

SANTA CRUZ COUNTY Substance Use Disorder Services (SUDS) Newsletter

January 2025



Team Member Spotlight

Meet Emily, Licensed Clinical Social Worker (LCSW)

Emily has been a dedicated member of our County SUDS team, using her expertise to support and advocate for countless clients and their families. Motivated by her family's history of community advocacy, Emily discovered her passion for behavioral health in the Santa Cruz County SUDS program. She enjoys connecting with her clients and is continually inspired by their stories of hope and resilience.

Outside of work, Emily finds joy in quality time with her family, diving into a good book, and spending time outdoors. If you would like to attend one of Emily's groups, please review the group times listed below.



Emily's Groups

Emily facilitates a Women's group that follows the *Seeking Safety* curriculum out of the 1400 Emeline office.

Tuesday: 2:00 PM – 3:30 PM
Seeking Safety (Women's Group)
Location: 1400 Emeline Ave Bldg K
Santa Cruz, Rm. 206
Facilitator: Emily 831-359-7535



COMMUNITY SPOTLIGHT



Santa Cruz County Animal Shelter

Registration Open for Low-Cost Spay/Neuter Clinic:
February 14-16, 2025

Spay and neuter surgeries are \$150 for cats and \$300 for dogs. Those on public assistance such as CalFresh or Medi-Cal can provide proof of that assistance to qualify for lower fees: \$75 for a cat and \$150 for a dog.

The clinic will take place just around the corner from the Santa Cruz County Animal Shelter at 2260 7th Ave, Santa Cruz, CA 95062.

To sign up for an appointment, visit
<https://bit.ly/SpayNeuterFeb2025>



Santa Cruz Bread and Roses

Breakfast Club: Serving hot, nourishing meals and basic hygiene supplies to those experiencing housing insecurity in Santa Cruz County.

Dates and locations: Tuesday, Thursday and Friday at 10am at the Levee bike path across from Trader Joe's Downtown.



Dientes Community Dental

Affordable, high-quality, and comprehensive dental care for patients and children in Santa Cruz County who are on public insurance (Medi-Cal) or uninsured.

Services Offered: Dental Exams, X-rays, Cleanings, Sealants, Fillings & Crowns, Limited Root Canals, Full & Partial Dentures, Stay Plates, Limited Oral Surgery, Extractions, Oral Health Education

For more information and to schedule an appointment, please call (831) 464-5409





Additional Resources

What is Nalaxone?

Nalaxone is the active ingredient in NARCAN® Nasal Spray. This nasal spray is a treatment designed to rapidly reverse the effects of a life-threatening opioid emergency. It is available as an over-the-counter medicine.

How to administer NARCAN® Nasal Spray

To administer NARCAN, use the Lay, Spray & Stay tool:

- 1 Lay the person on their back and tilt their head back
- 2 Insert device into their nostril and press firmly
- 3 Call 911 immediately after administration of the first dose. Continue to administer doses as needed



Click on the video below for a detailed tutorial

