriff Jim Hart welcomed the group, stated his support and need for this effort, and shared startling statistics on the number of calls and responses to mental health crisis which can be between 2 and 8 each day. They respond to 120,000 calls per year. Lt Jim Ross from the Sheriff’s department and Sgt. Jon Bush from SCPD gave us a law enforcement point of view on what officers want to know.

Criminalization of the mentally ill is the nation’s worst civil rights violation. The LA County Jail is the largest ‘psychiatric hospital’ in this country. Law Enforcement can be a bridge to keeping those in crisis OUT of the criminal justice system and getting them the help they need. A trained officer’s specialized knowledge can increase the chances of helpful and peaceful solutions.

Family members Melissa Watrous and Pam Gleitsman, and Peers Hugh McCormick and Rebekah Mills each gave excellent examples of presenting their stories. We participated in empathy exercises (simulated voice hearing), interactive discussions, and practiced writing and speaking our own presentations.

We found that there was cathartic healing in writing our stories of the struggles we have overcome and those we are still facing, and sharing them with each other, both for family members and peers. It was a powerful process, which also had the effect of drawing us all closer to each other, confirming we are not alone. Many of the stories were positive and grateful about interactions with officers. Some were not. But all were instructional. Our stories can be used for other venues and forms of advocacy.

NAMI believes that all law enforcement personnel need extensive training, as they are often called on to be our partners in resolving difficult times. The officers trainings will continue through 6 sessions of 40 officers, accommodating 240 officers through 2017, and moving forward. NAMI looks forward to increased collaboration with all law enforcement through this and other methods.

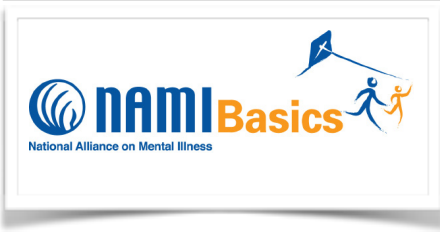
LEARN! WEBINARS AND CLASSES

“ASK THE DOCTOR” WEBINAR SERIES FROM NAMI!

Leading Edge Researchers discuss the issues with NAMI Medical Director, Dr. Ken Duckworth, M.D.

www.nami.org/Blogs/NAMI-Ask-The-Doctor **MANY Great Topics including:**

- “Understanding and Helping Kids with Social, Emotional and Behavioral Challenges” with Dr. Ross Greene
- “I am Not Sick, I Don’t Need Help!” with Dr. Xavier Amador
- Early Psychosis Treatment with Dr. Lisa Dixon



Six Thurs., March 9 to April 13
6:00 to 8:30 pm in Santa Cruz
Registration is required.
Call 427-8020 x1 or sign up at
www.namiscc.org/nami-basics.html

NAMI Basics is a free, 6 week class for parents and other caregivers of youth 13-22 with emotional and behavioral difficulties. This class helps caregivers to understand the reasons that are causing those behavioral difficulties, and the critical role families play in the treatment. Highlights include:

- Managing crises, solving problems and communicating effectively
- Learning about current treatments, including evidence-based therapies, medications and side effects
- Understanding the challenges and impact of mental health conditions on the entire family



April 7-May 5 11:00-3:30. (5 Fridays)
Santa Cruz
Registration is required.
Call 427-8020 x1 or sign up at
www.namiscc.org/provider-education.html

NAMI Provider Education introduces mental health professionals to the unique perspectives of individuals living with mental illness and their families. You’ll develop enhanced empathy for their daily challenges and recognize the importance of including them in all aspects of the treatment process. NAMI Provider Education is a free, 15 hour program of in-service training taught by a team consisting of an adult with mental illness, a family member and a mental health professional.

The course helps providers understand the hardships that families and individuals face and appreciate the courage and persistence it takes to live with and recover from mental illness.



Two Class Series

- Ten Saturdays 10-noon beginning March 25th
- Ten Mondays 6:30-8:30pm beginning April 3rd

Registration is required.
Call 427-8020 x1 or sign up at
www.namiscc.org/peer-to-peer.html

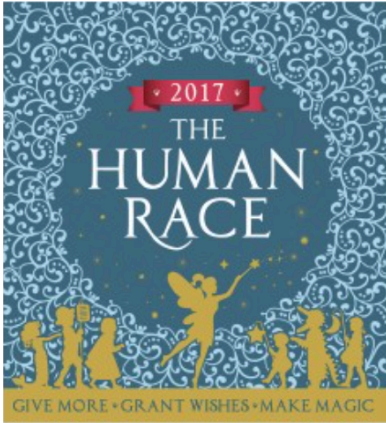
ENROLLING FOR BOTH THE SATURDAY AM SERIES MAR 25TH MONDAY PM SERIES APRIL 3RD
NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. It provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope.

The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held once a week for two hours
- A great resource for information on mental health and recovery

STANDING TOGETHER

WALK WITH US !



Join the Human Race! Be part of Santa Cruz County's largest community fundraiser. 136 Santa Cruz County organizations raised \$371,000 in 2016. This year NAMI strives to be the #1 organization.

This year will be simple and more fun than ever. **SHARE YOUR STORY.** Create your own fundraising page to raise funds for NAMI! Encourage donations by sharing how NAMI has helped you or your loved one. We will help you with every step along the way. Whether you form a team, help raise funds, walk in the race, or are tech support or support on the ground, we **NEED YOU!**

Come for the high-fives and hand shakes, come for camaraderie and support, and come for the comforting feeling of knowing that no one is alone.

