



nami

Ventura County

National Alliance on Mental Illness

Newsletter

January/February 2010

GENERAL MEETING

Tuesday 12th January 2010, 7:00 pm

PSYCHOTHERAPY Recovery from Serious Mental Illness

Michael D. Rosberg, Ph.D.
Program Director, Anne Sippi Clinic

Are there benefits to using psychotherapy when helping people with a serious mental illness? How does small group therapy compare to individual therapy? Can these types of therapy help a person who is struggling to balance medications and side effects? What are the different types of psychotherapy? Are they best employed in community settings or in residential treatment centers?

Michael Rosberg is a Psychologist and a Licensed Marriage Family Therapist, and has provided treatment and training directed toward the care of individuals with refractory mental disorders, resistant to treatment.

Dr. Rosberg is the Director of the Anne Sippi Clinic in Bakersfield. He maintains a private practice in Westlake Village.

**MEETING LOCATION
St. Columba's Episcopal Church
Parish Hall
1251 Las Posas Rd, Camarillo**

A Family Support Group is held at the church prior to the General Meeting, from 5:30 pm to 7:00 pm

Office Volunteers Needed

Our new office in Camarillo has grown, and we are seeking volunteers to come in for four hours a week or more, to help with phone calls, membership, class registrations, printing brochures and class manuals, and similar tasks.

Why not call us at 641-2426 to volunteer? You will find it most rewarding and helpful, both for the people who need our services and for yourself!

We also need other volunteers who can help at community events such as health fairs, speak to community groups, distribute brochures to professional providers and write articles. If you can assist, please call us. ❖

NAMI HOLIDAY PARTY GETS LARGEST TURNOUT EVER

With over 500 people joining in, this year's NAMI Holiday Party saw another record-breaking crowd enjoying an evening of food, fun and dancing. The ballroom at the Elks Lodge in Oxnard was transformed and beautifully decorated for the season. Almost 60 tables with white tablecloths, each with a gorgeous centerpiece, candy and nuts greeted the guests as they arrived.



The Party in full swing in the grand ballroom at the Elks Lodge.

This year's party featured a complete turkey dinner with all the trimmings, efficiently cooked up and served by Elks volunteers at two buffet stations. Dessert was brought in by NAMI families, and there was plenty to go around.

Every client received a gift as they left the party, a stocking stuffed with lots of fun and useful items, so everyone went home with a smile on their face. But there were also over 100 exciting door prizes to be given out all evening long, and the winners cheered as their names were called.

NAMI's own "Spirit of the Season", Regina Poynter, had coordinated the party, and spent most of the evening handing out door prizes. She was assisted on stage and off by DJ Matt Worrell and a team of volunteers, including a group of graduate students from CLU's MFT program. While Santa Claus mingled with the guests in the room, DJ Matt played some great music and got them to show their moves on the dance floor!

Holiday helpers from the Behavioral Health Department
(contd on page2)

Holiday Party (cont'd from page 1)

started arriving early in the evening with vans full of party-goers from various locations throughout the County. A big thank you to all the VCBH case managers who reached out to the clients and provided rides, to the clinic administrators and staff, and the staff from all the residential and treatment facilities in Ventura County, who brought their clients and joined in the dancing and festivities. And a special thanks to Becky Spring for coordinating this logistical transportation challenge - nobody got left behind!



Santa drops in at the Party!

Thank you to all who helped make the NAMI Holiday Party a success: to Regina and all her volunteers who worked so hard all evening, to Matt Worrell of Star DJs for keeping the party lively, to Elks Lodge and its volunteers for cooking, setting up and serving, to everyone who helped wrap gifts and prizes at the NAMI office, to the many who sent in contributions that allowed us to purchase gifts for all clients, to everyone who brought in door prize donations and desserts, and to Ventura County Behavioral Health for sponsoring the holiday feast. ❖

Thank You

Thank you seems like such a simple gesture but I'm humbled at the generosity of our donors, our volunteers and our community.

Your time, donations and compassion are what made it possible for us to celebrate this holiday season with our clients and their families.

NAMI is proud to provide the partnerships and the quality of services and support to our community that are essential in carrying out our mission.

Thank you for your commitment and compassion to make our corner of this world a healthy and equitable place!

