



nami

Ventura County

National Alliance on Mental Illness

Newsletter

January/February 2014

GENERAL MEETINGS

NAMI Ventura County holds monthly educational General Meetings, which are free and open to the public, and are held from 6:45 to 9:00 pm on the second Tuesday of each month.

Tuesday January 14, 2014

6:45 pm to 9:00 pm

Vineyard Community Church

1320 Flynn Road, Camarillo, CA 93012

(note changed topic and speaker)

THE MIND BODY CONNECTION

with

Vanessa Lauzon, M.D.

Medical Director of Behavioral Health
Community Memorial Health System

Recovery from mental illness must include a component to improve your physical state of health. It is important to deal with many of the risk factors associated with serious mental illness, including cardiovascular disease, obesity, diabetes, smoking etc.

Achieving a healthy lifestyle and engaging in a wellness effort can make a huge difference in the quality of your life.

One study, published in the Journal of the American Medical Association, showed that taking the wellness approach can result in a 17 percent decline in total medical visits and a 35 percent decline in medical visits for minor illnesses.

Dr. Vanessa Lauzon specializes in Psychiatry and Family Medicine. She provides Psychiatric Consultation for Community Memorial Hospital and the CMH Centers for Family Health in Ventura County.

Bring your questions on any topic related to mental health and join us for this very popular speaker!

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

NAMI Ventura County Is Moving!

As we continue to expand our programs and services, our office space needs have grown. We are pleased to inform you we will be moving effective February 1, 2014, and our new office will be located at

5251 Verdugo Way, Suite K, Camarillo, CA 93012

Our mailing address remains unchanged:

NAMI Ventura County, PO Box 1613, Camarillo, CA 93011

NAMI Holiday Party Rocks!

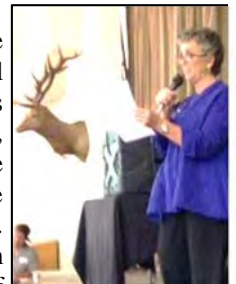
by Mark Klein

On Tuesday, December 10, 2013, NAMI Ventura County hosted a festive Holiday Party for people living with mental illness in Ventura County. Nearly 400 consumers and 100 family members, staff and volunteers, descended on the Elks Club in Oxnard, the location of the joyous event, and dined on a delicious homemade turkey dinner that included mashed potatoes, cranberry sauce, stuffing, salad and a roll. Dessert was provided by NAMI Ventura County volunteers, who brought in some of their favorite baked goods.



The 23rd Annual NAMI Ventura County Holiday Party was an event which was highly anticipated by clients and staff from local Board & Cares and other residential treatment facilities. Sponsored by a grant from Ventura County Behavioral Health, and with generous donations by NAMI Ventura County members, the Holiday Party is an event everyone looks forward to all year! Every client received a gift as they departed—a holiday stocking, stuffed with goodies, including treats, socks, and a sports bottle. Each client also got a ticket for the door prize drawing. Thirty lucky people won items like jackets, electronics, and handmade afghans.

Between dinner and dancing, the Director of Ventura County Behavioral Health, Meloney Roy, handed out lyrics to holiday songs such as “Jingle Bells”, “Deck the Halls”, “Frosty the Snowman”, “Silver Bells” and “Have Yourself a Merry Little Christmas”. Accompanied by many of her staff from VCBH, she then led the entire room of hundreds in singing Christmas Carols. Santa Claus joined the fun, visiting each of the tables, giving candy to folks, and posing for pictures.



(contd on page 2)

Holiday Party (contd)

The party was held at the Elks Lodge in Oxnard. Over 30 volunteers from the Elks helped to cook, serve the meal and bus tables. In addition to the Elks Lodge volunteers, over 50 NAMI volunteers donated time wrapping door prizes, making centerpieces, decorating the room, registering party goers, and much, much more!



Matt Worrell was the DJ for the party for the tenth year running. Playing Christmas music through dinner, he switched to a terrific dance mix after dinner so people could boogie to their favorite songs. Ratan Bhavnani, Executive Director of NAMI Ventura County, quickly jumped onto the floor when the dancing started, showing pleasure from the party and genuine solidarity with those whose lives he works hard to improve.

