



nami

Ventura County

National Alliance on Mental Illness

Newsletter

January/February 2011

GENERAL MEETING

Tuesday January 11, 2011, 7:00 pm

Open to the Public ■ All are Invited

A family split apart...a family reunited...a story you will never forget

UNLISTED: A Story of Schizophrenia



This documentary film is a moving first person account of a woman's troubled relationship with her father and his mental illness.

Delaney Ruston, a Seattle general physician, went into hiding to protect herself from her dad's erratic behavior and episodes of paranoia. After more than a decade of separation she decides to reconnect. Ruston documents her reconciliation with her father in a film that exposes the pain that mental illness inflicts on families and the urgent need to repair the American mental health system.

Bring your friends, neighbors and co-workers to this community education event.

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

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

NAMI's Oxnard Office Open for Business

Our new office inside the Behavioral Health building is now open. NAMI volunteers, led by Regina Poynter, will be available at this satellite office to provide families, clients and staff with information, support and resources.

The Ventura County Behavioral Health Department is located at 1911 Williams Drive in Oxnard. Our office is on the lower level, the third office down the hall from the Williams Drive entrance. We will hold an Open House in January - please watch your email - and you are invited to stop by then or at any time.

NAMI moves into new offices

NAMI's office in Camarillo has moved. Because of a prior agreement with the leasing company, our office has relocated into another suite in the same building, just two doors away. Our new office address is 1355 Del Norte Road, Camarillo CA 93010. Please continue using our mailing address for all US mail: NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011. ❖

NAMI HOLIDAY PARTY ROCKS!!

by Andrew Swinburne

The banquet room of the Elks Lodge in Oxnard was full of music, singing, laughter and cheer on the night of December 14th as NAMI Ventura County hosted its annual Holiday Party. The festivities began at 5:00 pm when the sun had already set and the cold, winter air outside made the heated Elks Lodge all the more delightful. Over 350 clients were in attendance along with approximately 60 family members and 60 residential care providers and staff from the Ventura County Behavioral Health Department.



Everyone who came was served a turkey dinner complete with mashed potatoes, gravy, dinner rolls and mixed vegetables, and when guests had had their fill, the dessert table made its appearance. Featuring various sweet treats donated to the party by its attendees, the dessert table was just one example of the goodwill that made the event a success. Around forty volunteers gave their time checking in clients, serving food and providing entertainment. Kevin Fukagawa, a talented and successful musician, accompanied the NAMIRockz choir on piano. VCBH Director Meloney Roy led the guests as they sang holiday favorites such as "Rudolph the Red-Nosed Reindeer," "Silent Night," and "Winter Wonderland." Other volunteers raffled off door prizes throughout the night, which were donated by NAMI members and friends and were wrapped by volunteers. Donated contributions allowed NAMI to purchase a gift for every one of the clients who attended. Buses were provided by the "Among Friends" facility as a favor to NAMI and VCBH, to transport clients from assisted living facilities all over Ventura County to the party and back again. Without the busing service, the party would not have been the same as each of the seven buses carried between 25 and 35 passengers.

Music and the dancing that it inspired went on until 9 pm, and in what seemed no time at all, the NAMI Ventura Holiday Party had come and gone. Many thanks to all the volunteers

(contd on page 2)

Holiday Party (cont'd from page 1)

and to those who made the donations that made the event the success it was; your contributions cannot be given enough praise.

NAMI's next big event is the NAMI Walk on April 30. If anyone would like to join the Walk committee, help with sponsorships or volunteer at the event, please contact the NAMI office at (805) 641-2426. ❖

THANK YOU

NAMI Ventura County takes this opportunity to recognize all the people who made the 2010 Holiday Party a huge success. Thank you to the many volunteers who wrapped gifts, set up and worked at the Party, the NAMIRockz choir, our donors, and the Ventura County Behavioral Health staff for helping coordinate transportation for the clients. A special note of thanks goes to Among Friends Adult Day Care Health Care Center for providing the drivers and buses to bring the clients from their places of residence. ❖

NAMI HOLIDAY PARTY 2010



New NAMI Program Launched Friends In The Lobby

by Jennifer Bungert

On November 22, 2010, Ventura County NAMI volunteers staffed their first shift at Hillmont Psychiatric Center (HPC), starting a new program called *Friends In The Lobby*. NAMI volunteers are now present at a resource table just inside the front door at HPC during visiting hours on Mondays, Thursdays, and Saturdays, providing assistance, support, and resources to family members during their time of crisis. Funding for the program comes from the Mental Health Services Act (Prop 63), allocated by Ventura County Behavioral Health.

