

Santa Cruz Community Counseling Center

SCCCC

Changing Lives, Building Community – Since 1973

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What's New

THE GIFT OF COMMUNITY



(L to R) Carolyn Coleman, Executive Director, Clare Wesley, Director of Development, Betsy Clark, Community Support Services Director, and Kristin Ditlevsen, Comerica Vice President Business Banking

COMERICA BANK is providing \$8,000 of financial assistance to SCCC's River Street Shelter. These funds will help us maintain essential services at a time of declining government revenues. Each year the River Street Shelter provides support to over 400 homeless, mentally ill men and women in their transition out of homelessness.

COMMUNITY FOUNDATION OF SANTA CRUZ COUNTY is providing a \$15,000 grant to Youth Services to help provide support to farm-working youth and families who are facing the challenges associated with cultural change. These funds will be used to provide no-cost mental health services and education that will help link families to existing community resources. Through our collaborations with the Center for Community Advocacy and Pajaro Valley Unified School District's Migrant Education we will be working to build a positive network of support and community to strengthen the potential for success for these youth and their families.

PAJARO VALLEY COMMUNITY HEALTH TRUST has awarded a \$5,000 grant to SCCC's Child and Family Development Programs to benefit the Head Start Health Literacy Project. These funds will be used to help ensure families get the essential education they need to make good decisions about their children's health. Head Start staff will be trained to provide workshops in English and Spanish for low-income families needing support navigating the health care system. This partnership will support both Santa Cruz Community Counseling Center and Pajaro Valley Community Health Trust in their commitment to improve the health and quality of life for children and families living in the Pajaro Valley.

COMERICA BANK is also partnering with our Head Start program to raise funds to purchase 200 car seats and provide safety education for SCCC's Head Start and Early Head Start families. Each year Head Start provides over 100 safety seats and safety education for low income families in need of car seats for their infants and young children. You can help keep a child safe and contribute to this effort by visiting us at www.sccc.org and click on "Car Seats," or stop by any Santa Cruz County Comerica Bank.



We are grateful for our new partnerships with Lighthouse Bank, Santa Cruz County Bank, and UCSC Cowell College.



100+ WOMEN WHO CARE generously donated \$4,600 to the YES School at their September meeting. Each quarter a group of Santa Cruz County women gather, pool their resources and vote on a nonprofit or charity they want to support. This is a wonderful way to make a little go a long way and meet other women interested in supporting the community.

Visit their website at www.100wwc.org.

EQUINOX, an inspiring, original musical play about a day in the life of a homeless shelter premiered at the Loudon Nelson Center in June. The musical featured members of the community, as well as River Street Shelter staff and residents. A moving story of youthful love between two homeless protagonists, Equinox was a powerful tale of the struggle of life on the streets. Proceeds from Armand Ruby's musical benefitted the River Street Shelter.

THE ART OF RECOVERY

THE LOOK OF FREEDOM

Local artist Elijah Pfothenauer and six Tyler House residents joined forces in creating a shared vision of freedom. The "Freedom" mural is a centerpiece in the Tyler House garden. Elijah will be returning to collaborate on an inside mural for the dining room which will be completed over the next few months.



Photo: Joe Florence

UNDER THE SEA

The Seavibe Foundation received a grant from the UC Santa Cruz Student Volunteer Center Community Service Project to encourage at-risk youth to volunteer within marine protected areas. The curriculum was brought to Tyler House, Youth Services' adolescent residential substance abuse program, and included films that were funded by the National Science Foundation and PBS. The program provided Tyler House residents with the most up-to-date scientific information on environmental ocean-related issues. A two-part film series entitled Strange Days on Planet Earth was followed by classroom presentations that concluded with each participant painting a portrait of marine life. The portraits can be viewed at http://www.seavibe.org/ARTIST_CIRCLE.html. Shortly after the project was completed, local artist Jacqueline Rose volunteered her time and expertise to work with Tyler House residents and collaborated with program participants on designing and painting a sea life mural that is now displayed in the Tyler House game room.



HEAD START/EARLY HEAD START RECENT ACHIEVEMENTS

Head Start opened a new center at the Via del Mar apartment complex in Watsonville on August 30, 2011. This exciting move will bring Head Start center-based services to families and children in their own neighborhood.

Head Start offers preschool classes for children ages 3 to 5. Head Start focuses on school readiness, social development, physical and mental health, and good nutrition, and provides support to families county-wide.

Through a partnership between Early Head Start and the Pajaro Valley Unified School District's CalSafe program, young mothers and children attending school in the Pajaro Valley School District are receiving mental health and parenting support. 20 children and their families receive assistance through Early Head Start's home visiting program, and an additional eight children who are in child care on campus at Watsonville High are also participating in Early Head Start.

