



nami

Ventura County

National Alliance on Mental Illness

Newsletter

May/June 2010



nami Walks  **2010**



NAMI WALKS Ventura County

Saturday May 1, 2010

Registration/Check-In: 9:00 am

Walk Begins: 10:30 am

San Buenaventura Beach Promenade

450 Harbor Blvd, Ventura

(between Crowne Plaza Hotel & Aloha Steakhouse)

FREE EVENT

LET'S WALK TOGETHER!

Changing Minds...One Step at a time!

NAMI Ventura County calls on its friends and members to "Walk for the Mind of America"

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, May 1st, the 6th Annual Ventura County NAMI Walks will be held at the San Buenaventura Beach Promenade. If we hope to bring about increased awareness in our community, and take a step towards the elimination of stigma, let's show up in significant numbers to emphasize the fact that one in seventeen adults suffers from a serious mental illness, and that mental disorders are the leading cause of disability in the U/S/ and Canada.

THE GOOD NEWS is that you will be in the company of hundreds of 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. . .

Sign up today. To register for the walk, donate, start a team or learn more, log onto

www.NamiWalksVentura.Info

NAMI WALKS Ventura County 2010

Walk Honorary Co-Chairs:

Gregory D. Totten, District Attorney, County of Ventura

Neal Andrews, Councilmember, City of Ventura

Walk Family Team Chair:

Jennifer Knapp



Why I Walk

by Jennifer Knapp
2010 Walk Family Chair



In the fall of 2004, out of nowhere, Cole, my stepson began acting strange, without going into too many details. The doctors' diagnosed him with paranoid schizophrenia. My husband and I were in the dark. I researched and made 100's of calls to many groups, organizations, government offices and the like. I spoke with NAMI in Los Angeles County, NAMI in Fresno County and finally NAMI in Ventura County. Our family needed someone/something to guide, enlighten and educate us.

NAMI was and is our answer. In the fall of 2005 we took our first NAMI Family-to-Family course. In the spring of 2006 we did our first NAMI WALK fund-raiser. I campaigned heavily and relentlessly and I still do, having received a total of approximately \$7,500.00 in contributions for NAMI Ventura County.

My husband, mother, brother, 2 sisters, niece, stepsister, stepdaughter, stepson and friends have all walked with me for Ventura County in the past, and I know they will do what they can this year. They have been very supportive in all my efforts for this worthy cause. This is my first year as a Team Captain for our C.U.R.E. team for 2010. I chose the team name; the letters stand for CARE, UNDERSTAND, RESEARCH and EDUCATE.

I know that each and every one of you has the ability and the desire and the drive to help NAMI Ventura County reach their goal. I send email on a daily basis, I took all the names from my last 4 NAMI Walks and contact each and every person and business. I send emails to local businesses, and I even write letters.

WITH THE ECONOMIC SITUATION THE WAY IT IS WE WILL HAVE TO DOUBLE OUR EFFORTS TO GET NAMI THE SUPPORT IT DESERVEDLY NEEDS,

WITH OUR EFFORTS COMBINED WE CAN MAKE THIS THE BEST YEAR EVER. ❖

BringChange2Mind

Actress Glenn Close's Anti-Stigma Campaign Joins NAMIWalks



NAMI is pleased to welcome the BringChange2Mind campaign created by actress Glenn Close as a partner in supporting NAMIWalks that begin this spring.

The partnership - in which BringChange2Mind teams will participate in selected NAMIWalks - will support a common mission to battle the stigma often associated with mental illness.

Last fall, BringChange2Mind launched an extensive mass media campaign of public service announcements. On April 17 in St. Louis, Close will throw the first pitch and sing at the Cardinals and Mets baseball game. Fans will see a campaign PSA on the scoreboard. St. Louis's NAMIWalk is scheduled for May 29.

"BringChange2Mind provides a new source of energy for the grassroots community focus of NAMIWalks," said NAMI Executive Director Michael Fitzpatrick. "They are fun events which involve individuals with mental illnesses, their families, friends and a broad range of supporters."

