



NAMI Ventura County

Ventura County's Voice on Mental Illness

Newsletter

June 2007

THIRD ANNUAL NAMIWALKS FOR THE MIND OF AMERICA!



Hundreds of walkers begin the 5K walk along the Ventura Beach boardwalk on May 12, 2007.

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MONTHLY SPEAKER SERIES

Tuesday, June 12, 2007, 7:00 p.m.

Featured Speaker: **Jeffery L. Hayden, M.A., BCBA**

"Families in Recovery"

Learn how to address behavioral challenges effectively, reduce your sense of burden, and help your loved one along the road to recovery.

Jeffery L. Hayden, M.A., BCBA is a Partner of Hayden Consultation Services, together with his wife Lisa J. Hayden, Psy.D. He has been a mental health clinician for almost 20 years.

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

A Family Support Group is held prior to the General Meeting, from 5:30 p.m. to 7:00 p.m.

MEET THE BOARD: PAT RUSSELL (ADVOCACY)



I don't know what my life would be like today if I had not found out about NAMI in 2001. A friend of mine, who knew the roller coaster in hell I had been on dealing with my son's co-occurring disorders of addiction and Bipolar disorder, told me that I should take NAMI's Family

to Family class. I took his advice and was transformed by the experience!

I learned about his disorders, possible medications, treatment, etc. but most importantly I learned how to become an advocate for my son. I became a fighter to get my son the services he needed to literally survive! I attended the care and share meetings and gained strength and hope from the acceptance and understanding I received. If it wasn't for our group's leader, who was there for my son and me during many life-endangering crises, I honestly believe that the outcome would have been different. There are miracles that occur when like-minded loving people come together to be of service. This is what NAMI does.

I got involved in Proposition 63 committee meetings with other NAMI members and gained insight into the workings of the mental health system and what needs to happen to make it more responsive to our loved one's needs and to us, their family members.

I have taken two more Family-to-Family classes because I need all the help I can get. Also, it feels good to share my experiences with other new family members because I know how much this can mean.

Last year I became a NAMI Board member because I want to give back. My life work has been in the film industry as an independent filmmaker. I believe in telling stories that inspire the audience. I have been fortunate to be involved with incredibly talented people as a producer. I also have made my own films, including a feature film called REACHING OUT. I taught myself digital filmmaking and editing because I believe that this gives us the opportunity to tell these stories. I produced a 17-minute video of the first NAMI walk in 2006, and I'm editing NAMIWalk 2007.

My son, after seven years of crisis after crisis, has been stable for nine months, holds a job, takes classes, has a sponsor, is part of a spiritual community and is pursuing his dreams. I can't say enough about NAMI!❖

MIND, BODY, SPIRIT – WOOTTON EDUCATES GROUP ON: BIPOLAR IN ORDER



"The problem is not that we are mentally ill; the problem is that we experience 150% of what 'normal' people do and we are frustrated that we have not yet learned how to handle it." – Tom Wootton.

The May 8th NAMI general meeting featured Tom Wootton speaking on the topic of self-awareness and introspection as ways of learning to live with mental illness in general, and bipolar disorder in particular. Wootton's presentation highlighted the central principles of acceptance and deeper awareness as necessary before creating a follow-up "business plan". Tom urged the meeting audience to encourage those who have bipolar disorder that it is possible to reframe their concepts of living with bipolar and triumph over this condition.

Wootton's one-day workshop called "Bipolar in Order" has several teaching goals: a clear and meaningful understanding of the bipolar condition, expanding awareness of one's thoughts and actions, the power of introspection in changing one's thoughts and actions, how to turn one's condition into an advantage, how to write a business plan model for a clear path to success.

The two-day Depression and Bipolar Weekend Workshop has similar goals: gain control over the physical, mental and spiritual habits of thoughts and actions, increase insight to set clear goals in-line with aspirations, practice deep introspection to explore relationships, hopes, and fears. A weekend workshop on depression and bipolar is scheduled for June 16-17 in San Francisco (see www.bipolaradvantage.com for more details).❖

"Our lives begin to end the day we become silent about things that matter."

Rev. Dr. Martin Luther King, Jr.

SUPPORT STRATEGIES FOR FAMILIES AND FRIENDS OF THE MENTALLY ILL

Accept your feelings. You may find yourself denying the warning signs, worrying what other people will think due to stigma, or wondering what caused your loved one to become ill. Accept that these feelings are normal and common among others in your situation.

