



NAMI

Ventura County

National Alliance on Mental Illness

Newsletter

July/August 2013

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 9, 2013
Vineyard Community Church
1320 Flynn Road, Camarillo, CA 93012

MENTAL HEALTH CONSERVATORSHIPS

with
Jean Farley and Mitchell Davis

When an adult refuses treatment for his or her serious brain disorder, it may become necessary for someone else to make certain decisions for the person with the mental illness when they are unable to take care of themselves.

What is an LPS Conservatorship? When is it appropriate?

How is it initiated? How long does it last?

How is the Public Guardian's office involved?

Who decides placement and mental health treatment?

Join us to get answers to these questions and more, as Jean Farley and Mitchell Davis explain the LPS process in Ventura County.

Ms. Farley is a certified criminal law specialist who has been involved in mental health issues for over 30 years. She currently supervises the mental health, LPS and Probate sections of the Public Defender's office.

Mr. Davis is a Senior Assistant County Counsel who represents the Ventura County Public Guardian in LPS and probate conservatorship matters.

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



August 13th: There is No General Meeting in August.
The Camarillo Family Support Group will meet at its usual location:
Vineyard Community Church, 1320 Flynn Road, Camarillo

NAMI California Conference

"Building a Roadmap from Prevention to Wellness"

Come join us for two days of educational workshops and presentations by renowned keynote speakers.

Friday & Saturday August 16-17, 2013
San Francisco Airport Marriott Hotel, Burlingame, California
Register today at namicalifornia.org/conference



NAMIWalk Ventura County
May 4, 2013

Our Community Comes Together

by Mark Neal

Once again we in Ventura County have shown our commitment to ending the stigma surrounding mental illness. NAMIWalk Ventura County is not only our biggest fundraising event, but perhaps more importantly brings the community together to raise awareness of the needs of our loved ones, friends, and neighbors who live with mental illness and the great potential within our community to improve support services.



Even though fires in Camarillo prevented some from attending, the event drew a record 1,178 walkers. The atmosphere on the Ventura Promenade was busy and jubilant as walkers gathered in the California Street square, greeting friends and loved ones, signing in, gathering for group photos, and enjoying the fresh fruit and water provided. Kids had their own area where they could participate in arts and crafts and face painting. DJ Matt Worrell got everybody energized with his great mix of music.

Dignitaries from NAMI, Ventura City and County showed their commitment and support of NAMI. Before the walk NAMI Ventura County had already met its goal of raising \$125,000 and Wayne Baldaro, Regional Manager of NAMIWalks National gave his hearty congratulations, saying that of the many NAMIWalks taking place across the country that day, NAMIWalk Ventura County was the only one to have met their fundraising goal before the event.

(contd on page 2)

NAMIWalk Ventura County 2013 (Contd)

Honorary Walk Chair and City of Ventura Mayor Mike Tracy spoke of his support for NAMI and for the improvement of services for the mentally ill in Ventura. Mayor Tracy shared that virtually every one of us knows someone who lives with mental illness. With a background in law enforcement, Mayor Tracy understands how challenging it can be for mental health clients when they interact with police. One of his priorities has been to work to increase CIT training of officers within the force. Currently there are over 100 Ventura police officers are fully CIT.

Also showing support on behalf of the Ventura Police was Assistant Police Chief Brock Avery. Asst. Chief Avery shared his understanding of the challenges faced by mental health clients and voiced his commitment to someday seeing all Ventura police officers fully CIT trained.

County Supervisor Linda Parks who walks annually with the Mighty Oaks team expressed her commitment to close gaps in mental health services and the support system in Ventura County. She spoke passionately of the need to fight stigma and to help others feel good in their skin. Also in attendance was Council Member Neal Andrews, showing the City Council's solid support for NAMI Ventura County.



After Amber Rice led the walkers in a fun and vigorous dance warm up routine, the walk was on.



Walkers were treated to a beautiful sunny day with spectacular ocean views. The walk was a heartwarming reminder of the goals of NAMI Ventura County. Smiles and laughter were evident everywhere as we all walked together – clients, care providers, City Councilmembers, volunteers, and

supportive family and community members. It gave us a taste of life without the stigma surrounding mental illness and helped reinforce what we are working towards.



As walkers came back in to the square at the end of the walk, we were treated to root beer floats and ice cream sundaes. DJ Matt Worrell got the crowd dancing, and passers by enjoying a day at the beach joined in the celebration. A passing cyclist even stopped to teach the dance, the Shuffle.

