



NAMI

Ventura County

National Alliance on Mental Illness

Newsletter

July/August 2012

GENERAL MEETINGS

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 6:45 to 9:00 pm on the second Tuesday of each month.

Tuesday July 10, 2012
Vineyard Community Church
1320 Flynn Road, Camarillo, CA 93012

REACHING RECOVERY Through Peer Support, Education and Employment with Mary McQuown

People living with mental health challenges relate well to peers who have had similar life experiences. Learn about the principles of recovery, what it means to different individuals, and the components of recovery. By understanding these concepts, family members will discover how spreading the message of recovery to their loved ones creates opportunities for healing.

Mary McQuown heads the Ventura County division of Recovery Innovations - California.

RICA provides recovery education classes, peer support, and peer employment training to adults with mental health challenges at all outpatient clinics of Ventura County Behavioral Health

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



Meeting schedule for 2012

August 14th: No General Meeting

The Camarillo Family Support Group will meet at its usual location: Vineyard Community Church, 1320 Flynn Road, Camarillo

September 11th: *"Is it mental illness, substance abuse or both?"*
Barry Boatman, PhD, LMFT

October 9th, 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.

November 13th: *"Family Advocacy"*, Dr. Robert P. Liberman

December 11th: 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.

Psychotherapy Treatment Options

June General Meeting

by Leina Ball

Our June meeting explored the types of psychotherapy available in treating mental illness, as well as its value in recovery. Our guest presenter was Dr. Randy Wood, former Director of Psychology Services at Aurora Vista del Mar Hospital. Dr. Wood shared encouraging news on the usefulness of psychotherapy in helping consumers cope with life.



Dr. Wood maintains that all patients are people with intelligence and emotions, who can, therefore, benefit from psychotherapy. Yet, he also pointed out that when a person is actively manic or depressed their ability to process information in group or individual therapy may be impaired. Dr. Wood recommended a book called *They Call Them Camisoles - Revisited: One Woman's 4 Month Commitment to Camarillo State Mental Hospital in 1939*, which provides an account of the tragedy of "warehousing" people when the protocol was to medicate and institutionalize patients. Fortunately treatment for many consumers today includes a recovery plan.

Dr. Wood explained some of the pros and cons of group vs. individual therapy. In individual therapy, the relationship between consumer and therapist is the key. Once developed, this relationship may open the door to a patient's willingness to consider things that are difficult to examine. Group therapy, on the other hand, can provide helpful input from peers, but it is not for everyone as some people are triggered by things that members of the group share; an ideal group is homogenous in its functional abilities. Dr. Wood highlighted three types of psychotherapy that can benefit consumers amid the recovery and coping continuum.

Cognitive Behavior Therapy (CBT): This type of therapy focuses on what is currently happening to a consumer. It centers on changing irrational beliefs into rational beliefs and changing negative behaviors to more constructive behaviors. When thinking and behaviors change it opens the way for new feelings to replace old feelings. This approach targets what he referred to as the CBT Skill Set, which includes coping skills, problem solving skills and communication skills, among others. Dr. Wood defined the acronym SODA for problem solving: identify the *Situation*, generate a list of *Options*, weigh the pros and cons to make a *Decision* and then create an *Action* plan including alternatives.

We also learned about creating a recipe for stability by looking

(contd on page 2)

Types of Psychotherapy, Dr. Randy Wood (Contd)

at what a consumer needs to stay stable, for example, meeting basic needs, socialization, self empowerment, exercise, and purpose. He said behavior is like the cinder blocks of a building. Everyone needs to feel purposeful and worthwhile, and volunteer work can help meet this need. Dr. Wood recommended: *The Feeling Good Handbook* by [David D. Burns](#) as a resource for consumers.

Dialectical Behavior Therapy: This is a more eclectic therapy that takes a tool box approach by looking for which tool will work best for a particular individual at a specific time. It can also include mindfulness training, where consumers learn to observe thoughts without reacting to them. Dr. Wood believes this type of therapy makes sense because it recognizes each person an individual.

