



# NAMI

# Ventura County

National Alliance on Mental Illness

Newsletter

July/August 2011

## GENERAL MEETINGS



### COMING IN SEPTEMBER NAMI GENERAL MEETING

**Tuesday September 13, 2011**

### CHOICES IN RECOVERY Achieving Wellness & Recovery

- Symptom management
- Working with a treatment team to develop a plan
- Setting realistic treatment goals
- Communicating with the treatment team and loved ones

*Event Sponsor: Janssen*

NAMI Ventura County holds monthly educational General Meetings. Speakers are invited to address a wide range of issues relating to mental illness, such as treatment programs, medication side effects, disability benefits, job-training programs and more.

These meetings are free and open to the public, and are held from 7:00 to 9:00 pm on the second Tuesday of each month.

### ★★ OUR MEETING LOCATION IS CHANGING ★★

Because the audience continues to grow, we will be moving our monthly meetings to a new location, effective October 2011:

**Vineyard Community Church, 1320 Flynn Road, Camarillo, CA 93012**

Here is our meeting schedule for the rest of 2011:

#### **August 9th: No General Meeting**

The Camarillo Family Support Group will meet at its original location: St. Columba's Church, 1251 Las Posas Road, Camarillo

#### **September 13th, 6:30 pm: "Choices In Recovery"**

This dinner meeting will take place at the Camarillo Center for Spiritual Living, 340 Mobil Avenue, Camarillo, CA 93010.

The Camarillo Family Support Group will meet at 5:30 pm, prior to the General Meeting, at the Center.

#### **October 11th, 7:00 pm**

This will be our first meeting at the new location, Vineyard Community Church, 1320 Flynn Road, Camarillo, CA 93012.

#### **November 8th, 7:00 pm**

All speaker meetings continue at the Vineyard Community Church.

#### **December 13th: No General Meeting**

The NAMI Holiday Party takes the place of the December Meeting. Held at the Elks Lodge in Oxnard, all clients and their families are invited.

**From January 2012:** The second Tuesday of each month, 7:00 pm to 9:00 pm, at the Vineyard Community church in Camarillo.

The Camarillo Family Support Group always meets from 5:30 to 7:00 pm, at the same location as the General Meeting.

## Dr. Groot wins over NAMI audience

### "Ask The Doctor" -- April General Meeting

*by Renee Foote*

The General Meeting on April 12th was an extremely educational session about psychotropic medications and treatment of serious mental illness. About 60 people were on hand to ask questions on a variety of topics relating to mental illness.



Jantje Groot, M.D., was the featured speaker at the "Ask the Doctor" General Meeting. Dr. Groot is a Staff Psychiatrist at Ventura County Behavioral Health. He graduated from UC Irvine's School of Medicine, completed his Residency at UC San Francisco, and is ABPN Board Certified in Psychiatry.

Dr. Groot stressed that medications help functioning, symptoms, and balance, but they do not change personality, relationships, or life events. He also emphasized the importance of taking medication every day in order for it to be the most effective.

Dr. Groot gave an overview on various types of medication, including antidepressants, antipsychotics, mood stabilizers, hypnotics/sleep medications, and benzodiazepines. For each medication type, he described how they work, what to expect from each medication during the first few months, and possible side effects.

Often people diagnosed with mental illness are deterred from taking medication due to side effects. It is important for doctors and patients to have open communication. If doctors know which side effects are particularly bothersome to their patients, they can then work with their patients to monitor their symptoms and to find appropriate medications and dosages.

Many of the older antipsychotics can cause abnormal movements, stiffness/rigidity, and symptoms similar to Parkinson's Disease. This led to a question about the difference between psychiatry and neurology. They are both fields of study involving the brain. The difference is psychiatry focuses on emotional and behavioral issues while neurology focuses on memory and movement problems.

(contd on page 2)

## Dr. Groot (Contd)

Psychiatrists used to prescribe medication and provide therapy for their patients. As the mental health system has changed over the years due to lack of resources and funding, now many psychiatrists only prescribe medication and do very little therapy. However, some kind of therapy and/or support group is still essential in the recovery process. It is also important for patients to have support from family and friends.

