



nami

Ventura County

National Alliance on Mental Illness

Newsletter

May/June 2011



NAMI WALKS Ventura County

Saturday April 30, 2011

Registration/Check-In: 9:00 am

Walk Begins: 10:30 am

San Buenaventura Beach Promenade

450 E. Harbor Blvd, Ventura, CA 93001
(between Crowne Plaza Hotel & Aloha Steakhouse)

FREE EVENT

LET'S WALK TOGETHER!



nami Walks

2011

Changing Minds...One Step at a time!

NAMI Ventura County calls on our 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, April 30th, the 7th Annual NAMIWalks Ventura County 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.nami.org/namiwalks/ca/ventura

NAMIWalks Ventura County 2011

Honorary Walk Chair

Geoff Dean

Sheriff, County of Ventura

Family Team Chair

Vicky Murphy

A Letter from Jennifer Knapp, 2010 Family Team Chair



Dearest Family and Friends,
Thank you to each and every family member, friend, co-worker, and businesses, who so generously made a donation for our NAMI Walks Ventura in 2006, 2007, 2008, 2009 and 2010.

We ask you to please make a donation for the NAMI Walk for the Mind of America 2011.

In the fall of 2004, Dave's son Cole became ill and we were bewildered. In time Cole was diagnosed with a form of schizophrenia. We were in the dark, and through much research we found NAMI (National Alliance on Mental Illness), joined, and are very active in it to this day. We are forever grateful for this non-profit organization, its goals and what it gives to those with mental illness, their families, and communities.

Dave and I joined NAMI and enrolled in their Family to Family 12 week class (free) in 2005; did our first NAMI Walk fundraising in 2006 and every year since; and will walk again on April 30, 2011, in Ventura, California.

Your donations are so very, very important. It is that time of year when we ask for your support before April 30, 2011. Your donation is neither too big nor too small; i.e., what you would spend at a fast food restaurant for a week, or at the local coffee house, or those extra daily treats. Please, please help with your contribution. We walk for Cole and for all others inflicted with mental illnesses. We hope to stamp out the stigma and continue the efforts in reaching a cure.

We would love for everyone to join our C.U.R.E. Team and walk with us on April 30, 2011.

Visit our Team page at:

www.nami.org/namiwalks11/VEN/CURE

and make a donation or register to walk. Or make a donation to NAMI by sponsoring me. Visit my Walker page at:

www.nami.org/namiwalks11/VEN/knapp

Donating online is fast and secure; or write your check to NAMI Ventura County, and send to us. We will personally deliver it.

The goals of the NAMI Walk program are: to fight the stigma that surrounds mental illness, to build awareness of the fact that the mental health system in this country needs to be improved, and to raise funds for NAMI so that they can continue their mission.

NAMI is a 501(c)3 charity and any donation you make to support my participation in this event is tax deductible. NAMI has been rated by Worth magazine as among the top 100 charities "most likely to save the world" and has been given an "A" rating by The American Institute of Philanthropy for efficient and effective use of charitable dollars. Thank you in advance for your support and generosity.

Sincerely, Jennifer & Dave Knapp ❖

What Is "JAMming Eagles"?

by Kate LeBaut

My cousin, James A. Mabry, passed away in 2004 after spending nearly half of his life with us battling mental illness. He is someone my children will never have the honor of knowing, although they hear about him when I tell stories of my family and when they look through mommy's old photo albums. Explaining why he was sick is not that easy; for them, a sickness means going to the hospital to bring down a fever, to fix a sick heart, or mend a broken leg, something physical.

In some ways, adults too have a hard time understanding mental illness. One reason I have been supporting this organization since Jimmy passed away is in the hope that, with information and knowledge, we can make people become more sensitive and understanding about these illnesses that affect so many lives.

My team name, "JAMming Eagles" is derived from JAM (for James Adam Mabry) and his favorite football team, the Philadelphia Eagles.

This year, on April 30th, I will walk in support of NAMI and in remembrance of Jimmy. ❖

She Walks To Erase Stigma

by Vicki Lyttle, a recent Family-to-Family class graduate

When I was asked if I wanted to share my story with NAMI I hesitated, at first. Then I realized the reason I originally signed up for the Family-to-Family Class ended up being the stepping stone to so much more. I am participating in the NAMI Walk, and considering some other volunteer opportunities as one way to give back AND get the word out about NAMI.