"NAMIWalks are about hope and recovery. Glenn Close and her campaign are making a terrific contribution to our movement."

"NAMIWalks are a new grassroots dimension for the campaign," said Close. "It is a natural fit. Last year, I was proud to participate in NAMI Maine's walk. I know about NAMI's work in local communities through the help it has given my own family members."

NAMI Ventura County is pleased to welcome the Ventura BringChange2Mind walk team, led by team captain Stephanie Drews, with 27 walkers registered and almost \$3,700 raised two weeks before the Walk!

Funds raised by the BringChange2Mind teams will be shared equally between the organizations.

To view Glenn Close's announcement of the partnership with NAMI, please visit: www.bringchange2mind.org

BringChange2Mind.org is a not-for-profit organization created by Glenn Close, the Child and Adolescent Bipolar Foundation (CABF), Fountain House, and Garen and Shari Staglin of IMHRO (International Mental Health Research Organization). The idea of a national anti-stigma campaign was born of a partnership between Glenn Close and Fountain House, where Glenn volunteered in order to learn about mental illness, which both her sister and nephew suffer from. ❖

THE TEN COMMANDMENTS Of Psychiatric Rehabilitation

March General Meeting

by Nina Bhavnani



NAMI Ventura County was honored to have Dr. Robert Paul Liberman, M.D., distinguished Professor of Psychiatry at the UCLA School of Medicine, to be the speaker at our March general meeting. Even though he

had arrived the same from an overseas trip, he was full of enthusiasm and made us feel encouraged and hopeful. Dr. Liberman is one of the pioneers in developing psychosocial and behavioral treatments, and his training modules are used worldwide.

While medication has its place, it does not teach skills for recovery. It is up to us as family members and providers - psychologists, clinicians, social workers, case managers etc - to learn about and use evidence based treatments as complements to medication to get optimum recovery. Models which would serve the community and clients on a more lasting recovery include social skills training, cognitive behavioral therapy, IDDT, ACT, supported employment & housing, and interventions for strengthening family supports.

He kept our attention riveted while he walked us through the Ten Commandments of psychiatric rehabilitation:

1. Treat each patient as an individual as you would have yourself treated.
2. Thou shalt not kill solely symptoms but must also build skills
3. Thou shalt remediate cognitive deficits
4. Listen to your patients as their voices will choose personal goals that motivate recovery
5. Thou shalt honor families by including them as members of the treatment team
6. Do not lose sight of the forest for the trees
7. Thou shalt not take a snail's pace of progress in vain
8. Thou shalt disseminate and multiply evidence-based treatments to the ends of the earth
9. Thou shalt untiringly pursue recovery for your patients
10. With all your might and all your heart, endeavor for services that are Comprehensive, Continuous, Coordinated, Collaborative, Compassionate, Consumer-oriented, Consistent with evidenced-based practice, Competently delivered, Connected to wherever the patient may be, and Compatible with each patient's personal goals and culture.

What does psychiatric rehabilitation mean to us as family members? Dr. Liberman gave us a few pointers on how we can practice some skills with our loved ones. He asked two volunteers from the audience to come up, and Dr. Liberman moderated a role playing session in a difficult though routine

family problem situation. He gave us some practical advice on how to interact with family members, including techniques such as active listening, expressing positive feelings, expressing negative feelings, problem solving skills, and skills for improving relationships such as "prompting". In addition he spoke about providing guidance for a relapse prevention plan, developing skills to recognize warning signs, rehearsing and practicing social skills with our loved ones. How can we help a person with a mental illness control their emotions and tolerate frustration? How can we help them develop an emergency plan? The pointers he gave included positive feedback, acknowledging and reflecting their concerns and feelings, interpersonal distancing, and using an appropriate tone of voice.

Dr. Liberman presented slides of studies that show that recovery is much faster and hospitalization rates are lower when clients are provided with enriched supportive therapy. Psychosocial rehab and supports enhance a client's chances of recuperation.

He praised NAMI's Family-to-Family class as being effective in helping clients and their families understand mental illness. He asked us to investigate the advantages of social skills training, supported family therapy and social learning. And he strongly encouraged us as family members to advocate for evidence based treatment.

