

# SANTA CRUZ COUNTY Substance Use Disorder Services (SUDS) Newsletter

May 2025



## Team Member Spotlight

Meet Kiana, Program Coordinator for the SUDS Team

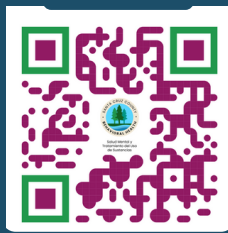
Kiana joined the SUDS team last year as a Program Coordinator. Her main responsibilities include coordinating, implementing, and monitoring SUD program activities; supporting the development of plans, policies, and procedures to meet the needs of County SUD programs; and developing program materials, including educational materials for training and outreach purposes.

Kiana completed her B.S at UCLA in Human Biology and Society where her undergraduate involvement developed her passion for understanding the social determinants of health and recognizing the importance of policy reform to reach standards of equitable care.

Previously, she worked in the nonprofit sector, providing COVID-19 support to undocumented Latinx communities in Sonoma County. She spent some time in the biotech industry specifically in the field of genetic testing before returning to community health which is where her passions lie. Kiana was born and raised in Santa Cruz and in her free time she enjoys spending time with family and travelling to warmer weather.



SCAN ME



For additional program information email:  
[HSASUDSOutpatient@santacruzcountycalifornia.gov](mailto:HSASUDSOutpatient@santacruzcountycalifornia.gov)



# COMMUNITY SPOTLIGHT



## Diversity Center



The Diversity Center inspires and advocates for the LGBTQ+ people of Santa Cruz and Monterey counties by providing critical services, spaces, education, and events that enhance our community's well-being allowing individuals to build resiliency and thrive.

For more information please visit their website linked here: [Diversity Center](#)

## Eat Well : Healthy Grocery Box Program

Eat Well provides healthy food boxes to eligible Central California Alliance for Health (CCHAH) Medi-Cal members. Eat Well boxes contain a variety of foods to improve members' diet and health. Food boxes are delivered directly to individuals' homes weekly for up to 12 weeks. Eat Well food boxes account for members' food preferences, allergens/dietary restrictions, and are medically tailored to support an individual's dietary needs. All authorized members also receive nutritional assessments and counseling with registered dietitians to support their dietary and health goals.



For more information on how to apply please visit their website linked here: [Eat Well Rx](#)



## Get On The Bus

Get On the Bus unites children with their mothers and fathers in prison. This statewide prison visiting program trains and educates hundreds of volunteers and supporters throughout California and engages the media to raise awareness about the plight of children with a parent in prison.

For more information on how to get involved please visit their website: [Get On The Bus](#) or email [info@crjw.org](mailto:info@crjw.org).

# Additional Resources



## Self-Care

What does self-care mean to you? And why is it important?

Self-care is applicable to the recovery journey because it involves intentional practices prioritizing one's physical and mental health and helps individuals develop effective coping strategies on their journey to recovery.

### ✓ **Self-Care can include:**

- Good diet and nutrition
- Sleep
- Physical Exercise
- Pro-Social recovery Activities
- Mindfulness Practices

