

SANTA CRUZ COUNTY Substance Use Disorder Services (SUDS) Newsletter

March 2025



Team Member Spotlight

Meet Michael Bogren, CADCI

Michael has played a vital role in our team's success for the past 6 years empowering hundreds of clients on their road to recovery with unwavering dedication.

Michael's experience in behavioral health comes after his time served in the U.S Navy. His experience includes Residential Settings, Juvenile Hall, and Outpatient Clinics. With a deep commitment to helping others, he takes pride in supporting people throughout their recovery process, encouraging them every step of the way.

In his free time you can find Michael walking his dog Gus, spending time with his family, or reading a good book. Michael loves to travel and explore new cultures. He welcomes all to attend his groups and looks forward to supporting their journey to recovery.



Michael's Groups

Michael facilitates weekly recovery groups every Wednesday and Friday. Please see his current group schedule and location below.

Wednesday 5:00 PM – 6:30 PM

Recovery Group

Location: 1400 Emeline Ave Bldg K Santa Cruz

Facilitator: Michael 831-359-0425

Friday: 11:00 AM–12:30 PM

Recovery Group

Location: 1400 Emeline Ave Bldg K Santa Cruz

Facilitator: Michael 831-359-0425



COMMUNITY SPOTLIGHT



Tenant Sanctuary

Tenant Sanctuary is a local tenant's rights education service.

Through trained tenant counselors and contracted attorney services, they help tenants understand what their rights are as well as what avenues are available to them for asserting their rights. They can answer questions about: rent increases, eviction, repairs and habitability, security deposits, harassment, lease provision, and more.

Please call (831) 200-0740 for more information.
Located at: 703 Pacific Ave Santa Cruz, CA 95060



Monarch Services

Monarch Services offers immediate crisis response to survivors of domestic violence, sexual assault and human trafficking through their 24-hour confidential, bilingual crisis line. [Learn More](#)

For more information and please visit their website linked here: [Monarch Services](#)

24-Hour Bilingual Crisis Line: 1-888-900-4232



Mountain Community Resources

Mountain Community Resources offers a warm, friendly, safe place for San Lorenzo Valley and Scotts Valley residents, offering stability and hope for the future. Mountain Community Resources is part of the Community Bridges family of programs.

Their services include : Community Advocacy, Food Distribution, Counseling, Parent Education, East West Natural Health Clinic and much more.

For more information call: 831-335-6600



Additional Resources



Recovery Support Systems



What are recovery support systems and how can they support recovery?

Recovery Support Systems Include:



- **Community based recovery meetings:** NA, AA, Recovery Dharma, Smart Recovery
- **Mentor's:** Personal or Professional
- **Recovery Housing:** designed to promote abstinence and long-term recovery
- **Treatment Services:** Individualized treatment services to support your goals from staff with specialized training

Building a strong support network and surrounding yourself with people who genuinely understand your recovery journey can empower you to achieve your recovery goals and sustain long-term success.