



# nami

# Ventura County

National Alliance on Mental Illness

Newsletter

March/April 2012

## GENERAL MEETING

**Tuesday March 13th, 2012  
6:45 pm to 9:00 pm**

Vineyard Community Church  
1320 Flynn Road, Camarillo, CA 93012

### TRANSCRANIAL MAGNETIC STIMULATION

presented by

**David Gudeman, M.D.**

Transcranial Magnetic Stimulation (TMS) therapy is a groundbreaking alternative that has been shown to be effective in treatment-resistant cases of major depression.

How does TMS work?

What are the benefits of TMS?

Is there a difference between rTMS and Deep TMS?  
Can TMS help people with other mental illnesses like schizophrenia, bipolar disorder, PTSD etc?

Get answers to your questions about this new therapy.

*Dr. Gudeman is the former Director of Ventura County Behavioral Health. He currently has a psychiatric practice in Simi Valley.*

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

## You Can Help Others

NAMI Ventura County is in the process of recruiting volunteers to staff a Help Line for support calls to our office. This line will be advertised as a place to call to find local resources and information for people struggling to find their way around the mental health system. This is not an emergency line! Targeted to offer Family Support, we may forward calls to the Client Network to offer Peer Support when needed.

The shifts are 4 hours each, running from 9:00 am to 1:00 pm and 1:00 pm to 5:00 pm each weekday. Calls will be forwarded to your home or cell phone, so that you may take the calls wherever it is convenient for you - there is no need to come into the office.

Points to consider:

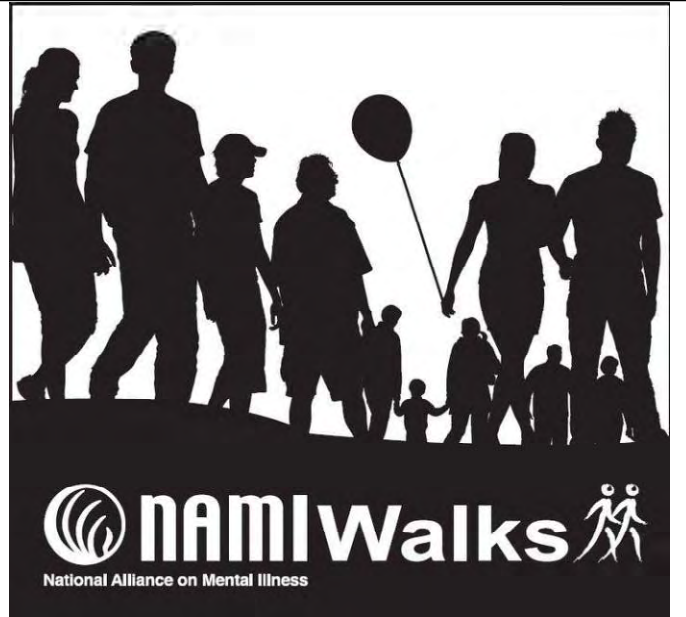
- You can take these calls on your own home or cell phone.
- Each shift is 4 hours long, but may consist of only one or two 10-15 minute calls. (This can vary.)
- NAMI Ventura County will provide you with any necessary training and list of pertinent phone numbers and information.

If you are willing to take one or more four-hour shifts per week would you please contact Joan at the NAMI office and indicate the shift that would work best for you.

The NAMI Ventura County Help Line will be an asset for our NAMI affiliate, providing support and information to people who need it.

Thank you for considering being a part of this important project!

**Call (805) 641-2426 or email [namiventura@gmail.com](mailto:namiventura@gmail.com)**



**Every journey begins with that first step.**

In 2012, thousands of concerned citizens in over 84 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 MAY 5, 2012**

**Check-in begins 9:00 a.m.**

**VENTURA BEACH PROMENADE  
450 Harbor Blvd, Ventura  
(where California Street meets the Beach)**

**To register for the walk, start a team,  
become a business sponsor  
or donate on-line, visit**

**[www.nami.org/namiwalks/CA/Ventura](http://www.nami.org/namiwalks/CA/Ventura)**

**More Walk Information on Page 2**



**Come join us at Ventura County's premier mental health community education event**

Mark your calendar and make plans to join us for our eighth annual NAMI Walk on Saturday, May 5, 2012 at the Ventura Beach Promenade. All proceeds from the Walk will be used to fund NAMI's support, education, and advocacy programs right here in our community.

