



NAMI Ventura County

Ventura County's Voice on Mental Illness

Newsletter

January 2008



SPEAKER'S MEETING

7:00 P.M., Tuesday January 8, 2008

Susan Luckey

Clinical Lead, Crisis Team

Who do you call when there is a mental health crisis in your family?

What about problems with drug and alcohol usage?

Where is the assessment performed?

What are the criteria for a 5150 hold?

What are the next steps after an evaluation is performed?

How can you help your loved one toward recovery?

Join us and learn the answers to these questions and more, when Susan Luckey shares her knowledge as an active member of the Crisis Team.

**St. Columba's Episcopal Church
Parish Hall
1251 Las Posas Road, Camarillo**

PLEASE ARRIVE EARLY IF YOU CAN.
WE NEED HELP SETTING UP TABLES AND CHAIRS



FAMILY TO FAMILY

Class begins: January 17, 2008
12 Thursdays, 6:30 p.m. to 9:00 p.m.
Calvary Community Church, 5495 Via Rocas
Westlake Village

New classes in Simi Valley and Ventura: TBA

FAMILIA A FAMILIA

Class begins: January 23, 2008
12 Wednesdays, 6:30 p.m. to 9:00 p.m.
NAMI Conference Room, 1339 Del Norte
Camarillo

NAMI HOLIDAY PARTY ROCKS!



(see article and pics inside!!)

NAMI GETS NEW POB

NAMI Ventura County has a new Post Office Box address. We've moved from the Ventura location to Camarillo (which is closer to the NAMI office). Please mail all correspondence to our new address:

NAMI Ventura County
Post Office Box 1613
Camarillo, CA 93011-1613

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**IN OUR OWN VOICE
RALLIES SUPPORT FOR
"NAMIWALKS 2008"**

Over seventy-five NAMI members and friends crowded St. Columba's Parish Hall on Tuesday, November 13, to rally support for the annual NAMI Walk and to hear two peers from San Luis Obispo County present "In Our Own Voice".

After enjoying a light supper of assorted sandwiches, desserts and Starbuck's coffee, NAMIWalks 2007 Walk Manager Debbie Hurt presented plaques and team pictures to Walk Team Captains.

The 2008 NAMIWalks for the Mind of America will be celebrated with a kick-off luncheon on Friday, March 14, followed by the WALK on Saturday, May 17.

NAMI Ventura County is very grateful to the two peer speakers, Betty and Gayne who shared the In Our Own Voice interactive presentation. Betty and Gayne talked about their life experiences relating to the video's five sections: Dark Days, Acceptance, Treatment, Coping Mechanisms, and Success & Dreams. Audience members were encouraged to, and did, ask questions and engage in dialogue with the presenters about their experiences.

NAMI Ventura County plans on hosting an In Our Own Voice state training event for In Our Own Voice presenters early in 2008. If you are interested in being trained as an In Our Own Voice presenters, or want to schedule a presentation, please call the NAMI office at 805-641-2426.

**SAVE THE DATE:
NAMIWALKS 2008 KICK-OFF LUNCHEON
MARCH 24, 2008**

**SAVE THE DATE:
NAMIWALKS 2008
MAY 17, 2008❖**

**MENTAL HEALTH ADVOCATES SUE
GOVERNOR TO RESTORE VITAL PROGRAM
FOR HOMELESS CALIFORNIANS**

Oakland, CA – The state's largest and most influential groups advocating for homeless individuals with mental illness have sued Gov. Arnold Schwarzenegger to restore a highly effective program they say is vital to their clients' safety and well-being. The lawsuit charges that the Governor violated Proposition 63, now known as the Mental Health Services Act – the law passed by voters to expand mental health services in California.