SCCCC WINS 2011 FAMILY FRIENDLY WORKPLACE AWARDS

United Way of Santa Cruz County's Success By 6 and the Santa Cruz County Breastfeeding Coalition annually recognize local employers for creating family friendly workplaces. Examples of Family Friendly Workplace policies are: flex-time, sick time for children's illnesses, referral source for child-related help, child-friendly workplace, and access to health insurance options for children. We are proud that numerous employees nominated SCCC this year and special recognition will go to Head Start/Early Head Start, PAPÁS/Supporting Father Involvement, Community Support Services, and Youth Services.

SEPTEMBER IS RECOVERY MONTH, which celebrates people in recovery, honors the contributions of treatment providers, and promotes the message that recovery in all its forms is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

AMERICORPS MEMBER TO BEGIN IN OCTOBER

SCCCC welcomes Jennifer Harman to the Development and Community Relations team. Beginning in October Jennifer will be designing and implementing a volunteer program to help provide additional support to SCCC programs.

Immediate needs... you can help

During this time when our economy continues to falter and government funding is less available, our need to support essential programs is at the forefront of our thinking. The programs outlined below are just some of the examples of SCCCC services that are reliant on community donations. The support these programs offer to some of our community's most vulnerable residents offer is priceless. You can help by visiting www.scccc.org/donate.

CHILD AND FAMILY DEVELOPMENT PROGRAMS - THE DIFFERENCE A DAD MAKES

A father's presence or absence influences the circumstances and quality of our childhoods and shapes many aspects of who we are as adults. Child and Family Development Program's PAPA's program, Hands on Fatherhood, helps fathers understand the importance of their role and fosters father-child bonding through education and a supportive network of fathers. Hands on Fatherhood relies solely on donations and needs your continued support to provide child-care, staff time, and activities during the Sunday morning groups. The program is growing and without further funding we will need to begin turning fathers and children away.



YOUTH SERVICES - SCHOOL AND SOBRIETY

Imagine beginning each day surrounded by a group of people who have made the commitment to kindness and integrity. That is what Youth Services' YES School has been asking of its participants for the past 24 years. "Be your word" and "be kind" are the two guiding principles of the YES philosophy. When young people are true to these ideals, they have the power to change lives and bring even the biggest dreams into reach. Funding for the YES clean and sober high school has declined over the past few years, while the spirit of the YES community and their commitment to thrive has continued to grow stronger. Your financial support to the YES School will be used to help keep these dreams alive.

COMMUNITY RECOVERY SERVICES - RESIDENTIAL PROGRAMS

SCCCC's Community Recovery Services (CRS) hosts two residential substance abuse treatment programs, one in Santa Cruz and one in Watsonville, in addition to providing sober living environments (SLE) in four locations for individuals in recovery. Santa Cruz Residential Recovery, Sí Se Puede, and all of the SLE houses have been impacted by the gradual erosion of funding. Although CRS is able to maintain all of its treatment and support services, many of the resources that have supported household and personal items have become limited. These residential programs are lacking funds for general site maintenance and have an additional need for new beds, clothing for men and women, toiletries and household items. Your financial support will make a difference to men and women on the path of recovery.

COMMUNITY SUPPORT SERVICES - RIVER STREET SHELTER - THE TRANSITION OUT OF HOMELESSNESS

A series of funding cuts over the last few years have reduced the amount of assistance River Street Shelter can offer participants who are making the transition out of homelessness. It is not uncommon for someone who has been previously homeless to have little more than a small bag of belongings and none of the essentials to make a new home. In the past, River Street Shelter was able to provide those who had taken the steps to obtain traditional or transitional housing with toiletries, linens, and kitchen supplies, as well as small financial contributions for things such as the repair of a bicycle or a medication co-payment. Your financial support will help make a new house feel more like a home.

PROMOTING PHYSICAL ACTIVITY AND OUTDOOR PLAY

The Beach Street and San Lorenzo Valley Head Start Centers have been selected to receive 2011 Head Start Body Start Play Space Grant awards to enhance their outdoor play spaces. These grants will fund improvements to our playgrounds, as well as provide numerous training tools such as online courses and webinars. They will help us further educate our families about the value of physical activity and playing outdoors in particular.



RESEARCH HAS SHOWN THAT OPPORTUNITIES FOR WHOLE BODY EXERCISE HAS A LONG LASTING INFLUENCE THROUGHOUT CHILDHOOD.

VINTAGE FAITH SPRUCES UP RIVER STREET SHELTER

On Saturday, August 13th, eight young adults from Vintage Faith Church gathered at Community Support Services' River Street Shelter and spent the day painting the men's and women's dorms.

According to Tracey Heggum, of the River Street Shelter, "The crew worked very hard and stayed until everything was back together. It was a huge success and a lot of fun."