After his overview, Dr. Groot answered many questions from the audience and generously accepted one-on-one questions at the conclusion of the meeting. It is clear that Dr. Groot is enthralled by psychiatry and is dedicated to his work. ❖

## NAMI Ventura County Launches a New SPOUSE SUPPORT GROUP!

Starting Monday August 1, 2011

***This group is for spouses and partners of people living with a mental illness.***

NAMI's "Care & Share" Family Support Groups provide support, education, advocacy and information to family members and friends of those affected by severe mental illness. Each person has an opportunity to share their current situation with the group. Since everyone attending has been or is going through similar issues, they can offer understanding and comfort. Group members are often able to provide helpful ideas, suggestions and resources. Each group is coordinated by a volunteer from NAMI Ventura County who has been trained as a support group facilitator.

The Spouse Support Group meets on the  
1st and 3rd Monday of each month, 6:30 pm to 8:00 pm  
NAMI Conference Room  
1355 Del Norte Road, Camarillo, CA 93010

Directions: Exit US-101 at Central Ave  
(Note: Do not take the Del Norte Blvd exit)

Go North on Central to first traffic light; Turn Left onto Del Norte Road  
Continue past Harley-Davidson, park at the Home Furniture store  
The NAMI office is at the rear of the Funeral Home building

## OTHER NAMI FAMILY SUPPORT GROUPS

**Camarillo.** Meets at 5:30 pm the 2nd Tuesday of each month at Vineyard Community Church, 1320 Flynn Road, Camarillo. Note this new location is effective October 11, 2011. This meeting is prior to the monthly General Meeting.

**Thousand Oaks.** Meets at 7:00 pm the 3rd Monday of each month at Conejo Clinic (Ventura County Behavioral Health), 72 Moody Court, Thousand Oaks.

**Ventura.** Meets at 6:30 pm the 1st and 3rd Wednesday of each month at Bible Fellowship Church, Room 301, 6950 Ralston St., Ventura.

## GRUPO DE APOYO

For Spanish-speaking family members of people with a mental illness, this group meets twice a month.

1st and 3rd Tuesday of each month, 6:30 pm to 8:00 pm  
Turning Point Clubhouse, 426 W. 5th St., Oxnard

For information in Spanish, call:

Lisa Rubio (805) 984-2839 or Pablo Rubio (805) 794-6316 ❖

## PTAA Grant Received

NAMI Ventura County was awarded a grant by Meadowlark Service League to continue its program "Parents and Teachers as Allies" (PTAA).

PTAA is a mental health education program for school professionals. The two-hour in-service program focuses on helping school teachers and administrators within the school community better understand the early warning signs of mental illnesses in children and adolescents, and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

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

- (a) to provide those who work with school age children (elementary through high school) the tools to recognize the early warning signs of mental illness
- (b) to provide them with resources, so they in turn can guide the parents to get help from a variety of sources
- (c) to prevent the development of mental illnesses

The PTAA presentation team consists of four people:

1. Educator Family Member  
an education professional who is also the parent of a child who has or had experienced early onset mental illness
2. Family Member Facilitator  
a NAMI Family-to-Family teacher or group facilitator who is also the parent of a child who has or had experienced early onset mental illness
3. Family Member Parent  
a parent of a child with early onset mental illness, who is in school now
4. Former Student  
an adult client who had mental illness as a child in school

This program is designed for a target audience of school professionals (including teachers, administrators, counselors, psychologists, and all staff), youth development organizations (Boys & Girls clubs, scout leaders, churches), and parents.

To schedule a presentation of Parents & Teachers As Allies in your school, school district or organization, please call NAMI Ventura County at (805) 641-2426. ❖

## New ED at State Organization

NAMI California is pleased to announce the appointment of Jessica Cruz, MPA/HS, to the position of Executive Director, effective May 1, 2011.

Jessica holds a Bachelors of Arts Degree in Mass Communications from California State University, Sacramento, and a Master's in Public Administration/Health Services from the University of San Francisco.

Prior to joining NAMI California in May of 2010, Jessica served in numerous leadership positions within several successful organizations such as, the Sacramento Waldorf School, the Muscular Dystrophy Association, the California Hospital Association, and the California Broadcasters Association. In addition, Ms. Cruz is a family member who understands the complexities of mental illness for individuals and their families.