**Register Today**

Online registration is fast and easy at our Walk web site [www.nami.org/namiwalks/CA/Ventura](http://www.nami.org/namiwalks/CA/Ventura).

All walkers are encouraged to reach out to family, friends, co-workers and business associates to raise support for their participation in the Walk. Tell your friends and family about NAMI and what it means to you. Ask for their support. Online fundraising is fast, easy and secure.

**Organize a Walk Team**

Create an employer, service provider, government agency, church or community organization Walk Team. Or form a Walk Team of family and friends. Recruit walkers and donations by sharing why NAMI is important to you. Set fundraising goals for your team. Design a team t-shirt to foster team spirit. By Walk Day we'd like to have about 75 teams! We encourage you to consider forming your own walk team and reach out to your network of family, friends and co-workers to support and walk with you. If you prefer not to join a team, join the hundreds of independent walkers!

**Online Tools Available 24/7**

You can register to walk, join a walk team, form a walk team, make a donation, sponsor a walker, be an event sponsor, and create your own personal walker page on the NAMIWalks website. For help with registration or building a walk team, call Donielle Griggs at the NAMI office at (805) 641-2426 or e-mail [namiwalk2012@gmail.com](mailto:namiwalk2012@gmail.com)

**Volunteers Needed**

NAMI Ventura County needs many, many volunteers to help stage our Walk. Volunteers are needed to help with set-up, registration, balloons, refreshments, water stations, t-shirts, clean-up and more. If you'd like to help on Walk Day, please call Donielle Griggs at the NAMI office at (805) 641-2426.

**Walk Sponsorships**

This is the time to become a Walk Sponsor. Sponsorships are available at all levels, from \$250 to \$15,000. To learn more, call the NAMI office at (805) 641-2426 or visit the Walk web site at [www.nami.org/namiwalks/CA/Ventura](http://www.nami.org/namiwalks/CA/Ventura).

Let's make this our most successful Walk yet! Help us reach our goal of raising \$125,000 and 1,000 walkers. You CAN make a difference!! ❖

**2012 Walk Chairs**

- Honorary Chair: Michael Powers, County Executive Officer, County of Ventura
- Business Team Chair: Mayla Krebsbach, CEO, Aurora Vista del Mar Hospital
- Family Team Chair: Diane Bustillos

**NAMIWalks Kick-off Luncheon**

Are you interested in becoming a Team Captain or learning more about the Walk? Please join us for the Kick-off Luncheon at the Serra Center in Camarillo, on Friday, March 23rd. This is a free event and we are getting pumped up for our Walk on May 5th at the Ventura Beach Promenade. We need excited individuals like you to help us spread the word and break the stigma on mental illness. Find out how being a Team Captain can be a fun & rewarding experience!

Please RSVP by March 13th, by calling the NAMI office at (805) 641-2426. ❖

**Team Captains, We Love You!!**

**Form Your Team now**

**Join us at the Kickoff Luncheon**

**and you could win this**

**HP webOS TouchPad**



Here's what you have to do:

1. Register your Walk Team online, at: [www.nami.org/namiwalks/CA/Ventura](http://www.nami.org/namiwalks/CA/Ventura)
2. Send in your RSVP today, for the Walk Kickoff Luncheon
3. Attend the Luncheon

One person's name will be drawn from those attending, to win this fabulous prize.