WE BELIEVE the capacity for change lives within each person we serve. Our staff foster this change by sharing support and expertise that are guided by empathy, wisdom and positive regard.

Each of Santa Cruz Community Counseling Center's programs nourishes the strengths inherent in every child, youth, individual and family. Our staff provides access to resources and knowledge that expand these natural abilities, increase self esteem, and support participants in reaching their full potential.

Our programs encourage family and community relationships that promote healthy development and well-being in both parents and children and assist individuals in building support systems that are available in their daily lives. Through the process of sharing hope and nurturing empowerment and personal responsibility, we support the most vulnerable members of our community to take control of their own lives, achieve their aspirations and attain meaningful roles in their families and the community. The following stories reflect the healing that can occur from engaging in authentic helping relationships.

Find out more at www.scccc.org.



ALTO Counseling
Fenix Services
Primeros Pasos
Santa Cruz
Residential
Recovery
Sí Se Puede

For more information,
call: 831-423-2003

Staying the Course

Alphonso began abusing alcohol when he was 18 years old and spent 14 years estranged from his family, cycling between odd jobs and jail. At age 32 Alphonso was tired of the life he had been living but did not know how to begin to change it. His probation officer offered him an opportunity to address his alcoholism and enroll in Sí Se Puede, SCCCC's residential substance abuse program for men in Watsonville. Alphonso spent his first months at Sí Se Puede resisting the program and its principles. Over time, important seeds were planted and Alphonso graduated from the program with enough tools to sustain five years of sobriety before he relapsed and returned to Sí Se Puede for a second time.

Alphonso's subsequent participation in Sí Se Puede allowed him to address the issues that had continued to interfere with finding fulfillment and meaning in his life. He realized he wanted to heal his relationships with his family, as well as identify and go after what he wanted out of his life. Certain now that he could not drink socially, Alphonso recognized that he was getting older and could not afford to spend any more time on the treadmill he had been on for 20 years. He felt that were he to enter jail one more time, he might never again return to the outside. After graduating Alphonso committed himself to doing everything he needed to do to keep his life on track. He actively supported others in recovery, and when he had two years of sobriety, he was offered an on-call counseling position at Sí Se Puede.

Alphonso was passionate about giving back and helping others, and for the first time in his life felt he was able to make a difference. He could see that his deep understanding of the challenges Sí Se Puede residents faced made it possible to build strong rapport with those on the path to recovery. While working at Sí Se Puede, he began to set long term goals and now 2 ½ years later, Alphonso is graduating with an associates degree in internet technology and beginning a new career. He is happily raising his children, spending quality time with his family, and dreaming dreams he believes can come true.



Supporting Strong Families

Laura and Luis came to the Starlight Infant Toddler program in 2008 seeking support for parenting their young daughter, Rose. Laura lost her first husband in a terrible accident and the fear of yet another loss surfaced following Rose's birth. Laura loved Rose deeply and was often overly protective and anxious which compounded Rose's already cautious temperament. With support from the program, Luis and Laura have learned to relax and enjoy their roles as parents. Rose has blossomed into a confident toddler and recently transitioned into the toddler group.

When Laura and Luis became pregnant with their second child they began participating in Early Headstart's prenatal services early in the pregnancy. A combination of breastfeeding education, baby massage, health care access and continued home visits helped them prepare and welcome their new baby with much less fear and tension. Laura takes every opportunity to help her children succeed and has more confidence in herself as a mother and a partner. She consistently attends parent meetings and workshops and actively encourages other parents to participate in services that will support the health of their families.

Luis and Laura regularly read to the children and encourage them to explore books freely. Music plays a large role in the life of this family, and the girls enjoy singing joyful songs and imitating new words and sounds. Sharing in these activities has strengthened the family relationships, increased the children's literacy and confidence in communicating in both Spanish and English.



Head Start
Early Head Start
State Pre-
Kindergarten
PAPÁS
Families Together
Side-by-Side
Starlight Infant/
Toddler Center

For more information,
call: 831-688-3802



River Street
Shelter
El Dorado Center
Crisis House
Casa Pacific
Money Management
2nd Story
Enhanced Support
Services
Transition-Age
Youth Programs
Housing Support

For more information,
call: 831-459-0444

2nd Story Respite House

2nd Story is an alternative approach to traditional mental health short stay programs. Each of our staff has had a personal experience with mental illness and through this shared experience they are able to create an opening for trusting conversation and understanding. 2nd Story offers a maximum stay of 14 days and provides guests with opportunities to identify and plan for changes they feel will benefit them once they have returned home. Since opening in May of 2011, 2nd story can accommodate six men and women and has served 33 guests to date. All participants in the 2nd Story program are offered ongoing telephone support and are welcome to visit when they need encouragement from their peers and staff, and through their Intentional Peer Support training, that is funded by County Mental Health, participants can learn to be of assistance to others.

