



nami

Ventura County

National Alliance on Mental Illness

Newsletter

March/April 2011

GENERAL MEETINGS

Open to the Public ■ All are Invited

Tuesday March 8, 2011, 7:00 to 9:00 pm

THE DISCOVERY OF RECOVERY

Corliss Porter, MFT

The Recovery Model is influencing both the medical model and how behavioral therapists are trained. The principles of recovery include empowerment, formulating a wellness story, developing coping skills and strengths, identifying triggers, creating an emergency plan and more.

How does this model apply to you and your loved one? Where do you fit in your loved one's emergency plan?

Ms. Porter will cover the basics during her presentation and will introduce how these principles apply to an Adult Wellness and Recovery Center.

Corliss Porter, MFT, is the Clinical Director at Turning Point Foundation

The March General Meeting is at a different location:
Holiday Inn Express
4444 Central Avenue, Camarillo, CA 93010

COMING IN APRIL

Tuesday April 12, 2011, 7:00 to 9:00 pm

ASK THE DOCTOR

Jantje Groot, M.D.

Dr. Groot will review and bring us up to date on psychotropic medications and the treatment of serious mental illness. Bring your questions on any topic relating to mental illness, and Dr. Groot will be happy to answer them.

This informal session promises to be a lively and educational evening – be sure to join us as we welcome this very knowledgeable and dynamic speaker

Jantje Groot is a Staff Psychiatrist at Ventura County Behavioral Health. He graduated from UC Irvine's School of Medicine, completed his Residency at UC San Francisco and is ABPN Board Certified in Psychiatry.

St. Columba's Episcopal Church
1251 Las Posas Road, Camarillo, CA 93010

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



Every journey begins with that first step.

In 2011, thousands of concerned citizens in over 80 communities across the nation will walk together to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illness.

Won't you join us?

"Walk for the Mind of America"

SATURDAY APRIL 30, 2011

Check-in begins 9:00 a.m.

VENTURA BEACH PROMENADE
450 E. Harbor Blvd., Ventura
(between Crowne Plaza Hotel & Aloha Steakhouse)

To register for the walk, start a team or donate on-line, visit
www.nami.org/namiwalks/CA/Ventura

For more Walk details, go to www.namiventura.org

(also see page 2)

NAMIWalks Ventura County 2011

Changing Minds...One Step at a time!

Saturday April 30, 2011 Ventura Beach Promenade

Do you care about somebody affected by mental illness? Are you frustrated by the STIGMA which can complicate the path to treatment and recovery for persons with biological brain disorders? This must change, but in order for it to happen WE MUST ACT!

On Saturday morning, April 30th, the 7th Annual Ventura County NAMI Walks will be held at the Ventura Beach Promenade. If we hope to bring about increased awareness in our community, and take a step towards the elimination of stigma, WE MUST show up in significant numbers to emphasize the fact that one in five families are affected by these serious health issues.

THE GOOD NEWS is that you will be in the company of almost a thousand people who are either touched by mental illness themselves or care about those who are. You will be surrounded by smiling faces, enjoying the sunny skies and scenic views, feeling proud, feeling happy, feeling empowered, and feeling anything but alone. . .

Form a Walk Team, sign up to join an existing team, sponsor a Walker, or become a Walk sponsor. Do it today!

REGISTER AT:

www.nami.org/namiwalks/CA/ventura ❖

GIFTS NEEDED FOR NAMI WALK

At the Walk, names will be drawn from all Walkers registered, for door prizes to be awarded. Please ask any businesses you use to consider donating items or gift certificates for door prizes. Good examples are a lunch or dinner for two, gift baskets, show tickets etc.

General guidelines: valued at \$25 or above, unused items, no alcohol.