- Your team must be registered online and have a team page.
- Only one Team Captain per team may be qualified to enter.
- You must be present to win. ❖

**2011 Walk Recap**

2011 Walk Total Funds Raised: \$90,007  
 Sponsorship Funds: \$22,550  
 Walker Funds Raised: \$67,457  
 Number of Walk Teams: 51

**Top Ten Fundraising Teams and Captains**

1	Love Stories	Candace Jackson	\$6,585.00
2	C.U.R.E.	Jennifer Knapp	\$5,733.00
3	Wild Hares	Vicky Murphy	\$4,689.75
4	Top Of The Morning Produce!	Diane Bustillos	\$4,460.00
5	Aurora Vista del Mar Hospital	Jetta Zellner	\$3,892.67
6	Walking on the Wild Side	Jeff Karrh	\$3,405.00
7	Hope's Rubies	Dyann Johnston	\$2,685.00
8	BB's Brigade	Paula Woodward	\$2,670.00
9	DBSA Conejo Valley Walkers	Anjali Sippy	\$2,117.00
10	RICA Rocks Again!	Karen Castrillo	\$1,638.00

## Special Needs Estate Planning

### February General Meeting

by Renee Foote



Special needs estate planning was the topic for the NAMI General Meeting on Tuesday, February 14th. It featured an informative presentation by attorney Kevin Staker, a certified specialist in Estate Planning, Trust and Probate Law, with a practice in Camarillo.

It is essential that every family have an estate plan, but unfortunately many do not. If a family includes a member with a mental health disability who receives SSI and medical benefits, it may be necessary to set up a Special Needs Trust. A Special Needs Trust is typically an irrevocable trust set up to benefit a disabled beneficiary. The intent is to supplement, but not replace public benefits. This type of trust can provide for the special needs of our loved ones when we are no longer there to organize and advocate on their behalf.

Statutes provide that if a trust meets the appropriate U.S. Code requirements, then the trust will not be counted for qualification of SSI and Medi-Cal. In order to be eligible for SSI and Medi-Cal, the individual's countable resources must be under \$2,000. Some exempt resources are household goods (furnishings, equipment, etc.) and personal effects (clothing, items of personal care, etc.). According to Mr. Staker, a Special Needs Trust should be a provision of a Living Trust instead of a will because the statutory fees are less expensive, probate is avoidable and privacy is preserved. He believes that the best Special Needs Trust gives the trustee (the person designated to disburse the trust funds) absolute discretion so assets are not deemed a resource of the beneficiary.

When correctly set up, a special needs trust for a person receiving disability benefits allows that individual to retain their SSI income, but more importantly, their Medi-Cal health insurance, while the trust funds are used to provide additional items for their comfort. The trustee will then be able to distribute funds as needed for the support, health care, maintenance and education of the trust's beneficiary. It is important to keep detailed records of trust expenditures.

Without a Special Needs Trust, a person inheriting money may lose his or her disability benefits. It is imperative to start planning now for the coordination of the legal, financial and care components that will provide for the maintenance of the quality of life and dignity of our family members.

Mr. Staker answered many questions during and after his presentation. For more information, Mr. Staker can be reached at (805) 482-2282 or by e-mail (kgs@staker.com). ❖

## Understanding Disability Benefits

### January General Meeting



At the NAMI General Meeting on January 10th, Philip Lewis talked about the process of qualifying for Social Security income when a person is disabled because of a mental illness.

SSI, or Supplemental Security Income, is a federal program for aged, blind and disabled people who do not have income. It provides cash to meet basic needs of food, clothing and shelter.

SSDI is the Social Security Disability Insurance program that pays benefits to you if you have worked and paid Social Security taxes.

SSI qualification also depends on your income and resources:

**Income.** This is money you receive including wages, Social Security benefits and pensions. Income also includes such things as food and shelter.

**Resources** (things you own). These include real estate, bank accounts, cash, stocks and bonds. You may be able to get SSI if your resources are worth no more than \$2,000. Not counted in this \$2,000 limit are your car and the home you own.

When you qualify for SSI, you also receive Medi-Cal health insurance benefits. If you qualify for SSDI you receive Medicare benefits. When you are eligible for both Medicare and Medi-Cal, you are sometimes referred to as being "Medi-Medi".

