



Saturday  
May 4, 2013

Ventura Beach Promenade  
450 Harbor Blvd., Ventura, CA

*Every journey begins with that first step.*

In 2013, 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.

2013



NAMIWalk funds support mental health programs at no cost in Ventura County.

**WALKING FOR MENTAL HEALTH!**

## GENERAL MEETING

NAMI Ventura County holds monthly educational General Meetings dealing with a wide range of issues relating to mental illness.

These meetings are free and open to the public, and are held from 6:45 to 9:00 pm on the second Tuesday of each month.

**Next Meeting**  
**Tuesday, March 12th, 2013, 6:45 pm**  
Vineyard Community Church  
1320 Flynn Road, Camarillo, CA 93012

## ASK THE DOCTOR Jantje Groot, M.D.

*Jantje Groot is a Staff Psychiatrist at Ventura County Behavioral Health.*

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 popular and dynamic speaker.

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

## Make your plans to join the NAMI Walk!

**SATURDAY MAY 4, 2013**  
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.namiwalks.org/VenturaCounty](http://www.namiwalks.org/VenturaCounty)

## NAMIWalk Kick-off Luncheon, March 8th

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 8th. This is a free event and we are getting pumped up for our Walk on May 4th 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 immediately, by calling the NAMI office at (805) 641-2426. ❖

## Team Captains, Thank You!!

**Form Your Team now**  
**Join us at the Kickoff Luncheon**  
**and you could win a**  
**Kindle Fire**  
**Tablet Computer!!**



This is all you have to do:

1. Register your Walk Team online, at: [www.namiwalks.org/VenturaCounty](http://www.namiwalks.org/VenturaCounty)
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
- Only one Team Captain per team may enter.
- You must be present to win.



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

Mark your calendar and make plans to join us for our ninth annual NAMI Walk on Saturday, May 4, 2013 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.namiwalks.org/VenturaCounty](http://www.namiwalks.org/VenturaCounty). 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. 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. Recruit 5 to 50 people to join your team and walk with you. Set fundraising goals for your team. Then encourage all your team members to get donations by sharing why mental health or NAMI is important to each person. Design a team t-shirt to foster team spirit. By Walk Day we'd like to have about 75 teams!

### Walk as an Individual

If you prefer not to join a team, join the hundreds of independent walkers! And ask *everyone* you know to support your Walk effort with a contribution.

### 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 the NAMI office at (805) 641-2426 or e-mail [walk@namiventura.org](mailto:walk@namiventura.org).

### 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.namiwalks.org/VenturaCounty](http://www.namiwalks.org/VenturaCounty).

Let's make this our most successful Walk yet! Help us reach and exceed our goal of raising \$125,000 and 1,200 walkers. You CAN make a difference!! ❖

NAMIWalk Ventura County

## Why We Walk

I walk to end stigma and discrimination.  
I walk for acceptance and understanding.  
I walk for better treatment and medications  
I walk in the hope that those afflicted can find peace.  
I walk for better housing, providing structure with onsite services.  
I walk because people with severe mental illness sometimes have a difficult time standing up for themselves.  
I walk because their voices need to be heard .... we can be their voices.  
I walk to support people with mental illness and NAMI  
The NAMIWALK is a great opportunity to show that support by raising awareness about the misunderstandings attached to mental illness and educating our community to end stigma. We can accomplish this by inviting our friends, family, relatives and neighbors to join us.

- *Diane Bustillos* ❖

While I was a police officer in Santa Barbara, 24 years ago, I was in a situation involving an armed man with a mental illness. In that particular situation, I could have done nothing differently, he forced me to take his life.

Because of that experience, I do everything I can to help train other officers how to talk and listen to people with mental illness. Understanding why a person is acting the way they are prevents us from treating them as criminals. In 2001 I helped design and implement Ventura County's Crisis Intervention Training (CIT) program.

I will be walking with NAMI Ventura County on Saturday May 4th to show my support for all clients and families affected by mental illness.

- *Commander Mark Stadler*  
*Ventura Police Department* ❖

My name is Christina Turner and I have been the Team Captain for "Interface Children & Family Services".

