



CIT TRAINING
TEACHING, PROTECTING,
HEALING



LEARN!
NAMI CLASSES
STARTING SOON



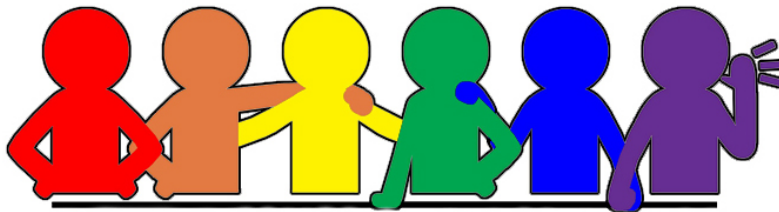
HOLIDAY PARTY
VOLUNTEERS NEEDED
DEC 8, 2018



LEND YOUR VOICE
STAKEHOLDER
UPDATE



NEWSLETTER



Weds. Nov 28, 2018
6:30 to 7:00 Meet and Greet
7:00 to 8:30 Program & Q/A
Live Oak Senior Center
1777 Capitola Road, Santa Cruz

NAMI SANTA CRUZ COUNTY PRESENTS:

WHAT'S OUT THERE FOR PEERS?

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

Have you ever wondered what resources are available that support individuals with mental health challenges? Places to go, things to do, how to get help to go back to school or work, where to meet new friends, find support groups?

Don't miss this speaker meeting, you will hear from program leaders about the programs they offer.

Community Connection will describe their unique mental health programs that support each individual on their own pathway to recovery. They offer innovative programs such as College Connection, Career Services, Avenues, Mariposa Wellness Center in Watsonville, activities at their Harvey West location. They utilize the Recovery Model which believes that every individual, regardless of diagnosis, symptoms, or psycho-social history, can recover.

MHCAN, located on Cayuga in Santa Cruz, is the only peer run mental health agency in Santa Cruz. They provide many programs including regular groups and a large, comfortable drop-in center for peers where staff spends time helping people find their way back to their dreams.

NAMI Peer Programs are offered by people who have deep understanding of the lived experience of mental health challenges. Programs include the outstanding educational series Peer-to-Peer, presentations for schools and community, and support groups.

Second Story is a model peer-run respite house that offers a short-term residential environment. This beautiful Aptos home offers caring staff and hope for those seeking transformation and support.

WHAT'S HAPPENING

Meet Our Executive Director



We are thrilled to welcome Therese Adams to NAMI SCC! She has over 20 years experience and leadership in the non-profit sector of Santa Cruz County. She brings a wide variety of skills and past success to the table. She has served as an Executive Director, a Development Director, and a Community Organizer. She is an experienced public speaker and community spokesperson. She has worked with the developmentally disabled at the Skills Center and has advocated for the homeless population of Santa Cruz County since 2012. She also has a background in theater and the arts.

She has designed and implemented successful fundraising campaigns and is a seasoned event producer. She has worked extensively with both volunteers and donors. Last year, she co-organized a 32-hour Executive Session of Leadership for Community Transformation training for top leadership in Santa Cruz County, including elected officials, county and city government workers and non-profits.

She cares deeply about the well-being of those affected by mental health conditions and their families. We are excited to have these skills help NAMI SCC grow and thrive.

Meet Our Programs Manager

Anastasia (Annie) Baboulevitch brings intelligence, education, lived experience, creativity, and passion to her new job as Programs Director for NAMI SCC.

She began experiencing symptoms as early as 12 years old and they resurfaced when she was attending UCSC getting her degree in psychology. When she heard a group of NAMI speakers in one of her psychology classes, she decided to attend her first Peer-to-Peer class. There, she realized for the first time that beyond managing her symptoms, recovery was possible.

Since then she has participated in or led every NAMI Peer program, including Peer Connections, Peer-to-Peer, and presentations for schools: Ending the Silence. Her story inspires others. She has worked as the house manager for Sunnyslopes, a Peer Counselor for Second Story, and at MHCAN.

Annie is a natural born leader and learner. We are so happy to welcome her to this well earned position.



THE NEVER-ENDING STORY

Second Story is grateful to all who helped to save it from Extinction. There was not enough funding to keep us afloat. Were it not for NAMI, in tandem with 2nd Story staff and the founder of the service, we'd have been sunk. Happy Gratitude for Hugh McCormick's article in the Good Times who brought awareness to our cause. Thank you for the many who wrote to Board of Supervisors and County directors. Your political action made the difference. Thank you for going to the MHSA stakeholder meetings to inform the county of the vitality and the need of respite house services. We still have some work to do toward a sustainability plan, but we know there will be success. Stay tuned, as now we will move toward a healing and growing Behavioral Health System. We will Unite to offer support to all.