Dr. Liberman left most of us feeling that there was clear hope of recovery for our loved ones if these principles were followed by families and providers. His message is "recovery is our vision and rehabilitation is our mission." The conclusion is that in order to live with success and satisfaction in the community, patients need to learn social and independent living skills along with the right support systems.

Dr. Robert Liberman is a leader in his field and is the director of the UCLA Psych Rehab Program. To view his slide presentation from the NAMI meeting, go to www.namiventura.org and select "Resources" from the left menu. ❖

RICA OPEN HOUSE RESCHEDULED

Recovery Innovations of California (RICA), a non-profit provider of mental health recovery classes, will host an open house at its new suite of offices in Oxnard on Thursday May 20, 2010 from 11:00 am to 3:00 pm. The event will take place at the Ventura County Behavioral Health Building located at 1911 Williams Drive, Suite 125, Oxnard, CA 93036. The event is free. All are welcome.

RICA offers an ongoing recovery curriculum of regular, confidential, peer-led classes on multiple days during the week at no charge to individuals. Classes are held at the five Ventura County Behavioral Health clinics in Oxnard, Santa Paula, Simi Valley, Thousand Oaks and Ventura. Participants are encouraged to join the *WRAP*, *WELL* and *Medication for Success* classes at any time and to go at their own pace to complete the classes. Each class runs two hours. Call 981-5439 for more information and class schedules before you attend your first class. ❖

Letter To Clergy

In our efforts to reach out to the community, NAMI Ventura County's Media & Outreach committee has prepared a letter to be sent to local clergy. Our first step in distributing this letter is through our membership. This is based on the assumption that if a letter comes to a religious leader through a member of their congregation, they are more likely to act upon it, than they would to a non-solicited piece of mail.

We can each do our part by writing a letter. Go to www.namiventura.org and select "Advocacy - take Action". Download the basic form of the letter, including our letterhead, etc. Insert the name of your minister / priest / rabbi in the greeting section (where it says "Dear ____"). Insert your name at the salutation (after it says "Respectfully,". Print it out; sign it, put it in an envelope with a NAMI brochure (if you have one available), seal it, and hand deliver it to your religious leader. Then email us the clergy members's information, so we may follow up with future information. Send the name, mailing address, email address and telephone number of the recipient to us, so we can check them off the list

This relatively simple process, when multiplied by the membership of our organization can have a major effect on our visibility in the community and our ability to help the people who need our help. ❖

Keep Coming Back An Appeal to NAMI families

NAMI Family Support Groups are an important way of providing assistance and understanding to all families affected by mental illness. Even if you think you don't need support right now, please come back to help others who do - your lived experiences and the collective wisdom of the group are what strengthen each NAMI support meeting.

In the Family-to-Family class, NAMI teaches the three stages of emotional response when mental illness strikes. The third stage is advocacy, when you are able to give back to help others and improve our mental health system. It is a known fact that your own situation - and therefore that of your mentally ill loved one - will improve when you do this.

See page 7 for a schedule of Family Support Groups. ❖

NAMI WALK DOOR PRIZES NEEDED

Each registered Walker will receive a ticket for a drawing for door prizes. We need your help in collecting door prize gifts. Please ask any businesses you frequent to consider donating items or gift certificates for a great cause - good examples are a lunch or dinner for two, or gift baskets, show tickets etc. An "In-Kind Sponsorship" request letter is available for your use if needed - see the Walk information site at www.namiwalksventura.info.

Or perhaps you might wish to purchase a gift to donate for this purpose. A general guideline for gifts is that they be unused and valued at \$25 or above. No alcohol please.

If you have a gift, please notify Chris Novak at the NAMI office by email or phone and tell her what your door prize consists of, to help us plan better. For more information, call NAMI Ventura County at 641-2426. ❖

General Meeting Tuesday 11th May 2010, 7:00 pm

BONUS SESSION

Meet the Candidates for Ventura County Sheriff
(in the June 8, 2010 Election)

Chief Deputy Dennis Carpenter
and

Commander Geoff Dean

MAIN SESSION

CRIMINAL JUSTICE UPDATE

What programs are available in the County relating to criminal justice for people with mental illness? Do people in jail receive treatment for mental illness when necessary?