I am participating in the NAMI Walk on May 4th to support NAMI Ventura County and to help raise awareness within the community about mental illness. I learned about NAMI last year when my daughter was diagnosed with Borderline Personality Disorder. I enrolled in the NAMI Family-to-Family class because I wanted to learn more about mental illness, understand the impacts to individuals and families, and what I could do to support my daughter. The information I received in that class was priceless.

NAMI provides information and support to the community and works hard to eliminate the stigma of mental illness. That is what the NAMI Walk is all about and that is why I will be there walking with my family, with my friends, and with my community.

- *Christina Turner* ❖

## **Community Building Breakfast NAMI President Keris Myrick is Keynote Speaker**

*by Alison Balter*

The Turning Point Foundation's 6th Annual Community Building Breakfast, held on February 27th, was quite an event. Joe Eckes was the first featured speaker. Joe has received a multitude of diagnoses, including depression and schizoaffective disorder. Joe talked about self-medicating and ending up homeless. He then found Turning Point. He entered group and individual therapy, and developed coping skills. After 5 months in a Turning Point shelter, Joe went to Stephenson Place, a Turning Point supported housing unit. He then began working for Turning Point. Today he is happy, healthy, and productive.



NAMI's own Keris Myrick was the keynote speaker at the breakfast. Keris spoke with great eloquence and much humor. Her talk made the audience laugh and cry. Keris, a long-time member of NAMI, and the current President of NAMI's National Board of Directors, told of her journey from patienthood to personhood. It was a journey from invisible

powerlessness to powerfulness.

Keris told of being born as the "black sheep of her family." She has been diagnosed as either Schizoaffective or Schizophrenic. She stated that she doesn't care what the diagnosis is, as long as she's doing well. Most heart-wrenching was to hear that Keris was told early on that her hopes and dreams were gone. She was told that she had no chance of achieving them. She had wanted to go to school, and do great things, but was told that she couldn't accomplish anything due to her mental illness. Keris illustrated these words by loudly popping a balloon with a sharp object.

Before turning her life around, Keris experienced multiple suicide attempts and often heard voices. She told a story of being in the grocery store. She heard voices telling her that the cereal was poisoned. Keris went from cereal box to cereal box tossing each into the aisle. She thought all were poisoned. Then she heard someone come over the loudspeaker saying "cleanup on aisle 7." Keris ran out of store horrified at what had happened.

After that Keris stopped eating. She lost a tremendous amount of weight. At long last she confided in her Mom saying she couldn't handle things as they were any longer. At this point Keris began to seek help.

Fortunately, Keris's family told her "You can and will achieve anything that you want." Growing up as one of the few black children at her school, Keris had much practice at overcoming challenges. These challenges would serve to help her to overcome what plagued her most, her mental illness. Keris's mother died around four years ago. Unfortunately she never got to see Keris healthy and successful.

Keris sites NAMI as a "family" organization. Keris says she is

a member of the family. When she first arrived at a NAMI family support group she was asked, "Who's the consumer? Who has the mental illness? How did you get here? How did you get referred here?" Keris admitted that she was there for herself. She was welcomed in!

Keris boldly stated that NAMI gave her meaning and purpose in life. Peer support and Project Return, a non-profit organization where Keris serves as President and CEO, have helped her to recover. Today, Keris wants to give back. Her goal: To make a positive difference in at least one person's life each day. Keris stated that today she "has her dreams back." ❖

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## **The Mental Health Board Wants to Hear From You March 12th, 7:00 pm**

The Ventura County Mental Health Board is a state mandated Board, and serves as a Liaison between the Community, the Behavioral Health Department and the Board of Supervisors.

The Mental Health Board (MHB) seeks input from NAMI members and stakeholders about all aspects of services for the seriously mentally ill. At the March NAMI General Meeting, representatives of the MHB will be present to hold a short discussion before the main speaker presentation. Bring your comments about what is working and where you see gaps in services. ❖

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## **NAMIWalk Why I Walk** *by Judy Shure*

When I get a phone call asking for a donation to the American Cancer Society, or if I receive in the mail an envelope to send a donation to St Jude Children's Hospital, my heart goes out to the families that are affected.