For all the ways in which you have invested in NAMI and in the work we do, we are very grateful,

Have a beautiful holiday with thoughts towards the New Year that bring peace, provision and perspective!

*Sincerely,
Regina Poynter
NAMI Holiday Party Coordinator*

Register Now for Family-to-Family

Have you ever taken Family-to-Family? It's NAMI's highly acclaimed 12-session education program. If you've never taken advantage of this free course, sign up for one of the two sessions starting soon.

Classes begin on January 7th in Westlake Village and on January 13th in Ventura. A third session is available for Spanish-speaking families, starting on January 28th. See page 8 (back cover) for locations. ❖

Frequently asked questions about NAMI support groups and classes

- Q. What's the difference between the "Family-to-Family" program and the "Family Support Group"?
- A. The Family-to-Family program is a 12-week class, covering such topics as brain basics, types of mental disorders, medications, problem solving, advocacy, and much more. Family Support Groups meet regularly at different locations in Ventura County and provide support and information to family members and friends of those affected by serious mental illness. For both programs, we ask that the person with the diagnosis not attend.
- Q. What if I live in a neighboring city in Los Angeles County?
- A. You are welcome to attend our classes and Support Groups. Note that our teachers and facilitators are familiar with the mental health system within Ventura County, and may not be able to give you information specific to other counties.
- Q. What is the cost?
- A. Our programs are free.
- Q. Do I need to call ahead?
- A. Not for Family Support Groups - please arrive at the start time; see page 7 for locations and times. Advance registration is required for the Family-to-Family class. Call us at (805) 641-2426 for more information and registration.

Please pass this information to friends and family members in need. NAMI is here to help! ❖

Family-to-Family Teacher Training

As our programs and classes continue to grow, we need more trained teachers for our Family-to-Family class. If you are a graduate from the NAMI Family-to-Family program and are willing to volunteer a few hours in the evening, please consider signing up for this training. Teachers tell us their own healing is helped and they benefit when they give back and help others.

We will be holding a free 2 ½ day Family-to-Family teacher training in Ventura, January 22-24, 2010. We have several people confirmed, but still have two open slots.

Training manuals, other supplies, and meals will be provided for you during the training. For details and a teacher application contact Chris Novak, Program Coordinator, NAMI Ventura County, 805-641-2426 or namiventura@gmail.com ❖

Achieving Wellness and Recovery

November General Meeting "Choices in Recovery"

by Lisa Severns

Over 110 NAMI members and friends attended the "Choices in Recovery" dinner and speaker meeting on November 10th, sponsored by Janssen Pharmaceuticals. For the third time in four years, Dr. Manoj Waikar again elicited excellent reviews from those in attendance. Manoj V. Waikar, M.D., is an adjunct clinical faculty member in the Psychiatry and Behavioral Sciences Department at the Stanford School of Medicine. Dr. Waikar also has a private psychiatry practice in Palo Alto.

Dr. Waikar brought the good news that recovery is possible for people with all types of mental illness, including schizophrenia. Whereas "recovery" does not mean that mental illness can be cured, it does mean that it can be managed. People in recovery engage in a personal process of setting and achieving goals in order to make life more like they want it to be. According to Dr. Waikar, the best way to support someone in recovery is through an interdisciplinary team approach that includes the client.

In addition to the client, the treatment team may include the doctor, family member or friends, a nurse, social worker, case manager, psychologist or therapist, and a peer mentor or sponsor. The team would work toward helping the client manage his or her symptoms by taking medication as prescribed (without interruption), by focusing on treatment goals and recovery, and by following the treatment plan.

Developing the treatment plan involves the entire team, which would consider the client's unique needs, the options for treatment that are available, and the necessary steps to allow the client to regain ground lost due to mental illness and to achieve his or her educational, work, and social goals.

These goals may include engaging in satisfying work or education, having a stable home life and healthy relationships, achieving physical health, and controlling and managing symptoms. Clients may set goals to be more a part of the world and to have interests. They would definitely want to set goals that would help them avoid situations which would cause symptom relapse.

Symptom relapse can be avoided through a team approach of identifying and discussing barriers to recovery early in the recovery process. The team should monitor recovery so that medication and other supportive measures may be adjusted as needed. Clients may increase their chances of recovery by taking their medication as prescribed, eating healthy foods, exercising appropriately, seeing the doctor and treatment team regularly, avoiding nonprescription drugs and alcohol, avoiding smoking, and finding appropriate ways to reduce stress.