Please call or email the NAMI office for more information. ❖

Coping Strategies for Grandparent Caregivers

From the NAMI Blog, By Sarah Heckenberg, HelpLine Staffer

In my work at the NAMI HelpLine, I have come to realize the important role that grandparents play when mental illness affects the family. Normally, grandparents play a special, dynamic and important role in the lives of their grandchildren, frequently providing unconditional love. They are often a link to the family's history or act as a buddy, hero, mentor or role model. When serious mental illness occurs in the family, however, there are times when grandparents have to step into a new and unexpected role—raising their grandchildren while caring for their adult child living with a mental illness. In this case, grandparents can become the family anchor.

My conversations on the HelpLine have introduced me to grandparents who are juggling the needs of an ill child with the stability and structure their grandchildren require. At the same time, they must attend to their own emotions—the grief of losing

the existing family structures as well as grief for the losses their child is experiencing.

Grandparents may not know where to turn for basic information, support, counseling and respite. They must confront privacy laws that keep them shielded from a loved one's mental health care. These seniors are left to raise children in a world that is very different from the one that existed the first time around.

Grandparent caregivers should try to balance caregiving responsibilities with self-care strategies as outlined below.

Get legal advice about custody and financial planning. While having only an informal agreement with your child may feel more comfortable, in a crisis you may face challenges enrolling grandchildren in school, obtaining medical and mental health services or insurance. State laws vary, but often temporary custody or obtaining the status of a foster parent, will give you a measure of legal security that will help you maintain a balance of power between yourself and the child's parents. Find more information about legal referrals on the NAMI website.

As they will allow, keep the lines of communication open with your child. Let him or her know that they are you are all partners in the grandchildren's care and their own mental health care. However, stability for the grandchildren is the top priority. Bouncing back and forth between a grandparent's house and that of an unstable, relapsing parent is very disruptive. When this happens children get confused about where they belong and fearful that their living routine will be disrupted.

Take care of yourself both physically and emotionally. Go to a support group or talk to a counselor to find coping strategies for the fatigue, anxiety, shame, fear and frustration that may come up from time to time. And—even with your new busy schedule—try to make time for regular exercise and health care. Keeping yourself in good health is imperative to the success of the family.

If your adult child is willing, ask him or her to prepare a psychiatric advance directive (PAD). This would allow them to have instructions in place regarding future mental health treatment or allow you to make decisions about their treatment should they become unable to do so.

If they will not prepare a PAD, be sure to have a plan for dealing with acute episodes of instability. Know where to find help, whether it be a crisis intervention team or by calling 911. Your local NAMI affiliate may be able to help you identify resources for managing a crisis.

As you face the challenges of this new role, remember to put together a network of support. You may have to educate those around you about what you are doing so that your efforts will be supported and respected. Be sure to stay informed about mental illness. Create a network of support that includes family, friends, church family and others who are going through similar situations and can truly relate. The NAMI HelpLine can help you identify resources in your community, such as support groups, as well as educational opportunities like NAMI's Family-to-Family program.

Finally, several grandparents have mentioned that while this new family dynamic can be challenging, it can also be highly rewarding. HelpLine callers have shared that they receive comfort knowing that their grandchildren are safe with them. They learn over time that they have strength that they never knew they had and realize there is no greater gift than the love and respect of their grandchild as they watch him or her evolve into healthy, happy adults. ❖

THIS TIME JAIL WAS DIFFERENT

by Diana Tamcove

By the year 2010, I had come to realize that my young adult son, Joey, was probably mentally ill. His father and I had experienced trauma that we were hesitant to share with others we knew. You know that TV ad that depicts someone violently smashing an egg with an iron skillet? That was us. At age 12, he had made it a practice to climb out of his bedroom window at night and do.....whatever! He was 5' 9", handsome and a "girl magnet". By age 16, our home became a kind of half-way house collection of runaways and drug users. These people weren't invited; we would just find them there in the morning and make them leave. Our checks were stolen, we would receive bills for catalog orders, musical instruments were pawned and, needless to say, our front curb was "reserved parking" for the police. Prior to age 18, the police seemed to be supportive of us as parents with an out of control teenager. But after Joey's 18th birthday, all hell broke loose and the police seemed to be merciless. Joey found himself in jail several times!