These and others are certainly worthy diseases and causes to send a charitable contribution, but what about the disease of mental health? Instead what you read or hear about are incidences involving someone with a mental illness committing a crime. What about the positives? Winston Churchill, Albert Einstein and Robin Williams?

NAMI is a valuable organization which promotes awareness, helps fight stigma, provides education, encourages people to get the treatment they need and raises funds to expand programs and services. The word must be spread that there is a NAMI. When I ask someone will you walk with me for NAMI? They say "what is that?" Imagine anyone saying what is the American Diabetes Association! So I tell them what NAMI is and I hear responses like - I have a brother with bipolar disease, or my mom has OCD, or my friend hears voices or ... you fill in the blanks.

I walk because I want to spread the word that there are people like you and me who need a strong support system. To let people know that they are not alone and there is help for them. ❖

**February General Meeting  
Assertive Advocacy  
Families Participating in Treatment of their  
Mentally Ill Relative**

by Leina Ball



The troops were regaled by distinguished guest speaker Dr. Robert Liberman, UCLA Professor of Psychiatry and Director of the UCLA Center for Research on Treatment & Rehabilitation of Psychosis, funded by the NIMH, since 1977. Dr. Liberman is the author of the clinical manual used

by many mental health practitioners, *"Recovery from Disability: Manual Of Psychiatric Rehabilitation"*.

We appreciated his wealth of experience and willingness to advise us on how to be more effective advocates. His main points for the audience were:

1. Families can make a powerful therapeutic impact on the progress of a patient toward recovery when they are part of the treatment team.
2. Families must gain political influence to push away the curtain of confidentiality that is a treatment barrier.
3. We must be assertive advocates for change in the two priority areas listed above.

Dr. Liberman explained that medications reduce symptoms of mental illness, which then makes it possible to learn the skills needed for everyday life. He reminded us that there are always good reasons people do not wish to take meds and that we can ask why and work to understand the clients goals.

He defended 40 years of research demonstrating that when families are involved as key partners in treatment, relapse rates are cut in half and remissions of symptom rates are tripled! He stressed the importance of the entire family learning communication skills to make positive requests and to express negative feelings in a productive manner. Effective communication is not intuitive or taught in our society, but essential as it allows families to work together to bring skills and capabilities together so the patient can lead a productive life. Full service partnerships are a proven effective treatment.

Dr. Liberman urged every family to maintain a written history to give to treatment teams. While advocating, he advised we remember to have fun and not be overly serious, be constructive and positive. He sees an urgent need for outside pressure against the system as our loved one's are not up to this task and it is vital to their recovery. He suggested meeting with supervisors if we are not being heard, or even marching around behavioral health with signs reading confidentiality is bad for mental health.

One audience member shared that she introduces herself as her son's advocate and finds this helpful. He urged us to do what we can with what we have and to target the following decision makers and influential people: California state legislatures, governor, county supervisors, director of county

mental health departments, and medical and clinical directors and CEO's of hospitals, clinics and other facilities. Dr. Liberman stressed the urgency of advocacy beyond getting educated, and articulated that the reforms most needed in mental health services make the difference between chronic illness and recovery. Dr. Liberman reflected that parents feel successful when their kids are independent and reasonably happy most of the time. He reminded us that hope springs eternal.

If anyone is interested in meeting to start writing down their stories and articulating our requests to decision makers please contact Leina at [leinaball@gmail.com](mailto:leinaball@gmail.com). ❖

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**INVOLVING FAMILIES IN TREATMENT:  
A "must" for good outcomes**

by Mark Klein, NAMI Consumer Volunteer

Thirty years ago, my schizoaffective illness was diagnosed by Dr. Liberman at UCLA. The diagnosis could not have been made reliably without his involving my parents in several interviews to obtain the specifics of my life before I became ill and the years of my functional decline and symptoms. It was also essential for my family to be involved with me in developing a treatment plan by the UCLA Aftercare Clinic staff. For example, because of conflicts and disagreements among family members, a mainstay of my early treatment required family psycho-education and behavioral family therapy. Educating my family and me about the nature of my disorder and getting everyone to "buy into" my personal goals was essential for recruiting the support of my parents for my progress.