Taking the prescribed medication is the first step in recovery for most people with mental illness. Because there are

various medications available, the client needs to consult with the treatment team about the benefits and side effects of any medicine that is prescribed. The client must be clear about how often to take the medication and what to do if a dosage is skipped. Clients are more likely to comply if they understand that the medication helps to manage symptoms, which allows movement toward treatment goals and recovery. Also, clients need to understand that missing doses has serious consequences. Symptoms may worsen, which may lead to hospitalization and relapse and the ability to reach those important life goals the client set when developing the treatment plan.

Clients are also more likely to continue to take their medication if they understand and can plan for common pitfalls. Clients may have difficulty remembering to do things like taking medication. They may have trouble distinguishing between thinking about taking their medication and actually doing it. Uncomfortable side effects may influence people to stop taking their medication. Or they may start to feel better and think they don't need to take the medication any more. Also, taking the medication can be a daily reminder that they have a mental illness.

Dr. Waikar suggested several ways for clients to remember to take their medication, such as using a pillbox, keeping a journal, or setting an alarm clock. Outside support may include reminders from family and friends and discussing options with the treatment team. Lastly, clients may be most successful if they make taking medication part of the daily routine.

Dr. Waikar concluded with the hopeful thought that more treatment options are available today than ever before. Clients and their loved ones need to learn as much as they can and ask questions. Recovery is possible if clients stick to the plan that the treatment team agrees upon. Through the support of friends, family, treatment team, self-help groups, and advocacy and support groups, people with mental illness can move toward wellness and recovery. ❖

NAMI Ventura County Board of Directors New Executive Board Elected

At the November 10th General Meeting, the Executive Board for 2010 was voted in by the membership.

The Executive Board consists of:

Diane Kellegrew Board President
Duane Bentzen Vice President, Governance
Kimmie Jordan Vice President, Special Projects
Diana Skocypec Treasurer
Shirley Brandon Secretary

Other voting Board members are:

Connie Hall, Debbie Hurt, Sally Kosoff, Michael Ford, Carol Luppino and Irene King.

Honorary Board members are:

Sonna Gray, Jim Matthews, Lou Matthews, Ed Nani, Sharon Robinson

Advisory Board members are:

David Gudeman, Kent Kellegrew, Fred Robinson ❖

Just what is this thing called "Depression"?

Americans don't believe they know much about depression, but are highly aware of the risks of not receiving care, according to a survey sponsored by NAMI National. The survey was a "three dimensional" measurement of responses from members of the general public who do not know anyone with depression, caregivers of adults diagnosed with depression, and adults actually living with the illness.

- 71% of the public sample said they are not familiar with depression, but 68% or more know specific consequences that can come from not receiving treatment-including suicide (84%).
- 62% believe they know some symptoms of depression, but 39% said they do not know many or any at all.
- One major finding: almost 50% of caregivers who responded had been diagnosed with depression themselves, but only about 25% said they were engaged in treatment.
- Almost 60% of people living with depression reported that they rely on their primary care physicians rather than mental health professionals for treatment. Medication and "talk therapy" are primary treatments – if a person can get them – but other options are helpful.
- 15% of people living with depression use animal therapy with 54% finding it to be "extremely" or "quite a bit" helpful.
- Those using prayer and physical exercise also ranked them high in helpfulness (47% and 40% respectively).
- When people living with depression discontinue medication or talk therapy, cost is a common reason, but other significant factors include a desire "to make it on my own," whether they believe the treatment is actually working and, in the case of medication, side effects.

"The survey reveals gaps and guideposts on roads to recovery," said NAMI Executive Director Michael J. Fitzpatrick. "It tells what has been found helpful in treating depression. It can help caregivers better anticipate stress that will confront them. It reflects issues that need to be part of ongoing health care reform."

"There are many treatment strategies" said NAMI Medical Director Ken Duckworth. "What often works is a combination of treatments that fit a person and their lifestyle."

Research indicates that the combination of medication and psychotherapy are most effective. But physical exercise, prayer, music therapy, yoga, animal therapy and other practices all can play a role.