I finally went online to research for mental illness and found NAMI. My husband and I attended Family-to-Family classes and formed a conclusion about our son's diagnosis: Paranoid Schizophrenia. With the information that we were given in Family-to-Family, we finally learned that there were others that were experiencing the same or similar bizarre behavior in their loved ones. In fact, the more stories I heard, the more I realized that Joey was perhaps more mildly affected than the others.

Even as we attended NAMI classes, Joey was jailed again! He had been confrontational with a clerk at a guitar shop. He was certain that a customer was "watching him" and he expected the clerk to do something about it. He resisted arrest when the police came. The judge wanted to give him probation, but Joey knew that he would find probation intolerable. Joey refuses to admit that he is mentally ill, but you can imagine how a paranoid person would handle probation. The police really do watch you, and stop you on the street, and come into your bedroom to search and ! Joey chose to go to jail instead.

NAMI provided us with a phone number for a contact person within the Sheriff's Department. The Program Coordinator for the Law Enforcement Crisis Enforcement Team is Scott Walker. I phoned Scott and was relieved and impressed to find someone who was willing to answer all my questions and spend time talking to me about what to expect. He also referred me to a Mental Health Nurse who agreed to visit Joey in jail and help put him in touch with behavioral health professionals. Upon leaving jail, Joey was registered with Ventura County Behavioral Health (VCBH) and has since received treatment and therapy. He no longer uses drugs, marijuana being the exception. He will graduate college this next summer and has moved to Los Angeles, hoping to land an internship in his field.

We don't know what the future holds, but as time goes by, we do see improvement in our son. He is occasionally triggered and has an episode, but he seems to handle it better. I do wonder if he will be able to keep a job. I

believe Joey's last jail experience was something of a turning point for him. Maybe it was Scott Walker who made the difference? Or VCBH? Or maybe just time?

Whatever it was, I am grateful to NAMI for the comfort in having recourse and hope. I now know that this is just another step in our journey.

Editor's Note: Diana Tamcove (re-arrange the letters in "NAMI Advocate") is the nom de plume of a member of NAMI Ventura County. ❖

NAMI Receives Commendation from Mental Health Board

At its January meeting, the Mental Health Board recognized NAMI Ventura County for the work it does in helping those affected by mental illness. The Commendation was accepted on behalf of NAMI Ventura County by Executive Director Ratan Bhavnani and many volunteers.

Here is the text of the commendation:

Certificate of Commendation from the Ventura County Mental Health Board

This Certificate of Commendation is hereby granted to:

National Alliance on Mental Illness

The Mental Health Board of Ventura County would like to recognize The National Alliance on Mental Illness (NAMI) for their extraordinary work on behalf of the mentally ill and their families. NAMI has been a strong advocate for appropriate care programs for mentally ill and their families. They have helped plan for and develop programs with others in the community and programs which NAMI manages. Some of programs include: Family to Family educational program for English and Spanish speaking families; Provider Education Program which has trained hundreds of active therapists in our community on what it is like for clients and families living with mental illness; participation in the Crisis Intervention Training (CIT) teaching team which trained our local law enforcement how to safely assess and calm a mentally ill person in crisis; and developed a web site with information for the public and professionals to access community resources. In addition they have monthly meetings with speakers on various mental health issues and send out a newsletter with educational material. The most recent program NAMI started is Friends in the Lobby, which has volunteers in the County's Inpatient Psychiatric lobby. We thank you for your hard work and look forward to continuing to work together.

It is with our deepest gratitude and heartfelt thanks that the Mental Health Board of Ventura County presents this certificate to NAMI.

Presented on this 24th day of January, 2011

*Irene Mellick, LCSW Mental Health Board Chair
Meloney Roy, LCSW Behavioral Health Director ❖*

February General Meeting Special Needs Trusts

by Cece Casey



Diedre Wachbrit Braverman, Attorney, was our guest speaker at the NAMI General Meeting on February 8th, 2011. Ms. Braverman has a practice in Westlake Village, and is the founder of the Academy of Special Needs Planners.

