



## Santa Cruz County Health Services Agency Behavioral Health

*We Are Serious About Mental Health & Recovery!*



November 3, 2017

Santa Cruz County Behavioral Health 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.

### Did you know?

Santa Cruz County Mental Health & Substance Abuse Services contracts and provides funding for numerous services in the community. This month's focus is the Mental Health Action Network (MHCAN).

MHCAN is a peer run wellness center that offers a safe place for clients/consumers, where people feel free to talk and engage in various activities and learning opportunities. Activities include use of computers, crocheting, weaving, pool, and sculpture. Learning opportunities include Spanish and Mandarin language courses. Additionally, there are a number of mental health support groups focused on bipolar, schizophrenia, post-traumatic stress disorder, and anxiety & depression. Additional clinical supports include herbal therapy, acupuncture, music therapy, motivational interviewing (one on one), and trauma informed care. The vast majority of staff are trained in Intentional Peer Support (IPS).

Aside from MHCAN's onsite activities, MHCAN offers other services, such as:

- Outreach workers that go out to the community to offer people information about resources, and focus on the person's identified goal. They reach about twenty people per week. Some of these people end up engaging with the onsite activities.
- Shadow Speakers (which offers stigma reduction education presentations, and has the added benefit of providing the presenter with their first job, and learning how to show up on time, fill out time cards, and how to speak in public).
- Peer support at Telecare.

### MHCAN's mission is as follows:

"The Mental Health Client Action Network of Santa Cruz County is a peer-run organization dedicated to the following: provide mutual support & networking, have a voice in all matters which affect us, create programs controlled by peers, advocate for the right to choose our own life paths, educate the public from our perspective, work to eradicate treatment disparities and confront discrimination. MHCAN provides a place of connection in the tumult of life. So come, put aside the cares of the week and find yourself in the presence of folks who really care."

MHCAN is located at 1051 Cayuga Street in Santa Cruz.

### Congratulations!

Amara Schrage has passed her final licensing exam for her LCSW license!

### Farewell to Jaime Molina:

After 19 years at Santa Cruz County Behavioral Health, Jaime is retiring on December 29<sup>th</sup>, 2017. Jaime worked for six years at Fenix services prior to joining the County. He worked as extra help his first two years, and obtained his Masters in Social Work during that time. Jaime initially worked as a mental health client specialist in the Children's division, working with children in the school, probation and SED programs. He subsequently worked in the Substance Abuse Services division, primarily assessing probation youth using the GAIN tool. For the past 8 years Jaime has held multiple roles at the Workforce, Education & Training Coordinator, and the Cultural & Linguistically Appropriate Services (CLAS) Coordinator. He also was the Coordinator for the "Cultura Cura" (Culture Heals) programs called Cara y Corazón (geared towards parents), Jove Noble (leadership development for boys), and Xinatchli (leadership development for girls). Jaime oversaw the monthly CLAS trainings. He also was a trainer of Mental Health First Aid, Trauma Informed Systems, and multiple CLAS trainings.

Jaime's charisma and sincerity enabled him to form wonderful relationships within the County, and throughout the community (with school personnel, community based agencies, law enforcement, and probation). The County will miss his passion, dedication, contributions to the community, and his friendship.

### Welcome new staff to Behavioral Health!

Mariela Acevedo – Mental Health Client Specialist  
Carlos Cruz – Mental Health Client Specialist  
Torai Desai - Psychiatrist  
Milagro Hernandez – Student Worker III  
Mockalee McDonald – Sr. Mental Health Client Specialist  
Audrey Mize – Office Assistant III  
Gary Resendes – Mental Health Client Specialist  
Rebecca Verlaque – Health Program Specialist

### Have a comment you wish to share?

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