As the founder of the Aftercare Clinic, Dr. Liberman was one of the first psychiatrists to absolve family members of being responsible for my illness and to design effective methods of family participation in treatment, including how to improve our interactions at home. We learned effective communication and problem-solving skills---the very skills that protect against stress-induced relapse but are not available to the vast majority of persons with mental disabilities. This resulted in my family's supporting my realistic goals to obtain religious and spiritual knowledge and support from ministers, priests and fellow parishioners. My deeply seated faith has been another important protective factor in my recovery which Dr. Liberman and my other therapists encouraged. I was also one of Dr. Liberman's patients for over 30 years. So, I know him well and he knows me. In addition, he has been to my family's home several times and knows my parents and all of my siblings. Periodically, Dr. Liberman made home visits to teach my parents, sister and me how we could work together toward goals for the entire family.

This has led to my assuming the principal caretaking role with my aged and infirm parents who are housebound and dependent upon me for their meals, physical and social comfort. To my great surprise, my parents and I have now exchanged roles. Now, it's my turn to help them, a role that I have taken eagerly because they are invalidated. As a strong

advocate of working with families together, Dr. Liberman is a psychiatrist who realizes that families must be involved together in the struggle against disability. By working with my family as a whole he has taken all of us together out of the dark forest of mental illness.

Dr. Liberman's talk at NAMI Ventura County's February General Meeting highlighted the importance of the family to recovery for those of us with mental disabilities. Abundant scientific evidence for the therapeutic value of active engagement of families in the treatment process has been replicated in numerous countries in Europe, Asia and Latin America. Regrettably in Ventura County, the Behavioral Health Department does not actively recruit families into the treatment process nor routinely offers the family psycho-education or training in communication and problem-solving skills. Accordingly, most of Dr. Liberman's presentation highlighted ways to motivate public and private mental health programs in order to adopt family-oriented services---through NAMI adopting assertive activism and external pressure to bring about long-delayed involvement of families in treatment and rehabilitation. Learning what is most effective in promoting recovery through lectures by mental health professionals is not sufficient. It is time for NAMI to use its advocacy and clout to pull the mental health establishment into the 21<sup>st</sup> Century. ❖

**January General Meeting  
Meditation: A Tool for Self-Care**

*by Mark Neal*

For January's General Meeting the keynote speaker was Dr. Ruth Cherry. Dr. Cherry comes to us with over 35 years of work in individual psychotherapy and is the author of several books and CDs on tonight's topic and her passion – meditation.

For many of us, when someone speaks about meditation, a vision comes to mind of mystics sitting on a mountaintop surrounded by swirling incense, at complete peace and with a mind empty of thoughts. When we ourselves try to meditate, we may think, "I must be doing something wrong" because our minds are constantly bombarded by thoughts, feelings, and sensations.

The approach to meditation that Dr. Cherry presented to the engaged and enthusiastic audience was very different from that. Rather than struggling to empty our minds of thoughts, Dr. Cherry's approach is to become detached observers of our thoughts, feelings, and sensations. When we detach, our inner true self naturally heals, much like the body naturally heals wounds and sickness. By detaching, we allow that healing

process to take place for whatever we need to heal – whether we suffer from trauma, anxiety, compulsive behavior, addiction, or emotional or physical pain.

Dr. Cherry explained that we have two parts to our minds. One of those parts, which she calls "The Controller," is that voice that tells us what we should do. It tries to protect our vulnerability by keeping us on track and "doing things right." We need The Controller to make our physical lives work. For example, it keeps us striving, cleaning the house, and physically taking care of ourselves. However, The Controller can also invoke compulsive and addictive behaviors in order to protect us from strong feelings. If we pay too much attention to the controller we can, "lose our spontaneity, forget how to have fun," and, become unhappy. Though we need The Controller for some things, actual healing does not come from The Controller.