Our topic was Planning for a Child with Special Needs. Using a Powerpoint

Presentation, Ms. Braverman explained how a special Needs Trust (SNT) can protect those who are disabled, tailoring and quantifying their quality of life needs as they progress through adulthood. The presentation addressed the question of "How and who will manage our loved one's basic needs such as food, shelter, clothing when we are gone?"

A Trust is a legal document containing instructions directing the management and distribution of the resources placed in the Trust. The person creating or funding the Trust is the Grantor. The person who receives the benefit or on whose behalf the Trust was created is the Beneficiary. The Grantor appoints a Trustee, which is a person or entity (such as a bank) that will manage the Trust and distribute the Trust's funds for the benefit of the Beneficiary. Trusts are used for a variety of purposes in estate planning.

The specifics of an SNT are complex and tricky. A Third Party Trust is typically set up by parents of a person with a mental illness disability, so that the assets left are part of the trust and therefore do not disqualify the client from receiving SSI payments – and, more importantly, Medi-Cal or Medicare insurance benefits. It was noted that any person who holds or receives \$2,000 or more in liquid assets is not eligible for SSI benefits.

Examples of permissible trust distributions from a trust established for the benefit of an SSI recipient include: Home purchase (with rent paid by occupants); Home improvements, repairs, and maintenance by outside source; School tuition, books, and supplies; Entertainment purposes, including books and magazines; trips to movies, plays, museums, and sporting events; audio/video equipment; or hobby supplies; Purchase and maintenance of car, or bus passes; Household goods and other items of personal property of reasonable value; Clothing; Telephone expenses; Dental care, physical therapy, massages, support services, and other medical costs not covered by any benefit programs.

For families with an adult child receiving disability benefits, the importance of setting a Third Party Special Needs Trust as part of our Estate Plan was evident. Even where a beneficiary never needs Federal or State public benefits and services, we should consider the special life management needs he or she still has, and use an SNT as part of a comprehensive plan to meet those needs in an organized manner. ❖

Sonna Gray

NAMI Member receives Recognition Award from
Mental Health Board



MHB Chair Irene Mellick (left) presents award to Sonna Gray

Certificate of Commendation from the Ventura County Mental Health Board

This Certificate of Commendation is hereby granted to:

Sonna Gray

The Mental Health Board of Ventura County would like to recognize Sonna Gray for her years of dedication and work on behalf of the mentally ill and their families. Many years ago Sonna joined the National Alliance on Mental Illness (NAMI) and was one of the first people in Ventura County to teach the Family to Family Program to new families seeking help to learn how to best help their loved ones who had been diagnosed with mental illness. She not only taught Family to Family classes, but also took phone calls from families seeking information, resources and understanding. She also helped organize and teach NAMI's provider training program.

Five years ago Sonna was hired by Ventura County Mental Health as the Adult and Older Adult Family Liaison and became an even stronger advocate and voice for the mentally ill and their families. Her hard work, dedication, warm personality and gentle spirit have helped many people. Thank you Sonna for the difference you have made.

It is with our deepest gratitude and heartfelt thanks that the Mental Health Board of Ventura County presents this certificate to Sonna.

Presented on this 14th day of February, 2011

Irene Mellick, LCSW Mental Health Board Chair

Meloney Roy, LCSW Behavioral Health Director ❖

VIPS
Ventura early Prevention Services

Ventura County Behavioral Health has awarded a contract to Telecare Corporation for this new program, which serves young people ages 15 to 25 at risk for developing psychosis.

This program is based on the Portland Identification and Early Referral (PIER) model, and is funded through the Prevention & Early Intervention or PEI component of the Mental Health Services Act(MHSA).

Research has indicated that educating the public and community leaders will increase the chances that a young person will receive early treatment that can slow the progression of psychosis. VIPS actively outreaches to the communities of Ventura County to provide information about early identification and treatment.

