



NAMI Ventura County

Ventura County's Voice on Mental Illness

Newsletter

July 2007



FAMILY TO FAMILY CLASSES NOW FORMING

Registration is now open for Family to Family classes beginning in July and August.

Family to Family is a free 12-week course for family caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. Class locations, dates and times are listed below.

Family to Family – Begins in July, location, dates, times, to be determined.

Family to Family – Begins August 24, 2007 at Calvary Community Church in Westlake Village.

To register or for more information, please call (805) 641-2426 or e-mail namiventura@gmail.com. ❖

Summer Schedule for 2007

- **June 20-24, NAMI National Convention**, San Diego
- **Tuesday, July 10: General meeting**
- **No newsletter in July**
- **August, 2007: No general meeting**; resumes again in September
- **Tuesday, Sept. 11: General Meeting**
- **Sept. 28-29, NAMI CA 2007 Annual Conference**, Irvine

GENERAL MEETING

Tuesday 10th July 2007, 7:00 pm

Featured Speaker:

David Gudeman, M.D.

"Treatment-Limiting Symptoms"

Dr. Gudeman has a psychiatric practice in Simi Valley. He is the former Director of Ventura County Behavioral Health.

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



NAMI ANNOUNCES NEW CLASSES

Provider Education Program training is now open for enrollment. This is a 10-week series of classes based on the Family to Family model, but incorporating new sections directed specifically toward those in the helping professions. Provider Education Program is appropriate for case managers, psychologists, residential care operators, homeless outreach workers, therapists, and all those individuals who work directly with those affected by mental illness and their families.

Provider Education Program – Begins July 13, 1:30 to 4:30 p.m.

Location: Interface Community Room
Address: 1305 Del Norte Road, Camarillo

Provider Education Program – Begins September 14, 1:30 to 4:30 p.m.

Location: Behavioral Health Dept. Training Room
Address: 1911 Williams Drive, Oxnard

This 10-week series of classes is free but pre-registration is required. Classes are limited to 25 participants. CEU units may be offered.

To register or for more information, please call (805) 641-2426, or e-mail namiventura@gmail.com. ❖

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FAMILIES IN RECOVERY

JEFF HAYDEN



Jeffrey L. Hayden, M.A., BCBA offered his listeners at NAMI's June General Meeting a clear perspective on treatment methodologies of the past, while presenting effective methods for those affected by mental illness to employ now, to move the entire family system toward recovery.

Centered around a Positive Behavioral Support Model, recovery goals are not simply a return to a pre-morbid condition, but are aimed at community inclusion and attainment of personal goals. This approach of "person-centered planning" identifies the goals of the individual, creates supports to address the individual's goals, and emphasizes community participation, creation of meaningful relationships, and development of personal competencies.

After reviewing the "10 Commandments" of the Positive Behavioral Support model, and examining other behavioral models, Hayden culminated his presentation by offering more than a dozen suggestions to help families improve communication skills and "get along" with each other. Among the top tips were: look for the positives and applaud them, take big problems and break them down into smaller steps, listen before asking questions, be aware of how your body is responding and give yourself a "time-out".

Besides co-authoring papers with such world-renowned figures in the field of psychiatry, as Robert Lieberman, MD, as part of the UCLA-Camarillo State Hospital Clinical Research Team, Hayden has worked alongside several individuals familiar to NAMI Ventura County, including Dr. Tim Kuehnel and Dr. Michael Green. At present Hayden is a partner, with his wife, Lisa J. Hayden, Psy.D., in Camarillo-based Hayden Consultation Services. ❖

ON-GOING ADVOCACY – SPEAK UP!!