We at NAMI Ventura County look forward to working with Jessica Cruz as the new ED of NAMI California. ❖

## NAMI Walks 2011

### Our Community Comes Together

by Bob Birk

On April 30, 2011 the Ventura County chapter of the National Alliance on Mental Illness (NAMI Ventura County) held its 7<sup>th</sup> annual Walk, raising awareness and funds to continue providing free mental health education and support to the community. The event was a great success, raising about \$88,000. Over 1,000 people gathered on this beautiful Spring morning at the San Buenaventura Beach Promenade, the largest turnout yet for NAMI Walks Ventura County. It was quite a party indeed, with a rocking DJ, facepainting and crafts, a resource fair, free snacks and ice cream sundaes, and 80 prizes given away during the raffle!

In addition to fundraising, the Walk is also about ending the stigma of Mental Illness, and it was heartening to see such a high level of participation. People affected by mental illness deserve compassion, understanding, quality treatment. NAMI is their advocate; committed to building awareness, improving the mental health service delivery system, and supporting research efforts to find cures for mental illness. NAMI also offers support groups and free classes to families affected by mental illness, as well as classes for mental health service providers.



The need for NAMI's political advocacy was apparent when Mark Gale, board member from NAMI California, spoke at the Walk about the current threat to cut our state funding of programs for the mentally ill. He pointed out that it would be fiscally irresponsible to make these cuts, because the costs to law enforcement, the court system, the prison system & the cost of hospitalization would be increased so dramatically as to ultimately cost more, not less, state funds.

Honorary Walk Chair Geoff Dean, Ventura County Sheriff, spoke to the crowd about his goal of training 100% of the officers in his department in crisis intervention. The 40 hour Crisis Intervention Team (CIT) course is designed to train officers in de-escalation techniques and increase their

knowledge and awareness of mental illness. The goal is to reduce the need for using force in crisis situations involving those with mental illness.



Meloney Roy, Director of Ventura County Behavioral Health, was also a guest speaker at the Walk, and offered inspiring words of support to the mental health community. She spoke about mental illness in terms of something people *have*, as opposed to a label that defines them and sets them apart from the rest of society. In the effort to reduce stigma, language is important, and Meloney expressed this by illustrating the difference between calling someone a *schizophrenic* versus referring to him or her as "a *person* with schizophrenia." People with mental illness have the same hopes and dreams of living a full, productive life as anyone else, and Meloney pledged: "The Behavioral Health Department is with you on your journey. We are willing to take your hand and walk with you side by side as you reach and strive for wellness and recovery." ❖

To see more pictures from the NAMI Walk, go to [www.picasaweb.com/namiventura](http://www.picasaweb.com/namiventura)

#### NAMI Ventura County thanks our 2011 Walk Sponsors

Ventura County Behavioral Health ★ Borchard Companies, Inc. ★ Elizabeth Rice & David Wood ★ Ludington Institute for Family Enrichment ★ Aurora Vista Del Mar Hospital ★ Bonita Kraft ★ Brandon Insurance Agency, Inc. ★ St. John's Regional Medical Center and St. John's Pleasant Valley Hospital ★ Debbie Hurt " ★ In honor of people lost in our State Hospitals" Fred & Teresa Zullo ★ Clinicas del Camino Real, Incorporated ★ CounselingCalifornia.com ★ Jim & Lou Matthews ★ Michael K. Gerbovaz DDS ★ Ron & Diana Skocypec ★ SEIU 721 ★ Sheriff Geoff & Marlene Dean ★ Southern California Psychiatric Society ★ Telecare Corporation ★ Top O' The Morning Produce ★ Anne Sippi Clinic Treatment Group ★ Kevin G. Staker ★ Lessem & Newstat LLP ★ Oro Del Norte Ranch, LLC ★ Ratan & Nina Bhavnani ★ Russell and Susan Johnson ★ The Client Network ★ United Methodist Church Westlake Village ★ Ventura County Deputy Sheriffs' Association ★ Ventura County Psychological Association. ❖

## **In Our Own Voice**

### **June General Meeting**

*by Renee Foote*

Two consumer speakers shared their own compelling personal stories about living with mental illness and achieving recovery at the General Meeting on Tuesday, June 14th.