Transportation to and from the party from many of the residential facilities was generously provided by Among Friends Adult Day Health Care Center. Coordinating with VCBH case managers, drivers in Among Friends' vans made two trips before and after the party to make sure everyone who wished to attend could get there and back. Clients from East County came in Roadrunner Shuttle vans arranged by VCBH.

Early in the evening, I talked to a long-term volunteer with 25 years of service, Charleen Boxx, who told me she does this for her son, who lives in a locked facility. I sometimes feel that the families of those living with mental illness suffer just as much or more than their loved ones. For this reason and for other reasons, NAMI is a godsend for many.

I myself have lived in five or six Board & Cares in the past and completely understood the feelings of this group of people. Now that I am well along in my recovery, I can only hope that our crowd Tuesday night experienced some joy. I think the 2013 NAMI Ventura County Holiday Party provided a few hours of relief and great memories from the pain experienced daily by so many. ❖

In July of 2007 NAMI Ventura County offered the first Provider Education Program in Ventura County. Since then hundreds of mental health professionals have availed themselves of this excellent course, which offers a different and important perspective on the lived experience of people diagnosed with mental illness and their families. Mental health professionals have a good clinical understanding of mental illness, but the Provider Education class seeks to enhance their understanding by teaching them about the personal experience—to help professionals truly understand what it is like to live with a mental illness, as a person diagnosed, and as a family member.

The NAMI Ventura County Provider Education Program is a five week course designed to present an insightful view of family and consumer experiences with serious mental illness. Taught by a trained five member team, consisting of two Family to Family teachers, two mental health consumers, and one mental health professional, it allows people working in the arena of mental health care to understand the emotional aspects and practical consequences of these illnesses, in addition to academic and clinical information provided in the course.

By understanding these additional aspects of mental illness the mental health professional is better able to support and care for individuals with serious mental illness, and their families.

Local mental health providers say of the course:

"I would absolutely recommend this course to colleagues at my agency to get the clearest understanding of mental illness. This course is a must!"

"I feel more informed and have better insight on how to support families and individuals who are challenged by mental illness."

"A very well-planned, thoughtful, interpersonal program — educational and directly impactful."

The class is free for mental health professionals, and 15 CEUs are available upon completion, at no charge. For a registration form or for more information go to www.namiventura.org.

Class Begins: January 21, 2014

5 Tuesdays, 3:30 to 6:30 pm
Aliso Escrow Inc.
4522 Market St., Ventura, CA 93001

Class Begins: February 24, 2014

5 Mondays, 3:30 to 6:30 pm
United Methodist Church
1000 E. Janss Rd., Thousand Oaks, CA 91360

Class Begins: March 31, 2014

5 Mondays, 3:30 to 6:30 pm
Location: TBD, Camarillo

New classes are starting soon. Sign up now by contacting Joan Wiggins at 805-641-2426 or by email at joan.wiggins@namiventura.org. ❖



NAMIWalk Ventura County 2014
Saturday May 3rd, 2014
Ventura Beach Promenade

NAMI Ventura County is pleased to announce its 2014 NAMI Walk! This year marks the tenth year of our NAMI Walk participation, and there are plans in the works to make this a very special event. As usual, we expect to have fun enjoying the day together, raising community awareness and helping erase the stigma of mental illness. All funds raised go to supporting NAMI programs and services right here in Ventura County. Together we can change minds ... one step at a time!

Whether you are new to NAMIWalks or are an experienced veteran, we look forward to your joining the Walk and for your support!

Our 2014 Walk Manager is Roberta Rodriguez. Fresh back from her NAMIWalk training in Chicago by the NAMI National team, Roberta is charged up and ready to lead this year's Walk to even more success than before. Look out for more news on this year's Walk route through the streets of the City of Ventura, an expanded Walk registration and starting area, more resource information tables and food booths at the end of the Walk.