The Governor eliminated the program providing integrated services to homeless, mentally ill adults (the AB 2034

program) when he cut the \$55 million in funding for the program last August through a line-item veto. As a result, the AB 2034 programs in 34 of the state's 58 counties were forced to shut down, leaving counties scrambling to find alternative funding or provide services through other programs. Many adults in the program have lost housing, employment, treatment, and other services, and thousands more are at risk of losing them, "thus destroying the progress they have made in managing their conditions and reintegrating into society," the suit said. The program, previously praised by the Governor as a national model for its success in helping this population, served nearly 5,000 people.

Plaintiffs include statewide advocacy groups as well as individual clients who credit the program with helping them quit drugs, attend college classes, or get their own apartment. All say that without the services provided through the program, they would be back living on the street. The advocacy groups are the Mental Health Association in California, California Network of Mental Health Clients, and the National Alliance on Mental Illness California.

The suit was filed today in Alameda County Superior Court demanding that the program immediately be restored, as well as retroactive payment of program funds be made to counties. The Governor, the Department of Mental Health, and Stephen Mayberg, the Department's Director, are named in the suit.

In a letter sent to the Governor and Mayberg last October, attorneys for the plaintiffs warned that they would file a lawsuit if the program was not restored.

The state legislature authorized funding for the AB 2034 program in 2000, and it has been fully funded each year since. In an attempt to lessen the blow of the governor's veto, the Department of Mental Health made a one-time \$64 million in unspent Proposition 63 administrative funds available to cover the cost of services provided through AB 2034. Many counties and local mental health service providers have used that or other money provided through Proposition 63 to continue services.

"Proposition 63 was intended to expand the AB 2034 program," said Rusty Selix, Executive Director of the Mental Health Association in California, lead plaintiff in the lawsuit. "The elimination of this program violates the voters' intent. The release of additional Prop 63 funds in no way compensates for the Governor's elimination of the 2034 program."

"This money would have to be released to the counties anyway. The bottom line is counties still have \$55 million less to spend on mental health services than they had before," Selix said.

"Elimination of this program is a breach of the public's trust as well as a violation of the law," said Laurel

Mildred, Executive Director of the California Network of Mental Health Clients, a consumer-run organization with more than 1,500 members statewide.

The lawsuit charges that Proposition 63 expressly prohibits the use of its funds to pay for mental health services already in existence when the measure was passed. Proposition 63 was passed in November 2004 to expand, not replace, mental health services, advocates said. In addition, the \$64 million is a stop-gap measure, available only for one year.

Plaintiffs are being represented by Protection & Advocacy, Inc., Oakland, CA; Western Center on Law & Poverty, Los Angeles, CA; Mental Health Advocacy Services, Los Angeles, CA; National Center for Youth Law, Oakland, CA; and the law firm of Howard Rice Nemerovski Canady Falk & Rabkin, San Francisco, CA.

Press Release from NAMI California ❖

SUICIDE/CRISIS HOT LINES

Ventura County Suicide/crisis line

- Behavioral Health Crisis Team
24 hours / 7 day 805-652-6727
- Call 1-800-SUICIDE / 1-800-784-2433
- Call 1-800-273-TALK / 1-800-273-8255

Or, call 911 and ask for help. Tell them you are in suicidal danger. ❖

CIT PROGRAM CELEBRATES SIX YEARS

By Joyce Wilde, M.S., CIT Program Administrator
Jennifer Frank, M.S., CIT Program Assistant

We are pleased to report that the Law Enforcement Crisis Intervention Team "CIT" program celebrated its sixth anniversary in December 2007. The CIT program is a collaborative effort between all six local law enforcement agencies in Ventura County, the Behavioral Health Department (BHD), and Ventura County Medical Center.

The intent of the CIT program is to provide specialized training to police officers who work on patrol, in order to better prepare them to handle situations involving individuals that suffer from mental disorders and are in crisis. It is also to provide increased communication between law enforcement and the mental health and medical communities. The CIT program staff provide the trainings and spearhead the communication efforts; there are also CIT coordinators at each of the Police Departments and Sheriff's Stations.