*In Our Own Voice: Living with Mental Illness* is a multimedia presentation and community education program that raises awareness and erases the stigma of mental illness. It is unique because of the human face it puts on mental illness and shatters stereotypes about people with severe mental illness. The trained consumer presenters are role models for hope.

Keris Myrick, President & CEO of Project Return Peer Support Network in Los Angeles County and First Vice President for the Board of NAMI, presented an introductory video about the *In Our Own Voice* program (IOOV) and introduced the two guest speakers.

Georgie Sullivan is a Regional Administrator for the Project Return Peer Support Network. She shared her experience with depression, which had hit her all of a sudden. She began to isolate herself by staying home and sleeping a lot. She finally looked at some brochures about mental illness that a friend had given her several months before and realized that she was suffering from depression. She began going to peer support groups and eventually felt comfortable enough to participate in them. This helped to get her out of her comfort zone. Georgie benefited so much from the peer support groups that she wanted it to be a part of her career. One day she hopes to open a wellness center.

Fred Lee is a Peer Facilitator for Project Return Peer Support Network and leads groups at Metropolitan State Hospital. He had a troubled childhood and eventually became dependent on alcohol and drugs and had to work hard to get over his addiction. After he had been sober for 15 or 16 years, he had a psychotic break. After his hospitalization, he did not take his medication regularly. He went to support groups and saw people with similar issues doing well on medication. He decided to commit to taking his medication when he got tired of the obtrusive and negative voices. Fred did not want to live like that anymore. Since he has been stable on medication, he has been able to work, live in his own apartment, and pay his own bills. He is proud of his accomplishments.

After the presentation both Georgie and Fred answered questions from the audience.

At the end of the meeting, Ratan Bhavnani, Executive Director of NAMI Ventura County, informed us that *In Our Own Voice* will be available as a new program in Ventura County, starting in Fall 2011. He asked for assistance in setting up presentations to suitable groups of 50 or more people. Target audiences include community, civic and political organizations, churches, colleges, professional groups, police, healthcare providers, and consumer groups. Call the NAMI office at (805) 641-2426 to request a presentation. ❖

## **Medi-Cal Mental Health Functions to be Transferred**

All Medi-Cal programs are moving to the Department of Health Care Services (DHCS), including those previously managed and overseen by the Department of Mental Health (DMH). This is not necessarily bad or good but our comments on the implementation are needed.

California's Health Budget Trailer Bill for Fiscal Year 2011-12 (Assembly Bill 102) was signed into law by Governor Brown on June 28, 2011. AB102 directs DHCS and DMH to create a state administrative and programmatic transition plan to guide the transfer of the Medi-Cal specialty mental health and children's services to DHCS, effective July 1, 2012. The bill also requires DHCS to submit a transition plan to the California Legislature by October 1, 2011, and stakeholder input is under way. ❖

### **A TASTE OF CAMARILLO**

July 30-31, 2011

The Meadowlark Service League is a non-profit organization of women dedicated to raising funds for a variety of local charitable organizations and programs that provide services to meet the needs of Camarillo and the greater Ventura County. They have made a generous grant to NAMI Ventura County.

Please support their event

#### **A Taste of Camarillo**

Held on the grounds of the historic Adolfo Camarillo Ranch House

**Wine Auction Gala & Dinner:** Saturday July 30th, 5:00 pm to 9:00 pm  
Featuring a live auction of fine and rare wines and other enticing items plus a gourmet dinner and live music by the Big Little Jazz Band.

**Wine and Food Festival:** Sunday July 31st, 1:00 pm to 4:00 pm  
Spend an afternoon sampling fine wines & gourmet foods. Enjoy live entertainment, boutique shopping, silent auction and cash opportunity drawing. Live music by the Tempo Cats playing Rock, Jazz, Blues and Latin and The Jack Diamond Band playing Rock and Roll.

Reservations required. For more information, or to purchase tickets online, visit their web site [www.meadowlarkserviceleague.com](http://www.meadowlarkserviceleague.com)

### **CLIENT NETWORK NEWS**

#### **August Meeting**

##### **Ventura County Comprehensive Transportation Plan**

The Client Network of Ventura County is an organization of peers whose mission is to foster a client-centered approach to Mental Health recovery as a client-driven, culturally sensitive advocacy network.