"The good news is that 80% or more of the public recognize that depression is a medical illness, affecting people of all ages, races and socioeconomic groups, which can be treated. ❖"

True Life Story by Clarence Jordan

As a 15-year veteran of the U.S. Navy, I know how combat situations, as well as other more basic aspects of military life, put unique stressors on those of us who serve as well as our families.

With the clarity of hindsight, I can say now that I struggled for many years with mental illness when I was active duty in the navy.

While the signs of a problem were there, and more than one

person tried to point them out to me, I completely denied the problem at the time.

My mental illness ultimately led me to leave the military, and for nearly a decade, I bounced from one job to another and from city to city.

It wasn't until 1998 that I finally had to face the fact I had a problem. At the time, I was using alcohol and other drugs to keep from dealing with the realities of my life and that approach ultimately led me to trouble with the law.

I owe a debt of gratitude to the judge who gave me the choice of going to jail or going into treatment. It was the push I needed to start turning things around.

I went to the local community mental health center in Nashville and met with several doctors who evaluated my condition. I ultimately was diagnosed with major depression.

I stayed in treatment at that health center for another 12 months to work through the issues I was experiencing.

I'm living proof that having a mental illness does not mean that you can't live a happy, productive life. Since leaving that initial treatment, I've not only held responsible jobs but I've become actively involved with NAMI, where I do training and advocacy work to help others achieve their potential.

It's important for people to realize that there are all different types and levels of mental illness and that the most important thing they can do if they think they have a problem is to step forward and talk to a mental health professional to find out.

I personally had no base of experience or knowledge about mental illness that would have led me to believe I had a problem. Furthermore, my personal "image" of someone with a mental illness when I was in the military was definitely not me.

Clarence Jordan is a member of the NAMI National Board of Directors, and is the director of recovery services of Tennessee at ValueOptions Behavioral Health Services, the second-largest behavioral health company in the nation. ❖

NAMI California Appoints New Executive Director Welcomes Trula M. LaCalle, Ph.D.

A message from the Board of Directors of NAMI California

We are pleased to announce our new Executive Director, Trula M. LaCalle, Ph.D. After a lengthy and diligent process with many fine candidates, we determined that Dr. LaCalle is best suited to help NAMI California achieve its strategic goals. To all of us at NAMI, she wants to be known as Trula, as part of our NAMI family. She is excited to be with us and appreciates that Grace McAndrews has done an exceptional job at bringing the organization to where it is at today.

Trula brings leadership, optimism, determination, and people skills to her new position. She has a long history of helping organizations and individuals thrive in the face of difficult challenges. She has been a chief administrator and executive, an educator, an organizational development consultant and trainer, and a clinical psychologist. Most recently, she was the Executive Director of the California Association of Public Authorities for IHSS (In-home Supportive Services). IHSS is a program that serves older adults and people of all ages who have disabilities, including severe mental illness.

In her advocacy work at the Capitol in Sacramento, she has seen how change is fundamentally driven by the grassroots efforts of

ordinary citizens who have found a way to organize and make themselves heard. Her established connections with statewide advocacy groups, lobbyists, legislators and their staff, and Departmental leaders gives her a solid starting point to grow NAMI California's presence and influence at the Capitol.

As a university adjunct faculty member, she has taught courses in multiculturalism and diversity. She also has worked directly with several cultural minority communities. Trula speaks Spanish fluently. She and her husband, Dr. José LaCalle, a Hispanic forensic psychologist who works with the criminal courts, have spent most of their lives in California among Latino social, business, and political groups. They have traveled widely in Latin America and Spain.

In years past, she has worked directly with children and adolescents who suffer from learning disabilities and mental disorders. As the administrative coordinator of the Family Learning Center of Santa Ana-Tustin Community Hospital, she worked closely with physicians to help parents and foster parents to integrate medical treatment with behavioral health. On contract with the Sonoma County Office of Education, she designed, implemented, and conducted a county-wide program for Severely Emotionally Disturbed (S.E.D.) adolescents who attended a specialized campus. Family participation was a mandatory component of the school-based program.

Like other NAMI family members, she has experienced the heart-rending experience of supporting a family member who struggles with a mental disorder.

Please join us in welcoming Trula to our NAMI family and we look forward to many new and wonderful things going on with NAMI California and the affiliates in the future.

Sincerely,
NAMI California Board of Directors ❖



SAVE THE DATE !!