Acceptance and Commitment Therapy (ACT): The focus of ACT is to help the consumer accept their situation and commit to positive goals for the future. Dr. Wood stressed the importance of not focusing on the overwhelming events of the past. He used the analogy of looking out your windshield, as opposed to your rear view mirror. Dr. Wood also reminded us that it is counter productive to argue with another person's reality. He suggested that a better strategy is to help consumers find a way to cope with their reality. He said consumers can be coached that it may not be advisable to share everything they believe, or to act on everything they believe, and described some reality testing exercises. These exercises include identifying what is possible vs. what is probable, testing the evidence, and checking with others that you trust. Sometimes, he said, clients react to everything that is possible. Here he used the analogy that it is possible that the largest diamond in the world is buried ten feet below my feet, but since it is not probable then I may not wish to act on the possibility. He also recalled a patient who believed he was being watched and therefore didn't want to leave his house. When asked if the people watching him were interfering he replied they were not. Through further discussion, the patient was then agreeable to leave his home knowing that he was being watched.

In reference to suicidal consumers, Dr. Wood offered a new approach called: What's your plan to live? This involves consumers making specific, concrete agreements, and though it cannot be enforced, it is more positive than former models. Dr. Wood shared a few rationalizations for suicide that consumers may express when feeling suicidal. He stressed that loved ones and therapists must work to undo these irrational thoughts any way they can. Such thinking includes: I don't deserve to live; Nothing I do matters anymore; I'm a burden to my family; I miss my mom and I'll see her in heaven. The more we are ready with our responses to diffuse this type of thinking the better. Rational thinking is not all or nothing, good or bad, wonderful or awful, rather it acknowledges the full spectrum of experiences. He commented that consumer's efforts to self medicate invariably end up making things much worse. He advocated for having a pre-hospitalization plan where a bag is packed with allowable clothing and includes a list of current medications and allergies, release forms signed in advance, money and cigarettes.

We were most grateful for Dr. Wood for sharing generously with us and also for joining the NAMI walk with 110 staff members from Vista del Mar. We are reducing stigma and raising awareness one step, and one day at a time! ❖



The Victory Course

by Mark Klein

NAMI Ventura County hosted its 8th Annual Walk on May 5th - and wow, what an event! The Walk raised about \$115,000 for NAMI's programs. And over 1,250 people walked the 5K route along the beach at the Ventura Promenade and enjoyed a morning of fun.



I sat down with Ratan Bhavnani, Executive Director of NAMI Ventura County, a few days after the occasion, to get his reaction to the event. He has held that position for over three years and has participated in the NAMI Walk for its 8 years of life.

Ratan makes it clear what the purpose of the Walk is: to raise public awareness about the nature of mental illness and its effects on individuals and society, to help erase the stigma of mental illness, and to generate funds to put back into the cause.

However, according to Ratan, there are other motives. Whereas mental illness is often devastating to consumers and families, the Walk is a time for celebration and coming together. It serves to bring much hope and encouragement to all those affected. Progress is occurring, and this day is a powerful symbol of strength and unity. All of us can realistically see that one day we will conquer this horrible illness. NAMI, at the local and national level, is a grassroots organization, and many, many people are working together now to find solutions to this wide-spread crisis. Those who have been touched by mental illness can see that he or she is no longer alone and helpless. NAMI offers concrete answers and this Walk is one such verifiable sign of that.

For instance, many people from government attended. Ventura County Supervisors Linda Parks and Steve Bennett spoke at the rally. Michael Powers, Chief Executive Office of Ventura County and the official Honorary Chair for the NAMI Walk, participated during the morning activities.

Walk Business Team Chair Mayla Krebsbach, CEO of Aurora Vista del Mar Hospital, spoke to the assembled crowd. Diane Bustillos spoke as the Family Team Chair, and was invited to have her team lead the Walk. Danielle Nagel shared her story of recovery. Basil Augustine got the crowd to join him in a

rousing rendition of "NAMI, How we love ya', How we need ya". And Amber Rice led the Walkers in a warm up exercise just before the Walk started. With music from DJ Matt Worrell of Star DJs, the mood at the Walk was festive all morning long.

Scott Walker, from the Sheriff's department and trainer for the Crisis Intervention Team, manned a table and offered his expertise and spoke enthusiastically about the developing cooperation between Law Enforcement and all kinds of mental health providers. I met many others at the event, including mental health professionals, people from provider organizations, and clients and families affected by mental illness. Dr. Celia Woods, Medical Director of Adult Services for Ventura County Behavioral Health shared her ideas and support for NAMI and said she only wishes she could do much more for the affiliation. It was plain to see that Dr. Woods is not an "ivory tower" kind of psychiatrist. Robin Boscarelli, Supervisor for Ventura County Behavioral Health's Crisis Team also attended. She is a proven participant in our cause and was a recent speaker at a NAMI meeting.