The first CIT 40-hour Academy training was conducted in December 2001. To date, 19 CIT 40-hour Academies have been conducted, and 559 individuals have been trained. Of the 559 individuals trained, 467 are patrol officers in Ventura County, and 47 are public safety dispatchers. In addition, 22 individuals from 10 other counties in California have participated in the Ventura County CIT trainings in order to begin CIT programs in their own communities.



Deputies participate in role play activities

Some of the course objectives for the CIT 40-hour Academy training include:

- Increasing the officers' ability to recognize signs of mental disorders, developmental disabilities, traumatic brain injury, and other disorders.
- Increasing the officers' empathy for individuals in crisis, as well as their family members.
- Increasing the officers' awareness of mental health resources and available community services.
- Improving officers' non-violent crisis intervention skills.

The CIT Academy consists of 40 hours of lectures, site visits, and role-play scenarios. Mental health professionals and specially trained law enforcement personnel conduct the trainings. Consumers of mental health services often participate in the role-play scenarios as actors. The schedule of topics for the CIT Academy includes such classes as: psychotic disorders, mood disorders, personality disorders, suicide intervention, cultural information, non-violent crisis intervention techniques, legal issues, and suicide-by-cop.

An 8-hour "Police Response to People with Mental Illness or Developmental Disability" (MIDD) course is being conducted for all officers who are not CIT trained in order to increase the amount of information available to every officer. This course is also being used as a refresher for those who have been through the 40-hour training. The

MIDD trainings began in September 2003; since that time, 34 trainings have been conducted with 525 attendees.

This year the 8-hour MIDD training was adapted for Probation and also for deputies who work at the jails. Two classes were conducted for Ventura County Probation Officers. In December 2007, the first class was conducted for detention services; it is the intention of the Sheriff's Department to train all deputies who work at the Main Jail and the Todd Road Jail.

In addition to conducting trainings, the CIT program staff participate in Adult Interagency Case Management Council (AICMC) meetings. The BHD was instrumental in creating AICMC meetings in September 2003, for the purpose of a systematic and confidential transfer of information. The information comes from contacts that law enforcement officers have had with individuals, and is contained in extensive CIT databases. There are various CIT program databases; the largest currently contains over 8500 entries. To date there have been 69 AICMC meetings, and information on 240 individuals has been brought forth.



Role playing involves the participants

The Chiefs of Police and Sheriff signed a Memorandum of Agreement in order to keep staffing the administrative functions of the CIT program through June 2008. The CIT program staff collect data and statistics on the program; some of the documented positive effects of the CIT program include a decrease in the use-of-force and an increase in pro-active contacts. The result is an increase in the non-violent de-escalation of crisis situations in the field. ❖

NAMI HOLIDAY PARTY ROCKS!!

Good food, rockin' music, and great hospitality from Sharon Robinson and company made for about 300 smiling faces at the annual NAMI Holiday Party on December 12.

Sharon and volunteers from ARC and NAMI set the stage with colorful and beautifully decorated rooms

with candy, chips and nuts for everyone and then holiday helpers from the Behavioral Health Department arrived with vans (or were those sleighs?) full of six-foot long subway sandwiches. Jane Sheehan, Lou Matthews, Carol Luppino, Connie Hall, Irene King, Candace Jackson, Pat Russell, Nina Bhavnani and others brought the desserts. Donations from NAMI members and from Turning Point Foundation provided gifts of a fleece blanket for attendees, and plenty of door prizes.

Guests included a surprise visit from Santa Claus! Other dignitaries spotted included Michael Powers, Meloney Roy, Gary Hopkins, and Jim Ayars. Thanks to all of you whose donations helped make the holiday party a success and a special thanks to NAMI's own Spirit of the Season - Sharon Robinson – who makes it happen!