Though we danced, celebrated, and enjoyed the buoyant and inclusive atmosphere, we know that our work is not done. We met our goal of raising \$125,000 before the walk began and with your help we hope to meet our stretch goal of \$170,000. Contributions can be made online until July 4th through your walker page or at www.namiwalks.org/venturacounty. Donations can also be made by sending checks to NAMI Ventura County at P.O. Box 1613, Camarillo, CA 93011.

Thank you for your participation, donations, and support. Together we can and will end the stigma surrounding mental illness. ❖

Thank You To Our NAMIWalk 2013 Sponsors

Bonita Kraft

Amgen ★ Ventura County Behavioral Health
Aurora Vista Del Mar, LLC
John & Denise Nielsen

Craig & Linda Nielsen ★ Dr. Jeff & Karen Sycamore
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StakerLaw Estate Planning

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Eichenbaum, Comer & Ratynets, An Accountancy Corporation
Ratan & Nina Bhavnani ★ Recovery Innovations
Robert & Linda Lamb ★ Russell & Susan Johnson
Ray & Cindi Bowen ★ Silver Fox Communications
Ventura County Psychological Association

June General Meeting OF TWO MINDS A Moving First-Hand Look at Bipolar Disorder

by Steve Fox

One of the many unfortunate aspects of mental illness is that individual stories of bravery, compassion and resilience can get lost amidst the sadness and confusion that accompanies those who struggle with it.



Perhaps that's why "Of Two Minds," an intimate, award-winning documentary that examines bipolar disorder, is so moving. Screened to an appreciative audience of 120 people at NAMI Ventura County's June meeting, the film illustrates the realities of the disease by following three people coping with

with it – each in their own way. Relevant statistics (five million Americans have bipolar disorder) and comments from family members and mental health professionals are included, but it is the firsthand accounts of what it's like to have the illness that are so compelling.

Los Angeles stylist Cheri Keating began having hallucinations at age 8 and first attempted suicide at 14. She would suffer for another 17 years before finally being diagnosed accurately at age 31. Her chaotic life, which included moving 37 times in 37 years, took an even stranger turn when her ex-boyfriend – who also appears in the film – was diagnosed as having the disorder in the midst of their relationship. Keating didn't like the flat feeling prescribed medications gave her and has chosen to treat her illness with diet, acupuncture and various herbal remedies.

Like many others, artist Carlton Davis was saved by a compassionate spouse – his wife Ginger persevered despite Carlton's episodes of cross-dressing and lengthy crack cocaine use and finally guided him into treatment. He feels that the psychotropic medications prescribed for him have essentially cured his illness without diminishing his creativity.

Liz Spikol, a Philadelphia writer/journalist who believes her disorder was triggered by being raped at age 17, examines her illness with a weekly column, blogs and YouTube videos, all of which have a wide following. A loving mother and accepting boyfriend have helped immensely

"Of Two Minds," the work of married documentary filmmakers Lisa Klein and Doug Blush, took more than four years to bring to the screen, most of it spent with the primary subjects, who received cameras and recorded scenes of themselves in everyday life. Also appearing are the anguished mother and sister of a lovely, vibrant young woman who had the disorder and chose to take her life.

Seeing the difficulties of her mother, who suffered from depression; and sister, who had bipolar disorder, led Klein to conceive "Of Two Minds". An articulate and knowledgeable observer, she is co-director/writer/producer of the film, with Blush, an acclaimed documentarian, serving as co-director/editor/cinematographer.

"I had been living with this for a long time, with my sister and my mother," Klein told attendees during a Q&A session following the film. "I felt we needed a light shined on it" to help combat the

stigma sometimes associated with mental illness.

"Of Two Minds" touched many in the NAMI audience. "My brother is ill, and I just want you to know that it helped me to see this film," said one woman. "I have a son who is all of these things, and who is absolutely convinced that he is none of these things," said another.

Answering a variety of questions, Klein echoed many of the lessons taught in the NAMI Family to Family classes, noting that "It takes a lot of resolve to help someone with bipolar disorder" and stressing, "You have to take care of yourself too. If you don't, you're not going to save anyone."

"Of Two Minds" is available on Amazon and elsewhere as a DVD which also contains bonus interviews with experts and advocates discussing bipolar disorder and its treatment, as well as an additional short film.