My name is Mark Klein and I am a consumer and volunteer for NAMI Ventura County. There were many others like me. Some Walk Volunteers fielded questions from guests; others were at the registration, information, food and other tables. Students from Ventura College put in the kilometer markers honoring Walk sponsors, and another group of volunteers set up and broke down tables and cleaned up after the rally ended. The sense of cooperation and unity was apparent and made everyone hopeful that we will get the job done and solve this problem on all levels. One such volunteer, McKian Nielsen, stood out, as he risked injury to himself early in the morning, tying the NAMIWalk balloon arch high up on two lamp posts. I felt this was courageous but he accomplished this feat modestly and without seeking praise. This young man deserves credit, however, as I know what it is like to do dangerous acts for a good cause. There are other soldiers in NAMI and we can feel encouraged by our membership.

I chatted and shared stories with the Walk DJ, Matt Worrell. He often hosts such events professionally often as an entertainer, even though he lives with bi-polar illness. He communicates determination, in spite of his issues. I walked away from our talk feeling that if Matt can prevail and make the most of his plight, so can I and so can others. Together, we can make it. This is the Spirit that best describes the Ventura County NAMI Walk of 2012.

NAMI is an alliance whose time has come. All of us, including the general population, can profit immensely from NAMI's work. As a large and knowledgeable group of people, with special awareness and experience, we re-assess just what the human condition is in reality. As a nation we must no longer remain silent about mental illness and the need for treatment and services. The truth is that everyone has challenges and we need to be open about this. NAMI stands for this goal. We can assist in redefining what health is and what needs to be eradicated and what is truly exemplifying. We are grassroots and in numbers, and jointly we can win this battle.

So, I will be there at next year's NAMI Walk. Will you? ❖

NAMI Ventura County thanks our 2012 Walk Sponsors

Aurora Vista del Mar Hospital ★ Ventura County Behavioral Health ★ Ludington Institute for Family Enrichment ★ Borchard Companies, Inc. ★ Brandon Insurance Agency, Inc. ★ Debbie Hurt Alpha Products, Inc. ★ Bonita Kraft ★ Elizabeth Rice ★ Janssen Pharmaceuticals, Inc. ★ John & Denise Nielsen ★ StakerLaw Estate Planning ★ Anka Behavioral Health ★ Center for Discovery / Oceanaire ★ Clinicas del Camino Real, Incorporated ★ David M. Gudeman, M.D. ★ Devine Printing ★ Dr. Danielle Onstot, Pediatrics ★ Fred & Teresa Zullo ★ Lessem & Newstat LLP ★ Ron & Diana Skocypiec ★ Salinas and Sons Rooter Inc. ★ Southern California Psychiatric Society ★ Sovereign Health of California ★ The Anne Sippi Clinics ★ Aloha Steakhouse ★ Among Friends Adult Day Health Care ★ Ann & David Coons ★ California Association of Marriage & Family Therapists ★ County Commerce Bank ★ DBSA Conejo Valley ★ Dr. Robert & Pat Improta ★ Dyer Sheehan Group, Inc. ★ Gerry Wilson Studios ★ Irene Mellick ★ Jim & Lou Matthews ★ Ratan & Nina Bhavnani ★ Recovery Innovations ★ Russell and Susan Johnson ★ Sleep Dentistry, Dr. Gagne DDS ★ Stephen & Gretchen Bradvica ★ The Client Network ★ The Performance Group ★ Ventura County Deputy Sheriffs' Association ★ Ventura County Psychological Association ★ Ventura Police Activities League ★ Ventura Police Officers Association ❖

New Helpline 500-NAMI

The NAMI Ventura County Helpline is officially open! On June 8th ten enthusiastic volunteers gathered at the NAMI office for a four hour training. A wide assortment of people joined the Helpline team. From students to professionals, all having experienced a need for help and support at some time, the Helpline is staffed by dedicated people who have a vision to help families in Ventura County find the resources they need. The training centered around various NAMI programs as well as the wide array of programs available throughout the county for people diagnosed with a mental illness. Each volunteer received a manual with information about the various issues that people call about, so the volunteer has the resources right at their fingertips when a call comes in. In addition to the resource information, the volunteers participated in role play activities to practice responding to the variety of calls that come in on a regular basis.

The calls are transferred to the Helpline volunteer's preferred number. By managing the Helpline in this way the volunteer can stay in the comfort of her own home or office while assisting callers.