Philip Lewis has a practice in Ventura and represents claimants for Social Security disability benefits; he can be reached at (805) 642-6080. ❖

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### Adult Wellness Center Moving To New Location

The Adult Wellness & Recovery Center (AWRC), operated by Turning Point Foundation, will soon be moving into its permanent location at the Centerpoint Mall in Oxnard.

A Stakeholder Meeting is scheduled for Tuesday March 13th at 4:00 pm, at the AWRC's new location in the [mall](#), 2697 Saviers Rd., Oxnard, CA 93033. Tel: (805) 653-5045.

Community members and stakeholders are invited to offer their input on various topics including naming the center, staffing questions and more. ❖

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### Client Network to Hold Community Forum

The Client Network of Ventura County is offering a community forum entitled HAPPINESS on Friday, April 13, 2012.

This is an Annual event that is offered to clients in the community and where topics are relevant to client's wellness issues. The event is free of charge and lunch will be provided.

The HAPPINESS Forum is from 10:00 am to 2:00 pm and will be held in the VCBH Training Room, 1911 Williams Dr., Oxnard, CA 93036.

For questions or to RSVP, please call The Client Network office at (805) 981-4228. ❖



## Hillmont Psychiatric Center

### Staff training completed by NAMI Ventura County

by Jennifer Bungert

In two separate sessions, on February 10th and 13th, a group of NAMI members presented an expanded "In Our Own Voice" program and shared their personal stories about mental illness with a group of approximately 100 staff members at Hillmont Psychiatric Center (Ventura County's Inpatient Unit or IPU) in a training piece designed to improve customer service. Presenters included family members Joan Wiggins, Sandy Rose, and Diane Sall, MFT, in addition to consumer presenters from NAMI's *In Our Own Voice* program: Michael Baity, Jane Edwards, Lisa Rubio, and McKian Nielsen.

The goal of the presentation was to foster a greater sense of compassion and understanding among the staff for what it's like to live with mental illness as a consumer or family member. While staff at psychiatric facilities are familiar with mental illness, they may not know how it actually *feels* to have mental illness, or to experience a psychiatric crisis with a loved one. Speakers also reinforced that there is hope for recovery, which staff at an acute-care facility rarely see. HPC staff sees the worst side of mental illness, and it can be easy to forget how even the smallest things about their way of being with individuals in crisis can make such a big difference.

First, a team of two people diagnosed with mental illness, trained as speakers for the NAMI National program *In Our Own Voice*, shared compelling personal stories about their dark days, accepting their illness, developing coping skills, and their successes, hopes, and dreams. They also described the treatments they received, challenges finding the right medications, what they experienced during their psychiatric hospitalizations, and what was helpful or harmful.

Jane expressed feeling "tricked" into the hospital the first time, and the anger and frustration of having her rights taken away "until someone else said I felt better." She spoke of the difference between the "hot and cold" treatment she received, wanting warm, frequent communication from staff letting her know what to expect. She also wanted to hear the reassurance that "it was going to be okay", even when it might not look that way.

Lisa spoke of how terrifying it was to be hospitalized for the first time, and how comforted she was when a kind nurse was sitting at her bedside to reassure her she was safe when she woke up. She also described what it was like to be sedated with a powerful shot of an antipsychotic, to which one of the staff responded, "It's hard for us too. You need to know that." Throughout the presentation, NAMI members acknowledged that Hillmont staff do not have an easy job, and that the good work they do is much appreciated.

The audience seemed to especially enjoy hearing the consumers speak of their successes, and hopes and dreams for the future. Michael was applauded when he mentioned his success in being symptom-free for 10 years, and McKian received applause when announcing his plans to enter a psychiatric nursing program. One member of the audience

expressed, "We as IPU employees mostly see people in their 'dark days.' We really need to know successes." Another staff member called the consumers' *In Our Own Voice* presentation "...in a nutshell, the light at the end of my professional tunnel. There is hope."