The need for NAMI's presence at the county psychiatric hospital has been undeniable. Visitors are often families in crisis, not familiar with HPC and its policies, unfamiliar with mental illness in general, and the experience can be daunting. They are often under extreme stress, in need of answers, compassion, and hope that things can get better. At HPC they now have *Friends In The Lobby*; willing listeners offering a warm reception, connecting them with a multitude of resources and free classes to increase their knowledge about mental illness and how to best care for their loved ones.

Friends In The Lobby volunteers are people who have been personally affected by mental illness in their families and have taken NAMI's Family to Family Class - 30 hours of free education which many describe as life-changing and integral to their understanding of their loved ones' mental health crises. In addition to the fact that many of these dedicated volunteers have personal experiences visiting HPC (in some cases to seek treatment for themselves), they also have received several hours of orientation training by NAMI, as well as a very thorough and informative orientation delivered by Angela Timmons, Operations Director of HPC. Angela welcomed NAMI volunteers with warm enthusiasm and was patient and generous with her time while answering questions and helping our group of *Friends In The Lobby* gain perspective into the daily operations of the hospital and its staff.

Friends In The Lobby in Ventura has been modeled after other programs of its kind in California which have proven to be a great benefit to the community as well as the hospitals themselves. A month after starting this new program, our volunteers are just as dedicated and enthusiastic as when they started. *Friends In The Lobby* connect easily with visitors, establishing a "no shame zone" with their candor about their own families' crises of mental illness. In one instance, a man appearing worried and bewildered who had flown in from another state to visit his daughter at HPC was put at ease by a NAMI volunteer who disclosed that her own daughter was in fact being treated at the hospital on that same night. His face brightened as he spoke more with *Friends In The Lobby* and learned that free education and support are available through NAMI in his home state. He thanked NAMI repeatedly for being there for him, and even offered to volunteer for the

organization. On another night, one of the security guards at the hospital listened as a *Friends In The Lobby* volunteer expressed that she had benefited personally from a night of helping others at HPC. He responded that he, too had received value from working with *Friends In The Lobby*, because it gave him the opportunity to see "another side to the story" of the patients he has been employed to guard. This brought his awareness to the fact that those coming to HPC for treatment are *people*, who "aren't always like that."

This is what Angela Timmons, Director of Operations at Hillmont Psychiatric Center, had to say: "We are pleased to partner with NAMI on this project. It benefits patients, their families and the entire mental health community as a whole. FITL helps families traverse the challenging and frustrating terrain of acute care; it serves to bridge communication with families and significant others during what can be a very difficult period. We are grateful to the volunteers that advocate and give of themselves to make a difference."

Quotes from several volunteers follow:

"Knowledge is power. FITL empowers family members, softening the blow mental illness deals every one of us who has experienced a loved one behind those locked psychiatric hospital doors. By providing educational information, resource networking, a listening ear and shared experiences, FITL is a visual comfort to returning family members and a gift to any newcomer to mental illness."

"It has been amazing how responsive family members are. In particular, when a young man was visiting his older brother... he discovered many similarities between his stories and ours. He became more comfortable and eager to share information with his parents, particularly the Family-to-Family classes."

"It is a wonderful feeling to know that I have contributed to help calm a distressed family member. I'm glad I'm doing this!"

"Great experience. My admiration to the volunteers, guards, hospital employees and staff. Have seen that everyone has this spark, this love, this understanding - extending kindness and attention to persons on both sides of the doors."

"I know from personal experience that it would have been very helpful to me to have had NAMI there when I first went to Hillmont in Oct. 2008 the first time my son ended up there. I was scared and confused and it would have been nice to talk to someone else that had been there before who could give me direction, and mostly, hope."

NAMI's mission is to provide education, advocacy, and support to families in crisis, helping them find resources and develop the courage to move through their crises of mental illness. In partnership with the community, we show people struggling with mental illness in the family that *there is hope*, and an alliance of people to support and educate them. NAMI Ventura County is proud to be taking this step forward in our own community and extends its gratitude to Ventura County Behavioral Health and Hillmont Psychiatric Center for their support. ❖

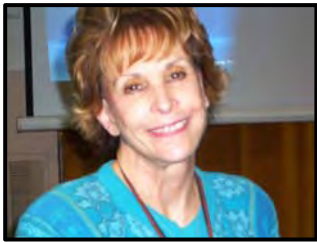
Dual Diagnosis or Co-Occuring Disorders?