Finding the Right Place

Ron was first diagnosed with a mental illness when he was 15 and soon thereafter was admitted to a state hospital where he experienced serious psychological side effects from the medication he was given. As a result Ron's diagnosis was changed from chronic depression to schizophrenia. He spent eight months heavily medicated before the hospital closed and he was released and taken off most of the medication. Ron's most severe symptoms began to decrease and over time he was successfully treated for chronic depression. For many years Ron managed his depression and fully participated in his life. He married and was the operations manager for a large business until his depression returned in 1991 following his divorce. Ron was hospitalized many times before things evened out again in 1993.

Between 2003 and 2007 Ron lost both of his parents and experienced a decline in his physical health. Ron's depression returned and reached a critical point in 2011. After four suicide attempts, Ron began to look for other ways to ease the pain. He entered 2nd Story Respite House and felt welcomed and included for the first time in his life. Ron has since returned home and recently registered for the Intentional Peer Support training. He now wants to be of assistance to others facing the challenges he has encountered over the past 40 years, and find ways to share the story of his journey to help reduce the stigma so often associated with mental illness.

Tyler House and Beyond

Youth Service's Tyler House is a six month, coeducational, residential treatment program for young people struggling with drug and alcohol abuse. After completing the program graduates are encouraged to attend aftercare groups and take advantage of the adult and peer support that is essential to ongoing recovery. Youth who attend after-care often make a gradual shift from receiving support to becoming leaders and mentors who support others. The following stories are about two Tyler House graduates who have done just that.

Andrea: When Andrea arrived at Tyler House she had been using methamphetamines and struggling to cope with a sexual assault that took place when she was younger. Sobriety allowed Andrea to work with the Tyler House therapist and staff and begin unraveling the traumas of her past and imagining a positive future for herself. After completing the Tyler House program Andrea graduated from high school at Youth Services Escuela Quetzal program. During the following years she continued in therapy and spent quality time with her family. She enrolled at Cabrillo College in 2009 and will transfer to a university to complete a degree in psychology. Andrea has been a mentor in the after-care group for many years and recently took a leave to focus on her role coordinating events at Cabrillo College.

Juan: Juan graduated from Tyler House in 2006 and lives with his cousin and her five children. He fully participates in all aspects of the family, sharing in the financial responsibility, and providing care for the children. Juan has a natural talent for hair design and can often be found cutting and styling his friends and family's hair. Although he originally planned to attend cosmetology school he has a new dream and is pursuing a nursing degree.

Juan recently returned to after-care and feels that his journey in recovery will make it possible for him to make a difference in the lives of other young people walking the same path. He is currently exploring the steps he needs to take to become a regular volunteer at Tyler House and is looking forward to opportunities to contribute to his community.



Counseling
Drug and Alcohol
Treatment
YES School
Escuela Quetzal
Tyler House
Crossroads
OASIS
Pajaritos
LGBT Services

For more information,
call: 831-429-8350 or
831-728-2226

What We Do

SCCCC provides a broad spectrum of social services that heal, connect, and nurture the mental, educational and social well being of 6,000 children, individuals, and families annually.

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Our Mission and Services

Santa Cruz Community Counseling Center builds on the strength of people working together to create healthy change in their lives and community. We deliver quality human services guided by the values of diversity, partnership, and the power of workplace democracy.

Child and Family Development Programs

An array of early childhood education, social services, and parent education programs serving low-income children ages birth to 5 and their families, including Head Start/Early Head Start.

Community Recovery Services

Residential and outpatient drug and alcohol recovery services for adults at six facilities in Santa Cruz and Watsonville.

Community Support Services

Case management, residential treatment, emergency shelter, affordable supported housing for adults with mental illness. Independent living support for foster youth.

Youth Services

Prevention and treatment strategies to assist youth ages 12-20 and their families to find positive solutions to the challenges that arise in adolescence.

Funders include: California State Office of Child Abuse Prevention California State Department of Education Center Point Inc. Cities of Capitola, Santa Cruz, Scotts Valley, and Watsonville Community Foundation Santa Cruz County Emergency Food and Shelter National Board Program/FEMA First Five of Santa Cruz County Monterey County Pajaro Valley Community Health Trust San Lorenzo Valley Unified School District Santa Cruz Community Ventures Santa Cruz County Santa Cruz County Office of Education State of California Parole and Community Corrections United Way U.S. Department of Health and Human Services U.S. Dept. of Housing and Urban Development (HUD) U.S. Probation Office



We also thank our many generous business and private donors for supporting our community-based services.

Visit our web site: www.scccc.org
 If you would like to receive our newsletter by email, contact us at info@scccc.org

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