Thanks to all the Holiday Party donors: Ratan and Nina Bhavnani, Jean Goodell, Carlos and Louise Oseguera, Jim and Lou Matthews, Betty Joyce Ryerson, Paul and Jane Sheehan, M.J. and C.A. Brownstein, Charleen Boxx, Barbara Warren, Irene King, Jan Jason, Virginia Gurrola, Russ and Susan Johnson, Chris Novak, Loigail Narkevic, Calvin and Gail Beeker, Mary L. Schwabauer ❖

NAMI – BIG WINNER AT CASINO NIGHT!!

No matter what the game – blackjack, roulette, or craps – NAMI was the big winner at the VCMA Installation/Casino night on November 9, 2007. Held at the Marriott River Ridge in Oxnard, the evening celebrated the installation of Dr. Ron Thurston as President of the Ventura County Medical Association for the upcoming year.

Each year the VCMA holds a Casino Night/Silent Auction in conjunction with its installation banquet, to benefit its scholarship fund. The incoming president may designate a recipient of their choice to share in the benefits and this year Dr. Ron Thurston chose NAMI Ventura County as the co-recipient.

Hot ticket items at the silent auction were a luxury sky box at the Staples Center, a week at a luxury time share, a weekend getaway at the Marriott River Ridge, and lots of sports memorabilia. Would-be high rollers played with "script" instead of cash and professional dealers helped explain craps and roulette to newcomers to the "sport". Barbara Carothers, who heads up Membership and Marketing for VCMA, and Executive Director Mary Carr did a great job of hosting, making this black-tie evening, truly memorable. Thanks to all NAMI friends and members who attended this "hit the jackpot" event! ❖

MELONEY ROY MOVES INTO DIRECTOR POSITION



Meloney Roy with NAMI members at the County Board of Supervisors presentation during Mental Illness Awareness

The promotion of Meloney Roy from Acting Director to Director of Ventura County Behavioral Health Department caught us in between newsletters. The announcement was made at the Ventura County Board of Supervisors meeting on October 23.

Roy has worked in various county mental health programs since the mid 1990's. She has a master's degree in social work from USC and has worked as a psychiatric social worker, supervisor, division manager for youth and family services and deputy director. Roy had been serving as Acting Deputy Director since Linda Shulman's resignation in late June.

The Behavioral Health Department has a staff of 460 and expects to spend \$93 million this fiscal year. Last year, it provided mental health services to almost 8,000 people and drug and alcohol treatment to 2,800. ❖

TWO MORE TRAINED AT LOS GATOS

Family to Family and familia a familia programs in Ventura County got a boost with two more volunteers completing the teacher training certification in Los Gatos, California, in November.

Maria Perez completed the familia a familia training and will begin teaching the Family to Family class in Oxnard, along with Esbeyda Munoz. Lisa Marie Cameron received her teacher certificate and is looking for a location in Simi Valley to begin a new Family to Family class later this winter or early spring.

Maria and Lisa join a group of over 20 Family to Family teachers who have been trained since the program began in Ventura County. ❖

MEMORIAL DONATIONS

In Memory of

Kenneth Daniel Maher

Jean and Donald Miller
Jim and Lou Matthews
Jean Maher

In Memory of

Pearl Lieber

Jim and Lou Matthews

In Memory of

Garrett Ginoza

Jim and Lou Matthews

PROVIDER EDUCATION GETS ENTHUSIASTIC FEEDBACK

"I learned so much and I have been working in this field for a number of years." "The class has certainly caused me to re-evaluate my reaction to mental illness." "I have been very impressed with both the content of the course and the expertise of the providers." "As providers we are involved in providing services and don't consider how it feels to be in the system." "Very informative. Each week it made us think."

These are some of the responses from mental health professionals after taking the Provider Education Program course. To date, 31 providers of mental health services to the Ventura County community have received graduation certificates. The five-person teaching teams have also been gratified by the response from those taking the class. Teaching teams consist of two Family to Family teachers, two PEP trained peer experts, and one mental health professional who is also a family member or peer.