The Helpline number is published in a variety of places, including the Ventura County Behavioral Health resource directory, the 211 directory, and our NAMI Ventura County website. Business calls, such as registering for a Family to Family class, will continue to be handled by the NAMI Ventura County office. Any support call requiring information, referrals, or a sympathetic listening ear, will be referred to the Helpline. Targeted to give support primarily to family members, volunteers will refer clients to the Client Network, Recovery Innovations of California, and other programs where peer support is indicated.

The NAMI Ventura County Helpline is open weekdays from 9:00 am to 5:00 pm. The number is 805-500-NAMI (6264). ❖

Care for the Caretaker

May General Meeting

by Renee Foote



Alan Ludington, MFT, the director and founder of the Ludington Institute for Family Enrichment, spoke about the importance of "Care for the Caretaker" at the meeting on May 8, 2012. When an individual is dealing with a mental illness, it affects the entire family as the recovery process can be challenging and stressful. Drawing on his personal and professional background, Ludington discussed what families can

do to remain balanced, strong, and healthy as they continue to support their loved ones.

It is essential that families understand the four Cs of Recovery. You didn't Cause it, you can't Control it, you can't Cure it, but you must Cope with it. It is important that families learn how to Cope in the most productive way.

There are four Stages of Recovery that caretakers/families encounter in dealing with their loved one's illness. This first stage is the initial period of learning about the illness and hoping for a quick solution. During this stage, the caretakers experience feelings of obligation, commitment, responsibility, and love. The second stage is confronting the reality that the illness will not disappear, which leads to feelings of anger and frustration. Families begin to realign expectations for their loved one and themselves. The third stage is reaching a point where the

caregivers will only help as much as individual is willing to help himself/herself. In the fourth stage, the caregivers must decide how much they are willing to compromise their own health, identities, and family. Families that are fused with their ill family member will become volatile or depressed. Families that differentiate themselves from the individual tend to be more harmonious.

There are four books that Ludington suggested for caregivers and families: "The Burden of Sympathy" by David A. Karp, "The Family Intervention Guide to Mental Illness" by Bodie Morey and Kim T. Mueser, "When Someone You Love Has a Mental Illness" by Rebecca Woolis, and "Helping Someone with Mental Illness" by Rosalynn Carter.

Ludington closed by giving eleven recommendations or "Principles of Self" for caretakers/family members:

- 1) Participate in activities that you like, by yourself
- 2) Illness absorption results in relationship repulsion
- 3) Find something to believe in (higher power)
- 4) Say the Serenity Prayer
- 5) Accept mental illness as a sickness/condition, it is not a weakness
- 6) Accept that control is an illusion in order to feel safe (the longevity of life is not up to us)
- 7) Accept the love and support of those around you
- 8) Take good care of your body; good health results in a good outlook
- 9) Have some friends who have no knowledge of mental illness
- 10) Make love; and
- 11) Donate time to organizations that are not related to mental illness (karma). ❖

Sign up for ConejoDeals.com's Daily Deal to SAVE 50-90% OFF at the best spas, restaurants, and kids activities in Conejo Valley. Membership is FREE. And every time you make a purchase on Conejo Deals, NAMI of Ventura County receives \$.

Follow us on Facebook and Twitter to receive promo codes and win special prizes.

Conejo DEALS. Every time you save, NAMI of Ventura County wins!

CLICK Here

If you paid for Paxil®, you could get a payment from a class action settlement.

A class action settlement will provide money to California residents who were 18 years old or older and who paid for any portion of the price of the prescription antidepressant Paxil® while living in California from January 14, 1999 through January 1, 2003, and who qualify under the settlement (these people are called "Class Members"). If you're included, you may ask for a payment, or you can exclude yourself from, or object to, the settlement. The Superior Court for the State of California, County of Los Angeles will have a hearing to decide whether to approve the settlement so that payments can be issued. The lawsuit claims that GlaxoSmithKline falsely advertised and promoted Paxil® as being non-habit forming or non-addictive and that GlaxoSmithKline's advertisements and promotional materials failed to disclose the risk of symptoms from stopping or discontinuing Paxil®. GlaxoSmithKline denies each of these allegations.

WHAT DOES THE SETTLEMENT PROVIDE?

The settlement provides monetary compensation as follows: a full refund of the actual Out-of-Pocket Expenses of claimants who purchased Paxil® during the Class Period and who have valid documentary Proof of Purchase, provided that the total amount of payments to claimants with documented Proof of Purchase cannot exceed \$8,500,000.00. For claimants without Proof of Purchase, GlaxoSmithKline shall pay actual Out-of-Pocket Expenses up to \$80.00 per claimant, provided that the total amount paid to claimants without Proof of Purchase cannot exceed \$500,000.00. GlaxoSmithKline will also: (1) make a charitable contribution of \$1,000,000.00 to be shared equally by four California mental health charities; (2) agree to certain limits on any future advertising for Paxil®; and (3) include certain information about Paxil® on its corporate website. A detailed notice is available at www.CApaxilclassaction.com or by calling 1-800-407-3459.

