



NAMI

Ventura County

National Alliance on Mental Illness

Newsletter

July/August 2010



GENERAL MEETING

Tuesday July 13th, 2010, 7:00 pm

Open to the Public ■ All are Invited

ASK THE DOCTOR

with

Alejandro Kopelowicz, M.D.

Affectionately known as "Dr. Alex", Dr. Kopelowicz is a Professor and Vice-Chair in the Department of Psychiatry and Bio-behavioral Science at UCLA's David Geffen School of Medicine, Medical Director of the San Fernando Mental Health Center, and Chief of Psychiatry at Olive View Medical Center.

Dr. Alex will bring us up-to-date on psychotropic medications and treatment of serious mental illness.

Bring your questions on any topic relating to mental illness, including treatment, therapy, medications, legislation and budgets, and Dr. Alex will be happy to answer them.

**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

Note there is no General Meeting in August

NAMIWalks 2010

Our Community Comes Together

The sixth annual NAMIWalks Ventura County was held on May 1st, at the Ventura Beach Promenade. With over 1,000 participants, this was our largest Walk attendance! The Walk brought in over \$76,000 in funds to help NAMI continue its programs and services.

Thank you to everyone who supported the Walk - our dedicated volunteers, the many Walk sponsors, the 55 team captains, Ventura County Behavioral Health staff, the other providers who set up their resource information tables, and of course the Walkers who reached out to friends and families and collected Walk contributions.

With the traditional NAMI blue and gold balloon arch framing the Promenade, the blue skies, the breathtaking Pacific Ocean and the perfect weather all contributed to making this an amazing, uplifting day!



National Alliance on Mental Illness



DJ Matt Worrell and Cyndy Ovalle were at the center of the day's activities. Together they kept the crowd's energy level high, helped coordinate team photos and gave out over a hundred door prizes! Cyndy introduced the speakers who helped set the tone for the Walk. First to speak was Neal Andrews, Ventura City Councilmember and Walk co-chair. The NAMIWalks singers, led by Lyn Olson, gave a terrific rendition of "We Are The World". Then we heard from Greg Totten, District Attorney and Walk co-chair, followed by Jennifer Knapp, Family Team Chair and then by DJ Matt Worrell sharing his personal story. Even County Supervisor Steve Bennett showed up to deliver a short, impromptu, inspiring speech!

Team photos added to the fun and chaos, and a team of judges picked the best team T-shirt as the pictures were being taken. The winner of the T-shirt contest was the "BringChange2Mind" team, led by captain Stephanie Drews.

Just before the Walk, the crowd of Walkers was encouraged to join in a warmup routine, led by Amber Rice, Maria Amor and the members of the Exotifit Walk Team wearing t-shirts proclaiming "The Sexiest Workout Ever".

At the appointed time, Family Team Chair Jennifer Knapp cut the Start Line ribbon, and the crowd of Walkers enthusiastically started the Walk. When they returned, there was more fun for all. There were ice cream sundaes and

(contd on page 2)

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snacks for all. The Kidz Corner featured face painting, cap decorating and flower pot decoration - just in time for Mothers' Day. The NAMI Rocks area had people painting custom affirmations onto specially shaped rocks to take home. And there were the many resource information tables to inform us of the programs available locally for mental health clients.

After the Walk, the door prizes - an annual tradition - were called. With over 100 prizes to be claimed, the excitement continued to mount for a while!

Comments from Walk attendees was universally positive: a great day, a terrific event, very uplifting and terrific to see the community coming together to support all of us affected by mental illness. ❖

Memories of NAMIWalks Ventura County 2010



*Ventura Beach Promenade
- the perfect location for our Walk!*



Cutting the Start Line ribbon and off on the Walk!



The largest Walk team, the Residential Care Team, had 75 Walkers! Thank you, Ventura County Behavioral Health, for the logistical challenge of transporting so many of our Board & Care residents!