In meditation, we become "The Observer." From a detached, peaceful place, The Observer is simply aware of our thoughts, feelings, and sensations but does not judge them or ourselves. By becoming The Observer, even for a short period of meditation, we can allow another part of us take over and heal us while The Observer stays at peace. During meditation, we are not trying to change our experience but rather change our relationship to our experience.

As presented by Dr. Cherry, meditation is a practical tool that allows us to learn to be aware of, yet detached from, our thoughts, feelings, and sensations. Through this form of meditation we seek to be present with our thoughts and feelings but not controlled by them. That skill has very tangible potential benefits. Dr. Cherry stated that it is the best thing for "mental, physical, and emotional health." It allows us to develop a sense of non-reactivity, giving us a greater ability to choose healthy responses. For example, if negative emotions and thoughts trigger addictive or compulsive responses in us, the skill of being aware yet detached can allow us time to let the feelings pass, giving us more space to make better choices. The same techniques can be beneficial not only for thoughts and feelings but also for sensations such as physical pain and discomfort.

Dr. Cherry guided the audience through two meditations. The first used a visualization of sitting next to a river. In that meditation, we were aware of any thoughts or feeling we were having and simply placed them on leaves to allow them to float away downstream. She opened the floor for comment from the audience, who reported feelings of great peace and discussed in detail their challenges and concerns in meditation. The crowd was enthusiastic and appreciative, and requested an "encore" second meditation.

More information about Dr. Cherry's work is available at her website, <http://www.meditationintro.com>. ❖

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## NAMI FAMILY SUPPORT GROUPS

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

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

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

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

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

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

### SPOUSE SUPPORT GROUP

*For spouses and partners of people living with a mental illness*

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

### GRUPO DE APOYO

*For Spanish-speaking family members*

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

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

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

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

## NAMI CONNECTION

### Peer Support Group Meets Twice Monthly

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

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

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

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

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

## PEER SUPPORT GROUPS

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

### Depression & Bipolar Support Alliance

**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. Park in the lot off Johnson Drive. No registration required. For more information, call (805) 253-3289.

See [www.DBSAlliance.org](http://www.DBSAlliance.org) or [www.facebook.com/DBSA.Ventura](http://www.facebook.com/DBSA.Ventura)

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

**Oak Park:** DBSA Conejo Valley Depression Support Group meets Mondays at 7:00 p.m. at Church of the Epiphany, Mitchel Hall, Room 6, 5450 Churchwood Dr. (Kanan & Churchwood) Oak Park. No registration required. For more information, call Rachel at: 818-601-7767 or email [dbsaconejovalley@gmail.com](mailto:dbsaconejovalley@gmail.com)  
See [www.dbsalliance.org/conejovalley](http://www.dbsalliance.org/conejovalley) ❖

## OTHER ACTIVITIES FOR CLIENTS

### THE WELLNESS CENTER (TWC)

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

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

Oxnard TWC, 2697 Saviers Rd., Oxnard CA 93033  
Open Tuesday, Wednesday, Friday, Saturday, 10:00 am to 3:00 pm  
and Thursday 2:30 pm to 5:30 pm

Ventura TWC, 1065 E. Main St., Ventura, CA 93001  
Open Thursday, 3:00 pm to 5:30 pm, Saturday 10:00 am to 4:45 pm

For more information, call (805) 653-5045

### TAY TUNNEL

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

TAY Tunnel, 141 W. 5th Street, Suite D, Oxnard, Tel: (805) 240-2538  
Open Monday through Friday, 9:00 am to 5:30 pm

### WRAP CLASSES & more

VCBH contracts with Recovery Innovations 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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Join us for the Ninth Annual



National Alliance on Mental Illness

Ventura County

**Saturday, May 4, 2013**  
**Ventura Beach Promenade**

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

**REGISTER ONLINE!!!**

**[www.namiwalks.org/VenturaCounty](http://www.namiwalks.org/VenturaCounty)**