After the *In Our Own Voice* presentation, Diane Sall began the family-member panel discussion. She shared how her tumultuous childhood with a bipolar mother had inspired her to become a mental health professional and made her a more compassionate provider in her 25 year practice. She also addressed the important issue of "compassion fatigue," so prevalent among mental health workers, and offered that her commitment to self-care had helped her avoid it. What she said was most helpful in her mother's recovery was to be treated like a person instead of an illness, which many consumers have also stated.

Joan Wiggins then shared an extraordinary, visceral account of the devastation mental illness has had on her family, and that recovery has been an ongoing process for them all. She reminded people that even those with private insurance are not guaranteed quality care, and how the "small things" really do make such a difference when families are in crisis, under extreme duress. Sandy Rose spoke further to the issue of the "small things," such as voice tone and body language, and how damaging a staff member's abrupt demeanor can be when trying to seek help. Her voice then filled with emotion as she recounted a time when she had to bring her daughter, in a state of psychosis, to HPC and a staff member simply put out a hand of support and said, "It's going to be okay." She said those words meant the world to her. Sandy then recognized a staff member in the audience and said "You were there - I remember you" and thanked her for her reassuring capability during her daughter's time of crisis. The woman looked shocked that someone would remember her quality service and appeared moved to tears as she thanked Sandy for the acknowledgment. As another staff member commented, "It was touching that what we do in a crisis makes a difference."

More encouraging comments regarding the presentation included:

*"Insight into all of these topics makes me more aware and compassionate."*

*"As a nurse I always wonder whether my work does make any difference because sometimes I feel discouraged. But after the presentation I really felt happy and am encouraged to help people more. There really is hope. Thank you!"*

*"Everyone in mental health should see this."*

With this awareness, mental health professionals can align with NAMI to combat one of the biggest barriers in seeking treatment--stigma. With hope, there will also be a stronger alliance formed with family members seeking treatment for their loved ones, resulting in better recovery outcomes. It takes a village to survive mental illness, and people need all the support they can get. This was an important step for NAMI in helping cultivate more compassion, sensitivity, and awareness among the County IPU staff about how to better serve all who come through their doors. Because the "small things" are not so small at all. ❖



*"We have to get the word out that mental illnesses can be diagnosed and treated, and almost everyone suffering from mental illness can live more normal lives."*  
 – Rosalynn Carter

Last week, I had the opportunity to meet briefly with former first lady Rosalynn Carter in Atlanta after she filmed a public service announcement in support of NAMI Georgia's Opening Doors to Recovery initiative. "Please help ... build a circle of support in your community and put self-directed recovery within our reach," Mrs. Carter asked.

Gracious, genuine, committed—as I watched her speak these were some of the words that came to mind. I reflected on this amazing woman and her role in changing our global understanding of mental illness.

Mrs. Carter was the first wife of a presidential candidate to declare a campaign promise of her own. Her promise? As first lady, she would assume the responsibility for guiding legislative reform on behalf of the nation's individuals living with mental illness.

Expanding on efforts she initiated as first lady of Georgia, this is exactly what she did after her husband was elected President in 1976. This is remarkable on its own, but to put this in perspective, to say that America's awareness of mental illness was very much in the dark in the 70s is an understatement; treatment options were in most cases nonexistent and mothers were blamed for their children's mental illness. To further demonstrate the reality of this era, NAMI was not founded until 1979, three years after Carter's inauguration.

A true pioneer, Mrs. Carter's compassion and dedication on behalf of individuals and families affected by mental illness has not wavered in the more than 35 years since. Even a partial list of her accomplishments in this arena is eye-opening:

- Her work as the Honorary Chair of the first President's Commission on Mental Health, which began on February 17, 1977. The commission prepared recommendations in a

final report, suggesting that a 1963 act be overhauled to strengthen community center services, erase state-federal overlaps and create changes to health insurance coverage, public housing, Medicaid, Medicare and state support for those with the most chronic mental illness. There was also an advocacy recommendation for a bill of rights protecting individuals living with mental illness from discrimination. Administrative orders and public policy, most notably the Mental Health Systems Act, were landmark legislations that helped protect individuals living with mental illness.