Our Honorary Walk Chair for 2014 is County of Ventura Supervisor Linda Parks. Business Team and Family Team Chairs will be announced soon.

Sponsor NAMIWalk Ventura County 2014!

Since we at NAMI provide all of our services at no charge, we particularly look to companies and businesses for financial support. Do you work for a company or own a business? Please work with us to become a NAMIWalk Sponsor. Contact Roberta Rodriguez today, by email at walk@namiventura.org or by phone at (805) 889-7674.

We encourage companies to partner with us in their community giving initiatives. We are happy to bring in employee education programs or specially tailored Brown Bag Seminars to raise awareness. We know that too many families are affected by mental illness and suffer in silence because of the stigma they feel. By supporting employees to help themselves or their loved ones, businesses can make a difference by improving productivity and the overall quality of life. As a sponsor of NAMIWalk Ventura County, your company will benefit from a high level of acknowledgment, receiving exposure to a large segment of our community.

Walk Figures

- 2014 Walk Fundraising Goal: \$125,000
- 2013 Walk Total Funds Raised: \$166,921
- 2013 Sponsorship Funds: \$67,450
- 2014 Walk Fundraising Goal: \$200,000 ❖

Mental health courts offer a chance to heal

Editorial, Ventura County Star, December 19, 2013

It's a sad truth of the criminal justice system that a substantial number of the people we lock up for crimes need meds more than jail beds.

Los Angeles County Sheriff Lee Baca has said in all seriousness that the jail system he runs amounts to "the nation's largest mental hospital."

Isolation in a cell might keep some off the streets - at least temporarily - but ultimately treatment for the psychiatric disorders that plague some offenders and lead them to destructive behavior is what would keep society safer.

Recognizing it was both inhumane and ineffective to simply lock up the sick with the crooked, mental health courts have emerged in recent years as a vital alternative to standard sentencing in jurisdictions around the country.

Diverting defendants into treatment under a judge's close supervision gets them help with the stern incentive of criminal penalties if they drop their program.

Many of these programs, which are voluntary, involve social workers and probation officers working closely with the courts to keep those with serious mental illnesses moving in a healthy direction.

This isn't a new idea, and proposals have floated around for years, but resources have always been scarce and local courts hesitant to invest the time. In California, prison realignment has made the need to try new approaches urgent. The status quo sure isn't working well.

A mental illness isn't an excuse for a crime, but that doesn't mean simple punishment is always the right approach - for taxpayers, crime victims, the law-abiding public or defendants.

Mental health courts promise to hold defendants accountable and help them get well at the same time.

Let's hope they can deliver. ❖

Letter To The Editor

Ventura County Star

(The following is a portion of a letter to the Star, not yet published, with reference to the above editorial.)

In spite of the success that Ventura County has had so far, there is work to be done. The treatment capacity of Ventura County's Mental Health Court program is 50, but there are usually only 15 to 25 clients enrolled. Yet at any given time 20 percent of Ventura County's jail population has a serious mental illness. This is a grave disparity that must somehow be corrected. The 50 spaces allotted should be filled, and work done to create enough spaces for any qualifying defendant to be enrolled.

We highly commend Judge Colleen Toy White and all the agencies involved for their hard work in keeping our Mental Health Court program going. But I now invite them to take a step back and review the program in order to streamline the processes and help many more of our County residents find their way to recovery.

- Ratan Bhavnani ❖

November General Meeting

BRIDGES TO INDEPENDENCE

by Mark Neal

The topic at NAMI Ventura County's November General Meeting was "Bridges to Independence," presented by Sarah Williams, LMFT. Ms. Williams is on staff at Aurora Vista del Mar hospital in Ventura as Supervisor of Case Management Services and also maintains a private practice in Ventura based on mindfulness training techniques. Ms. Williams has a great depth of experience and commitment to the subject at hand – helping clients achieve fuller, more independent lives. Her talk was focused on providing information, practical ideas and tips to family members of clients to support them in helping their loved ones move toward recovery and independence.