They provide so many FREE resources and opportunities for families/loved ones. Mine began with the Family to Family class, which was a wonderful opportunity to learn about my loved one's diagnosis, get support from other families who KNOW what you are going through, and I have made some new and (hopefully) long-lasting friendships. I remember once telling a counselor that I knew God did not give us more than we could handle, and she said, "No, God does not give us more than we can handle without providing support". I have found that support with NAMI. Well-meaning friends and loved ones try but, unless they walk in your shoes, they have no clue about the struggles families deal with when it comes to having a loved one(s) with a mental disorder. NAMI understands because, as I understand it, everyone involved DOES have a loved one with a mental disorder/illness.

In one of our classes we talked about the stigma that is attached to mental illness. After speaking with some co-workers about why I am participating in the Walk, I asked them why they thought there was a stigma. One lady said, because no one talks about it and we don't understand it. It's time to stop hiding, not be ashamed, and to educate everyone about mental disorders and how, if treated, in a lot of cases, people can live relatively normal lives.

But, I think the key is supporting and accepting the PERSON with the illness/disorder, right where they are, exactly the way you would support someone with cancer, AIDS, diabetes, or, you fill in the blank. We have come so far in our acceptance of things that were hidden or not talked about in the past, it's time we support and learn about people with mental illness. If we all did that, there quite possibly may not be so many homeless people on the street without their proper medication. Our mental healthcare system has a long way to go, but with the support of families and/or employers, schools, etc., by getting educated, things could turn around. ❖

A Story of Hope for Three Sisters

(Walkers on Team: Wild Hares)

Our middle sister suffers with mental/behavioral health issues. Until recently her life was encased in her circle of immediate family and friends in a never ending crash and burn cycle. They were always out of control, and in desperate need of money, things and attention. We tried our best to apply tough love principles but the situation was personally unbearable for us and our guilt feelings were overwhelming. Regardless of how much we gave, it was never enough.

And then the unthinkable happened – our sister received an eviction notice. It seemed the end of the world situation. We tried to put forth a tough façade, telling our sister this was her problem since her lifestyle caused it and that she would have to figure it out or end up on the street. But deep down inside we knew that it would fall upon us to fix it; we could not bear the consequences of her being homeless. Our first challenge was her apartment being full of extra people at all times. We strongly suggested that they find another place to live, with the promise that we would take care of our own. And so it happened, slowly, they began to vacate. This caused us hope in being able to help our sister. But it understandably pushed her further and further into a seriously depressed state.

Our main help from the system was that our sister lived in Section 8 Area Housing and we were able to work with them to find a new apartment. Thank God! Although having a roof over your head is a wonderful thing, there is more to life than that. Our sister was so engulfed in depression that she was not functioning. We were forced to do everything for her – all packing and cleaning and moving. We watched her make no effort to clean herself, or eat – she just lay in bed all day and night being miserable. The whole situation seemed hopeless – and it was literally taking us all down.

Over a year ago, after a business meeting with a NAMI representative we had been referred to a Peer Support Specialist with the Client Network. In desperation we reached out to her and found a wonderful source of encouragement and friendship. Her patience and gentle guidance has opened many doors for us. We are so thankful!

First – an invitation to attend a NAMI Family Support Group meeting which we did in February. This was an amazing experience. We were shocked to hear about all of the programs and options that were available out in the world. We had been feeling so alone in this challenge. The group members were caring, concerned and full of advice for us - first time strangers. We felt enabled to actually make something happen. We have attended NAMI meetings ever since.

Second – encouragement to call the STAR Behavioral Health line for an initial assessment. Our sister was afraid to do this but eventually her lack of care for herself warranted a visit from the STAR Field Crisis Team. We made the desperate call and the response was totally impressive, and such a relief to have others really see what was happening. Since then our sister has been through the assessment meeting, with our support and our Client Network Peer Support Specialist. There is strong hope that our sister will soon have her first Plan of Care appointment with a referral to a psychiatrist and involvement in behavioral health groups and activities.

