



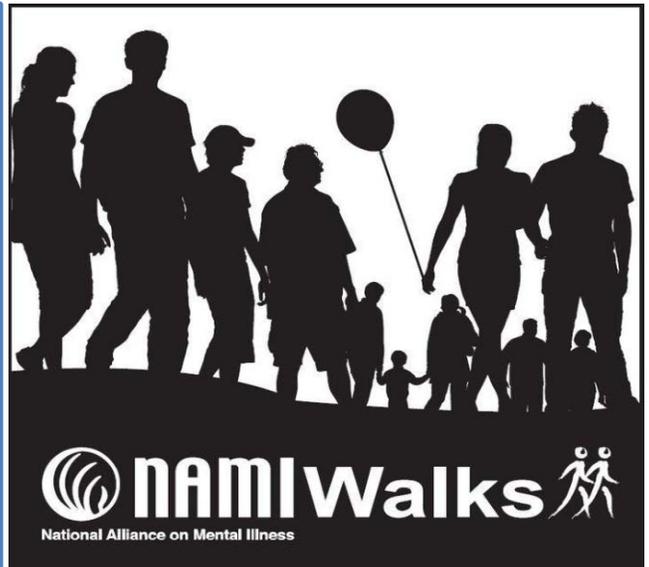
NAMI

Ventura County

National Alliance on Mental Illness

Newsletter

May/June 2012



NAMI Walks 2012

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

NAMI Walks Ventura County

SATURDAY MAY 5, 2012

Check-in begins 9:00 am

VENTURA BEACH PROMENADE
450 E. Harbor Blvd, Ventura, CA 93001
(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

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

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, May 5th, the 8th Annual NAMI Walks Ventura County will take place at the Ventura Beach Promenade. If we hope to bring about increased awareness in our community, and take a step towards the elimination of stigma, 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. . .

Giving Back To NAMI

by Diane Bustillos

2012 Family Team Chair, from her Walk web page

Welcome, once again, to my personal web page for NAMI Walks for the Mind of America. This is the 8th year for this great event! As you know, I continue to create this fundraising page because NAMI, and the work they do, has continued to inspire me and remains very important.

Anthony continues to do the best he can and is thankful that we support him as he continues on the road to recovery. It's hard to believe it's been 10 long years since he became ill. 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 NAMI Ventura County, 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 "Friends In The Lobby" where NAMI volunteers greet family members during visitation hours at Hillmont Psychiatric Hospital has been a huge success. So much that other facilities in our area have requested our presence; however, we are in need of more volunteers to help but we're getting there. As a greeter 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 and appreciate us sharing our stories with them.

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. ❖

Why the Staff at Aurora Vista del Mar Hospital Walk

by Jetta Zellner

Aurora Vista del Mar Hospital has been involved with the Ventura NAMI Walk since it began. Just as our team size has grown over the years, so have our hearts and admiration for the work that NAMI provides. AVDM Hospital walks for NAMI because we believe in NAMI's promise and mission to build better lives for those affected by mental illness. The AVDM Hospital staff hears firsthand from individuals and families how NAMI's support is instrumental in their mental health. We believe passionately in the Family to Family education programs and support groups. AVDM Hospital walks because we believe that education is the best means to remove the stigma that is so often associated with mental illness. NAMI provides many educational services to not only raise awareness, but to put a face without shame to mental illness.

This year, the Aurora Vista del Mar Hospital Team is made up of four teams, led by five Team Captains. Each Captain is

doing an excellent job recruiting team members and generating excitement for the NAMI Walk. **Team Fredicky** is a combination team of Freddie, a Registered Nurse here at Aurora Vista and Nicky a Case Manager, both very dedicated to patient care. **Team Mark** is led by none other than Aurora Vista's Mental Health Technician Mark. Mark has been very enthusiastic and excited to come on board as a Team Captain. Jessica who works both in recreation therapy and as a Mental Health Technician leads **Team Jessica**. Our final team, **Team Irish**, is led by Debbie, our Assistant Director of Nursing. The Team Captains have all done an excellent job of creating team spirit and a sense of fun for the NAMI Walk. They have promoted the spirit and cause of WHY THEY WALK and WHY WE ALL WALK. It is because we care! It is because we want to better the lives of those affected by mental illness. ❖