Meetings are held on the second Friday of each month at 1911 Williams Drive, Oxnard in the VCBH Training Room.

The next meeting is on Friday August 12th, from 10:30 am to 12:00 pm, and features Darren Kettle, Executive Director of the Ventura County Transportation Commission.

Attendees will get an opportunity to discuss our public transportation system and the specific needs of people living with mental illness. All are invited.

The Client Network has an office in the VCBH building at 1911 Williams Drive, Suite 154, Oxnard. To learn more about The Client Network, call (805) 981-4228 or visit their website at: [www.clientnetworkvc.com](http://www.clientnetworkvc.com) ❖

## "The Inner Game Of Stress" - May General Meeting with Dr. John Horton

by Carol Bungert



John Horton, M.D. was the guest speaker on May 10th for the NAMI monthly meeting at St. Columba's Episcopal Church on Las Posas Road in Camarillo. He specializes in internal medicine and preventative medicine in his practice at the Westshore Medical Plaza in Westlake Village.

Dr. Horton co-authored a book, "The Inner Game of Stress" with his colleagues, Edward Hanzelik, M.D. and Tim Gallway, a tennis pro and motivational life coach. In promoting wellness for their patients and the community, he and his associates hold workshops several times a year based on the principles in this book.

Dr. Horton has been a physician for nearly forty years and before he decided to specialize in internal medicine, he spent a great deal of time studying psychiatric medicine. He reflected on how few options were available way back when he was determining his specialty. Medications were limited and yet there was much more human interaction between psychiatrist and patient to treat mental illness. He became more interested in the "bio-social cycle" of medicine. The cause and effect in health and illness illuminated by the "SOS" effect of Self/Others/Society and how we manage stress. Trauma, illness, genetics, infection all contribute to a cause and effect of mental illness.

His studies examined the psychoneuro endocrinology of how these medications worked and decided that genetics does not necessarily determine destiny. The drugs can be hit or miss. We are not designed to live in chronic stress and much of our healing comes from knowing the story of our life. Inner contentment is part of self-actualization. It is the ability to be part of something bigger than yourself but not to be defined by it. The most reliable element for shift is in the genuine human experience and the ability to reflect and learn from it.

He explained the "Stress System" vs. the "Wisdom System" and correlated three different areas of the brain that respond to these. The reptilian part of the brain called the amygdala deals with stress factors such as fight, flight, feeding, and fornication. The mammalian brain (hippocampus) controls

learning, feeling, and memory. The human brain has the ability to deal with reasoning in dealing with needs vs. desires and understanding fear, frustration of a need, or pain using the wisdom system.

Within the structural patterns of the human brain there is the left hemisphere that is associated with logic, language, and science. The right hemisphere holds intuition, artistic and creative expression and gut feelings. Referring to the "bio-social cycle" model, Dr. Horton emphasized that human beings have a need for inner contentment and have the ability to reflect and redirect their reactions to fear, frustration, and pain. This is the area where wisdom and healing can evolve.

He reviewed Maslow's Hierarchy of Needs from basic survival, safety, social needs, ego needs (to feel good in the eyes of others), to the highest form of self-actualization.

When the body gets locked into a stress reaction, as in post traumatic stress syndrome, he believes that the genuine human experience is the most healing and ultimately better than long term use of medications.

In explaining his use of the "Wisdom Systems" he emphasizes the qualities of the human heart: compassion, generosity, the ability to love, to love without judgment, kindness, joy, wonder and awe, humor, innocence, courage, tranquility, peace, ability to learn, trust, faith, etc. With mental illness, these qualities still exist but they are clouded over. In striving for personal human evolution he suggests trying on attitudes like clothing to see how these make you feel. In claiming control over one's life, he encourages you to make a list of what you can control and to envision that you are the CEO of You. Only you can make the decisions to move toward empowerment and wholeness. Embrace your need to move toward inner contentment. ❖

### Donate Your Used 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 for yourself!

Call Cars 4 Causes at 1-800-766-CARE or 1-800-766-2273, or go to our web site, [www.namiventura.org](http://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. Thank you for your support.