Two of the many team T-shirt designs for the NAMI Walk



Walk DJ Matt Worrell and Emcee Cyndy Ovalle



The NAMIWalks Singers "We Are The World"



The Ventura BringChange2Mind team raised a total of \$6,775

To see all pictures from the NAMI Walk, go to www.picasaweb.com/namiventura

Mental Illness and Law Enforcement

May General Meeting

The intersection of mental illness and the law - a topic vital to many NAMI family members and consumers - brought a spirited and enlightening discussion at the May 11 monthly NAMI meeting. Commander Geoff Dean and Chief Deputy Dennis Carpenter, both candidates for Ventura County Sheriff in the upcoming June election, and Commander Linda Oksner, Commander of the Pre-Trial Detention Center, responded to a series of wide-ranging questions, ranging from inmate phone privileges to the number of officers needed to be trained in CIT.



*Chief Deputy
Dennis Carpenter*

*Commander
Geoff Dean*

Both Sheriff's candidates talked about being personally affected by mental illness in the families of close friends. (Carpenter's friends attended NAMI's Family-to-Family classes and had a positive experience; Dean's friends have a dually-diagnosed son and have often called on Dean for support and advice.)

Both men expressed support for CIT training, but differed on the number of officers who should be CIT trained. Carpenter suggested that, since it's a volunteer specialty program, those whose "hearts are in it" should be the ones trained. Dean, who has attended the eight-hour training, disagreed. "I think 100% should be [trained]. We're realistic and we realize we can't afford to do all that, but we need to get as many people as we can. I wish we could mandate them all to attend. And I think funding for CIT should be a priority."

"How can family members register complaints with law enforcement without fear of retaliation?" asked Moderator Elizabeth Rice. Carpenter advised that registering complaints on the Sheriff's website was a good option, or talking to the supervisor face-to-face at the local station. "Be sure to give positive reinforcement to the Sheriffs. It helps. We want to negotiate with the families and work with them."

"I think we should have a liaison for complaints—someone who is deeply involved in CIT. At best, we should avoid incarcerating the mentally ill. Jail is the last place they belong," Dean said. Both men acknowledged the frustration family members must experience as law enforcement complies with HIPAA privacy regulations.

As to the disposition of recorded 911 calls which contain consumers' names and symptoms, Carpenter said they are kept

for five to seven years and can be used to clarify information and for prosecution and defense purposes. "It's important to review them as officers assign resources. We use them to clarify information," stated Dean.

When asked why consumers are segregated from the rest of the inmate population, Dean said they are housed there for their own safety, based on psychiatric records and jail staffs' observations.

"Dealing with the mentally ill is a significant issue," said Oksner, who is the Commander at the Ventura Jail or Pre-Trial Detention Facility. "We work closely with NAMI and Behavioral Health to try to provide a high level of services to the mentally ill. At the same time, law enforcement's perspectives are different from NAMI's. We don't arrest mentally ill people, but people who have committed a crime who may be mentally ill. Our job is to keep inmates alive; we strive for safe, secure and humane detention."



*Commander
Linda Oksner*

"It's the inmate who reveals who their emergency contact is, or we sometimes look at past records. Supportive families are a big factor in how well a person does in jail and afterward."

Regarding psychiatric medications, Oksner said that it's not uncommon for the pharmacy to prescribe outside the formulary. Jail psychiatrists often call VCBH or private psychiatrists for pertinent information.

"All booking nurses are cross-trained in mental health. If the inmate is in extreme crisis or going through a psychotic episode, they will be transported to the hospital."

Oksner encouraged the use of jail and NAMI websites, specifically the brochure entitled "**My Family Member With A Mental Illness Has Been Arrested. What do I Do?**" (This information is available on the NAMI web site at www.namiventura.org - select "Resources" from the left menu.) There is also an associated Health Information Form which can be emailed or faxed to the jail.