Third – we just attended the Client Network's excellent Wellness Forum where we made new friends and our sister was able to have her questions answered personally by the team of experts. All present received a wealth of information and encouragement for living well and naturally. We toured the RICA facility and were introduced to instructors and encouraged to attend classes.

Lastly – we are working together to get appropriate medical care for our sister after many years of inappropriate and/or lack of care. We still have a big job ahead but there are now many reasons to be hopeful. We are not alone – we have a team of devoted friends and specialists to support us along the way. With proper care, medications and behavioral support there is every reason to believe that our sister has a wonderful future ahead.

We are ever so thankful for the assistance NAMI has provided. We are thrilled to be on the Wild Hares team for the NAMI Walks Ventura on April 30th, and very pleased to be able to raise funds for this excellent cause. It was and is there for us in our time of need – and we are counting on that! ❖

Notes From A Family-to-Family Teacher

by Diane Bustillos, in emails to her friends

Welcome to my personal web page for NAMIWalks for the Mind of America. I have created this fundraising page because NAMI, and the work they do, is extremely important to me.

Anthony continues to do the best he can. But he constantly fights temptations, holding him back from progressing to a better future. His self-confidence has been diminished due in part from the excessive gain of weight brought on by his medications. It's been 8 long years since he had that first break. I will always support my son no matter what, and I remain strong in my efforts to make his life happier.

I remain very active with this organization as it has helped many families including my own. Even though most people understand that mental illness is caused by brain biology, it still carries a stigma. Stigma is extremely harmful to a person dealing with mental illness and can impair their ability to achieve wellness.

NAMI Ventura County has started a new program called "Friends In The Lobby" where NAMI volunteers greet family members during visitation hours at Hillmont Psychiatric Hospital. As a volunteer for this program, I see the benefits it bring to family members struggling to cope with their ill loved ones. I wish I would have had this knowledge when Anthony first took ill. I also continue to teach the Family-to-Family classes offered by NAMI. Teaching this class is so rewarding, the class members are so thankful and supportive.

Because of the continued support of this organization, I would like to ask you to come and walk with me or to donate to support my participation in this great event. Please visit my personal walker page to sign up:
www.nami.org/namiwalks11/VEN/DIANE

It features a link to my team's page there, and you can see who else is walking with me. There is also a link so you can donate directly to me online. Donating online is fast and secure, and I'll get immediate notification via e-mail of your donation. Both NAMI and I appreciate your donation. Thank you for your support. ❖

"Creating Change through Vision and Action"

NAMI CALIFORNIA ANNUAL CONFERENCE 2011 REGISTRATION FORM

Register Today to Get the Early Bird Rate

Copy this form and use one for each individual registration (please print clearly)

August 19 & 20, 2011

Doubletree Hotel, 2001 Point West Way, Sacramento, California 95815

REGISTRATION FEES INCLUDING MEAL(S)

**Early Bird Special
Paid by June 17th**

2-Day Rate

- Member \$170
Non-Member \$205
Consumer & Member \$120
Consumer & Non-Member \$155

1-Day Rate

- Member \$115
Non-Member \$150
Consumer & Member \$80
Consumer & Non-Member \$115

** Please select Friday or Saturday **

**Regular Registration
Paid after June 17th**

2-Day Rate

- Member \$195
Non-Member \$230
Consumer & Member \$120
Consumer & Non-Member \$155

1-Day Rate

- Member \$135
Non-Member \$170
Consumer & Member \$80
Consumer & Non-Member \$115

** Please select Friday or Saturday **

On-Site Registration (No meal guarantee)

2-Day Rate

- Member \$205
Non-Member \$240
Consumer & Member \$120
Consumer & Non-Member \$155

1-Day Rate

- Member \$145
Non-Member \$180
Consumer & Member \$80
Consumer & Non-Member \$115

** Please select Friday or Saturday **

Consumer Empowerment Luncheon

I will attend OR I will not attend

Listening Device Needed

NAMI Membership: \$35

- Become a Member!
Renew my Membership!

*Remember, your dues automatically include membership at the local, state and national levels.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

NAMI Affiliate: _____

MEALS:

Friday lunch will be on your own.