**BOWLING FOR THE MIND
OF VENTURA COUNTY**

NAMI Ventura County will hold a bowling fundraiser
BUENA LANES
Ventura
Saturday March 20th, 1:00 pm to 5:00 pm

NAMI to launch new program Parents & Teachers As Allies

NAMI Ventura County is delighted to announce *Parents and Teachers As Allies*, a mental health education program for school professionals. This two-hour in-service team presentation focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents, and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can communicate with families about mental health related concerns.

This program responds to the recommendations included in Goal 4 of President Bush's New Freedom Commission report on mental health that calls for schools to play a larger role in the early identification of mental health treatment needs in children and in linking them to appropriate services. Behind the label "bad kid" or "poor parenting" may lie a treatable mental illness. In fact, according to the Surgeon General, 12% of children in America under the age of 18 have a diagnosable mental illness.

Parents and teachers can be burdened by a child's mental illness in the form of troubled behavior and poor educational performance. Yet these same adults are the frontline allies in the battle against long-term devastation. While mental illnesses are not yet curable, they are highly treatable when early recognition and intervention occur

... and this is where *Parents and Teachers as Allies* comes in.

Parents and Teachers As Allies (PTAA) is designed for teachers, administrators, school health professionals, parents and others in the school community. To schedule a training for your school or organization, please contact Ratan Bhavnani at NAMI Ventura County, 641-2426.

Presenters Wanted

- We will be training PTAA presenters and are looking for:
- an education professional who is also the parent of a child who has or had experienced early onset mental illness
 - a parent of a child with early onset mental illness, who is in school now
 - an adult client who had mental illness as a child in school

A stipend is offered to presenters. If you would like to be part of this training team, are willing to share your story with school professionals, and fit into one of the categories above, please call us for an application at 641-2426. ❖

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

Main Number, STAR Program: **(866) 998-2243**
(Screening, Triage, Assessment & Referral)

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 1227 E. Los Angeles Avenue Simi Valley, CA 93065 582-4075

**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: Ratan Bhavnani
Program Coordinator: Chris Novak

2010 Board of Directors

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**NAMI Ventura County
Membership Application**

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, one year (check one):

_____ Single (\$30)* _____ Family (\$40)* _____ Silver (\$50)* _____ Gold (\$100)* _____ Open Door** (\$5)

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

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

*** An open door membership is available to anyone who cannot afford to pay full membership.
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:

- | | | | |
|---|--|---|--------------------------------------|
| <input type="checkbox"/> NAMI Office Work | <input type="checkbox"/> Support Groups | <input type="checkbox"/> Family-to-Family | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Outreach | <input type="checkbox"/> Legislation | <input type="checkbox"/> Membership | <input type="checkbox"/> Hospitality |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Speakers Bureau | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Other |

NAMI Walks Ventura County 2010

Changing Minds...One Step at a time!

Saturday May 1, 2009 Ventura Beach Promenade

The 2010 NAMI Walk on May 1st is really a great way to get involved with NAMI Ventura County! Participating in the walk allows families and friends to talk about mental illness, which is a great tool for breaking down stigma. Creating a walk team as a family or through your company is a great teambuilding experience; it allows for practicing targeted communication and sparks great brainstorming ideas! Working towards a common goal together can enrich existing relationships, or encourage new ones. If you are new to the NAMI community, join a team and meet some great friends and families that are involved. If you are a seasoned walker, is there anyone on your team you think would be a great team captain?

REGISTER TODAY at:

www.nami.org/namiwalks/CA/ventura

SPONSORS. It takes a lot of time to identify sponsors for the Walk. Sponsorships range from \$250 to \$10,000 and businesses or individuals receive recognition while helping a worthwhile cause. If you know any business who might want to sponsor this year's Walk, please let us know! ❖

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 pm to 8:00 pm, Bible Fellowship Church, 6950 Ralston Street (& Johnson Drive), Building 300, Room 301, Ventura. For more information, call (805) 201-0619. See www.DBSAlliance.org/Ventura

Ventura: DBSA Support Group meets 1st and 3rd Saturdays, 1:00 p.m. to 3:00 p.m. at the Adult Wellness and Recovery Center, 56 E. Main Street, Suite 103 (at Ventura Avenue). For more information, call (805) 671-5038.

