



Santa Cruz County



You Helped to Directly Serve **8,600+** in 2024

3,800 Youth & Caregivers...

learned about mental health conditions, signs, symptoms, and how to seek help.

500 Adult Peers...

with mental health conditions found life-changing connection and support.



NAMISCC Peer Meet-Ups Met 2x Monthly

400+ Family Members...

who have a loved-one with a mental health condition found essential information and ongoing support.

3,700+ Community Members...

received essential mental health information, resources, and support, for themselves or a family member, via our HelpLines or Mobile Support Team.



You Supported Peers, Parents & Families

96% of Family Support Group participants (in English & Spanish) now feel more knowledgeable about local mental health resources available to their family and more confident in accessing them.

93% of Peer Connection Recovery Support Group participants (peers) report that the group is an important part of their mental health care.

99% of parents who took Basics (in English & Spanish) are now better able to manage crises that may result from mental health conditions. Basics Class is a 6-week class for caregivers of youth with mental health challenges.

"NAMI has been a true gift in my life. For me, it's a place to receive and give support, sharing our experiences and knowing I am not alone."

"NAMI is one of the only reliable sources of information and support that I have been able to find. And having a community of people who understand what this is like is invaluable."

Hope. Inclusion. Empowerment. Compassion. Fairness

35 Penny Lane, Suite 2, Watsonville, CA 95076

(831) 824-0406 • www.namisc.org • info@namisc.org • Tax ID # 77-0002878



Meet Mike Beebe

NAMI Santa Cruz County Board President



Mike Beebe joined the NAMISCC board of directors in early 2021. A retired finance executive, he brings a wealth of experience in overseeing complex organizations, financial stewardship, and leading high-caliber teams. Mike cares deeply about wellbeing for those living with mental illness and the family members who love them. Through volunteering, he turns that care into real impact.



Mike and Jean Beebe

Mike and his wife Jean moved to Aptos in 2008. At the time, their adult son had been living with a serious mental health condition for about 12 years. Over that time, they navigated many ups and downs as a family. Life felt calm at times, and chaotic at others. What remained constant was their love for each other and their dedication to supporting their son.

"You really feel like you're not alone in this"

Soon after moving to Aptos, Mike and Jean met NAMISCC founding board member Carol Williamson. Carol suggested that they try NAMISCC's Family-to-Family class. At the class, they found a wealth of information and a community of people who deeply understood what it was like to support a loved one through mental illness. They were able to open up and connect with others through the language of shared experience. "You really feel like you're not alone in this," says Mike. The class also taught them how to listen to their son in new ways and to better understand his experience.

Mike and Jean quickly decided to become volunteer teachers themselves. Since that time, they have taught ten Family-to-Family classes, reaching 200 students. As teachers, they found continued healing through sharing their own family's story and creating a safe space for others to open up. And they kept learning and growing in their own journey as well. Mike shares that, "as we taught a new class, there was always something in that class that was really relevant to us at that time."

These days, in his role as Board President, Mike enjoys realizing and advancing the big-picture vision and strategies of NAMISCC. In his free time, you can find Mike on the golf course, cooking for Jean and friends, working on his ceramic art, and walking their dog, Autumn.

Help more peers & families get the support they need: www.namiscc.org/donate

Questions? Contact Danu Schoeck at danu@namiscc.org / (831) 200-4037