VIPS provides confidential assessment and treatment for individuals who are at risk of mental illness. To participate in the VIPS program, candidates must meet the following criteria:

- ✓ Be 16 to 25 years old
- ✓ Live in West Ventura County
- ✓ Meet any of the warning signs below

The following symptoms are behaviors or feelings that can indicate a temporary reaction to significant stressors, or they can be early warning signs of a developing psychotic illness. If the young person presents a combination of symptoms, or the symptoms appear to worsen over time, this may indicate the onset of a mental illness.

- Difficulty in maintaining focus, concentration or memory
- Hearing sounds or voices, seeing visions, or experiencing strange sensations that others don't perceive
- Difficulty with conversations or being understood
- Feeling overly fearful or suspicious
- Changes in sensitivity to light, sound or touch; decreased sense of smell
- Dramatic changes in behaviors, ideas, sleep or appetite

- Withdrawal from friends and family
- Deterioration in school or work functioning
- Suicidal thoughts

Individuals who have received treatment in a psychiatric hospital or have previously received a diagnosis of serious mental illness will not qualify.

If you are interested in receiving information, education, and/or materials on early symptoms of psychosis, or if you know a young person in need, contact Telecare VIPS at (805) 642-7033. For more information see <http://www.telecarecorp.com/vips> ❖

CHAMPIONS OF MENTAL HEALTH
NAMI Ventura County to be Honored

Turning Point Foundation
invites you to their
Champions of Mental Health Gala

Sunday June 5th, 2011, 4:00 pm

Please join us to honor these distinguished community members and organizations for their commitment to mental health and homeless programs throughout Ventura County.

FUNDER/FOUNDATION
Michael Towbes: Montecito Bank & Trust

FAMILY ADVOCATE
Pam Roach

CONSUMER ADVOCATE
Anthony Marron

COMMUNITY ORGANIZATION
National Alliance on Mental Illness
NAMI Ventura County

COMMUNITY VOLUNTEER
Dr. Joan Blacher

For information on tickets or to request an invitation
please call Jane Lax at 805-652-0000 ext. 102

Identification Statement

Publication's title and number:	NAMI VENTURA COUNTY NEWSLETTER
Issue date:	MARCH 7, 2011
Statement of frequency	BIMONTHLY
Authorized organization's name and address:	NAMI VENTURA COUNTY 1339 DEL NORTE ROAD, CAMARILLO, CA 93010
Issue number:	ISSUE NO. 29
Subscription price:	NONE

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

Main Number, STAR Program: **(866) 998-2243**
(Screening, Triage, Assessment & Referral)
Behavioral Health Crisis Team: **(877) 327-4747**

If You Live In:	Your Outpatient Clinic:
Ojai or Ventura (excluding 93004)	4258 Telegraph Rd Ventura, CA 93003
Fillmore, Piru or Ventura 93004	333 W. Harvard Blvd. Santa Paula, CA 93060
Oxnard, Port Hueneme or El Rio	1911 Williams Dr., Ste 110 Oxnard, CA 93036
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	72 Moody Court Thousand Oaks, CA 91360
Simi Valley or Moorpark	1227 E. Los Angeles Ave Simi Valley, CA 93065

Acute Care Psychiatric Hospitals

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

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

**NAMI Ventura County
Contact Information**

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

Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak

2011 Board of Directors

Duane Bentzen	President
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**NAMI Ventura County
Membership Application**

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

Check One: _____ New Member _____ Renewal Date _____

Name(s) _____

Address: _____ City _____ Zip _____

Phone _____ E-mail _____

Membership Level, one year (check one):

_____ Single (\$30)* _____ Family (\$40)* _____ Silver (\$50)* _____ Gold (\$100)* _____ Open Door** (\$5)

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

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

*** An open door membership is available to anyone who cannot afford to pay full membership.
Dues and donations to NAMI Ventura County are tax deductible to the extent permitted by law.*

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

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

2011 NAMI Convention - CHICAGO!

The Midwest--where NAMI originally coalesced as an organization--continues to be a vital source of new ideas, new energy and new hope for families living with mental illness. Our 2011 convention will feature:

- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other on how to make change on the local level.
- Inspiration, innovation and an exhilarating four days in one of America's great cities.