Oak Park: DBSA Conejo Valley Depression Support Group meets Mondays and Thursdays at 7:00 p.m. at Church of the Epiphany, Mitchel Hall, Room 6, 5450 Churchwood Dr. (Kanan & Churchwood) Oak Park. Info: Vincent F. Caimano, Ph.D., (818) 292-8551 or email depressiongroup@mindspring.com See www.dbsalliance.org/conejovalley

Friendship Line: Telephone support is available to clients on weekend nights. The Friendship Line offers a friendly voice when you are lonely or having a hard time. Open Fridays, Saturdays, Sundays and Mondays, 7 pm to 10 pm. Each call is limited to 15 minutes, with a maximum of 2 calls per night.

Toll Free: 1-877-672-AWRC (1-877-672-2972)

This Confidential Friendship Line is staffed by Peer Support Specialists from the Adult Wellness & Recovery Center.

ACTIVITIES FOR CONSUMERS/CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

This drop-in center is open to all clients, whether or not they are enrolled with Ventura County Behavioral Health (VCBH). Many activities and classes scheduled daily. Some clients are "Peer Counselors", and they engage new members and help them navigate the mental health system. The Center is run by Pacific Clinics, with funding from VCBH; open to all clients.

AWRC, 56 E. Main St, Suite 103, Ventura, Tel: (805) 653-5045
Open Tuesday through Saturday, 9 am to 5 pm

TAY TUNNEL

Also run by Pacific Clinics, this drop-in center is aimed at helping Transitional Age Youth (TAY), age 18-25, and connecting them with services. Many activities daily. Open to all TAY clients.

TAY Tunnel, 141 W. 5th Street, Suite D, Oxnard, Tel: (805) 240-2538
Open Monday through Friday, 10 am to 6 pm

WRAP PROGRAM

VCBH contracts with Recovery Innovations of California, Inc. (RICA) to run a WRAP program for clients – "Wellness Recovery Action Plan". Contact RICA at (805) 981-5439.

Note that

- the program is open to all clients.
- clients may join the WRAP program at any time, and go at their own pace. Eight sessions are required.
- Graduates may enter the Peer Employment Training; starts every few months. 72 hours, over 2-3 weeks.
- RICA recruits and employs Peer Counselors on behalf of the County.

CLUBHOUSE

Turning Point Foundation's two community rehabilitation centers offer unique socialization activities and rehabilitation services.

Open only to VCBH clients.

Oxnard Clubhouse, 426 W. Fifth Street, Oxnard, Tel: (805) 247-0750

Open Monday through Friday, 9 am to 2 pm

New Visions Clubhouse, 1065 E. Main Street, Ventura

Tel: (805) 652-0596 ❖

NAMI FAMILY SUPPORT GROUPS

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 third Monday of each month at 72 Moody Court in Thousand Oaks (Behavioral Health, Conejo Clinic). 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.



NAMI Ventura County
P.O. Box 1613
Camarillo, CA 93011-1613

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NEW CLASSES STARTING

No charge ▪ Sign up now ▪ Call or email

(805) 641-2426 namiventura@gmail.com

FAMILY TO FAMILY PROGRAM

The NAMI Family-to-Family Education Program is a series of twelve weekly classes for family caregivers of individuals with mental illness. The trained co-teachers are family members themselves and know what it's like to have a loved one struggling with one of these brain disorders.

For family members, partners and friends of individuals with: Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia, Schizoaffective Disorder, Borderline Personality Disorder, Panic Disorder and Obsessive Compulsive Disorder, Co-occurring Brain Disorders and Addictive Disorders, Post Traumatic Stress Disorder

Enrollment restricted to attendees who have a family member or friend with a mental illness.

WESTLAKE VILLAGE

Calvary Community Church, 5495 Via Rocas

Class begins: January 7, 2010, 12 Thursdays, 6:30 pm to 9:00 pm

VENTURA

ARC Ventura County, 295 S. Arcade Drive

Class begins: January 13, 2010, 12 Wednesdays, 6:30 pm to 9:00 pm

OXNARD

(De Familia a Familia, for Spanish-speaking attendees)

Pacific Clinics, 141 W. 5th Street

Class begins: January 28, 2010, 12 Thursdays, 6:30 pm to 9:00 pm