Educate yourself. Learn about the diagnosis, symptoms and available treatments. Local Mental Health America affiliates, public libraries and the Internet are all good resources.

Be compassionate. Recognize that your family member or friend may feel scared and confused after receiving a diagnosis. Although some people are relieved to get diagnosed and actively seek treatment, it may feel devastating to others.

Motivate. Encourage your loved one to learn about what treatments and services will promote recovery. Recognize that finding the right treatment or services can take time, and can involve a process of trial and error.

Practice “active listening.” Listen to your family member or friend and express your understanding back to them. Acknowledge the feelings he or she is experiencing and don't discount them, even if you believe them to be symptoms of the illness.

Coping with unusual behavior. Certain behaviors people with mental illnesses may exhibit can be disruptive— especially in public—and difficult to accept. The next time you and your loved one visit his or her mental health professional, discuss these behaviors together and develop a strategy for coping.

Understand the challenges of medication. Although treatments have improved tremendously in the past decade, they can also lead to side effects that can make your family member or friend want to

stop taking the medicine. Encourage your loved one to speak immediately to his or her health care provider about any problems related to medications.

Understand that it's not just about medication. Recovery from mental illness isn't only a matter of “just staying on your medications.” Self-esteem, social support and a feeling of contributing to society are also essential elements of recovery and should be supported.

Offer practical help. Offer to drive or accompany your family member or friend to medical and other appointments. And, if he or she wants you to, discuss the treatment, side effects or other issues with the doctor and treatment team.

Give respect. Always respect the individual's need for and right to privacy. People with mental illnesses have the same right to be treated with dignity and respect as anyone else.

Establish a support network. Seek out your own support from family and friends. Self-help and support groups also provide an opportunity to talk with other people who are experiencing the same types of issues you are. They can listen and offer valuable advice.

Take time out. Schedule time for yourself to help you keep things in perspective. Making sure you pursue your own interests will help you have more patience and compassion toward your loved one. You can only help others when you are physically and emotionally healthy yourself. Also, make sure any other family members aren't feeling ignored, and set aside quality time to spend together.

Maintain hope. There is hope for recovery, and with treatment, many people who have mental illnesses return to productive and fulfilling lives.❖

Source: *Mental Health Month 2007: MIND Your Health.* <http://www.mentalhealthamerica.net/go/may>

ADVOCACY NEEDED FOR LEGISLATIVE ISSUES

As many of you are aware, the Governor has proposed to eliminate the AB 2034 program from the 2006-07 budget. We must express to the Legislature and the Administration our issues and priorities. Moreover, we must continue to argue and demonstrate the value of effective mental health services. Every legislator, and their key staff, must be presented information effectively by the mental health advocacy community. The following underscores the need for letters and/or contacts opposing the governor's cut to AB-2034 homeless funds. NAMI urges everyone to write not only the governor, but your

state representatives – a phone call or short handwritten note is also effective.

ISSUE #1: AB 2034 – Integrated Services For Homeless Adults Living With A Mental Illness. AB 2034 provides homeless individuals living with a mental illness comprehensive integrated services including outreach, mental health treatment, drug and alcohol treatment, housing assistance, job training and health care. Governor Schwarzenegger has proposed to eliminate the AB 2034 program from the 2007-08 budgets.

KEY POSITION TO MENTION: We are strongly opposed to this cut, and ask for Legislators' support to ensure that the funding is put back in the budget, and

(Article continued from page 3)

State representatives – a phone call or short handwritten note is also effective.

ISSUE #2: Assembly Bill 423 (Assemblymember Beall) – Support!

This bill is intended to end the discrimination against individuals living with a mental illness and require treatment and coverage of those illnesses that is the same as coverage provided for other medical illnesses.

KEY POSITION TO MENTION: We urge support of this bill.

The Problem: Many health plans do not provide coverage for mental disorders. Those plans that do offer coverage impose much stricter limits on mental health care than on other medical care.

ISSUE #3: Assembly Bill 308 (Assemblymember Galgiani) – Support!

The EPSDT Program is the core public program that provides mental health treatment services to children and their families.