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

### Identification Statement

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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**

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

Mailing Address: P.O. Box 1613, Camarillo, CA 93011  
Office: 1355 Del Norte Road, Camarillo, CA 93010  
Phone: (805) 641-2426  
Fax: (805) 275-2188  
e-mail: namiventura@gmail.com  
Website: www.namiventura.org

Executive Director: Ratan Bhavnani  
Program Coordinator: Chris Novak  
Friends In The Lobby: Jen Bungert

**2011 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       |

**Don't Miss It!**

**NAMI California Annual Conference**

Friday, August 19th and Saturday August 20th  
Doubletree Hotel, Sacramento

NAMI members, consumers, families, friends, and experts come to Sacramento for two exciting days of education, support, and networking. This year's theme, "*Creating Change through Vision and Action*", highlights the fact that together we can make a difference - building awareness, stopping stigma, and spreading hope - even during tough times in our state.

Conference workshops scheduled include:

- Behind the Mask: Erasing Stigma with Art Exhibits
- CANVAS - Developing Innovative Volunteer Based Wellness Programs
- Children of Mental Illness
- Choices in Recovery
- Culturally Rich Realities: Living Invisible & Unspoken in California Communities
- Food and Mood: 9 Steps to Eliminate Anxiety, Stress, Social Phobia and Panic Attacks
- Health Care Reform: Boosting Recovery with Private Personal Support Services & Special Needs Trusts
- Mental Illness and the Criminal Justice System
- Supporting our Returning Service Members and Veterans with PTSD: What can I do?
- The California MHSA Multicultural Coalition - "CMMC"
- The Importance of Spirituality in Recovery
- The Power of Positive: Innovative Approaches to Promoting Social Inclusion
- Using Logic Models to Initiate Action and Sustain Change
- What you need to know about mental illness and SSDI
- Working for Us: MHSA Client and Family Member Employment and Advocacy

For more details or to register online, visit

[www.namicalifornia.org](http://www.namicalifornia.org) ❖

**SUPPORT GROUPS FOR CONSUMERS/CLIENTS**

*Please note – These groups are for consumers/clients. Family member support groups are listed separately.*

**Depression/Bipolar Support Groups**

**Ventura:** DBSA Support Group meets every Tuesday, 6:30 pm to 8:00 pm, Bible Fellowship Church, 6950 Ralston Street (& Johnson Drive), Building 300, Room 301, Ventura. For more information, call (805) 201-0619.

See [www.DBSAlliance.org/Ventura](http://www.DBSAlliance.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. Info: Vincent F. Caimano, Ph.D., (818) 292-8551 or email [dbsaconejovalley@gmail.com](mailto:dbsaconejovalley@gmail.com)

See [www.dbsalliance.org/conejovalley](http://www.dbsalliance.org/conejovalley) ❖

**NAMI FAMILY SUPPORT GROUPS**

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

To check the date of the next meeting, go to [www.namiventura.org](http://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 Vineyard Community Church, 1320 Flynn Road, Camarillo. Effective October 11, 2011.

**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 pm, the first and third Wednesdays at Bible Fellowship Church, 6950 Ralston St (use entrance from Johnson Drive), Building 300, Room 301, Ventura.

**Camarillo** – Spouse Support Group, for spouses and partners. Meets at 6:30 p.m., the first and third Mondays at NAMI, 1355 Del Norte Rd, Camarillo. Effective Aug. 1, 2011 ❖

**ACTIVITIES FOR CONSUMERS/CLIENTS**

**ADULT WELLNESS & RECOVERY CENTER (AWRC)**

Operated by Turning Point Foundation, 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 Thursdays, 3:00 pm to 6:00 pm, Saturdays 10 am to 5 pm

The AWRC will move to Oxnard in Fall 2011.

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

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### **NEW CLASSES STARTING**

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(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, 2011, 12 Thursdays, 6:00 pm to 8:30 pm

*(note changed date and time)*

#### **VENTURA**

ARC Ventura County, 295 S. Arcade Drive

Class begins: September 8, 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: August 25, 2011, 12 Thursdays, 6:30 pm to 9:00 pm