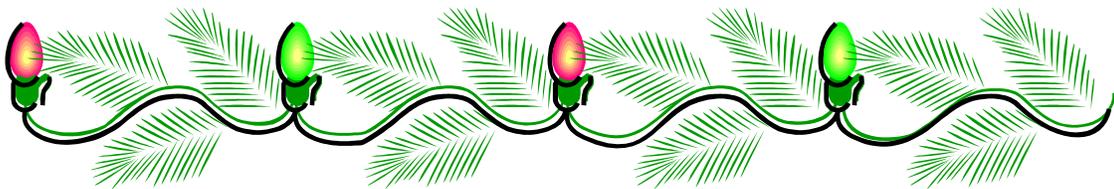
The next class will begin in late January and will be the first time the class is offered at night, from 6-9 p.m. For more information on location and dates, please call our office at 805-641-2426. ❖



All this and snow too (see snowflakes overhead!). Pat Russell looks happy.



DJ and Sharon Robinson rocked the crowd with holiday spirit!



Dinner, dancing, door prizes - how cool is this!



A holiday scene - plenty of good eats for all!



"Everyone's dancin' merrily at the NAMI Holiday Hop!"



"Rockin' around the dance floor - it's a holiday happening!"

SUPPORT GROUPS FOR CONSUMERS/CLIENTS

Please note – These groups are for consumers/clients. Family member support groups are listed separately.

Depression/Bipolar Support Groups:

Ventura: DBSA Support Group meets every Tuesday, 6:30 p.m. to 8:00 p.m., Bible Fellowship Church, 6950 Ralston Street (& Johnson Drive), Building 300, Room 301, Ventura. For more information, call (805) 201-0619. See: <http://health.groups.yahoo.com/group/DBSAVentura/>.

Ventura: DBSA Support Group meets 1st and 3rd Wednesday, 2 p.m.- 4 p.m. At the Adult Wellness and Recovery Center, 56 E. Main Street (at Ventura Avenue in Ventura). For directions and information, call (805) 671-5038

Oak Park: The Conejo Valley DBSA Depression Support Groups meets every Monday from 6:30 to 8:00 p.m. at Church of the Epiphany, 5450 Churchwood Drive (Churchwood & Kanan), Oak Park. Watch for sign "CVDSG". Info: Vincent F. Caimano, Ph.D., (818)707-9799 home, (818)292-8551 office.

**MORE SUPPORT GROUPS ARE FORMING.
WATCH HERE FOR LISTINGS.**

SUPPORT GROUPS FOR FAMILY MEMBERS

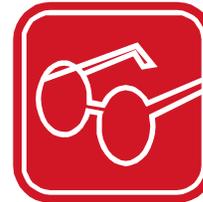
Please note –These groups are for family members. Consumer/client support groups are listed separately.

NAMI in Camarillo – Meets at 5:30 p.m. the second Tuesday of each month at St. Columba's Episcopal Church, 1251 Las Posas Rd., Camarillo. The meeting is prior to the General Meeting. Info: (805)641-2426.

NAMI in Thousand Oaks – Meets at 7:00 p.m. the 3rd Monday of each month at 72 Moody Court in Thousand Oaks (Mental Health Adult Services Center). Info: (805)641-2426.

NAMI in Ventura – Meets at 6:30 p.m., the 1st and 3rd Tuesdays of each month at College United Methodist Church, 4300 Telegraph Road, Ventura. Info: (805)641-2426.

**MORE SUPPORT GROUPS ARE FORMING.
WATCH HERE FOR LISTINGS.**



CELEBRITIES CONTRIBUTE TO NAMI BLOG

Actor Joe Pantoliano, who chased down Tom Cruise in the movie "Risky Business" and won an Emmy for his role in "The Sopranos" is the current celebrity blogger on the [NAMI Blog](#). Commentary and reflections are provided on the blog by NAMI's executive director, Mike Fitzpatrick, and periodic guest contributors. To date, they have included Steve Case, co-founder of AOL and chairman of Revolution Health, and children's author Dia Calhoun. Future guests will include actress Anna Pearce (Patty Duke) and Bev Cobain, cousin of the late singer Kurt Cobain.