Ventura College Psychology Club to Walk Again

by Mark Klein

Why do people take the time and make the effort to participate in NAMI Walk? I am sure there are many reasons depending on the individual. My name is Mark Klein and I am a volunteer for the Ventura County affiliate of NAMI. My psychiatrist, Dr. Robert Liberman, thought it would be a good idea to help this organization, and so did I, so I contacted Ratan Bhavnani, Executive Director of the NAMI Ventura County, and we both decided I should write an article about the Walk coming up May 5th.

To this end, I contacted Tara Darling, who has organized a team, which will walk for NAMI in the upcoming event. Tara is the President of the Psychology Club at Ventura College. She has held this post for the past 3 years. The motto of the Club is, "If you are not a part of the solution, then you are part of the problem." Tara says "she wants to make a difference in the world." She knows she wants to help others, and is deciding between Clinical Psychology and Neuroscience as a career choice. Most of the team members at school also want to work in some way in the behavioral sciences.

Tara says virtually all of her Club participants have a friend or family member who has been touched by mental illness. She tells me that she has experienced or known people on campus at college who are suffering from some form or symptom of psychiatric illness and have had the related problem of being stigmatized.

Tara's team has walked for NAMI in Ventura for 3 years in a row and has raised funds each time. The Psychology Club usually take in around \$500.00 toward the cause.

Her entire life's direction is dedicated to others, and she has proven this. My psychiatrist has said to many large groups that NAMI has made a huge contribution to the field -- raised awareness, helped erase stigma, supported research, and advocated for improved treatments.

Thanks to Tara and others like her, my own life looks better, and I am sure this is true for millions across the country. I am personally grateful to those who Walk for NAMI. ❖

WHY DO WE WALK?

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 Walk in 2006, 2007, 2008, 2009, 2010 and 2011.

We ask you to please make a donation for the NAMI Walk for the Mind of America 2012.

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 May 5, 2012, in Ventura, California.

Your donations are so very, very important. It is that time of year when we ask for your support before May 5, 2012. 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 afflicted 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 May 5, 2012.

Visit our Team page at:

www.nami.org/namiwalks12/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/namiwalks12/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. Thank you in advance for your support and generosity. ❖

Door Prizes Needed

We need gifts for the door prize drawings that will be held immediately following the Walk. Please ask any businesses you patronize to consider donating items or gift certificates for a great cause. Good examples are a lunch or dinner for two, gift baskets, show tickets etc. Call the NAMI office for an official "In-Kind Sponsorship" request letter if needed.

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. ❖

Walk, Then Sail Away Raise Funds to Win a Cruise

Thanks to a national sponsor, NAMI Ventura County is pleased to be able to offer a 3, 4, 5 or 7-night cruise package for two. Take your pick of cruise lines, departure cities and destinations!

The winning name for this fabulous prize will be drawn from all registered Walkers who raise at least \$50 online in donations for the Walk. Each additional \$50 raised gives you one additional entry in the drawing. This drawing will take place after the Walk, on May 11th. Register online today and start planning your holiday! Here's how you can get 10 chances to win a cruise, in just 1 week:

Day 1: Sponsor yourself for \$25

Day 2: Ask three family members for \$25

Day 3: Ask five friends to donate \$15

Day 4: Ask five co-workers to sponsor you for \$10

Day 5: Email 15 contacts and ask for a \$10 donation

Day 6: Ask your company for a \$75 contribution

Day 7: Ask 2 businesses you frequent for \$25

Total funds raised: \$500. Don't be afraid to ask for a donation! Remember, if you don't ask the answer is always No.

iCan iWin iPad

All Walk participants who have raised a total of \$300 or more online by Walk Day will be entered into a drawing for a new Apple iPad 2. This drawing will be held on Friday May 4th, and the iPad will be presented to the winner at the Walk on May 5th.