Even though Advocacy Day has passed (May 23), several issues before the California state legislature may seriously impact mental health services. Proposed budget cutbacks to the successful AB2034 program – and the usurpation of Proposition 63 funds to finance replacement programs need to be opposed. In the past two weeks yet another legislative-initiated budget cutback may result in elimination of funds to the recently implemented MIOCR (Mentally Ill Offender Crime Reduction) program – a program that just got underway in our County a few short months ago. Giving programs out with one hand and taking them away with the other must stop!! Help change this system! Go to our website www.namiventura.org and click on "Take Action" for more information. ❖

MEET THE BOARD:

CAROL LUPPINO (Housing)



My name is Carol Luppino, and I am the mother of an adult son who suffers from mental illness.

I was living in the Valley and had no idea what I was dealing with when I was told my son was mentally ill.

Unlike many before me, I was lucky to have been given the phone number for NAMI in Van Nuys. With NAMI's help I learned what mental illness was and received a great deal of support and help early on.

In 1991 I moved to Ventura and joined the Ventura branch of NAMI. Housing became my main interest as I discovered that finding a place for my son to live, with the supports that he would need, that he could afford, was almost impossible. I became active on the Behavioral Health's housing committee, which led to my joining the Partners in Housing board. Partners in Housing, in partnership with the Area Housing Authority, built a 23-unit complex of 1-bedroom apartments on Lewis Road for people with mental illness. We also worked with the Ventura and Santa Paula Housing Authority to develop housing for seniors, developmentally disabled, mentally ill and those with low income.

In addition to serving as a committee member on the Mental Health Board's Housing and Adult Services Committee, Lou Matthews and I have also formed NAMI's housing committee. We have worked to build up a housing fund that will hopefully grow so we can develop housing that is clean, safe and affordable, where people with mental illness can live with care and support. It is our goal that this housing would be owned by NAMI, which would ensure its status as housing for the mentally ill.

This past year I became a part of the Working Group of the Ventura County Homeless and Housing Coalition, to help develop a 10-year plan to end homelessness. The goal is to reduce homelessness by 50% in the first 5 years (2008-2012). We know many homeless suffer from a mental illness. To develop appropriate housing for this population will take everyone working together.

I plan to always be a member of NAMI, as it will take me a lifetime to pay back for the help it has been for me. I have met some great people who I can share my experiences with, who understand and care. NAMI's support groups and classes provide a place where you can draw from other people's experience to help you through yours. I must admit, it makes me feel good when I, in turn can help someone else.

With NAMI you know you are not alone. ❖

NAMI CALIFORNIA ANNUAL CONFERENCE 2007

"From Dream to Reality"

September 28 & 29, 2007

Irvine Marriott, 18000 Von Karman Avenue

Irvine, California 92612

Phone: 949-553-0100

PRE-CONFERENCE ACTIVITIES:

The Affiliate Leaders and Presidents Council Meeting will be held on Thursday, September 27.

CONFERENCE:

Early Registration opens Thursday, September 27 from 9-3:30 p.m.

Registration opens Friday, September 28 at 8:00 a.m. Conference begins Friday, September 28 at 8:30 a.m. and closes Saturday, September 29 at 4:30 p.m.

CONSUMER FORUM:

A consumer forum will be held on Friday, September 28 at 12:00 noon. If you are a consumer, and would like to participate in the forum, you must pre-register. See consumer registration below.

ACCOMMODATIONS:

Please make your hotel reservations by calling 800-228-9290 Ask for the specially negotiated rate of \$105 (single, double, triple or quad). This special rate is good from February 12, 2007 thru September 18, 2007. Cut off date for this rate is September 19, 2007. NAMI California cannot guarantee rooms beyond the number that have

been reserved in our block, so book now! Hotel directions will be sent with confirmation of registration.

SHUTTLE SERVICE AND PARKING:

Complimentary hotel shuttle service is available from the John Wayne Airport to the Irvine Marriott. Self parking at the hotel is \$7 per day.

EXHIBITORS WELCOME:

Exhibitors may rent tables for the NAMI California Annual Conference 2007. For forms and details please contact Catherina Isidro at catherina.isidro@namicalifornia.org or 916-567-0163.