This bill would require the payment of \$243 million that the State Department of Mental Health (DMH) owes to counties for unpaid claims from the Early and Periodic Screening, Diagnosis and Treatment Programs (EPSDT). In addition, the bill requires DMH to adopt regulations to provide for prompt reimbursement to counties for Medi-Cal EPSDT claims.

KEY POSITION TO MENTION: We urge support of this bill.

ISSUE #4: Restoration Of The Medi-Cal Specialty Mental Health Plan Provider Rate Reduction

KEY POSITION TO MENTION: CCMH urges you to restore the 5% provider rate cut to Medi-Cal specialty mental health plans!

The restoration of these funds is imperative for county MHPs to continue to provide services to Medi-Cal beneficiaries and other individuals with serious mental illness.❖

CRISIS TEAM UP AND RUNNING

Susan Luckey, Clinical lead for the Crisis Team, spoke at the Mental Health Board Meeting on May 21, and described the current status of the Crisis Team in Ventura County.

The Ventura team is now at two locations – 300 North Hillmont in Ventura and 2101 East Olsen Road in Thousand Oaks. Currently the Ventura team is available 24 hours, seven days, a week, 365 days a year, while the East County satellite is available from 11 a.m. to 11 p.m. Referrals to the team can come from a variety of sources: the client themselves, a family member, law enforcement, or any other community member. The Crisis Team provides a mobile response to those who are experiencing a psychiatric emergency and are unable or unwilling to come to a behavioral health clinic for evaluation and treatment.

There are limitations to what the team can offer. The team cannot enter into a person's residence forcibly, although they can request law enforcement help in establish contact with a resistant person. They cannot involuntarily hospitalize clients with medical problems – 911 should be called in case of a medical emergency. They also can't evaluate those who are a physical danger to others unless law enforcement personnel are present to assure everyone's safety. The police or sheriff's department should be called immediately in situations when physical harm is imminent.

The Crisis Team provides several services including crisis intervention and assessment, assistance to family members who are part of the client's community support system, referrals and links to treatment services and community resources, 24-hour telephone crisis intervention/suicide prevention services, consultation and assistance to local emergency services including law enforcement, paramedics and fire department personnel, consultation to community health care providers including psychiatrists, mental health clinicians, medical doctors and clinic personnel.

Fees are based on a sliding scale but individuals will be offered services regardless of their ability to pay. Some insurance does offer coverage for emergency mental health services. Phone numbers for the Crisis Team are: Ventura – 805-652-6727 and East County – 805-494-8253.❖

DONATE YOUR CAR AND HELP NAMI VENTURA COUNTY

If you are looking to get rid of your used car, truck, boat, RV, or motorcycle, then consider making a vehicle donation.

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

Call Cars 4 Causes at 1-800-766-CARE or 1-800-766-2273, or go to: www.cars4causes.net

Be sure to designate us as the charity of your choice by providing the information below:

Charity Name: NAMI Ventura County Address: PO Box 25510, Ventura, CA 93002 Tel: (805) 641-2426

E-SCRIP REMINDER!

Register your Von's, Pavilion's, Macy's, American Express and Visa card with E-Scrip and NAMI-Ventura County will benefit.

Just go to www.escrip.com, enter the N.A.M.I. group number: **5564290** and follow the simple steps to register your grocery cards, credit/debit cards, and store purchase cards.

Here's how it works:

1. You register any one or all of your existing grocery, debit and credit cards for use in the program.
2. Participating merchants will make contributions to your chosen group, based on purchases made by you, just by using the cards you have registered.
3. Your purchases are tracked and available to you online, allowing you to see just how much you are earning on our behalf.❖

\$

RALPH'S CONTRIBUTES TO COMMUNITY

NAMI Ventura County has a new Ralph's NPO number: 81209. For those of you with the old NPO number, please re-register under the new number. For those new to this program, just by registering your Ralph's Club Card, NAMI can earn up to 4% of your purchase each month.

Just go online at www.ralphs.com, click on community programs, then click on participant and follow the simple instructions to register your Ralph's Club Card. The NAMI NPO # is 81209. Be sure to have your Ralph's Club Card handy so you can enter its number into the online system.