Final Weekly Incentive



In addition to the Cruise and the iPad drawings, we have offered weekly incentives over the last few weeks to Walkers who collect donations online. Here is our final weekly incentive:

Reach out to your circle of friends, family and co-workers to support your Walk effort with a donation. When you raise \$100 online during the week beginning Saturday April 21st, you will be entered into the drawing for a Garmin Nuvi GPS system valued at \$160! Raise \$200 for 2 entries, or \$300 for 3 entries, and so on. This drawing will take place on Friday, April 27th at 5 pm. ❖

Mindfulness, Spirituality and Mental Health

Thursday May 24, 2012

Ventura Beach Marriott

2055 East Harbor Blvd., Ventura

Ventura County Behavioral Health invites you to the annual "May is Mental Health Month" Conference, continuing its efforts in promoting mental health awareness. Please join mental health professionals, consumers, family members and stakeholders as we explore the integration of mindfulness and spirituality with mental health services. For more details and to register for the conference, see the VCBH website at www.vchca.org/behavioral-health ❖

You Can Help Others

Come to NAMI's Family Support Groups, held four times a month. Meetings are listed on page 7. Even though you may not need support at this time, your lived experiences can help others. And you will certainly learn more from the group. Please join us. ❖

Transcranial Magnetic Stimulation

March General Meeting

by Leina Ball



Dr. David Gudeman was the guest presenter at the March meeting. He was formerly the director of Ventura County Behavioral Health and is currently running a psychiatric practice in Simi Valley; he is also an honorary member of the NAMI Ventura County board.

At the meeting Dr. Gudeman shared promising news of a revolutionary alternative treatment called Transcranial Magnetic Stimulation (TMS). TMS was FDA approved in 2008 for treating depression where prior treatment with medication proved ineffective. Dr. Gudeman was most impressed with the results because side effects are so minimal, compared to medications, and treatment is much more specific. He personally has completed treatment on nine patients suffering from symptoms of depression, anxiety and schizophrenia. TMS has also been found effective in treatment of Parkinson's, fibromyalgia, tension headaches, tendinitis, and chronic pain in off label applications (non FDA approved uses). At present, evidence is lacking in treatment of mania.

TMS treatment typically consists of twenty to thirty sessions, lasting about 40 minutes each and given over a four-six week period. In some cases maintenance visits are needed following the initial treatment phase. Currently this treatment is by prescription only from a psychiatrist and the only devices in use thus far are by *Neuro Star*. There are currently twenty-two providers in Southern California including UCLA. Some patients report feeling better soon after treatment starts and one in three patients report being depression free in six weeks. It has also proven useful in turning down auditory hallucinations. When asked if patients can seek TMS treatment while taking medication Dr. Gudeman explained that for patients currently on medication he starts treatment and then tapers medication down as they get better and eliminates if possible.

TMS works similar to an MRI, through magnetic pulsing, which stimulates areas of the brain associated with moods, thereby activating dormant neurotransmitters. The brain is an electro-chemical organ where receptors receive currents; magnets can turn on these receptors. This new therapy highlights a paradigm shift from the successful advertising of the pharmaceutical industry, simplifying depression as a chemical imbalance, to a new direction of treating an electrical disorder in the brain. As Dr. Gudeman explained, medication goes through the bloodstream and all organs of the body resulting in biological side effects, while TMS targets specific areas of dormant cells in the brain directly.

This is a non invasive, no drugs, out-patient therapy. During a session patients feel a tapping sensation on their prefrontal cortex and sometimes report scalp pain or headaches. There is a rare risk of a seizure. The anticipated recovery runs parallel

to how long the patient has sustained symptoms. He used the analogy of a person in bed for one month vs. one year to demonstrate that the longer a person was in bed, the longer the time expected for recovery.

After a decade of brain research we now know that depression intertwines with the perception of pain in the brain and amplifies pain as the threshold becomes more porous with continued depression. Mental health symptoms often limit treatment, thus TMS provides a promising new direction of treatment. Dr. Gudeman explained that patient functionality is more precise than a pet scan in revealing successful treatment. TMS treatment is not yet covered by Medicare and is sporadically covered by private insurance. Treatment costs can typically run \$10,000 for an average course of 25 treatments.