When asked if there is discretion on whether to arrest someone or hospitalize them on a 5150 hold, Oksner said it all depended on the situation. Officers must decide whether or not to cite someone and release them with a follow up to Behavioral Health or, perhaps, to jail them with a misdemeanor. "Jail may be the best place for them, considering the situation. Sometimes they need to be held accountable, and jail is the safest place."

"Law enforcement has a heart for the community. We watch out for [the mentally ill] in the community. We can tell when they're taking their meds. We don't target them. We have a soft spot in our hearts for them."

"We need to look at how the system charges people," said Moderator Rice. "We charge people who are the most vulnerable. We can be a voice for those people." ❖

Editor's Note: In the June 8th election, Commander Geoff Dean was elected the next Sheriff of Ventura County, with about 60% of the vote. His term begins January 3rd, 2011.

Oxnard Police Crisis Intervention Training

Oxnard Police Department Commander Martin "Marty" Meyer has been nominated acting CIT Coordinator until a Sergeant is assigned. The former coordinator, Sergeant Moore, was a big supporter of CIT and NAMI alike. Meyer is Oxnard Police Dept's Special Projects Commander, and has stated that their department is committed to CIT, and would like to see 100% of the sergeants and officers trained in CIT. He wants to see more frequent small trainings related to mental health on either a weekly or quarterly basis.

NAMI Ventura County applauds and supports Commander Meyer, and stands willing to offer briefing trainings on mental health, as needed, and to let police officers know to refer families in crisis to NAMI. We look forward to a continued strong partnership with the Oxnard Police Department.

NAMI Family Support Groups

NAMI Support Groups are a powerful resource for family members affected by mental illness. Meetings are held in Ventura, Thousand Oaks and Camarillo on a regular schedule. Family Support Groups are free and there is no need to call ahead. You may discuss whatever is on your mind, or just listen. Please do not bring your ill family member. It is important that you arrive on time, as the groups like to start and end as planned.

Why Should I Attend?

- To know that I am not alone, that other families affected by mental illness can understand what I and my loved one are going through
- To get some understanding and acceptance of my family situation
- To learn about local resources available to help my loved one toward recovery
- To get support in dealing with my loved one's current crisis, or to keep myself stable on an ongoing basis
- To give back and help others who are unfamiliar with these brain disorders, and to share my knowledge with them

The support group schedule is as follows:

Ventura: Wednesday July 7, July 21, August 4, August 18
Camarillo: Tuesday July 13, August 10
Thousand Oaks: Monday July 19, August 15

See page 7 for addresses of support group meetings.

NAMI Family Groups, Principles of Support

1. We will see the individual first, not the illness.
2. We recognize mental illnesses are brain disorders.
3. We aim for better coping skills.
4. We find strength in sharing experiences.
5. We reject stigma in ourselves and others.
6. We won't judge anyone's pain as less than our own.
7. We forgive ourselves and reject guilt.
8. We embrace humor as healthy.
9. We accept we cannot resolve all problems.
10. We expect a better future in a realistic way.
11. We will never give up hope.

Spanish Speaking Family Group Starting Soon

A new NAMI Family Support Group will start on Tuesday, September 7th. Catering to Spanish speaking family members, this group will meet twice a month, on the first and third Tuesday, from 6:00 pm. The group will meet at the location where the "Familia a Familia" class is held, Turning Point Clubhouse, 426 West 5th Street, Oxnard. ❖

KUDOS

Michael Colton
Conejo Clinic, VCBH

We have been very pleased and impressed with our son's counselor, Michael Colton of Ventura County Behavioral Health. He has been so helpful, always available to address our concerns and, when we could not reach him, always getting back to us right away.

It is very confusing and often overwhelming having a family member with mental illness and sometimes the system set up to help them can also be frustrating to deal with, but when someone like Michael comes along and really makes you feel he cares, it can be a great comfort to the family. I know our son has respected and trusted Michael as well, something he is generally not inclined to do with most individuals.