To view the trailer and order the DVD, visit www.oftwomindsmovie.com

You can follow the film on Facebook at www.facebook.com/Of2Minds

"Of Two Minds" will be shown again at the NAMI California Conference on August 16th, 2013. ❖

May General Meeting MOTIVATIONAL INTERVIEWING

by Leina Ball

Our May keynote speaker was the inspiring Cecil Argue, program manager with inmate services at the Todd Rd. Jail. Cecil brought with him 25 years of experience working with correctional clients as well as a big heart and a powerful recovery tool. Cecil shared how motivational interviewing techniques help prepare inmates for success upon release as well as how families can use these techniques to support recovery of their loved one.



Motivational Interviewing (M.I.) is an interviewing style of conversation and support. Cecil shared that these skills are not new to us, but we likely have used them inconsistently. We can't change behavior unless we change thinking first, therefore the goal of M.I. is to empower a person to see why they might change and how they could change and to support the process of change.

Cecil provided a framework of the Stages of Change and described each stage:

1. Pre-contemplation;
2. Contemplation;
3. Preparation;
4. Action;
5. Maintenance
6. Relapse (not a failure, but a part of the process that informs recovery)

(contd on page 4)

Motivational Interviewing (Contd)

In pre-contemplation the individual has not acknowledged a problem or need for change and is not ready for change, but the interviewer can encourage reflection and self-exploration: Is everything really working? Am I really the problem? In contemplation the individual is thinking about making changes, but unsure/ambivalent/sitting on the fence. Interviewer could encourage individual to explore what they might change and what benefits would be gained. Cecil reminded us that encouragement is not a one-time event.

If the individual gets to preparation they want to make changes and have ideas about what and how. Cecil said if we can get people here there is a lot of hope. The interviewer supports an individual in self-identifying resources so they are empowered and invested. Keep in mind: We don't plan to fail, we fail to plan. In action the individual implements the "change plan", for example attending school, engaging in treatment and practicing new thinking and behaviors. Individuals write down their plans and post them for frequent reminders. Individuals take responsibility for following change plan, practicing new behaviors and asking for assistance as needed.

At the maintenance stage the individual has sustained the plan over time, for example, six months and the interviewer is available for follow-up guidance-asking: Is there anything you might want to add to your change plan? In relapse the individual has returned to an old behavior, for example used drugs or skipped medications. The individual and the interviewer take this as an opportunity to reassess the plan.

More advice for interviewers:

- Support our loved one at the stage where they are right now
- Help individual recognize discrepancy between current behavior and goals
- Affirms individuals perspective (even when in disagreement)
- Remember emotions are stronger than thoughts
- Encourage Self-Evaluation-looking at pros and cons
- Avoid arguments
- Ask open-ended questions, they often start with: how, what, describe, tell me about, etc.
- Use Reflective Listening-*really* hear what is being said
- Use Affirmations: "I'm glad you're here; You have overcome difficulties; You have had past successes"
- Avoid Traps: question/answer trap, premature focus trap, confrontation trap, blaming trap, expert trap and labeling trap.

Motivational Interviewing is a strategy to use when an individual is stable and not useful during episodes of severe depression or mania or during a threat of danger when a directive like *put down that knife* is appropriate.

The ultimate goal is for the individual to say -- I have something I want to change, I have ideas about how to do this and I'm ready to put together a plan. Since nobody has to do anything interviewers can help individuals recognize choices they make and choices you will take, for example: If that's your choice what choices might I need to make? If the individual is doing well ask: How is it that you're stable? What can happen if you keep doing these things?

More information can be found online at <http://www.motivationalinterview.org> ❖

NAMI Ventura County To Participate in Quality of Life Program

by Joan Wiggins

NAMI Ventura County is excited to take part in the new Quality of Life Program. Turning Point Foundation (TPF) was awarded a 3-year grant aimed at serving serious and persistently mentally ill residents living in specified licensed Board and Care facilities in Ventura County.

Life in a Board and Care can be boring and monotonous. Often, with no appropriate activities for the resident to participate in, he or she becomes socially isolated and cannot take suitable steps toward recovery.

The Quality of Life Program seeks to improve the lives of people living in Board and Cares in Ventura County by enriching their environment and integrating them into the community. This exciting program will begin with two Board and Cares in the first year, add two more in the second year, and a fifth in the third year. It will provide engaging activities and facility beautification projects. Some of the activities will include art and gardening programs, fitness activities such as Pilates and Yoga, meditation and other spiritual activities, pet therapy, book and movie clubs, field trips and more.