NAMI participates in the Mental Health Board Jail Workgroup; what actions have resulted so far? What is the status of the Law Enforcement CIT program? What is the MARRT program? Is it the same as a Mental Health Court? What is the outcome of the Grand Jury's recommendations for a Mental Health Court in Ventura County?

Upcoming Restaurant Fundraisers

Dine out and raise money for NAMI Ventura County
Get Together with Family and Friends for Dinner and
support NAMI at the same time!

Thursday May 13th, 5 to 8 pm

Souplantation, 375 West Ventura Blvd. Camarillo

Wednesday June 9th

Presto Pasta - Ventura, Camarillo & Newbury Park

Be sure to present a restaurant flyer and NAMI will receive a portion of the sale.

Pick up a flyer from our office or from any NAMI class or event - or print your own: go to www.namiventura.org and select "Events" ❖

NAMI WALKS - Why I Walk

by Commander Mark Stadler, Ventura Police Department

While I was a police officer in Santa Barbara, 22 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 1st to show my support for all clients and families affected by mental illness.

Won't you join me and help us to
Change Minds . . . One Step at a Time!!! ❖

Social Rehabilitation

April General Meeting

by Lisa Severns

Several options are available in Ventura County to socially rehabilitate people with mental illness, especially for clients of Ventura County Behavioral Health. On April 13th, attendees at the NAMI General Meeting heard presentations about these options from the Turning Point Foundation (in the Oxnard/Ventura part of Ventura County) and from PathPoint (in the Thousand Oaks/Newbury Park/Simi Valley area).

Clyde Reynolds, executive director of the Turning Point Foundation, gave an overview of the characteristics of an effective social rehabilitation program. These characteristics include the belief in recovery, services in a real-world context, and the facilitation of skills necessary for functioning in the community. Also, clients should feel safe, supported and heard. The program should emphasize clients' strengths and allow them self-determination, affording them dignity and the optimism that everyone can grow and learn if given the opportunity.

Corliss Porter, clinical director, continued with information about several programs and services Turning Point Foundation offers along a continuum from drop-in services for a meal and a shower to more on-going services and permanent housing.

Our Place Shelter in Ventura serves homeless mentally ill and dual diagnosed adults through referral from VCBH and other social service agencies. Our Place provides temporary 24-hour shelter and drop-in services, such as meals, showers, laundry, and outreach. Clients should show willingness to participate in mental health and substance abuse recovery processes. The program includes up to six months of residence with case management support. Other services include a mailing address for clients, telephone and message service, and help in setting and getting to appointments.

Through Our Place case management, clients may be linked to mental health and drug recovery services, income services, housing options, prescription and medication assistance, school or job support, and living skills support in areas such as hygiene, laundry, cooking, and cleaning.

For 42% of the Our Place Shelter clients, permanent or transitional low-cost housing in Simi Valley, Oxnard, Camarillo, or Ventura is the next step through the Turning Point Foundation. At these facilities, housing is supplemented by on-site staff who provide supportive services, independent

living skills, and links to community resources.

Turning Point Foundation provides rehabilitation programs in two locations: New Visions Center in Ventura and Oxnard Clubhouse in Oxnard. Through referral from VCBH, clients participate in programs provided by staff members five days a week. Clients receive support for community living rehabilitation, pre-employment and socialization.

The evening's presentation then turned to Marcus Lopez, senior rehabilitation specialist for PathPoint Life Skills Center in Thousand Oaks, which services clients through VCBH in the Thousand Oaks, Newbury Park, Simi Valley, and east Camarillo area. PathPoint 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.



After clients have been referred by VCBH, they may attend classes, group sessions, and activities from 9:00 AM to 2:30 PM in the center, which features a comfortable living room where clients may chat, play a board game, or shoot a game of pool between scheduled activities.