HOW DO YOU GET A PAYMENT?

You must complete the Claim Form, which you can obtain at www.CApaxilclassaction.com or by calling 1-800-407-3459, and mail it no later than October 10, 2012 to the address on the form. Whether you receive a payment and the amount you get depends on whether you have a valid claim, how much Paxil® you paid for, whether or not you have valid Proof of Purchase, and how many valid claims are filed.

YOUR OTHER RIGHTS.

If you don't want a payment from the settlement, or if you don't want to be legally bound by the settlement, you must exclude yourself by October 10, 2012, or you won't be able to sue, or continue to sue, GlaxoSmithKline about the legal claims in this case. If you exclude yourself, you cannot get a payment from this settlement. If you stay in the settlement, you may choose to object to it, if you do so by October 10, 2012. You may both object and still participate in the settlement and receive money. The detailed notice explains how to exclude yourself or object. The Court will hold a hearing in this case, called *Grair, et al. v. GlaxoSmithKline, Inc.*, Case No. BC 288536, on November 13, 2012, at 9:00 a.m. to consider whether to approve the settlement and a request by the lawyers representing the Class for fees and expenses. You may ask to appear and speak at the hearing, but you don't have to. For more information, call toll-free 1-800-407-3459, go to www.CApaxilclassaction.com or write to the address below.

Paxil Settlement Administrator
c/o GCG, P.O. Box 9839
Dublin, OH 43017-5739

Friends in the Lobby Training

NAMI Ventura County's exceptional *Friends in the Lobby* program is growing! Serving visitors at the Hillmont Psychiatric Center three days a week for a year and a half, NAMI will be adding a shift at Aurora Vista del Mar Hospital, the only other psychiatric hospital in Ventura County. Vista del Mar has been an ardent supporter of NAMI Ventura County, sponsoring the largest walk team for NAMIWalks 2012, and referring many family members to our Family to Family classes and Support Groups.

Friends in the Lobby is staffed by volunteers who have been personally affected by mental illness in their families, and are graduates of the NAMI Family to Family class. Manning a resource table in the lobby of the hospital, they greet family members who have come to visit their loved ones. The visitors are often unfamiliar with mental illness, and sometimes in crisis. Providing a listening ear, timely information, compassion and hope, *Friends in the Lobby* volunteers are an important component, assisting families in the steps they must take to support their loved one in recovery.

Consider joining this extraordinary group of volunteers and becoming a Friend in the Lobby. A training session will take place in the Camarillo office on Saturday, July 28th, from 10:00 am to 1:00 pm. For more information please call Joan in the NAMI office (805)641-2426, or email volunteer4nami@gmail.com. ❖

NAMI Provider Education Program Calling All Mental Health Providers!

by Mark Klein

NAMI Ventura County turned the clinical tables on mental health professionals recently at the Ventura Health Behavioral Health Clinic facility in Thousand Oaks. Fifteen mental health professionals from all over Ventura County attended the Provider Education Program on Mental Illness (PEP). The course consisted of five weeks of three hour sessions each, and was led by NAMI members who were consumers and family members. Licensed clinicians attending received 15 CEUs at no charge.

With the traditional attitude that "doctor knows best" still unhappily steering mental health practice, the critically important involvement of consumers and family members in the treatment process has been slow to take root. The PEP class attempts to rectify this deficiency by highlighting the lived experiences, needs and wishes of family members and consumers in this 15 hour seminar.

When a person develops a serious mental illness, most of the financial, emotional and caregiving burden falls on the family. Families have vital information to share with those responsible for delivering professional care for making diagnoses, planning treatment and promoting progress. The Provider Program puts the views of family members and consumers front and center for clinical specialists such as psychiatrists, psychologists, social workers and other mental health professionals to listen and learn. For example, in this group providers heard and discussed the ideas from the invaluable voices of families and consumers in assessment, treatment planning and service provision. PEP offers opportunities for all providers working with the mentally ill to gain greater empathy and understanding of their clients and their families.