"Blog" stands for "Web log" in which commentaries are posted on Web sites like diary entries, but appearing in reverse chronological order. They provide a running dialogue, in which readers are able to post their own comments. Worldwide, blogs are an increasingly important part of building communities through electronic "social media" networks.

Pantoliano's blog entry talks about how making the movie [CANVAS](#) was for him a transformative experience. It caused him to realize that for years he had struggled with clinical depression, and that his mother probably had lived with undiagnosed, untreated bipolar disorder. "Canvas" was released this past month in Chicago, New York, Ft. Lauderdale, Los Angeles, and Phoenix, doing well enough at the box offices that runs were extended into second weeks.

Journalist Tom Davis, who writes the regular column "Coping" for the *The Record of Bergen County* (New Jersey), also noted that "putting a familiar face on mental illness" helps break stigma and "legitimizes" the cause of people living with schizophrenia, bipolar disorder, and other illnesses who too often aren't taken seriously.

Pantoliano has formed the "No Kidding, Me Too" Coalition as a vehicle for people in the entertainment industry to support the fight against stigma. "One in five Americans are affected by mental illness. It shouldn't be a deep, dark family secret," he wrote on the NAMI Blog. We all have something to give.

**Ventura County Behavioral Health
Adult Outpatient Service Sites**

If You Live In:	Contact The Officer of the Day:
Ojai or Ventura (excluding Zip code 93004)	Ventura Outpatient Clinic 4258 Telegraph Rd Ventura, CA 93003 477-5700
Fillmore, Piru or Ventura 93004	Santa Paula Outpatient Clinic 333 W. Harvard Blvd. Santa Paula, CA 93060 933-4868
Oxnard, Port Hueneme or El Rio	Oxnard Outpatient Clinic 1911 Williams Dr., Suite 110 Oxnard, CA 93036 981-4200
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	Conejo Outpatient Clinic 72 Moody Court Thousand Oaks, CA 91360 777-3500
Simi Valley or Moorpark	Simi Valley Outpatient Clinic 3150 Los Angeles Avenue Simi Valley, CA 93065 577-0830

**NAMI Ventura County
Contact Information**

Mailing Address: P.O. Box 1613, Camarillo, CA 93011
Office: 1339 Del Norte Road, Camarillo, CA 93010

Phone: (805) 641-2426

Fax: (805) 275-2188

e-mail: namiventura@gmail.com

website: www.namiventura.org

Executive Director: Margaret Yun

Program Coordinator: Chris Novak

Board of Directors

President	Ratan Bhavnani
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**NAMI Ventura County
Membership Application 2008**

Please fill out the form completely, and mail with check payable to:
NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011-1613

Check One: _____ New Member _____ Renewal Date _____

Name(s) _____

Address: _____ City _____ Zip _____

Phone _____ E-mail _____

Membership Level (check one):

_____ Single (\$30)* _____ Family (\$40)* _____ Silver (\$50)* _____ Gold (\$100)* _____ Peer/Client (\$5)

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

**A portion of your membership dues (\$20) is sent to NAMI National and NAMI California.*

**Dues and donations to NAMI Ventura County are tax deductible to the extent permitted by law.*

NAMI Ventura County needs your help. Please mark the activities in which you can volunteer:

- | | | | |
|----------------------|---------------------|----------------------|-----------------|
| () NAMI Office Work | () Support Groups | () Family-to-Family | () Fundraising |
| () Outreach | () Legislation | () Membership | () Hospitality |
| () Publicity | () Speakers Bureau | () Newsletter | () Other |

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ADDRESS CORRECTION REQUESTED



MAKE 2008 NAMI'S BEST YEAR EVER!!

1000 WALKERS and \$100,000

SPONSOR A TEAM - LEAD A TEAM

KICK-OFF LUNCHEON - FRIDAY, MARCH 14

NAMIWALKS 2008 - SATURDAY, MAY 17