Scheduled activities include computer instruction/access, cooking class, men's groups, women's groups, communication skills class, music therapy, therapeutic art class, stress management class, and community outings. The activities are facilitated by a friendly, caring staff and adjunctive therapists. Also, clients may meet individually with staff for coaching and support.

Mr. Lopez concluded that recovery and rehabilitation are not achieved in isolation, but through community. By acquiring the needed social skills, clients may create a network that provides the stability in their lives that sustains them even through the occasional relapse that may jeopardize their jobs or housing. Through social rehabilitation clients can achieve the life they desire.

For more information on Social Rehab and other programs for clients, see page 7. ❖

Identification Statement

Publication's title and number:	NAMI VENTURA COUNTY NEWSLETTER
Issue date:	APRIL 19, 2010
Statement of frequency	BIMONTHLY
Authorized organization's name and address:	NAMI VENTURA COUNTY 1339 DEL NORTE ROAD, CAMARILLO, CA 93010
Issue number:	ISSUE NO. 24
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
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Website: www.namiventura.org

Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak

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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 |

NAMIWalks Ventura County 2010
Ventura County thanks our Walk Sponsors

Silver Sponsor: Crowne Plaza Ventura Beach

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Recovery Innovations of California ▪ Rite-Aid Foundation
St. Paul's Baptist Church ▪ United Methodist Church Westlake Village
Top O' The Morning Produce ▪ Ventura County Psychological Assn

Become a NAMIWalks Sponsor
Go to www.nami.org/namiwalks/CA/ventura ❖

**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 p.m. to 3:00 p.m. at the Adult Wellness and Recovery Center, 56 E. Main Street, Suite 103 (at Ventura Avenue). For more information, call (805) 671-5038.

Oak Park: DBSA Conejo Valley Depression Support Group meets Mondays and Thursdays 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 depressiongroup@mindspring.com
See www.dbsalliance.org/conejovalley

Friendship Line: Telephone support is available to clients on weekend nights. The Friendship Line offers a friendly voice when you are lonely or having a hard time. Open Fridays, Saturdays, Sundays and Mondays, 7 pm to 10 pm. Toll Free: 1-877-672-AWRC (1-877-672-2972)
This Confidential Friendship Line is staffed by Peer Support Specialists from the Adult Wellness & Recovery Center. ❖

NAMI FAMILY SUPPORT GROUPS

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

For more information, 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. The 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 p.m., the 1st and 3rd Wednesdays of each month at College United Methodist Church, 4300 Telegraph Road, Ventura. ❖

ACTIVITIES FOR CONSUMERS/CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

This drop-in center is open to all clients, whether or not they are enrolled with Ventura County Behavioral Health (VCBH). Many activities and classes scheduled daily. Some clients are "Peer Counselors", and they engage new members and help them navigate the mental health system. The Center is run by Pacific Clinics; open to all clients.

AWRC, 56 E. Main St, Suite 103, Ventura, Tel: (805) 653-5045
Open Tuesday through Saturday, 9 am to 5 pm

TAY TUNNEL

Also 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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NEW CLASSES STARTING

No charge ▪ Sign up now ▪ Call or email
(805) 641-2426 namiventura@gmail.com

FAMILY TO FAMILY PROGRAM

The NAMI Family-to-Family Education Program is a series of twelve weekly classes for family caregivers of individuals with mental illness. The trained co-teachers are family members themselves and know what it's like to have a loved one struggling with one of these brain disorders.

For family members, partners and friends of individuals with: Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia, Schizoaffective Disorder, Borderline Personality Disorder, Panic Disorder and Obsessive Compulsive Disorder, Co-occurring Brain Disorders and Addictive Disorders, Post Traumatic Stress Disorder

Enrollment restricted to attendees who have a family member or friend with a mental illness.

Next Class begins: May 26, 2010, Thousand Oaks, 12 Wednesdays, 6:30 pm to 9:00 pm

FAMILIA A FAMILIA

for Spanish-speaking attendees

Next Class begins: June 3, 2010, Oxnard, 12 Thursdays, 6:30 pm to 9:00 pm