In five sessions, the NAMI Provider Education Program empowers families to share insights and information that are highly relevant to mental health professionals in the efforts to help clients climb back on the train that travels on the rails to recovery. The Program begins with an orientation, delineating personal and family experience in

critical periods of mental illness. Week 2 discusses the consumer and family adaptation to mental illness. The next session highlights inevitable stressors and trauma when consumers and families are alone. Week 4 points out what it is like to suffer with a brain disorder and lose one's identity and grow demoralized. The whole family experience is brought out here, with guest speakers who share their interaction with an ill spouse, sibling and parent. A framework leading to collaboration between consumer and family is discussed.

Dr. Robert Liberman, Distinguished Professor of Psychiatry at the UCLA School of Medicine and frequent lecturer at NAMI meetings, was asked for his views of the Provider Education Program. He stated that "most mental health professionals and systems of care have failed to engage consumers and their families as partners in the treatment process. Tragically, practitioners have abdicated the responsibility for educating consumers and families to NAMI at the expense of bringing families and consumers into active roles in developing person-centered and recovery-based treatment plans. While NAMI's excellent programs—such as "Family-to-Family," "Peer-to-Peer," "In Our Own Voice" and "Provider Education Program"—have been a boon to families and consumers, there is a critical need for NAMI to step up their advocacy, insisting that more effective services can be achieved when families and consumers are intrinsic members of the treatment team."

NAMI is by definition an alliance of knowledgeable people with much experience and knowhow that must be integrated with the clinical efforts of mental health providers. It is an alliance whose time has come. NAMI must not step down from advocating for greater involvement and collaboration in the treatment enterprise. Too much is at stake. Too many consumers and family members are counting on a greater alliance for enhancing mental health services by making true collaboration a reality.

Therefore, this is a call to all mental health providers to attend and support the NAMI Provider Education Program. You are guaranteed invaluable knowledge gained over experiences of decades and to become strengthened in your abilities as professionals so our loved ones and your clients get better help and live good lives. ❖

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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	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
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In Our Own Voice: Jen Bungert

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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 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 |

NAMI FAMILY SUPPORT GROUPS

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

Support group attendees and more experienced family members are urged to come back so as to help others!

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

Thousand Oaks – Meets at 7:00 p.m. the third Monday of each month at 72 Moody Court, Thousand Oaks (Behavioral Health, Conejo Clinic; use entrance from top of parking lot).

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.

SPOUSE SUPPORT GROUP

For spouses and partners of people living with a mental illness

Camarillo – Meets at 6:30 p.m., the first and third Mondays at NAMI, 1355 Del Norte Rd, Camarillo.

GRUPO DE APOYO

For Spanish-speaking family members

Oxnard – Meets at 6:30 pm, the 1st and 3rd Tuesdays at the Turning Point Clubhouse, 426 W. 5th Street, 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 Mon to Fri 9 am to 5 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.

2012 NAMI California Conference

ALL OF US TOGETHER: ADVOCACY IN ACTION

Don't miss this Statewide Conference

August 17 & 18 in Irvine

Special member registration and consumer rates available.

Hotel rates at the Irvine Marriott Hotel are \$112 per night for a double or single room.

For more information, see: www.namicalifornia.org

A TASTE OF CAMARILLO

July 28-19, 2012

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 several grants to NAMI Ventura County.

Please support their event "A Taste of Camarillo", held on the grounds of the historic Adolfo Camarillo Ranch House.

Reservations required. For more information, or to purchase tickets online, visit their web site www.meadowlarkserviceleague.com ❖

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

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

See www.dbsalliance.org/conejovalley ❖

OTHER ACTIVITIES FOR CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

Turning Point Foundation operates an Adult Wellness & Recovery Center (AWRC) five days a week in Oxnard and part-time in Ventura. The AWRC 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 AWRC, 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 AWRC, 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, 10 am to 6 pm

WRAP CLASSES & more

VCBH contracts with Recovery Innovations of California, Inc. (RICA) 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.

RICA's mission 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.

RICA offers other class for clients, including:
Wellness and Empowerment in Life and Living (WELL)

Medication for Success

and more.

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



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 ▪ Call or email for information
 (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 22, 2012, 12 Wednesdays, 6:00 pm to 8:30 pm

VENTURA

ARC Ventura County, 295 S. Arcadia Drive
 Class begins: August 30, 2012, 12 Thursdays, 6:30 pm to 9:00 pm

*This Class is Full
 Registration is Closed*

OXNARD

(De Familia a Familia, for Spanish-speaking attendees)
 Turning Point Foundation Clubhouse, 426 West 5th Street
 Class begins: August 2, 2012, 12 Thursdays, 6:30 pm to 9:00 pm