



Santa Cruz County Health Services Agency Mental Health and Substance Abuse Services

We Are Serious About Mental Health & Recovery!



July 6, 2017

Santa Cruz County Mental Health & Substance Abuse Services offers a variety of services to the community by County employees, as well as through our contracts with numerous community-based agencies. Our services treat persons across the lifespan, from prevention and early intervention services to being a safety net to persons with serious emotional disturbance and serious mental illness and/or substance use disorders. In an effort to shed light on the variety of services and programs we provide, we endeavor to provide a monthly newsletter about what we do.

Welcome to our new employees!

Bill Falzett – Clinical Psychologist

Julie Laurent – Sr. Mental Health Client Specialist

Michael Mc Lay – Sr. Departmental Admin Analyst

We have an Author in our Midst! Joaquin Barreto

“The Coyote tells us when we cross, we must keep running no matter what we see. A young man with a shrieking voice, he seems adventurous and full of valor. Though he looks about sixteen, a year or two younger than me, he is in charge. His attitude gives the group a sense of confidence as we wait to cross the border illegally. We sit right next to a tall metal fence in Tijuana, Mexico. I curiously peek through the small holes in the rusted fence that separate me from my dream—crossing into el otro lado, the other side... We sit on the border patiently waiting. I have waited for years.”

Thus begins Joaquín Barreto’s book “El Otro Lado (the Other Side): An Immigration Story”. Joaquín is a clinician on the Transition Age Youth team. He was raised in Guadalajara, Mexico and came to Santa Cruz at the age of 18. He was inspired to write this book, in part to fulfill a lifelong dream of being a published author, and in part as a response to the current rhetoric about immigrants. Like many immigrants, Joaquín came to America to work, help his family, and to pursue his dreams. This personal narrative recounts his journey to this country, his struggles to overcome culture shock, and to adapt to living here. He worked hard, and never relied on public assistance. Joaquín is now a U.S. citizen, and father of four.

Trauma Informed Systems 101

Santa Cruz County is part of 7 Bay Area Counties involved in this important trauma initiative to

understand the effect of trauma on our brains and bodies, to learn and apply the principles of trauma-informed care, to learn strategies to develop organizational resilience and trauma-informed responses and to learn about the impact of organizational trauma on the ways we function as organizations and individuals. Santa Cruz County Behavioral Health is committed to incorporating these principles into the work we do to build a shared language, shared understanding and shared commitment to being trauma informed.



PHOTO CAPTION: ‘On May 5th, Behavioral Health Supervisors, Managers and Directors together were trained in Trauma Informed Systems 101’

Have a comment you wish to share?

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WELLNESS • RECOVERY • RESILIENCE

