

SANTA CRUZ COUNTY Substance Use Disorder Services (SUDS) Newsletter

December 2024



Team Member Spotlight

Meet Steven King, SUDCC III

Steven is a seasoned care coordinator and group facilitator with Santa Cruz County Substance Use Disorder Services (SUDS). Steven received his bachelor's degree in psychology from William Jessup University and is a certified alcohol and drug counselor.

Steven has been a member of Santa Cruz County SUDS for the past 8 and a half years where he has helped support hundreds of clients and families. His career in SUDS was inspired by lived experience and solidified by his educational background. He is deeply passionate about helping others and warmly welcomes everyone to the SUDS program.



Steven's Groups

Steven facilitates a psycho-educational relapse prevention group out of the 1400 Emeline office and hopes to expand his groups to the Watsonville campus in the New Year.

If you would like to attend one of Steven's groups, please take a look at his group times listed below:

Tuesday: 11:00 AM – 12:30 PM Recovery Group
Location: Santa Cruz, Rm. 241
Facilitator: Steven 831-359-9206

Thursday: 5:00– 6:30 PM Recovery Group
Location: Santa Cruz, Rm. 206
Facilitator: Steven 831-359-9206



COMMUNITY SPOTLIGHT



Pajaro Valley Loaves & Fishes



Community-based organization dedicated to alleviating hunger among working poor families, farm workers, and elderly and disabled and homeless individuals of the Pajaro Valley.

Serving hot meals from 12-1 pm on Christmas Day, Wednesday, December 25.

For more information, call (831) 722-4144 or visit their website for more info.

pvloavesandfishes.org

Location: 150 2nd St. Watsonville, CA 95076

Second Harvest Food Bank

Daily food distribution for all Santa Cruz County Community Members.

Due to holiday schedule changes, please call prior to arrival to confirm food distribution location.

Find daily food distribution sites at Second Harvest Food Bank [website](#).

Phone: 831-662-0991



People First of Santa Cruz County

Community resource with a mission to ensure housing for all.

Extreme Weather Shelters: Seasonal, temporary, popup shelters throughout Santa Cruz County that provide unhoused people a safe and warm place to sleep at night. These shelters are activated when the county experiences severe weather, January-March.

For more information please call (831) 325-2699



Helping the homeless community access free services throughout Santa Cruz County.

Additional Resources



How to Cope with Stress

We understand that the holidays can sometimes be stressful. Here are five coping skills to support your wellness during times of stress:

- Ask for help – reach out to someone safe
- Take good care of your body – eat right, exercise, sleep
- Set boundaries
- Structure your day
- Focus on the now



Find more mental health resources in Santa Cruz County.



Behavioral health crisis?

Our Mobile Crisis Response Teams serve all of Santa Cruz County.

Help is just a call away.



24/7/365 support



Immediate Response



Professional & compassionate help



1-800-952-2335

santacruzhealth.org/CrisisResponse