- Mrs. Carter also initiated increases in federal grants to the National Institute of Mental Health to continue research which often lagged.
- Upon leaving the White House, Mrs. Carter remained active in these issues and policies through The Carter Center in Atlanta, a private, nonprofit institution founded by her husband and herself in 1982.
- Mrs. Carter created and chairs The Carter Center's Mental Health Task Force, an advisory body of experts, individuals and advocates promoting positive change in the mental health field. She hosts an annual Rosalynn Carter Symposium on Mental Health Policy to address today's most pressing issues.
- In 1996, she initiated the Rosalynn Carter Fellowships for Mental Health Journalism to address the stigma associated with mental illness.
- Along with Susan Golant—her latest was also coauthored by Kathryn Cade—she wrote three significant books addressing mental illness issues: *Within Our Reach: Ending the Mental Health Crisis* (2010), *Helping Yourself Help Others: A Book for Caregivers* (1994) and *Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers* (1998).

Her drive to aid individuals living with mental illness all began during a 1966 encounter early one morning while campaigning for her husband's bid to become governor of Georgia. Mrs. Carter came upon a stooped and weary woman heading home to care for a daughter with mental illness. She was so moved by her love and dedication that she launched a personal crusade that continues today.

From the world stage to a corner of her home state, last week, more than 45 years later, she reminds us that we have a lifetime champion who will embrace all efforts, large and small, in support of improving our lives, our families and our communities. ❖

**Identification Statement**

Publication's title and number:	NAMI VENTURA COUNTY NEWSLETTER
Issue date:	MARCH 2, 2012
Statement of frequency	BIMONTHLY
Authorized organization's name and address:	NAMI VENTURA COUNTY 1355 DEL NORTE ROAD, CAMARILLO, CA 93010
Issue number:	ISSUE NO. 35
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: **(866) 998-2243**

<b>If You Live In:</b>	<b>Your Outpatient Clinic:</b>
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**

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Website: www.namiventura.org

**Staff**

Executive Director: Ratan Bhavnani  
Program Coordinator: Chris Novak  
Friends In The Lobby: Joan Wiggins  
In Our Own Voice: Jen Bungert  
NAMIWalks: Donielle Griggs

**2012 Board of Directors**

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Diana Skocypiec Vice President Governance  
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Kent Kellegrew Legal  
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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):**

\_\_\_\_\_ Standard (\$35)\* \_\_\_\_\_ Silver (\$50)\* \_\_\_\_\_ Gold (\$100)\* \_\_\_\_\_ Open Door\*\* (\$3)

Membership Dues \$ \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

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

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

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

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

## NAMI FAMILY SUPPORT GROUPS

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

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

To check the date of the next meeting, go to [www.namiventura.org](http://www.namiventura.org) and select "Calendar" from the top green menu. Or call NAMI at (805) 641-2426.

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

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

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

### SPOUSE SUPPORT GROUP

For spouses and partners of people living with a mental illness

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

### GRUPO DE APOYO

For Spanish-speaking family members

**Oxnard** – Meets at 6:30 pm, the 1st and 3rd Tuesdays at the Turning Point Clubhouse, 426 W. 5th Street, Oxnard. For information in Spanish, call: Lisa (805) 984-2839 or Pablo (805) 794-6316 ❖

## NAMI Ventura County Help Line (805) 500-NAMI

Volunteers and staff can provide information about a variety of resources, including mental health services, housing, legal assistance, support groups, classes for families and clients and more. Open Mon to Fri 9 am to 5 pm.

If you have a mental health emergency, call the Ventura County Behavioral Health Crisis Team at (866) 998-2243. Or call police at 911 and ask for a CIT trained officer.