We really felt it important to acknowledge Michael and let you know how much we have appreciated him.

-- Steve & Ruth Mecham

NAMI Ventura County invites you to send in a note of commendation for any provider or County staff member who has done their job well and gone out of their way to help clients or their families. We will publish these "Kudos" as a regular feature in this newsletter. Please send submissions by email to namiventura@gmail.com or by mail, attention "Newsletter Editor". ❖

Crisis Residential Center Update

One of the items proposed by stakeholders during the Mental Health Services Act planning workgroups was the establishment of a Crisis Residential Program.

Ventura County Behavioral Health (VCBH) has compiled a plan, and on May 11th, the County Board of Supervisors gave the green light to proceed with the plan.

The location chosen for the new center (to be licensed as a "Short-Term Social Rehabilitation" facility) is 300 Hillmont Avenue in Ventura. The current Mental Health Rehab Center (MHRC) program at that location, known as Hillmont House, is run by Anka Behavioral Health. This program will be relocated in order to accommodate the new Crisis Residential Facility adjacent to the Hillmont Psychiatric Center.

Anka's MHRC program will probably be moved to the Camarillo campus of Casa De Esperanza. This Telecare Corporation program currently has a capacity for 75 clients in a social rehabilitation program, but will be reduced to 60 beds in 4 "Casas" when the changes are complete.

A provider has not been named for the Crisis Residential Program, which will serve up to 15 people for a period not exceeding 30 days. Once state licensing applications are completed and approved, all these changes can be implemented at that time. It is expected that this will happen by the end of 2010.

Do you have suggestions for a name for the new Crisis Residential Facility? Email them to NAMI and we will forward them on to VCBH. ❖

A Revolving Door

June General Meeting

This Oscar-nominated documentary film was shown at NAMI Ventura County's General Meeting in June. The audience of almost 100 people watched this intimate and sometimes hard to watch movie, which portrayed a loving family helping and advocating for their son, as they all struggled with his mental illness.

A Revolving Door chronicles 33-year-old Tommy Lennon's decade long struggle with the dual challenge of drug addiction and mental illness, conditions triggered by a head injury he suffered while surfing at age 17. Tommy, a gregarious and fun-loving boy from Ventura who gets stuck in a cycle of drug abuse, homelessness, mental institutions and jails, turns to methamphetamine and other drugs to ease his psychological pain. Tommy's suffering engulfs his loving and supportive family members, who leave no stone unturned in their hard work to help him. Yet, their efforts ultimately fall short in large part due to the limitations of the social system intended to assist people like Lennon. This wrenching film includes interviews with Tommy's parents, brother and others.

Following the film, Tommy's parents Debbie and Tom Lennon took the stage to bring the audience up to date and to answer a variety of questions. Their compassion and caring for Tommy was obvious, and they are determined in their mission to help others affected by mental illness and by traumatic brain injury.

If you would like to show *A Revolving Door* to your group or organization, please contact NAMI Ventura County. ❖

Buying a New Car?

If you have a used car, truck, boat, RV, or motorcycle that you no longer need, then consider making a vehicle donation.

Help NAMI Ventura County raise money for our programs and get an IRS tax deduction at the same time!

Call Cars 4 Causes at 1-800-766-CARE or 1-800-766-2273, or go to our web site, www.namiventura.org, select "Donate" from the left menu and click on the Cars4Causes logo.

Be sure to designate NAMI Ventura County as the charity of your choice by providing the information below:

Charity Name: NAMI Ventura County
Address: P.O. Box 1613, Camarillo, CA 93011-1613
Telephone: (805) 641-2426 ❖

NAMI NEEDS YOUR DONATIONS

NAMI Ventura County relies on its membership and your generous contribution to continue providing support and services to people with mental illness and their families.