For each card's monthly purchase up to \$200, NAMI receives 1%; \$200.01 to \$350, NAMI receives 2%, \$350.01 to \$500, NAMI receives 3% and over \$500 NAMI receives 4%.❖

\$



NAMIWalks 2007 – A Winner

Crossing the finish line to the tune of "Rocky", the young man raised his arms in victory, "I came in second on my team", he said proudly. His smile reflected the sense of joy and hope that characterized the 3rd Annual Ventura County NAMIWalks for the Mind of America. The yellow and blue balloon arch that had been so carefully tied between the light posts broke loose and stretched toward the sky; it seemed to symbolize the indomitable spirit of NAMI and the people this grass roots non-profit represent.

While the kids enjoyed having their faces painted by a group of student volunteers from Pepperdine led by outgoing board member (and Pepperdine graduate) Lisa Moore, adults were treated to the sounds of STAR DJ's. In a repeat of 2006, First American Title handled the registration chores for the day and was a winning combination in their red visors and bright smiles.

Kids of all ages enjoyed the create-your-own ice cream sundae station after the walk, with lots of gooey chocolate topping, bananas, and peanuts to go around, not to mention flats upon flats of juicy strawberries and watermelons that were free for all at the food station.

Resource tables from various Ventura County groups lined the boardwalk along the walk route. Some of the organizations represented were Crisis Intervention Training Program, Aurora Vista del Mar, NARSAD, Unity Center, Ventura County Behavioral Health Department, NAMI Ventura County, California MFT Association, Southern California Psychiatric Society, Many Mansions, Behavioral Health Inpatient Unit, Anne Sippi Clinic, the Client Network, Ventura County Community Foundation, and Turning Point Foundation.❖

Nearly 600 NAMI supporters packed the boardwalk in Ventura, on Saturday, May 12, 2007, raising over \$40,000 in contributions for the National Alliance on Mental Illness (NAMI) in Ventura County. The walk, which traversed the boardwalk between the Crowne Plaza Hotel and Surfer's Point, raised awareness of the need to combat stigma and improve services for the mentally ill and their families. The names of teams, emblazoned on the backs of T-shirts told the stories of the day: "Love Stories", "Kids Care", and "Hope for Heroes" were among the thirty-four teams of walkers. ❖



Advocates for eradicating stigma carry signs, "Shrink the Stigma!"



Led by Auggy Donlon, First American Title handled Registration for NAMIWalks 2007



These young ladies finished the walk with a smile!



If you think the watermelon looks good, you should have seen the strawberries!

BUILDING OUR MOVEMENT BUILDING OUR FUTURE

Last call for the 2007 NAMI National Convention in San Diego, June 20-24. The national convention is held at different sites each year, so now's the time to take advantage of the California location and get registered! For more information, go to www.nami.org and click on "2007 convention". ❖



NAMI blue and gold were the colors of the day!



Keep that blue ribbon high - those NAMI walkers are walkin'!



Operation NAMIWalks Team gathers for a pep talk before the walk



NAMIWalks 2007 Business Chair Julia Ladd of Macerich Properties



Board Secretary Lisa Moore and the Pepperdine team rally for NAMI



Courtney Jackson leads walkers in a pre-walk warm-up

SUPERVISOR LINDA PARKS APPLAUDS NAMI WALKERS



*NAMI Board President Ratan Bhavnani and
Ventura County Supervisor Linda Parks*

Speaking at the 3rd Annual NAMIWalks for the Mind of America, Ventura County Supervisor Linda Parks congratulated NAMI Board President Ratan Bhavnani, walk manager Debbie Hurt, the team of supporters and volunteers, and the NAMI Ventura County board and membership for its efforts on behalf of the mentally ill in our community. Respected and admired within the NAMI community as one who “walks the talk” of her commitments, Supervisor Parks was the keynote speaker at the beachfront walk, again taking the time in a crowded schedule, to advocate on behalf of the mentally ill and their loved ones.

Family Team Chair and California NAMI Board member Candace Jackson spoke passionately about NAMI’s work in the community, “We are walking to let people know what NAMI is all about. We want people to know that it’s not a crime to have a mental illness. People who have a brain or thought disorder didn’t want it, they didn’t ask for it, they didn’t do something bad to get it. The most unfortunate part is that we can’t make it go away. However, we can stand by our loved ones and learn all that we can about mental illness. That’s what we here at NAMI do.” Jackson’s team, Love Stories, is consistently among the top three teams in number of walkers and donations.