-Adrian of 2nd Story

EDUCATION

We have three classes starting this winter! Our classes are no-cost, but do require registration ahead of time. For more information, please visit us online or contact the coordinators.



Now enrolling for classes starting January 15th, 2019

To register or for more information, go to www.namiscc.org/basics.html

Or contact Emily Chapman at (831)-239-3401 or ebc73@comcast.net

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.



Now enrolling for TWO classes, Tuesday and Wednesday nights starting January 2019

To register or for more information, go to www.namiscc.org/family-to-family.html

Or contact Fay Rector at (831)-288-0343 or rectorf@yahoo.com

NAMI Family-to-Family is a free, 12-week education program for family, significant others, and friends of people living with mental illness. It is designed to improve the coping and problem solving abilities of those closest to individuals living with a mental health condition.



Now enrolling for January 2019

To register or for more information, go to www.namiscc.org/peer-to-peer.html

Or contact Anastasia at (831)-824-0406 or anastasia@namiscc.org

NAMI Peer-to-Peer is a free, 10-week education program for adults living with mental health challenges. It provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope.

HOLIDAY PARTY

Holiday Party Giving Opportunities!

We are looking for volunteers to join NAMI-SCC and MHCAN on December 8th, 2018 to provide a complete holiday meal, gifts, and good cheer to local people who are living with mental health conditions. This is a very special annual event of the holiday spirit, with musical entertainment and Santa's gift room.

Date: Saturday, December 8, 2018

Time: 12:00pm - 2:30pm

Location: MHCAN- 1051 Cayuga Street, Santa Cruz



Volunteers & Food Donations Needed!

There are many ways to be a helping elf:

- Bring pie, apple juice, stuffing, mashed potatoes, cooked turkey
- Food Server
- Kitchen helper
- Prepare gift bags on Friday (this year NAMI will provide gift cards & treats, not jackets)
- Santa's helper
- Donate funds

You can sign up with the Sign-Up Genius here:

<https://tinyurl.com/yewko4kb>

Or you can contact Anastasia at anastasia@namiscc.org or call **(831)-824-0406**

Call Tina for all kitchen questions: **(831)-345-0053**



STAKEHOLDER PROCESS UPDATE

Stakeholder Input Process to Behavioral Health

It is important that we as advocates stay involved in providing input to the County Behavioral Health Department, regarding the expenditure of MHSA (Mental Health Services Act) funds and other dollars.

Beginning last August 2018 with a visit from NAMI California, a series of three community meetings were held to inform and to gather input on needs and gaps in the system of care, led by Cassandra Eslami, Chief of South County Behavioral Health and Community Engagement.

115 people participated. Top priorities were Peer provided services, mental health housing of all types, availability and needs for crisis services for children and adults, and how to access services. The report will be available on the Santa Cruz County Behavioral Health website, titled the MHSA annual report.

Stay tuned for announcement of next meeting in January 2019. Be sure to attend, your voice matters.



NAMI SUPPORT GROUPS

NAMI Support Groups for Family Members

Free, regular groups for family members and loved ones of those living with mental illness. Drop-ins are welcome.

Thursday Night Group

Thursdays 7:00 - 8:30p

Live Oak Family Resource Center

1740 17th Avenue, Santa Cruz

Family Members of Young Adults (16-26)

1st and 3rd Thursdays 6:30 - 8:30p

NAMI SCC Office

542 Ocean Street

Suite F (upstairs)

Parking in Back or on street

Family Support for Spanish Speakers

1st and 3rd Tuesdays 7:00 - 8:30p

Mariposa Wellness Center

10 Carr Street, Watsonville

For more information, call the Mariposa Center at (831)-768-8132

NAMI Peer Connection Support Groups

Free, regular groups for adults with mental health challenges. Drop-ins are welcome.

Wednesdays at 1:00-2:30 pm

Sash Mill Plaza 303 Potrero St, Bldg 42, Ste 103

Mondays at 12:30 -2:00pm

MHCAN in Piano Room 1051 Cayuga St.

HOPE Bipolar/Depression Support Group

Christian-based support group for both family members and peers. All are welcome, of all beliefs.

2nd and 4th Tuesdays 6:30 - 8:15p

Santa Cruz Bible Church at 440 Frederick St.

Room 22, 2nd floor of Worship Center

Call Janice Seals for more information at (831)-336-5740