TMS was featured on the Dr. Oz show in March 2012:

<http://www.doctoroz.com/videos/transcranial-magnetic-stimulation-cure-depression-pt-1>

On January 11, 2011, the Wall Street Journal featured an article called *Using Electricity, Magnets for Mental Illness* where Melinda Beck reported: "There is a growing consensus among neuroscientists that many psychiatric illnesses stem from problems in the brain's electrical circuits."

Brain research is getting ever more specific as research furthers understandings and new treatment options. We thank Dr. Gudeman for sharing his knowledge of TMS with us. This paradigm shift is exciting for many of us who see our loved one's struggling with symptoms of their illness and the side effects from medication-based treatment. ❖

Training Scheduled for Helpline

Friday, June 8th, 2012

10:00 am to 2:00 pm

The new NAMI Ventura County Helpline is designed to be a place to call to find local resources and information for family members of people affected by mental illness. We will conduct our first training seminar on Friday, June 8th from 10:00 am to 2:00 pm, in our Camarillo office.

The Helpline is not an emergency line, but rather a means to offer support and information, and to help people learn about County services, hospitals, legal issues, housing, NAMI programs and other relevant organizations.

The shifts for the Helpline will be 4 hours each, running from 9 am to 1 pm and 1 pm to 5 pm each weekday. A volunteer would commit to one shift each week. Calls will be forwarded to your home or cell phone, so the volunteer can take the calls wherever it is convenient.

The training will equip you with the information necessary to offer support and resources to callers.

If you are a graduate of the NAMI Family to Family class and are interested in volunteering for this important project please contact Joan Wiggins at 805-641-2426 or volunteer4nami@gmail.com. ❖

National Volunteer Month

by Joan Wiggins, Volunteer Coordinator

Volunteers are important to NAMI Ventura County all year long. However, April has been designated National Volunteer Month. Allow us to take this time to pay tribute to all the excellent volunteers who help us fulfill our important mission. NAMI Ventura County relies on our volunteers to fulfill our mission to provide support, education and resources for families affected by mental illness. We are thankful for each and every one of you!

We have many programs that work together to fulfill our important mission. Having already completed three Family to Family classes this year, with another one underway, families in our county are being equipped to deal with mental illness. This class, taught by dedicated volunteers, balances education and skill training with emotional support and empowerment. It is offered at no cost to the participants, and would not be possible without our skilled and devoted volunteers. Our Friends in the Lobby program meets a specific need in our community—offering support and hope to people visiting their loved ones in the hospital. So far this year our Friends in the Lobby volunteers have greeted 259 visitors. They dispense information and hope, and offer a listening ear to people desperate for both. The NAMI Walks 2012 Kickoff Luncheon was a success due in large part to several enthusiastic volunteers. They helped decorate, register guests and dispense information. Many volunteers help out in the office, meeting the day to day needs involved in running the office. Between helping with newsletter mailings, folding countless brochures, answering phone calls, managing our data base and writing Thank You letters to donors, these volunteers in the office give us the tools to make our mission happen. This is just a sampling of the many things happening at NAMI Ventura County with the help of our incredible volunteers!

We are so appreciative of each and every volunteer. We know your time is valuable and we are grateful you choose to use some of it to help fulfill our mission. Your steadfast commitment to helping NAMI Ventura County with your time, energy, creativity and talent is an inspiration!

In the first quarter of 2012 there have been approximately 780 hours generously donated to NAMI Ventura County, in many capacities. More than half of those have been given by 15 dedicated volunteers. They are: Diane Bustillos-51 hours, Basil Augustine-48 hours, Leon Barnett- 39 hours, Janna Fabris-39 hours, Lisa Cameron-38 hours, Candace Jackson-38 hours, Andi Travers-38 hours, Sandy Rose-34 hours, Esbeyda Munoz-31 hours, Armando Sanchez-31 hours, Jackie Bradford-28 hours, Pablo Rubio-25 hours, Joanne Hilbun-21 hours, Janice Lloyd-21 hours, Jan Radnoti-20 hours.