CONSUMER SCHOLARSHIPS:

NAMI California encourages affiliates to offer consumers a scholarship to attend the NAMI California Conference. A limited number of consumer scholarships will be awarded by NAMI California and will be awarded on a first come, first served basis. Please contact Catherina Isidro at catherina.isidro@namicalifornia.org or 916-567-0163 for an application.

CONTINUING EDUCATION UNITS AVAILABLE

NAMI CALIFORNIA ANNUAL CONFERENCE 2007 REGISTRATION FORM

Register Today to Get the Early Bird Rate!

Copy this form and use one for each individual registration (please print clearly)

REGISTRATION FEES INCLUDING MEAL(S)

Early Bird Special

Paid before August 3, 2007

2-Day Rate: \$150/person

1-Day Rate: Fri. Sat. \$95/person

Paid after August 3, 2007:

2-Day Rate: \$175/person

1-Day Rate: Fri. Sat. \$110/person

On-Site Registration(No meal guarantee):

2-Day Rate: \$185/person

1-Day Rate: Fri. Sat. \$120/person

Consumer Registration:

2-Day Rate: \$105/person

1-Day Rate: Fri. Sat. \$65/person

I will attend the consumer forum

I will not attend the consumer forum

Cut-off Day: Deadline for receiving Registrations in our office is the 19th of September.

Cancellation Policy: A \$35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel, you must notify the NAMI California office in writing no later than August 20, 2007. No refund will be made after this date.

Returned check Policy: A processing fee of \$30 will be assessed for any returned checks due to insufficient funds.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

NAMI Affiliate: _____

MEALS:

Friday lunch will be on your own.

Friday Dinner: Chicken Fish Vegetarian

Saturday Lunch: Chicken Fish Vegetarian

NAMI California Conference Consumer Scholarship Donation: \$ _____

PAYMENT (Zip Code must be provided above for all credit card payments):

Visa Master Card American Express

Account #: _____ Expiration Date: _____

3-4 Digit Security #: _____ Signature: _____

Total amount enclosed: \$ _____

Make check payable to NAMI California - Conference 2007

Mail to:

NAMI California

1010 Hurley Way, Suite 195

Sacramento, CA 95825

Phone: 916-567-0163 Fax: 916-567-1757



CONGRATULATIONS!! FOUR NEW FAMILY TO FAMILY TEACHERS

Hooray for Esbeyda Munoz, John Sivie, Norma Perez-Sandford and Diana Skocypec who participated in an intensive week-end of schooling and emerged as trained Family to Family educators! John and Diana traveled to Oceanside where they were instructed by San Diego-area NAMI Family to Family trainers. Esbeyda and Norma were taught in Los Angeles and are NAMI Ventura County's first bilingual Family to Family educators. They will soon be offering Family to Family courses in Spanish. At the speaker's meeting in June, the NAMI Ventura County general membership joined in welcoming and applauding these new teachers.

As NAMI's programs expand, new Family to Family teachers and support group facilitators are needed. The trainings provided by NAMI California usually occur in January and June and fill up quickly. If you are interested in becoming a Family to Family teacher please contact Gail Beeker, our volunteer Family to Family Coordinator or Chris Novak, our staff Family to Family Coordinator at 641-2426. ❖

Ventura County Leadership Academy (VCLA) Honors Joyce Wilde



*Joyce Wilde with
Ventura Police Chief Pat Miller*

On June 1 at its 6th annual Spotlight On Leadership awards dinner, Joyce Wilde was selected as Emerging Leader of the Year. Joyce was the previous President of NAMI Ventura County and continues to serve on NAMI's Advisory Board.

Last year's VCLA Class XI, of which Joyce was a part, adopted the Ventura NAMIWalks 2006 as their class project. Many of her classmates attended this year's awards dinner and showed their support for Joyce. In her acceptance speech, Joyce talked about her work with NAMI and the teamwork she enjoyed in her job. Joyce is the program administrator for the Crisis Intervention Team for law enforcement in Ventura County.