Friday Dinner: Chicken Fish Vegetarian

Saturday Lunch: Chicken Fish Vegetarian

Total for registration fees: \$ _____

NAMI Membership: \$ _____

Consumer Scholarship Donation: \$ _____

Total amount enclosed: \$ _____

PAYMENT (Zip Code must be provided above for all credit card payments):

Visa Master Card American Express

Account #: _____ Expiration Date: _____

3-4 Digit Security #: _____ Signature: _____

Make check payable to NAMI California – Conference 2011

**Mail to:
NAMI California
1010 Hurley Way, Suite 195
Sacramento, CA 95825
Phone: 916-567-0163 Fax: 916-567-1757**

Cut-off Day: Deadline for receiving Registration forms in our office is the 12th of August.

Cancellation Policy: A \$35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel, you must notify the NAMI California office in writing no later than August 12, 2011. No refunds will be made after this date.

Returned check Policy: A processing fee of \$30 will be assessed for any returned checks due to insufficient funds.

THE DISCOVERY OF RECOVERY

March General Meeting

by Jennifer Bungert

In response to interest expressed by NAMI members, the topic of the March General Meeting was Recovery, from mental illness and related challenges. More than 60 people came (despite the last-minute location change) to hear Corliss Porter, Clinical Director of Turning Point Foundation, speak about the Recovery Model, WRAP, and the role of Peer Support Specialists in the mental health service delivery system. Turning Point provides case management and transitional housing to people challenged with various mental health issues, as well as operating the Oxnard Clubhouse and the new Adult Wellness & Recovery Center (AWRC). These environments are designed to be conducive to healing and relationship-building, employing Peer Support Specialists to help empower people on their journeys to self-directed recovery.

The Recovery Model used by Turning Point and an increasing number of other mental health service providers differs from the traditional Medical Model in a variety of ways. In the Medical Model, there is a clear power differential between the mental health professional and the "patient." The consumer remains in a passive role, taking direction from the "expert," and the anticipated outcome is compliance and symptom control. In the Recovery Model, the "patient" becomes an active participant in the decision-making process, and identifies recovery tools that work best for him or her. Treatment plans are more holistic, and partnering with the treatment team in a more mutual relationship leads to a greater sense of empowerment. Recovery is the *expectation*, and people may be more likely to invest themselves in treatment when allowed to exercise personal choice. Recovery is defined by the individual, and the Recovery Model is about treating the *individual*, not just the illness.

The Wellness Recovery Action Plan (WRAP) is a cornerstone of Turning Point's programs, and gives people a foundation in recovery. WRAP was developed by Mary Ellen Copeland, who was hospitalized for a mental illness herself before going on to study how people recover and forming the Copeland Center for Wellness and Recovery in Vermont. A WRAP is what individuals create for themselves to help manage symptoms and challenges before finding themselves in crisis. It starts with the person defining what wellness and recovery looks like for them, and what they can do daily to stay well. They also identify their triggers and what actions to take to avoid becoming overwhelmed, as well as early warning signs for their supporters to help them avoid a breakdown. Identifying a support system is a key part of WRAP, and peers create a plan for themselves to stay safe in the event of a mental health crisis. For more information on WRAP, visit: www.mentalhealthrecovery.com.

The audience was engaged as Corliss led them through a "Mini-WRAP" exercise, where they worked in groups discussing what helps them stay well and how they know when they need support from others. Corliss gave personal examples of wellness tools she uses, such as meditation, exercise, and writing, and was candid about some of her past struggles and how she sought support and recovered.

When the WRAP exercise concluded, Corliss discussed the role of the Peer Support Specialist. A Peer Support Specialist is someone who has had challenges with their mental health and/or substance use and has found ways to recover and lead a life of meaning and purpose. By being open about their struggles and paths to recovery, Peer Support Specialists have a special credibility and ability to relate to the peers they serve. "I can share from the heart what things have worked for me," said Kevin Janeway, Peer Support Specialist for Turning Point's AWRC. Kevin shared his story of recovery with the audience and said of his peers with regard to their illnesses "it doesn't own the totality of their being." Peers like Kevin with specialized training from Turning Point as well as Recovery Innovations of California (RICA) help engage and gain the trust of peers who might otherwise be reluctant to receive services, and offer support and assistance in completion of the WRAP. "People with mental illness often don't have a future story [for themselves]," said Corliss, and Peer Support Specialists carry the message of hope. In order to recover, a person must first see that it is possible. People may then begin to change their perception of themselves from "mental patient" to being an individual who can live a life of their own choosing.