Kimo Watanabe, a speaker at Family-to-Family classes, and a featured speaker at the NAMIWalks Kick-Off Luncheon, thanked family members and friends for turning out in such large numbers for the event, and thanked them for their support. Watanabe will be part of the initial Provider Education Program training team, and will be attending the 2007 NAMI National Convention later next month.

Speaking at her first NAMI Walk, business chair Julia Ladd praised the group’s activities. Also a featured speaker at the Kick-Off Luncheon, Ladd brought the Walk to the awareness of the business community and was at the forefront of her team as they walked down the promenade.

NAMI Board President Ratan Bhavnani welcomed and thanked all the featured speakers, volunteers, agencies, families and walkers who attended the event and led the group to the start-finish line where he sounded the air horn to signal the beginning of NAMIWalks 2007. ❖

HOUSE Calls For NAMI

The hit television drama **HOUSE** is helping NAMI.

At a packed press conference on the Los Angeles stage where the show is produced, cast crew and producers launched a promotion to benefit the National Alliance on Mental Illness (NAMI) and its work in education, support, and advocacy for individuals and families affected by mental illness. For a limited time only—T-shirts from the show are being sold on-line for \$19.95 at www.housecharitytees.com. They are emblazoned with the phrase “Everybody Lies,” one of the best-known “House-isms” often uttered by the brilliant, but cynical diagnostician Dr. Gregory House, played by Hugh Laurie, the star of the show. All proceeds from the sale of the t-shirts will be donated to NAMI.

Fans of **HOUSE** will recognize the “House-ism” and are the primary audience to which the promotion is being targeted. In the process, many will learn about NAMI, possibly for the first time, and receive a message to care about mental illness.

“Everybody Lies” is also message about stigma. Myths surround mental illness. In the context of the TV show, the phrase is a reference to the fact that people who are being diagnosed—relative to *any* illness--often withhold information because they are afraid, ashamed, embarrassed, or conflicted. That is a consequence of stigma, a familiar experience for many NAMI members. Too often, Hollywood has been indifferent to stigma concerns. This time, the producers and cast of a TV show stepped forward to help.

“Mental illness is stigmatized and misunderstood in our society, and we’re trying to do something about that,” said **HOUSE** executive producer Katie Jacobs. “We’re very fortunate to be celebrating an extremely successful third season for **HOUSE**, and we’d like to give something back to a cause we feel is both worthy and overlooked.”

“**HOUSE** is making an enormous contribution to public education by lending the show’s celebrity profile to raise funds,” said NAMI executive director Mike Fitzpatrick. “On behalf of every individual and family who live with major depression, bipolar disorder, schizophrenia and other mental illnesses, NAMI thanks the show and cast. They are making a difference in people’s lives.”

DR. JOYCE BURLAND TRAINS PEP TEAM

The Provider Education Program in Ventura County started in great style May 17-20 with a 4-day Training Workshop, from 10:30 a.m. Thursday through 1 p.m. Sunday, conducted by Dr. Joyce Burland. Three full teams consisting of two Family-to-Family teachers, two consumers, and one mental health professional and family member participated in the training, which was held at the Palm Garden Hotel in Thousand Oaks. The training was intense but intensely motivating, with team members now eager to share the training with mental health workers and professionals.

Reports from other states offering PEP are glowing. In a letter to NAMI, Joan M. Herbert, M.S., R.N., C.S., Administrator at the Institute of Psychiatry at the Medical University of South Carolina stated, "So far we have had over 50 participants including administrators, physicians, social workers, nurses, secretaries, an occupational therapist, and therapeutic assistants. Just the fact that we chose to support 30 hours of classroom time for each person is a strong statement about the value we place on this training."

From Utah State Hospital, Assistant Clinical Director Dallas Ernschaw, M.S., reports, "I can't say enough about the Provider Education Program. When I went through the course, I kept thinking 'what a wonderful learning experience that all our staff need to have'. I have been working at the hospital for 20 years, and this is one of the best programs I have been through for staff."

"NAMI Santa Clara County has offered the Provider Education Course for our staff during the past two years. This course is one of the highest rated trainings that we offer. We view this course as one of the key learning experiences for our staff as we transition to an organization that values wellness and recovery for our consumers." (Nancy Pena, Ph.D., Mental Health Director of Santa Clara Valley Health and Hospital System).