It is not surprising considering the importance of this topic that the meeting was very well attended, and once additional seating was brought out we were able to accommodate everyone. The audience was eager to hear the information being presented, which included; the referral process for local housing resources; how to start the disability process; increasing socialization for your loved ones; how to manage medication concerns with providers in an inpatient or outpatient setting; and much more.

Ms. Williams stressed that in helping a loved one move toward independence it is important to meet them where they are in their recovery. In order to do that, we must first understand precisely where that is. Does our loved one accept their mental illness and are they willing to set recovery goals and work towards them? Do they acknowledge their illness but struggle to accept it, or are they in denial, not acknowledging their illness? Each of these perspectives would call for a different approach in our efforts to help.

Another important aspect to understand about our loved ones' recovery is to what degree they are compliant with their treatment plan and to how that plan is working. Compliance can range from being actively involved, where they make it to their psychiatric appointments and follow their doctor's prescriptions, to those who attend appointments and/or take their medications intermittently, to those who are non-compliant and refuse to participate in treatment.

It is additionally important to be informed and vigilant about how well their treatment regimen is working – whether they are stable and doing well, need adjustments to their medications, or are symptomatic and unstable. Ms. Williams voiced the importance of family participation and feedback in the process. The family's input is vital in that often they are in the best position to give observations that help psychiatrists determine what adjustments and changes need to be made to their client's treatment plan.

Also discussed were the challenges of health information privacy laws to communication between family members and their loved ones' treatment providers. Audience members were advised that it is preferable to have their loved ones sign releases to allow them full access so that they can freely interact with providers on their behalf. However, if a loved one does not feel comfortable signing a release, one can still communicate with doctors. Ms. Williams suggested keeping an ongoing list of

observations and data concerning the loved one's past treatment and what is working and not working, and faxing or emailing it to the staff where he or she is being treated.

Housing options was another prominent topic and a list was distributed of the types of housing available, characteristics of each, and approximate associated costs. The importance of checking out a facility on behalf of your loved one by meeting the staff and touring the rooms and grounds is important in that the quality of care can vary and many of the facilities are essentially unregulated. Also important is to try to match the level of care needed by the client to that which the facility provides.

Ms. Williams also gave information and advice regarding the process of qualifying for State Disability Insurance (SDI), Supplemental Security Income (SSI), or Social Security Disability Income (SSDI). SDI is appropriate for individuals who were working and are expected to return to work in 12 months or less. SSDI covers those who have worked at least five out of the past 10 years and who are not expected to be able to return to work for 12 months or more, and SSI helps those who have not worked and paid into the system and are not expected to be able to return to work. It was stressed how lengthy and difficult the process can be and Ms. Williams advised those applying for any of these programs to enlist the services of a Social Security Representative. Such representatives are state mandated to charge a maximum of 25% of the first check received and cannot charge a fee if they are unsuccessful in obtaining benefits for the client.

The presentation elicited a number of questions in the response period that followed. It was clear that the content of the presentation was on target and that the subject matter is very important to many and perhaps most NAMI members. Our thanks go out to Sarah Williams for an informative and fact-filled evening. ❖

Book Review

The Book of Woe: The DSM and the Unmaking of Psychiatry by Gary Greenberg

Finding the most appropriate psychiatric diagnosis for someone with significant mental health challenges is not a simple matter. If you are the sort of person who prefers to believe that diagnoses are arrived at through a well-defined clinical process, that relies upon consistent field research, that points in a harmonious direction, then I advise you not to read this book because it will only upset you

Gary Greenberg is a practicing psychotherapist who brings a truly impressive amount of research together to tell this story of the creation of the DSM 5. For some readers, the revelation of the conflict, the conflicting research, and the many deep moral and philosophical questions raised in connection with psychiatric diagnosis and medications is TMI! (Too much information) Speaking only for myself - it's fascinating and I'm working on my third reading of it.