NAMI Ventura County considers it a privilege to collaborate with TPF on this important project. Many NAMI families are all too familiar with the living conditions at the Board and Care facilities available to their loved ones. This project will involve NAMI Ventura County volunteers using their many strengths and skills to provide a variety of activities for the residents. ❖

NAMI Family-to-Family Education Is An Evidence-Based Mental Health Program

ARLINGTON, Va., May 28, 2013 -- The National Alliance on Mental Illness (NAMI) is pleased to announce that the NAMI Family-to-Family Education Program has been added to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP).

In the review, the program was independently assessed and rated for quality of research and readiness for dissemination.

"NAMI is proud to be included in the registry," said NAMI Executive Director Michael J. Fitzpatrick.

"It is an affirmation of one of NAMI's signature education programs, established over 20 years ago, which to date has already helped more than 300,000 family members of people living with mental illness.

The NAMI Family-to-Family Education Program is a free 12-session course taught by other family members who have received intensive training for its presentation. Instruction and course materials are provided free to class participants.

NREPP is a searchable online database intended to help people learn more about available evidence-based programs and practices and determine which may best meet their needs. It is a voluntary, self-nominating system in which program developers elect on their own to participate. ❖



**In Our Own Voice
Vocalizes with Venerable Venturans**

By Gerald White

The In Our Own Voice (IOOV) presenters of NAMI Ventura County have been reducing stigma and discrimination in great locations these past months. Reasons for this program abound beyond iteration, but let us take a moment to identify some of its key qualities before delineating the locals and groups where the program has achieved success.

Each presentation is given with the utmost care, especially during the question and answer segments, allowing for audiences to have myths dispelled and to empathize with the presenters on their path to recovery. This prompts dialogues with family members when they get home from a presentation. It encourages recovery for people who live with mental illness and have not sought treatment yet. The greatest impact it has in the community is that helps end the taboo surrounding mental illness.

Here is a cursory look at some of the most recent successes in what we hope will be an innumerable amount of successes in the coming months and years.

Academic institutions, like California Lutheran University, Moorpark College, and California State University Channel Islands, booked presentations held in their marriage and family therapist classes, psychiatric nursing program, and special education teacher classes, respectively. IOOV has even been included in NAMI's very popular Family-to-Family class during week ten of the course.

The community of faith has also worked with us to get the message out. South Coast Fellowship Church in Ventura, Vineyard Community Church in Camarillo, and Temple Ner Ami in Camarillo have all held wonderful presentations. Their partnership is invaluable. We hope to work with them and many more places of worship in the near future.

A drug abuse and alcohol treatment center for women in Oxnard, Prototypes, included IOOV for their Family Night program. Individuals going through their initial steps, and some making another attempt, towards recovery sat amongst their loved ones with bated breath, listening to an immutable message of hope offered by the presenters. Many inquired how they could join IOOV when they were further along on their path to recovery.

Lastly, the US Military hosted a presentation. Naval Base

Ventura County invited IOOV to present for the Active Duty Victim Advocates, on base, in Port Hueneme. It was NAMI's honor to assist in decreasing stigma for the nation's fighting force.

Veneration is due to the noble Venturans that have presented, assisted in scheduling a presentation, and all of the audience members, who have always listened with respect. If you would like to see a free IN OUR OWN VOICE presentation at your workplace, place of worship, office, community organization, or even residence, please call the NAMI Ventura County Office at (805) 641-2426 and ask to speak to me, Gerald White. I will do my best to make it a reality. ❖



The NAMI Provider Education Program on Mental Illness is a 5-week course that is specially designed for staff at public agencies, or for private practitioners, who work directly with people living with severe and persistent mental illnesses.

There is no cost to participate in the Provider Education Program. Pre-registration is required.

Enrollment is restricted to paid staff or professionals who provide services to clients.

For more information, or to Register, visit www.namiventura.org and select "Provider Education". Or call or email NAMI, 805-641-2426, info@namiventura.org.

Who Should Enroll: Mental health professionals, case managers, residential care givers, front office staff, R.N.'s, psychologists, homeless outreach workers, vocational rehabilitation and job counselors, club house programmers, psychiatrists, therapists, and all those who serve individuals with serious mental illness.