Special congratulations must go to everyone who worked so hard during the training: Consumer Teachers, Family Member Teaching Specialists, and Family Member Professionals. ❖



WHAT IS PEP (Provider Education Program)?

Mental Health Services throughout the US are undergoing dramatic changes as they attempt to develop more effective service, support and outcomes for consumers, their families and their communities. In the process, significant new roles and expectations have been created for mental health agencies, and their staffs, based on greater peer empowerment and wider collaboration with clients and families on the treatment team.

The NAMI Provider Education Program was designed to help line staff at public agencies learn this new approach by attending a 30-hour course presented by a panel of 5 NAMI members: 2 consumers, 2 family members and a family-member mental health professional. In 10 weeks, staff is given basic classes in diagnosis, brain research and medications from NAMI's Family-to-Family education program, plus specific sessions on how to work with clients and families in a collaborative manner. The primary knowledge base of the course is lived experience of consumers and family members relating to all aspects of a serious brain disorder. The purpose of the course is to help providers "see our lives" from the inside so that effective, equitable partnerships can guide the treatment process.

The goals of the PEP program include:

- To validate the subjective, lived experience of consumers and family member caregivers as a **Primary Knowledge Base** for developing staff skills and competencies in public agencies serving individuals with serious and persistent mental illness.
- To emphasize the **Bio-Psycho-Social Perspective** necessary for a global understanding of neurobiological brain disorders and a full appreciation of the consequences of these serious illnesses on those who suffer them:

Bio: The biological bases of Schizophrenia, Bipolar Disorder, Major Depression, Panic Disorder and Obsessive Compulsive Disorder, their probable causes, symptomatic distresses, and variable responses to medications.

Psycho: The psychological dimensions of coping with these brain disorders and comprehending their traumatic impact on consumers' and families' personal lives.

Social: Rebuilding capacities to reconnect, to live with dignity and hope, which includes advocacy for improved community services and expanded opportunities. ❖

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

SUPPORT GROUPS FOR CLIENTS

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

Ventura: Currently there is no support group in Ventura; however, plans are underway to reconvene this group at a new time and location. Once the new time and place have been determined, we'll include the information in this newsletter.

Thousand Oaks: Currently there is no support group in Thousand Oaks; plans are underway to reconvene this group at a new time. Once the new time has been determined, we'll include the information in this newsletter.❖

SUPPORT GROUPS FOR FAMILIES

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

NAMI in Camarillo – Meets at 5:30 pm, the 2nd Tuesday of each month at St. Columba's Episcopal Church, 1251 Las Posas Rd, Camarillo. The meeting is prior to the General Meeting. Info: (805) 641-2426.

NAMI in Thousand Oaks – Meets at 7:00 pm, the 3rd Monday of each month at 72 Moody Court in T.O. (Mental Health Adult Services Center). Info: Irene King (805) 495-5031, or Kathleen Furness (818) 865-1558.

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



**Ventura County Behavioral Health
Outpatient Service Sites**

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

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

The Officer of the Day
652-6768

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

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

The Officer of the Day
933-4868

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

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

The Officer of the Day
981-4200

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

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

The Officer of the Day
777-3500

If you live in:
Simi Valley or Moorpark

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

The Officer of the Day
577-0830

NAMI Ventura County Contact Information
Mailing Address: P.O. Box 25510, Ventura, CA 93002
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2007 Board of Directors

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Vice President	Candace Jackson
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Law Enforcement	Joyce Wilde
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NAMI Ventura County Membership Application 2007

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

Check One: New Member Renewal Date _____

Memberships: (Check those that apply)

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

Name(s) _____

Address: _____ City _____ State _____ Zip _____

Home Phone _____ E-mail _____

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

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

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

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

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

ADDRESS SERVICE REQUESTED

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



"I Am Me"

*By Virginia Satir**

In all the world, there is no one exactly like me.
There are persons who have some parts like me,
but no one adds up exactly like me.

Therefore, everything that comes out of me
is authentically mine because I alone choose it.
I own everything about me

I can see, hear, feel, think, say and do.
I have the tools to survive, to be close to others, to be productive,
And to make sense and order out of the world of people
And things outside of me.
I own me, and therefore I can engineer me.
I am Me and I am OK.

**Virginia Satir was a noted American author and psychotherapist.*