Thank you to all our volunteers for your generous service to NAMI Ventura County! For more information about how you can volunteer call Joan at 805-641-2426, or email volunteer4nami@gmail.com. ❖

Ventura County's Crisis Programs

April General Meeting

by Renee Foote

The NAMI Meeting on April 10, 2012 was an enlightening evening about Ventura County's three mental health crisis programs: the Ventura County Behavioral Health (VCBH) Crisis Team, the Children's Intensive Response Team (CIRT), and the Ventura County Law Enforcement Crisis Intervention Team (CIT).

Robin Boscarelli, PhD, is the Clinic Administrator for the VCBH Crisis Team. She explained that the goals of the Crisis Team are to provide 24/7 mobile mental health crisis response for adults 21 and over, provide follow-up and linkage services to non-VCBH clients, and provide support to and coordination of services for VCBH clients after regular clinic hours. The Crisis Team serves between 1200 – 1400 callers per month who are seeking crisis or non-crisis services or information.

The Crisis Team has 22 staff members. There are 13 clinicians with medical psychiatric education and training (5 RNs and 8 Psychiatric Technicians). The remaining 9 clinicians have behavioral health psychiatric education and training (LCSWs and MFTs). The phone number for the Crisis Team is 866-998-2243.

Chandra Gonsales, CIRT Program Manager, gave an overview of the Children's Intensive Response Team (CIRT), which provides mobile crisis response services to all Ventura County children and youth up to the age of 21. Through a contract with VCBH and in collaboration with the Crisis Team, Casa Pacifica is able to provide 24/7 crisis services. The program provides quick and accessible specialized crisis intervention, in-home support, and linkage to county mental health services. CIRT's goal is to prevent psychiatric hospitalization, detention in juvenile facilities, or placement in out-of-county facilities. A majority of the calls received relate to suicidal ideation. The CIRT hotline is 866-431-2478.

Scott Walker, CIT Program Assistant, and Captain Curt Rothschilder, CIT Sheriff's Office, spoke about Ventura County's Crisis Intervention Team (CIT) program, which has been in place since December 2001. Currently 61% of patrol officers and 35% of public safety dispatchers have been trained in the 40-hour mental health program. This training helps officers become "specialists" in dealing with individuals experiencing a mental crisis and helps to develop sensitivity and understanding. CIT trained officers are able to de-escalate potentially violent situations and ensure the safety and diversion of the person to a treatment center.

The four primary goals of the CIT program are to: de-escalate crisis situations, reduce the use-of-force, reduce the use of jail, and decrease recidivism. The CIT training represents increase liaison work and communication between law enforcement and the VCBH Department. The CIT Program Staff can be reached at 805-383-4806 for non-emergencies. ❖

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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

**NAMI Ventura County
Contact Information**

Mailing Address: P.O. Box 1613, Camarillo, CA 93011

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

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Kent Kellegrew Legal
Fred Robinson Non-Profits

**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):

_____ General (\$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 and select "Calendar" from the top menu bar. 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 today; get a member discount!

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

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.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 ❖

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, 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 AWRC, 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, 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

ADDRESS SERVICE REQUESTED

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Saturday May 5, 2012
Ventura, California

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

NEW CLASSES STARTING

No charge ▪ Registration required ▪ Pre-register now ▪ Call or email for information
 (805) 641-2426 namiventura@gmail.com

NAMI FAMILY TO FAMILY PROGRAM

The NAMI Family-to-Family Education Program is designed to educate and support family members and friends of people with Major Depression, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Post Traumatic Stress Disorder or other mental illnesses.

CAMARILLO

Class begins: June 21, 2012
 12 Thursdays, 6:00 pm to 8:30 pm

NAMI PROVIDER EDUCATION PROGRAM

The NAMI Provider Program is directed to the learning needs of line staff who work directly with people living with serious mental illness.

15 CEUs offered at no charge to licensed clinicians

THOUSAND OAKS

Class begins: May 21, 2012
 5 Mondays, 3:30 pm to 6:30 pm