Dr. Linda Gertson Updates NAMI

by Nina Bhavnani

NAMI Ventura County was honored to have Dr. Linda Gertson speak at its November General Meeting. Her knowledge of mental illness and addiction disorders was evident as she gave us a power point presentation on co-occurring disorders. Dr. Gertson's passion to help clients with mental illness and substance abuse shone through as she talked with enthusiasm about the county's dual diagnosis program, or IDDT, Integrated Dual Diagnosis Treatment.

She reminded us that many individuals present with more than two diagnoses, and current terminology refers to "co-occurring disorders". In reality, the disorders (mental illness/addiction) do not simply co-occur; they interact with one another. The IDDT philosophy is that multiple disorders must be treated simultaneously by one treatment team.



Dr. Gertson's presentation reiterated that staff working with co-occurring disorders must recognize that addiction is a chronic disease, be familiar with the neurobiology of stress and addiction, be trained in Motivational Enhancement techniques, 12-step philosophies, outreach and conduct phase oriented treatment.

To get into the IDDT program, clients have to be assessed at a VCBH outpatient clinic. The treatment program is based on a risk reduction model. Group therapy is part of the program and individual therapy is offered. A multi-disciplinary treatment team, consisting of psychiatrists, psychologists, social workers, MFTs, nurses, Alcohol and Drug treatment specialists, case managers and interns, all work together towards helping the clients. Family Education groups are also offered for family members of program clients.

Dr. Gertson said that though she saw that addiction hijacks the brain, body and soul, she still learnt a lot from recovering clients. Addressing a question from a family member, she said that using language that will empower and encourage clients was important. Her opinion was that the old philosophy of not treating clients for mental illness until they were clean and sober was totally outdated.

On the subject of medical marijuana, Dr. Gertson said that the view of the California Society of Addiction Medicine (CSAM) is that marijuana is an addictive drug. There was no evidence to show that it helped in the treatment of schizophrenia.

Dr. Linda Gertson has just begun a new job in the Alcohol & Drug Program of Ventura County Behavioral Health. We wish her all the best in her new position. ❖

NAMI to receive award

The Ventura County Mental Health Board will present a Recognition Award to NAMI Ventura County at its January General Meeting. Please join us in accepting this award:

Date: Monday January 24, 2011, 1:00 pm

Location: Training Room, Ventura County Behavioral Health, 1911 Williams Drive, Oxnard. ❖

MENTAL HEALTH FIRST AID

County to train 30 people for its mental health team

by Marjorie Hernandez

Ventura County Star, January 3, 2011

The Ventura County Behavioral Health Department will add 30 people this year to its Mental Health First Aid team, officials said.

The 30 people will first participate in an extensive five-day training course, in which they will learn the symptoms, causes and treatments for depression, anxiety disorders, psychosis and substance abuse.

They then will be certified to help people in mental health crises and also will be able to go back to their various organizations and train others, said Meloney Roy, county behavioral health director.

"The main purpose of this training is to reduce the stigma of mental illness and give people a better understanding of mental health issues," Roy said. "When people deal with someone who is under emotional distress, often the people themselves become anxious. When you understand what is going on, you will feel empathy and will be better prepared to intervene."

The 30 people will come from various agencies and will be trained for five days starting Jan. 24. Participating agencies so far include the county Public Health Department, the National Guard, American Red Cross, Oxnard College and the Schools/Special Education Local Plan Area.

After they complete their training and certification, they can lead their own 12-hour courses to give the public the skills to help others with mental health issues.

Roy said they will learn how to read signs of emotional distress and help people in need. The training will include assessing the risk of suicide or harm, listening nonjudgmentally, giving reassurance and information, encouraging people to get professional help and conveying self-help strategies.

"Sometimes it's a matter of just being calm yourself and making sure how to read signs if the other person is a danger to themselves or others," Roy said. "Sometimes people don't know what to do and just avoid the situation, which further isolates the person in distress." ❖

Terri Cheney to speak at Breakfast Event

Coping With Bipolar Disorder: A Patient's Perspective

The author of "Manic: A Memoir" and "The Dark Side of Innocence: Growing Up Bipolar" will be the featured speaker at Turning Point Foundation's Community Building Breakfast on Thursday February 3rd, 7:30 am at the Crowne Plaza Ventura Beach Hotel.

On the outside, Terri Cheney's life looked picture perfect. As a young girl growing up in Southern California, she was a cheerleader, straight A student and class valedictorian. Later, as a successful entertainment attorney in Beverly Hills, Terri represented Michael Jackson, Quincy Jones, and several major motion picture studios. But beneath her seemingly flawless facade she was struggling with a dangerous secret: ever since childhood, Terri had been battling a debilitating case of bipolar disorder.