Our signature Family to Family Education course teaches families to cope successfully with this major challenge in their lives. The Provider Education Program presents a penetrating, subjective view of family and consumer experiences with serious mental illness to mental health providers who work with severe and persistent brain disorders. Our new programs include Spanish speaking classes and support groups, In Our Own Voice, Parents & Teachers As Allies, and Friends In The Lobby.

Donations are greatly appreciated and will be used to expand these programs as well as new ones, and to continue our advocacy efforts within our community.

A donation may also be designated as an Honorary Donation (in Honor of the special people, relationships and events in your life) or as a Memorial Donation (to remember the life of a loved one through a Memorial gift to NAMI Ventura County.) An acknowledgment will be sent to the family if you request us to do so.

You can now make a secure donation online at our web site. Go to www.namiventura.org and select Donate from the left menu. You may also mail in a donation check to our P.O. Box address.

Workplace Giving

If your company has a Corporate Campaign, it may offer to match your contribution \$1 for every \$1 you donate. Examples of companies that support NAMI Ventura County include Amgen, Bank of America and Verizon.

In many other companies, this match is done through payroll deduction with a pledge to United Way. Did you know that your contribution to United Way can be directed to NAMI Ventura County? You can easily double the value of your gift to NAMI by choosing this method.

To ask that your United Way gift go to our organization, please indicate on your Pledge Form that you would like 100% of your contribution to be given to:

"NAMI Ventura County (805) 641-2426"
P.O. Box 1613
Camarillo, CA 93011-1613

NAMI Ventura County is a 501(c)3 non-profit organization, and all donations are tax-deductible. Federal Tax ID #77-0037450 ❖

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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: **(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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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 |

AFFORDABLE COUNSELING SERVICES IN VENTURA COUNTY

TURNING POINT FOUNDATION Family Counseling Program

For individuals and families affected by mental illness
Ongoing multi-family group counseling for the whole family
Ventura: Wednesday 6 pm to 8 pm
Oxnard: Tuesday 6 pm to 8 pm
Individual counseling also available
Low Fee Sliding Scale
Call David Deutsch at (805) 746-5216 to register

CALIFORNIA LUTHERAN UNIVERSITY Community Counseling Service

Thousand Oaks, Mon-Thu 9 am to 9 pm, Fri 9 am to 5 pm,
3259 Pioneer Ave, on the CLU campus
Oxnard, Mon to Thu 5 pm to 9 pm
2000 Outlet Center Drive, Oxnard
Counseling services provided by MFT graduate trainees under the close supervision of licensed clinicians
For individuals, couples, families
Sliding scale fees, \$20 to \$50 per session, based on monthly income
Call (805) 493-3554, Helen Dominguez, for an appointment

JEWISH FAMILY SERVICE Clinic-based Counseling

Ventura. Individual, group, couples and family therapy are provided on a sliding scale to people of all ages. Counseling services are provided by Licensed Clinical Social Workers (LCSWs), Marriage, Family Therapists (MFTs), MFT Interns, Trainees, MSW Associates and students. All counseling services are supervised by a LCSW. Sliding scale fees, upto \$20 a session, based on monthly income
Call (805) 641-6565 and ask for the clinic-based counseling program, or leave a message and someone will call back. ❖

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 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 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 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.
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. ❖

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)

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; 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.

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
P.O. Box 1613
Camarillo, CA 93011-1613

ADDRESS SERVICE REQUESTED

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NEW CLASSES STARTING

No charge ▪ Registration required ▪ 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: August 25, 2010, 12 Wednesdays, 6:30 pm to 9:00 pm

VENTURA

ARC Ventura County, 295 S. Arcade Drive
Class begins: September 9, 2010, 12 Thursdays, 6:30 pm to 9:00 pm
(Note new date!)

OXNARD

(De Familia a Familia, for Spanish-speaking attendees)
Turning Point Foundation Clubhouse, 426 West 5th Street
Class begins: August 26, 2010, 12 Thursdays, 6:30 pm to 9:00 pm