For just one of the many deeply thought-provoking points, consider this - imagine someone who meets all the criteria for Major Depression, and they are seeking medication to relieve their suffering. During their interview it is revealed that their spouse died 2 months ago. Some clinicians would therefore determine that this is not actually depression because of the "Bereavement exclusion." Another point of view is that it would be unfair to deprive widows/widowers of the benefits of psychiatric treatment just because the stressor has been identified. This is just one of many topics on which there are widely differing points of view, with no clear "winner." ❖

MEMORIAL DONATIONS 2013

In Memory of Irene King

Jane Sheehan
Ratan & Nina Bhavnani
Keith & Marita Montgomery
Sonna Gray
James & Suzanne King

In Memory of Capt. Rick McClung

Ray Thompson
MD Hantke-Jones
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Jennifer Howell
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Westlake High Aquatics Boosters
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In Memory of Margaret O'Hearn

Jim & Lou Matthews

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Mary T. Squires
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Celeste Virtue
Patrick Squires
Michael Krovious
Nancy J. Coe
John Higgins

In Memory of Henry Settle

Joan & John Guertler

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

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

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	125 W. Thousand Oaks Bl. 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) 652-6729
801 Seneca Street, Ventura, CA 93001

**NAMI Ventura County
Contact Information**

Mailing Address: P.O. Box 1613, Camarillo, CA 93011
Office: 5251 Verdugo Way, Suite K, Camarillo, CA 93012

Helpline: (805) 500-NAMI
Phone: (805) 641-2426
Fax: (805) 275-2188
email: info@namiventura.org
website: www.namiventura.org

Staff

Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak
Program Coordinator: Joan Wiggins

2014 Board of Directors

John Nielsen	President
Diana Skocypiec	Vice President Governance
Roberta Rodriguez	Vice President Special Projects
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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):

_____ General (\$35)* _____ Silver (\$50)* _____ Gold (\$100)* _____ Open Door** (\$3)

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 is unable 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 FAMILY SUPPORT GROUPS

Please note – These NAMI groups are restricted to family members or friends supporting a person with a mental illness. Consumer/client support groups are listed separately.

Support group attendees and other family members are urged to come back so as to help others! Drop in – no need to call ahead!

To check the date of the next meeting, go to www.namiventura.org and select "Calendar" from the top menu bar. Or call NAMI at (805) 500-NAMI.

Camarillo – Meets at 11:00 a.m., the first Saturday of each month at the NAMI office, 1355 Del Norte Rd, Camarillo.

Camarillo – Meets at 5:30 p.m., the second Tuesday at Vineyard Community Church, 1320 Flynn Rd, Camarillo.

Thousand Oaks – Meets at 7:00 p.m. the first and third Monday of each month at Hacienda de Feliz Community Room, 2084 Los Feliz Drive, Thousand Oaks.

Ventura – Meets at 6:30 pm, the first and third Tuesdays at Bible Fellowship Church, 6950 Ralston St (use entrance from Johnson Drive), Building 300, Room 302, Ventura.

GRUPO DE APOYO

For Spanish-speaking family members

Oxnard – Meets at 6:30 pm, the 1st and 3rd Tuesdays at The Wellness Center, 2697 Saviers Road, Oxnard. For information in Spanish, call: Lisa (805) 984-2839 or Pablo (805) 794-6316 ❖

NAMI Ventura County Help Line (805) 500-NAMI

Volunteers and staff can provide information about a variety of resources, including mental health services, housing, legal assistance, support groups, classes for families and clients and more. Open Monday to Friday 9:00 am to 5:00 pm.

If you have a mental health emergency, call the Ventura County Behavioral Health Crisis Team at (866) 998-2243. Or call police at 911 and ask for a CIT trained officer.

NAMI CONNECTION

Peer Support Group Meets Twice Monthly

NAMI Connection is a recovery support group program, for adults living with mental illness, which is expanding in communities all across the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group meets weekly for 90 minutes, is offered free of charge and follows a flexible structure without an educational format.