As a successful entertainment lawyer in Beverly Hills, Terri managed to keep her life-long battle with bipolar disorder secret from everyone - but at a terrible price. Despite wild mood swings, erratic behavior, numerous hospitalizations and suicide attempts, no one knew that Terri was bipolar.

To RSVP for this breakfast event, call Ratan Bhavnani at NAMI Ventura County, (805) 641-2426 ❖

HOUSING - The Foundation to Recovery

NAMI Ventura County has adopted this slogan to advocate for appropriate housing for people living with mental illness. We will engage in conversation with our community partners to focus on three objectives for 2011:

- Eliminate or reduce out-of-town Board & Care placements
- Improve standards in local Board & Care
- Encourage development of SRO (single room occupancy) units, for independent living, with supports

If you would like to join the conversation, email us or come to our committee meetings. Call NAMI Ventura County at (805) 641-2426 for more information. ❖

Bipolar Depression: The Downside of Up

by Donna Jackel, BP Magazine

[Excerpt from "The Downside of Up"]

It is the manic phase of bipolar disorder that attracts - no, demands - attention. But those who have the illness, or love someone who does, know it is depression that most disrupts and devastates lives - and dominates the course of the illness.

"Few people understand [that] depression sucks the life out of you," says C.A., 52, of Oregon. "Desires, self-esteem, motivation, self-worth - any of those qualities that keep you going in life - disappear." Since her 2002 bipolar diagnosis, she has gone only 18 consecutive months without depression.

When P.S. of Halifax, Nova Scotia, is sad, she sometimes avoids bike riding with her seven-year-old daughter. The guilt she feels at withdrawing from her child only intensifies her depression.

"You look at the functional outcomes, such as the ability to work, family life, being an active participant in society—this is largely driven by depressive, rather than manic, symptoms," notes Roger S. McIntyre, MD, associate professor of psychiatry and pharmacology at the University of Toronto, and head of the Mood Disorders Psychopharmacology Unit at the University Health Network in Toronto.

One reason depression is more debilitating than mania is that it lasts longer; another is that it occurs more frequently: According to a 2002 study by Lewis L. Judd and colleagues at the University of California at

San Diego published in the Archives of General Psychiatry, people with bipolar I experience depression three times as often as mania. For bipolar II, the ratio of time spent in depression versus mania is a whopping 40:1.

Bipolar depression is also difficult to diagnose, and therefore to treat. Some studies suggest that as many as 50 percent of those with bipolar disorder are misdiagnosed with unipolar depression, according to Michael E. Thase, MD, professor of psychiatry at the University of Pennsylvania School of Medicine and author of several books on bipolar, depression and related topics.

It's not surprising that misdiagnoses frequently occur. The Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV), doesn't distinguish between bipolar and unipolar depression. Rather, a bipolar diagnosis is made based upon whether the person has experienced mania or hypomania.

"Bipolar depression looks very similar to major depression, with no distinct features," says McIntyre. "That being said, people with bipolar depression more often complain of symptoms that are atypical for unipolar depression, including increased eating, sleeping, and profound reduction in energy. Moreover, people with bipolar depression also frequently complain of seasonal worsening and 'therapeutic misadventures' with antidepressants—that is, the depression gets worse with antidepressant therapy."

Because bipolar and unipolar depression can "look" so similar, psychiatrists must take care to get detailed family histories—and to ask patients if they have ever experienced symptoms of mania or hypomania, says Eric D. Caine, MD, chairman of psychiatry at the University of Rochester Medical Center and an international expert on suicide prevention. Otherwise, "the tendency is to treat it as if it's unipolar depression, with antidepressants alone, which may serve as rocket fuel for a manic episode," he adds... [end of excerpt] ❖

Identification Statement

Publication's title and number:	NAMI VENTURA COUNTY NEWSLETTER
Issue date:	JANUARY 5, 2011
Statement of frequency	BIMONTHLY
Authorized organization's name and address:	NAMI VENTURA COUNTY 1339 DEL NORTE ROAD, CAMARILLO, CA 93010
Issue number:	ISSUE NO. 28
Subscription price:	NONE

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

Main Number, STAR Program: **(866) 998-2243**
(Screening, Triage, Assessment & Referral)
Behavioral Health Crisis Team: **(877) 327-4747**