At the June 1st "Spotlight on Leadership" event, VCLA also gave out awards for Distinguished Community and Business Leaders. ❖

AND A BIG THANKS! TO ALL THE WALKERS, DONORS, VOLUNTEERS AND EVERYONE WHO ATTENDED THE 2007 NAMIWALKS FOR THE MIND OF AMERICA, including:

Family Chair: Candace Jackson
Honorary Chair: Sgt. Mark Stadler
Business Chair: Julia Ladd, Macerich, Inc.
Supervisor Advocate: Supervisor Linda Parks
Consumer Advocate: Kimo Watanabe

Team Captains: Candace Jackson, Debbie Hurt, Lisa Moore, Cathy Norman, Nancy Huff, Vicky Murphy, Joyce Wilde, Ratan Bhavnani, Martha Bishop, Raymond Johnson, Ginny Hunt, Diane Sall, Jesus Romero, Jr., Julia Ladd, Jeanne Shields, Mara C. Rupert, Lisa Snider, Regina M. Poynter, Sally Kosoff, Gil McFarlane, Mark Stadler, Debra Fischer-Dobson, Hoa Tran, Sonna Gray, Christine Hernandez, Jennifer Blankenship, Leander Hicks, Lyn Olson, Becky Spring, Ashley Ashley, Chris Novak, Wendy Wilson, David Deutsch, Chris Frahm, Margaret Yun, Lucy Morales and Pam Love

Volunteers: Kay Abbott, Action Club, Ashley Beatty, Leslie Bell, Duane Bentzen, Ratan and Nina Bhavnani, Shashona Browning, Diane and Tony Bustillos, Kellie Caramanis, Cece Casey, Auggy Donlon, First American Title, Foothill High School, Cheryl Gilbert, Sonna Gray, Connie Hall, Debi Henderson, Debbie Hurt, Candace Jackson, Courtney Jackson, John Jackson, Irene King, Sally and Jay Kosoff, Carol Luppino, Lou and Jim Matthews, Lisa Moore and Pepperdine students, NAMI Board of Directors, Joe Novak, Shane Novak, Tiffany Novak, Lyn Olson, Matt Powers, Sharon Robinson, Mara Rupert, Pat Russell, Mike Schlunegger, Douglas and Patti Schulz, Jane and Paul Sheehan, Rhea Voll

Resource Tables: Anne Sippi Clinic Treatment Group, CAMFT, Crisis Intervention Training, Many Mansions, NARSAD, The Network, Southern California Psychiatric Association, Turning Point Foundation, Unity Church, Ventura County Behavioral Health Department, Ventura County Community Foundation, Ventura County Medical Center Psychiatric Unit, Aurora Vista Del Mar, LLC

Entertainment: Paula Lurvey, Lyn Olson, Andrea Rosenkranz ❖

Thank You
To Our NAMIWALKS 2007 Sponsors



AstraZeneca
Life inspiring ideas



Bristol-Myers Squibb Company



Special Sponsor
Raul Mercado's LA MARATHON FOR NAMI

Supporters

**Agfa Corporation • Aurora Vista Del Mar Hospital, LLC • David Gudeman, M.D., Inc.
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Kilometer Sponsors

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John & Stephanie Orr • Oro Del Norte LLC • Ratan & Nirmala Bhavnani
Ray Faulstich, DMD, Family Dentistry • Tony & Diane Bustillos • VCE Services, Inc.
Ventura County Deputy Sheriffs Association • William Shanbrom and Associates
Santa Barbara Applied Research • Tara Gulrajani "Century 21"
Foley & Lardner, LLP • United Methodist Church of Westlake Village**

Food and in-kind donations

**Chase Bros. Dairy • Mugu Growers • Will-AI, Inc. • Solvay Pharmaceuticals
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Steakhouse • Channel Islands Do It Best Hardware • Sam's Club**

***** **SUPPORT GROUPS** *****

SUPPORT GROUPS FOR CLIENTS

Please note – these groups are for consumer/clients. Family member support groups are listed separately.