Mental health matters, and it's time to end the damaging stigmas that surround mental disorders. a stigma that too often prevents people from seeking help. If you have not participated, please join us in this amazing walk to end the stigma of mental illness.

Our goal is to raise \$25,000 to support not only our current vital services, but our vision for expansion. If we achieve this we will be recognized with an additional \$1500.

We provide services and links to services to the most underserved health care problem in this nation. We serve clients with a wide range of mental health challenges and their family members and loved ones.



Questions? Our Storybook Characters are standing by to help.

People and families who experience mental health issues know it can be an extremely isolating journey. We can walk together in the Human Race to bust stigma and raise awareness.

Walking or Running the Human Race is FUN! The first 2,000 to enter with a minimum of \$35 contribution receive a free Human Race Story Book T-shirt.

Walk or run at your own pace. Take a break at one of the rest stations along the beautiful West Cliff Drive, where there will be music, a costume contest, obstacle course, sand art, street performers and other activities to make it a fun day!

Bring your energy, your ideas, your sense of whimsy and your persona from your favorite Fairy Tale. Or just come as YOU.

Magic Making Workshop!

Join us March 25th 10am-1pm
Pleasure Point
RSVP (831) 824-0406 or
tinyurl.com/makemagicensami

Lets have some fun! It's a magic making party to get ready for the Human Race. We will make our costumes, signs, craft our letters and stories. What can you bring? Friends, art supplies, social media know-how, writing skills, enthusiasm?

THE ACA DEBATE: MOVE FORWARD, NOT BACK

By Mary Gilliberti | President, NAMI National

It's no secret that Congress is debating whether to repeal the Affordable Care Act (ACA) and if so, whether and how to replace it. NAMI's position is non-partisan and simple. We want to keep what works and make the mental health care system even better than it is today. Significant progress was made when Congress overwhelmingly passed mental health reform in 2016, but health coverage is fundamental to helping individuals and families affected by mental health conditions.

The debate is not just a political one. It is a moral one. Lives are at stake. NAMI hears from people every day about its importance. Many Americans fear what may happen if they are forced to return to the days when they couldn't pay for needed medications, visits to psychiatrists and therapists or when a single hospitalization could wipe out a family's savings.

"I don't want to get to the point where I have to be hospitalized again," one man from Michigan told us. A man in Pennsylvania would lose services that have helped him get and keep a job. He says repealing the ACA would reverse progress in the state at a time when "we came so far ahead of many states in treatment." Losing jobs and losing one's home are major fears. A California woman wants to keep her independence and avoid becoming a major burden to the state. Without medication and other preventive support, she will have to rely on emergency rooms when she experiences psychosis and probably be hospitalized—or end up living on the street.

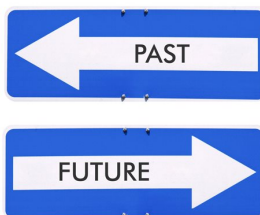
"Why incur more expenses in ERs when we could have cheaper, easier access to care?" she asked. Medicaid expansion, which 31 states and the District of Columbia adopted under the ACA, "has given me life, literally." It has allowed her to participate in activities and maintain relationships. "Without coverage, I would not be able to be a stable, participating member of society."

Lack of necessary health care not only causes carnage in people's lives, it shifts costs elsewhere—such as schools and the criminal justice system. Businesses also lose productivity; one measure of that cost is the \$193 billion in lost earnings alone that results from mental illness each year, hurting the country's economic competitiveness.

One in 5 Americans are affected by mental health conditions, but more than 50% receive no treatment. Three out of four people who live with mental illness have symptoms before age 24. Meanwhile, 42,000 lives

are lost to suicide each year—the second cause of death among young people ages 15-24. During the debate on the future of health coverage, everyone needs to keep these facts in mind and recognize the importance to millions of families. The ACA benefits everyone in some way, including people who have employer-paid health insurance.

Mental health and substance use coverage are required essential benefits for health insurance plans. Market exchange plans also are required to comply with parity--treating mental health and substance use conditions the same as physical health needs.



The ACA also allows parents to keep covering young adults on family health plans through age 26 during periods of critical education and work transitions. Given that this is the age of onset for many mental health conditions, the provision is critical for early intervention.

The law also prohibits denial of coverage based on pre-existing conditions. This has allowed people to seek treatment they desperately need without worrying that seeking care will disqualify them from the insurance market. People who previously found individual health insurance out of reach receive subsidies through market exchanges. And through state Medicaid expansions, more people living below or near the poverty line are able to get the care they need.

Medicaid expansion has been especially important for people with significant mental health conditions. Nearly 1 out of 3 persons covered through the expansion live with mental health or substance abuse conditions. People who are homeless and cannot navigate the disability system receive coverage. Others who are at early stages of psychosis can get care—without having to wait until they are so ill that they can qualify for disability payments. Early treatment helps set young people on a path to education and jobs, not dependence on the government.

NAMI is part of the current debate. Are you? If you recognize yourself in these concerns, now is the time to let Congress know. Keep what works and make the health care system better. Move forward, not back. You can contact your Senators and Representatives:

<http://tinyurl.com/recoveryatrisk>

Interested in joining local NAMI advocacy efforts? Contact Wendy at wendyepms@gmail.com. Or Carol at cjna@comcast.net. Or visit Santa Cruz Indivisible for Mental Health Advocacy here: <http://santacruzindivisible.org/health-social-security/mental-health> or email wendyepms@gmail.com