If You Live In:	Your Outpatient Clinic:
Ojai or Ventura (excluding 93004)	4258 Telegraph Rd Ventura, CA 93003
Fillmore, Piru or Ventura 93004	333 W. Harvard Blvd. Santa Paula, CA 93060
Oxnard, Port Hueneme or El Rio	1911 Williams Dr., Ste 110 Oxnard, CA 93036
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	72 Moody Court Thousand Oaks, CA 91360
Simi Valley or Moorpark	1227 E. Los Angeles Ave Simi Valley, CA 93065

Acute Care Psychiatric Hospitals

Hillmont Psychiatric Center
(805) 652-6729
200 N. Hillmont Avenue, Ventura, CA 93003

Aurora Vista del Mar Hospital
(805) 653-6434
801 Seneca Street., Ventura, CA 93001

**NAMI Ventura County
Contact Information**

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Website: www.namiventura.org

Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak

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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 |

RECOVERY EDUCATION CLASSES

Recovery Innovations is pleased to announce its Winter term of recovery education classes throughout our great county of Ventura. The winter term runs from January 10 to February 28th. Stop by our home offices in Oxnard anytime to pick up a schedule of classes, attend a class or visit our community "Connections" room for coffee, fellowship, peer support, snacks, or to surf the net! Our recovery education center in Oxnard offers classes in spirituality, enhancing relationships, film, music, and creating recovery environments at home. Recovery Innovations is also dedicated to serving our Spanish speaking community. We offer our WRAP class in Spanish at locations throughout the county, and are committed to providing Spanish speaking peer support specialists. Please feel free to contact us in the New Year and beyond for your recovery education needs, peer support services. Please consider us your community partner in recovery. We hope to see you soon!

Recovery Innovations of California
805-981-5439 ❖

New Administrator named at Telecare

Telecare Corporation will continue to run the social rehab residential facility known as Casa de Esperanza, in Camarillo, under a new contract worked out with Ventura County Behavioral Health. This 60-bed facility houses adults diagnosed with mental illnesses, and the new contract expands the programs that will be provided to residents. However, psychiatric services and case management will now be provided by Ventura County Behavioral Health.

A new Regional Administrator will be in charge of all Telecare programs in Ventura County, including the ACT teams which provide support to clients in the community and those that work with forensic clients. Julia Child is an Administrator with Telecare in the Los Angeles area, and will soon take over from Bonita Kraft, who has been the interim Regional Administrator for Ventura County. ❖

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.DBSAAlliance.org/Ventura

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

NAMI FAMILY SUPPORT GROUPS

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

To check the date of the next meeting, see our website at www.namiventura.org and select "Calendar" from the top green menu. Or call NAMI at (805) 641-2426.

Camarillo – Meets at 5:30 p.m., the second Tuesday of each month at St. Columba's Episcopal Church, 1251 Las Posas Rd., Camarillo. This meeting is prior to the General Meeting.

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).

Ventura – Meets at 6:30 p.m., the first and third Wednesdays at College United Methodist Church, 4300 Telegraph Road, Ventura. ❖

ACTIVITIES FOR CONSUMERS/CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

Turning Point is the new Provider.

This drop-in center is open to all clients; many activities and classes scheduled daily. Some clients are "Peer Counselors", and they engage new members and help them navigate the mental health system.

AWRC, 1065 E. Main St., Ventura, CA 93001 Tel: (805) 653-5045
Open Tuesdays and Thursdays, 3:00 pm to 6:00 pm

TAY TUNNEL

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.

SOCIAL REHAB PROGRAMS (Open only to VCBH clients)

West County residents:

Turning Point Foundation has two community rehabilitation centers which offer unique socialization activities and rehabilitation services.

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

Open Monday through Friday, 9 am to 2 pm

New Visions Clubhouse, 1065 E. Main Street, Ventura, Tel: 652-0029

East County residents:

Pathpoint's Life Skills Center offers rehabilitation for adults through groups and activities designed to increase social interaction and self esteem, improve coping skills, improve independent living skills, and build employment skills.

Open Monday through Friday, 9:00 am to 2:30 pm

72 Moody Court, Thousand Oaks, Tel: 777-3523 ❖



NAMI Ventura County
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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.

VENTURA

ARC Ventura County, 295 S. Arcade Drive

Class begins: January 20, 2011, 12 Thursdays, 6:30 pm to 9:00 pm

WESTLAKE VILLAGE

Calvary Community Church, 5495 Via Rocas

Class begins: January 27, 2011, 12 Thursdays, 6:30 pm to 9:00 pm

OXNARD

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

Turning Point Foundation Clubhouse, 426 West 5th Street

Class begins: February 10, 2011, 12 Thursdays, 6:30 pm to 9:00 pm