"Recovery is a reality. It can, will, and does happen."

– Daniel B. Fisher, MD, PhD ❖

MAY IS MENTAL HEALTH MONTH

Proclamation by the Ventura County Board of Supervisors
10:30 am, Tuesday May 3, 2011

The Ventura County Behavioral Health Department invites you to the annual May is Mental Health Month conference, continuing its efforts in promoting mental health awareness. Please join other mental health professionals, consumers, family members and stakeholders this year, as they explore topics related to transitions and current shifts in the field of public mental health.

Conference: Transforming Systems. Transforming Lives

May 5, 2011, 8:00 am to 3:00 pm

Ventura Beach Marriott, 2055 East Harbor Blvd, Ventura

For a brochure and registration form, see:

www.vchca.org/bh "Programs - Conferences" ❖

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**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**

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



Contact Information

Mailing Address: P.O. Box 1613, Camarillo, CA 93011
Office: 1355 Del Norte Road, Camarillo, CA 93010
Phone: (805) 641-2426
Fax: (805) 275-2188
e-mail: namiventura@gmail.com
Website: www.namiventura.org

Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak
Friends In The Lobby: Jen Bungert

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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 |

Sheriff Dean Reaffirms Commitment to CIT

At the NAMIWalks Kickoff Luncheon on March 22nd, Ventura County Sheriff Geoff Dean announced his intention to have a hundred percent of Sheriff's Department staff trained in Law Enforcement Crisis Intervention Team (CIT) techniques.

The 40-hour CIT curriculum will become part of the Training Academy for new recruits, he said. We at NAMI believe this is very good news for our community, as the goals of the CIT program include reducing the necessity for use-of-force and de-escalating crisis situations when police are called to deal with a person with a mental illness.

The Sheriff's Department provides police services to the cities of Thousand Oaks, Camarillo, Moorpark, Fillmore, Ojai, and the unincorporated areas of Ventura County. We look to the Police Chiefs of the other cities (Oxnard, Port Hueneme, Santa Paula, Simi Valley, Ventura) to similarly commit to the CIT program.



Sheriff Geoff Dean presents a check for a Walk Sponsorship to NAMI Ventura County's Executive Director Ratan Bhavnani

While running for the office of Sheriff in May 2010, then candidate Geoff Dean had stated that funding for CIT should be a priority and that he thought 100% of officers should receive CIT training. At the present time, over 50% of law enforcement personnel countywide are CIT-trained.

This year's NAMIWalks Ventura County will be held on April 30th, 2011, and Sheriff Geoff Dean is the Honorary Walk Chair. ❖

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.DBSAAlliance.org/Ventura

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

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

NAMI FAMILY SUPPORT GROUPS

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

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

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

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

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

ACTIVITIES FOR CONSUMERS/CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

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

AWRC, 1065 E. Main St., Ventura, CA 93001 Tel: (805) 653-5045
Open Tuesdays and Thursdays, 3:00 pm to 6:00 pm, and Saturdays, 10:00 am to 5:00 pm

TAY TUNNEL

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

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

WRAP PROGRAM

VCBH contracts with Recovery Innovations of California, Inc. (RICA) to run a WRAP program for clients – "Wellness Recovery Action Plan". Contact RICA at (805) 981-5439.

Note that

- clients may join the WRAP program at any time, and go at their own pace. Eight sessions are required.
- Graduates may apply to enter the Peer Employment Training program; 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

ADDRESS SERVICE REQUESTED

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



Join us for the Seventh Annual
NAMIWalks Ventura County

Saturday April 30, 2011
Ventura Beach Promenade

REGISTER ONLINE!!!

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

www.nami.org/namiwalks/CA/Ventura