## 2012 NAMI Convention - SEATTLE!

### Think, Learn and Live: Wellness, Resiliency and Recovery

The theme for the National 2012 Convention highlights this year's focus on developing effective programs and resources to increase resiliency and advance recovery.

**Make your plans to attend this life-changing event:  
June 27-30 at the Seattle Sheraton Hotel!**

**Register early and save money.**

Special member rates and consumer rates available.

Hotel rates at the Sheraton Seattle Hotel - located in the center of the city, just steps from the Pike Place Market and other attractions - are \$145 per night for a double or single room.

For more information, see: [www.nami.org/convention](http://www.nami.org/convention)

### Save the Date!

**2012 NAMI California State Conference**

Friday, August 16th to Saturday August 18th

Irvine Marriott, Irvine, California

## SUPPORT GROUPS FOR CONSUMERS/CLIENTS

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

### Depression/Bipolar Support Groups

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

See [www.DBSAlliance.org/Ventura](http://www.DBSAlliance.org/Ventura)

**Ventura:** DBSA Support Group meets 1st and 3rd Saturdays, 1:00 pm to 3:00 pm at the Adult Wellness and Recovery Center, Turning Point Foundation, 1065 E. Main Street, Ventura. For more information, call (805) 671-5038

**Oak Park:** DBSA Conejo Valley Depression Support Group meets Mondays at 7:00 p.m. at Church of the Epiphany, Mitchel Hall, Room 6, 5450 Churchwood Dr. (Kanan & Churchwood) Oak Park. Info: Vincent F. Caimano, Ph.D., (818) 292-8551 or email [dbsaconejovalley@gmail.com](mailto:dbsaconejovalley@gmail.com)

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

## OTHER ACTIVITIES FOR CLIENTS

### ADULT WELLNESS & RECOVERY CENTER (AWRC)

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

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

Oxnard AWRC, 2653 Saviers Rd., Oxnard CA 93033  
Open Tuesday, Wednesday, Friday, Saturday, 10:00 am to 3:00 pm  
and Thursday 2:30 pm to 5:30 pm

Ventura AWRC, 1065 E. Main St., Ventura, CA 93001  
Open Thursday, 3:00 pm to 5:45 pm, Saturday 10:00 am to 4:45 pm

For more information, call (805) 653-5045

### TAY TUNNEL

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

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

### WRAP CLASSES & more

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

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

RICA's mission is to create opportunities and environments that empower people to recover, to succeed in accomplishing their goals and to reconnect to themselves, others, and to meaning and purpose in life.

RICA offers other class for clients, including:

Wellness and Empowerment in Life and Living (WELL)

Medication for Success

and more.

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





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

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National Alliance on Mental Illness

Saturday May 5, 2012  
Ventura, California

[www.nami.org/namiwalks/CA/Ventura](http://www.nami.org/namiwalks/CA/Ventura)

Join us for the Eighth Annual



Saturday, May 5, 2012  
Ventura Beach Promenade

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

REGISTER ONLINE!!!

[www.nami.org/namiwalks/CA/Ventura](http://www.nami.org/namiwalks/CA/Ventura)

### NEW CLASSES STARTING

No charge ▪ Registration required ▪ Pre-register now ▪ Call or email for information

(805) 641-2426 [namiventura@gmail.com](mailto:namiventura@gmail.com)

### NAMI PROVIDER EDUCATION PROGRAM

The NAMI Provider Program is directed to the learning needs of line staff who work directly with individuals having severe and persistent brain disorders. The course is free for all, including professionals such as psychiatrists, psychologists, nurses, case managers, therapists, social workers, psychiatric technicians, drug and alcohol counselors, residential care givers, job counselors, and others who work with people living with mental illness. 5 weeks.

*15 CEUs offered at no charge to licensed clinicians*

#### VENTURA

Class begins: March 28, 2012  
5 Wednesdays, 3:30 pm to 6:30 pm

#### THOUSAND OAKS

Class begins: April 16, 2012  
5 Mondays, 3:30 pm to 6:30 pm