15 CEUs are offered at no charge to licensed clinicians. Register today for one of these classes.

Class Begins: August 29, 2013
5 Thursdays, 4:30 pm to 7:30 pm
Aurora Vista del Mar Hospital
801 Seneca St., Ventura, CA 93001

Class Begins: September 23, 2013
~~12 Thursdays~~ 5 Mondays, 3:30 pm to 6:30 pm
United Methodist Church of Thousand Oaks
1000 E. Janss Rd., Thousand Oaks, CA 91360

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

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

If You Live In:	Your Outpatient Clinic:
Ojai or Ventura (excluding 93004)	4258 Telegraph Rd Ventura, CA 93003
Fillmore, Piru or Ventura 93004	333 W. Harvard Blvd. Santa Paula, CA 93060
Oxnard, Port Hueneme or El Rio	1911 Williams Dr., Ste 110 Oxnard, CA 93036
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	125 W. Thousand Oaks Bl. Thousand Oaks, CA 91360
Simi Valley or Moorpark	1227 E. Los Angeles Ave Simi Valley, CA 93065

Acute Care Psychiatric Hospitals

Hillmont Psychiatric Center
(805) 652-6729
200 N. Hillmont Avenue, Ventura, CA 93003

Aurora Vista del Mar Hospital
(805) 653-6434
801 Seneca Street, Ventura, CA 93001

**NAMI Ventura County
Contact Information**

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Program Coordinator: Chris Novak
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Programs Intern: Gerald White

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**NAMI Ventura County
Membership Application**

Please fill out the form completely, and mail with check payable to:
NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011-1613

Check One: _____ New Member _____ Renewal Date _____

Name(s) _____

Address: _____ City _____ Zip _____

Phone _____ E-mail _____

Membership Level, one year (check one):

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

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

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

*** An open door membership is available to anyone who is unable to pay full membership.*

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

NAMI Ventura County needs your help. Please mark the activities in which you can volunteer:

- | | | | |
|---|--|---|--------------------------------------|
| <input type="checkbox"/> NAMI Office Work | <input type="checkbox"/> Support Groups | <input type="checkbox"/> Family-to-Family | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Outreach | <input type="checkbox"/> Legislation | <input type="checkbox"/> Membership | <input type="checkbox"/> Hospitality |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Speakers Bureau | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Other |

NAMI FAMILY SUPPORT GROUPS

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

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

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

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

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

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

SPOUSE SUPPORT GROUP

For spouses and partners of people living with a mental illness

Camarillo – Meets at 11:00 am, the first Saturday of each month at the NAMI Ventura County Office, 1355 Del Norte Rd, Camarillo, CA 93010.

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.

NAMI CONNECTION

Peer Support Group Meets Twice Monthly

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

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

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

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

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

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. No registration required. For more information, call Rachel at: 818-601-7767 or email dbsaconejovalley@gmail.com

See www.dbsalliance.org/conejovalley ❖

OTHER ACTIVITIES FOR CLIENTS

THE WELLNESS CENTER (TWC)

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

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

Oxnard TWC, 2697 Saviers Rd., Oxnard CA 93033

Open Tuesday, Wednesday, Friday, Saturday, 10:00 am to 3:00 pm and Thursday 2:30 pm to 5:30 pm

Ventura TWC, 1065 E. Main St., Ventura, CA 93001

Open Thursday, 3:00 pm to 5:30 pm, Saturday 10:00 am to 4:45 pm

For more information, call (805) 653-5045

TAY TUNNEL

Run by Pacific Clinics, this drop-in center is aimed at helping Transitional Age Youth (TAY), age 18-25, and connecting them with services. Many activities daily. Open to all TAY clients.

TAY Tunnel, 141 W. 5th Street, Suite D, Oxnard, Tel: (805) 240-2538

Open Monday through Friday, 9:00 am to 5:30 pm

WRAP CLASSES & more

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

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

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

RI offers other class for clients, including:

Wellness and Empowerment in Life and Living (WELL)

Medication for Success . . . and more.

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



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

ADDRESS SERVICE REQUESTED

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

NEW CLASSES STARTING

No charge ▪ Registration required ▪ Call or email for information

(805) 641-2426 info@namiventura.org

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 29, 2013, 12 Thursdays, 6:00 pm to 8:30 pm

VENTURA

ARC Ventura County, 295 S. Arcade Drive

Class begins: September 5, 2013, 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: September 12, 2013, 12 Thursdays, 6:30 pm to 9:00 pm