WHEN: First and third Wednesday of each month, 7:00 pm to 8:30 pm

WHERE: NAMI Ventura County Office
1355 Del Norte Rd, Camarillo, CA 93010

Note our new office address effective February 1, 2014:
5251 Verdugo Way, Suite K, Camarillo, CA 93012

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

Ventura: DBSA Support Group meets 1st and 3rd Saturdays, 1:00 pm to 3:00 pm at the Adult Wellness and Recovery Center, Turning Point Foundation, 1065 E. Main Street, Ventura. For more information, call (805) 671-5038

Oak Park: DBSA Conejo Valley Depression Support Group meets Mondays at 7:00 p.m. at Church of the Epiphany, Mitchel Hall, Room 6, 5450 Churchwood Dr. (Kanan & Churchwood) Oak Park. No registration required. For more information, call Rachel at: 818-601-7767 or email dbsaconejovalley@gmail.com

See www.dbsalliance.org/conejovalley ❖

OTHER ACTIVITIES FOR CLIENTS

THE WELLNESS CENTER (TWC)

Turning Point Foundation operates an Adult Wellness Center (TWC) five days a week in Oxnard and part-time in Ventura. The TWC is open to all clients and is staffed by Peer Support Specialists. Many activities and classes scheduled daily.

Their mission is to provide a positive healing environment for adults with mental health challenges and to build on their strengths, develop new skills, connect to the community, and receive support from peers on their journey to recovery.

Oxnard TWC, 2697 Saviers Rd., Oxnard CA 93033
Open Tuesday, Wednesday, Friday, Saturday, 10:00 am to 3:00 pm
and Thursday 2:30 pm to 5:30 pm

Ventura TWC, 1065 E. Main St., Ventura, CA 93001
Open Thursday, 3:00 pm to 5:30 pm, Saturday 10:00 am to 4:45 pm

For more information, call (805) 653-5045

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, 9:00 am to 5:30 pm

WRAP CLASSES & more

VCBH contracts with Recovery Innovations (RI) to run a WRAP program for clients – "Wellness Recovery Action Plan".

This is a 16-hour mental health wellness and recovery course that will help one regain control of their life. This course focuses on: one's strengths, identifying triggers, warning signs, when things are breaking down, and the development of a crisis plan.

The mission of Recovery Innovations is to create opportunities and environments that empower people to recover, to succeed in accomplishing their goals and to reconnect to themselves, others, and to meaning and purpose in life.

RI offers other class for clients, including:

Wellness and Empowerment in Life and Living (WELL)
Medication for Success . . . and more.

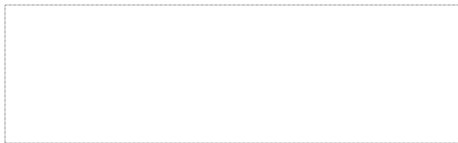
For class schedules, contact RI at (805) 981-5439. ❖



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

ADDRESS SERVICE REQUESTED

<p>Non-Profit Org US Postage PAID Oxnard, CA Permit No. 00280</p>
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NEW CLASSES STARTING

No charge ▪ Registration required ▪ Call or email for information

(805) 641-2426 info@namiventura.org

NAMI FAMILY-TO-FAMILY EDUCATION 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, Schizophrenia, Schizoaffective Disorder, Borderline Personality Disorder, Panic Disorder and Obsessive Compulsive Disorder, Co-occurring Brain Disorders and Addictive Disorders, Post Traumatic Stress Disorder.

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

WESTLAKE VILLAGE

Class begins: January 9, 2014
 12 Thursdays, 6:00 pm to 8:30 pm
(This class is full)

VENTURA

Class begins: January 23, 2014
 12 Thursdays, 6:30 pm to 9:00 pm
(This class is full, waiting list only)

CAMARILLO

Class begins: March 26, 2014
 12 Wednesdays, 6:30 pm to 9:00 pm
 Arc of Ventura County
 280 Skyway Drive, Camarillo

FAMILIA A FAMILIA

(for Spanish speaking attendees)

OXNARD

Class begins: February 27, 2014
 12 Thursdays, 6:30 pm to 9:00 pm

FILLMORE

Class begins: April 10, 2014
 12 Thursdays, 6:30 pm to 9:00 pm