Ventura and Thousand Oaks: Currently there is no support group available; however, plans are underway to reconvene these groups at a new time and location. Any new information will be included in this newsletter.

Oak Park: The Conejo Valley DBSA Depression Support Group meets every Monday from 6:30 pm to 8:30 pm at the Oak Park Library, 899 North Kanan Road, just south of the Oak Park High School. See sign “CVDSG”, 2nd meeting room on left. Info: Vincent F. Caimano, Ph.D., (818) 707-9799 home, (818) 292-8551 office ❖

SUPPORT GROUPS FOR FAMILIES

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

NAMI in Camarillo – Meets at 5:30 pm, the 2nd 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 pm, the 3rd Monday of each month at 72 Moody Court in T.O. (Mental Health Adult Services Center). Info: (805) 641-2426.

NAMI in Ventura – Meets at 6:30 pm, the 3rd Tuesday of each month at Ventura Missionary Church, Room 502-Upper. Info: (805) 641-2426. ❖



**Ventura County Behavioral Health
Outpatient Service Sites**

If you live in:
Ojai or Ventura (excluding
Zip code 93004)

Contact:
Ventura Outpatient Clinic
300 Hillmont Avenue
Ventura, CA 93003

The Officer of the Day
652-6768

If you live in:
Santa Paula, Fillmore,
Piru or Ventura 93004 only

Contact:
Santa Paula Outpatient Clinic
333 W. Harvard Blvd.
Santa Paula, CA 93060

The Officer of the Day
933-4868

If you live in:
Oxnard, Port Hueneme
Or El Rio

Contact:
Oxnard Outpatient Clinic
1911 Williams Dr., Ste 110
Oxnard, CA 93036

The Officer of the Day
981-4200

If you live in:
Camarillo, Thousand Oaks,
And Ventura County areas
Of Agoura, Westlake,
Bell Canyon

Contact:
Conejo Outpatient Clinic
72 Moody Court
Thousand Oaks, CA 91360

The Officer of the Day
777-3500

If you live in:
Simi Valley or Moorpark

Contact
Simi Valley Outpatient Clinic
3150 Los Angeles Avenue
Simi Valley, CA 93065

The Officer of the Day
577-0830

NAMI Ventura County Contact Information
Mailing Address: P.O. Box 25510, Ventura, CA 93002
Phone: (805) 641-2426
E-mail: namiventura@gmail.com

2007 Board of Directors

President	Ratan Bhavnani
Vice President	Candace Jackson
Treasurer	Connie Hall
Secretary	Sally Kosoff
NAMIWALKS	Debbie Hurt
Director at Large	Irene King
Housing	Carol Luppino
Housing	Lou Matthews
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Delia Fuhrmann
Sonna Gray
Ed Nani

Advisory Board

Law Enforcement	Joyce Wilde
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Non-Profits	Fred Robinson

NAMI Ventura County Membership Application 2007

Please fill out the form completely, and mail with check payable to:
NAMI Ventura County, P.O. Box 25510, Ventura, CA 93002-5511

Check One: New Member Renewal Date _____

Memberships: (Check those that apply)

Single (\$30)*
 Family (\$40)*
 Silver (\$50)*
 Gold (\$100)*
 Donation Amount _____
 Total Enclosed _____

Name(s) _____

Address: _____ City _____ State _____ Zip _____

Home Phone _____ E-mail _____

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

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

We are always in need of volunteers. Please mark the activities in which you would like to participate:

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

Non-Profit Org
US Postage
PAID
Oxnard, CA
Permit No. 00280

ADDRESS SERVICE REQUESTED

NAMI Ventura County
P.O. Box 25510
Ventura, CA 93002-5510



TO CELEBRATE MOTHERS AND FATHERS

Some people think of Mother's and Father's Day as Hallmark holidays; but we see them as an opportunity to celebrate NAMI parents: their grit and their commitment, their love and their humanity. . . . Parents who have never stopped trying to help their children--against seemingly overwhelming odds.

Written by Janice Papolos and Demitri F. Papolos, M.D