

SANTA CRUZ COUNTY Substance Use Disorder Services (SUDS) Newsletter

June 2025



Team Member Spotlight

Meet Mariela, Departmental Administrative Analyst for the BH SUDS Team

Mariela joined the County of Santa Cruz during the COVID-19 pandemic in 2020 under Public Health, supporting several declared county emergencies. She began working with County SUDS in July 2024 and was recently promoted from Assistant Departmental Administrative Analyst to Departmental Administrative Analyst.

In her current role, Mariela focuses on Opioid Settlement Funds program planning and development, Proposition 47 administrative objectives, supports budget development, and DMC-ODS performance measure tracking. She is passionate about her work, as it allows her to collaborate with other teams, connect with community partners, and continue supporting our most vulnerable community members in meaningful and impactful ways.

Mariela earned her Bachelor's Degree in Business Administration from California State University, Monterey Bay. Outside of work, she enjoys staying active, spending time with her partner and family, reading thriller and suspense novels, and watching binge-worthy Netflix shows. She also shares her home with three large dogs—Duke, Roux, and Checo, who all keep her very busy and bring her lots of love and cuddles.



SCAN ME



For additional program information email:
HSASUDSOutpatient@santacruzcountycalifornia.gov



COMMUNITY SPOTLIGHT



MENTors

MENTors seeks to address [life] issues that affect and impact men in holistic ways, with an evidence-based approach emphasizing feedback from our participants. Our team and volunteers work with boys, men and dads to honor and promote the healthy development of social-emotional growth through education, leadership, empowerment, and advocacy to support their development for the well-being of themselves, their families and our community.

For more information please visit their website linked here: [MENTors](http://www.mentorsdc.org)



Housing Matters

Housing Matters partners with individuals and families to create pathways out of their homelessness and into permanent housing. We offer a variety of services to people experiencing homelessness who are not staying on our campus. These range from housing navigation and employment training programs to basic day services such as bathrooms, hot showers, and access to our mailroom. We hold firmly to a vision that homelessness in Santa Cruz County should be rare, brief, and non-recurring.

For more information on how to apply please visit their website linked here: [Housing Matters](http://www.housingmatters.org)



Protecting and Supporting Our Community

The [Santa Cruz County Sanctuary](http://santacruzcountyca.gov/sanctuary) webpage features key County statements and policies in support of immigrants, LGBTQ+ individuals, and reproductive care.

Find local resources to support residents who are concerned about their ability to access critical health care or social safety net services to support their overall health, well-being, and ability to thrive.



GOAL SETTING & CELEBRATING SMALL WINS



The journey of recovery is not linear and looks different for everyone. It is important to celebrate your “wins” big and small as these accomplishments can motivate recovery and boost morale.

Things to consider:

- What goals do you have for yourself?
- Is there a certain timeline by which you wish to accomplish these goals?
- How will you hold yourself accountable?
- What is one thing you can accomplish this week that gets you closer to your result?