**Make your plans to attend this life-changing event:
July 6 to 9 at the Chicago Hilton!**

Register early and save money.

Super Saver Conference Registration by March 15th: \$210 for NAMI members, \$260 for non-members

Hotel rates at the magnificent Chicago Hilton—right smack on the city's Magnificent Mile—are \$149 per night (plus tax) for a double or single room.

For more information, see: www.nami.org/convention ❖

Save the Date!

2011 NAMI California State Conference

Friday, August 19th to Saturday August 20th
Double Tree Hotel, Sacramento California

“Creating Change through Vision and Action”

Early Bird Conference Registration by June 17th: \$170 for NAMI members, \$205 for non-members

For more information, see: www.namicalifornia.org ❖

SUPPORT GROUPS FOR CONSUMERS/CLIENTS

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

Depression/Bipolar Support Groups

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

See www.DBSAlliance.org/Ventura

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 ❖

NAMI FAMILY SUPPORT GROUPS

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

To check the date of the next meeting, see our website at www.namiventura.org and select "Calendar" from the top green menu. Or call NAMI at (805) 641-2426.

Camarillo – Meets at 5:30 p.m., the second Tuesday of each month at St. Columba's Episcopal Church, 1251 Las Posas Rd., Camarillo. This meeting is prior to the General Meeting.

Thousand Oaks – Meets at 7:00 p.m. the third Monday of each month at 72 Moody Court in Thousand Oaks (Behavioral Health, Conejo Clinic).

Ventura – Meets at 6:30 pm, the first and third Wednesdays at Bible Fellowship Church, 6950 Ralston St (use entrance from Johnson Drive), Building 300, Room 301, Ventura. ❖

ACTIVITIES FOR CONSUMERS/CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

Turning Point is the new Provider.

This drop-in center is open to all clients; many activities and classes scheduled daily. Some clients are "Peer Counselors", and they engage new members and help them navigate the mental health system.

AWRC, 1065 E. Main St., Ventura, CA 93001 Tel: (805) 653-5045
Open Tuesdays and Thursdays, 3:00 pm to 6:00 pm

TAY TUNNEL

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

TAY Tunnel, 141 W. 5th Street, Suite D, Oxnard, Tel: (805) 240-2538
Open Monday through Friday, 10 am to 6 pm

WRAP PROGRAM

VCBH contracts with Recovery Innovations of California, Inc. (RICA) to run a WRAP program for clients – "Wellness Recovery Action Plan".

Contact RICA at (805) 981-5439.

Note that

- the program is open to all clients.
- clients may join the WRAP program at any time, and go at their own pace. Eight sessions are required.
- Graduates may enter the Peer Employment Training; starts every few months. 72 hours, over 2-3 weeks.
- RICA recruits and employs Peer Counselors on behalf of the County.

SOCIAL REHAB PROGRAMS (Open only to VCBH clients)

West County residents:

Turning Point Foundation has two community rehabilitation centers which offer unique socialization activities and rehabilitation services.

Oxnard Clubhouse, 426 W. Fifth Street, Oxnard, Tel: 247-0750

Open Monday through Friday, 9 am to 2 pm

New Visions Clubhouse, 1065 E. Main Street, Ventura, Tel: 652-0029

East County residents:

Pathpoint's Life Skills Center offers rehabilitation for adults through groups and activities designed to increase social interaction and self esteem, improve coping skills, improve independent living skills, and build employment skills.

Open Monday through Friday, 9:00 am to 2:30 pm

72 Moody Court, Thousand Oaks, Tel: 777-3523 ❖



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

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Join us for the Seventh Annual
NAMIWalks Ventura County

Saturday April 30, 2011
Ventura Beach Promenade

REGISTER ONLINE!!!

Walk as an individual! Join a team!
Become a team captain! Donate online!

www.nami.org/namiwalks/CA/Ventura