



nami

Ventura County

National Alliance on Mental Illness

Newsletter

May/June 2013



9th Annual NAMI WALK Ventura County

Saturday May 4, 2013

Registration/Check-In: 9:00 am

Walk Begins: 10:30 am

VENTURA BEACH PROMENADE
450 E. Harbor Blvd, Ventura, CA 93001
(where California Street meets the ocean)

FREE EVENT

LET'S WALK TOGETHER!

REGISTER TODAY

www.namiwalks.org/VenturaCounty



namiWalks



2013

Changing Minds...One Step at a time!

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

NAMIWalk Ventura County 2013

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

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.

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

www.namiwalks.org/VenturaCounty



Honorary Walk Chairs

Mike Tracy

Mayor, City of Ventura

Ken Corney

Police Chief, City of Ventura



Walk Manager
Jetta Zellner

Family Team Chair
Christine Swinburne

Team Captains Chair
Jennifer Knapp

Sponsorship Chair
John Nielsen

Giving Back To NAMI

by Diane Bustillos

2012 Family Team Chair, from her Walk web page

I am writing you today to tell you about the annual NAMI Walks for the Mind of America, NAMI's signature walkathon event that is being held in Ventura, CA at San Buenaventura Beach Promenade on May 4, 2013. I participate and support this event because NAMI has always been there for me and my family and has made such a huge impact on my life as well as my son's life.

As many of you are aware, my son Anthony has a chemical imbalance of the brain and has developed a chronic brain disorder called schizophrenia. He has been ill for 10 years. This disease has prevented him from literally moving on with his life. He was stricken in college and has, since then, been trying to make sense out of a life that has been turned upside down.

After taking a class called "Family to Family" through NAMI, I decided to take the training and teach the class myself to help other family members in need, since it helped me and my family so much.

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: <http://namiwalks.nami.org/topothemorning2013>

It features a link to my team's page there where you can see who else is walking with me. There is also a link so you can donate, if you wish, directly to me online.

Donating online is fast and secure, and I'll get immediate notification via e-mail of your donation. The goals of the NAMI Walks 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. Thank you in advance for your support. ❖

Spread The Word

by Judy Shure

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

These and others are certainly worthy diseases and causes to send a charitable contribution, but what about

the disease of mental health? Instead what you read or hear about are incidences involving someone with a mental illness committing a crime. What about the positives? Winston Churchill, Albert Einstein and Robin Williams?

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

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

Why I Walk

by Candace Jackson, "LOVE STORIES"

Some of you know, our son Mat developed a brain disorder called Schizoaffective Disorder in his Freshman year in college. We have a great deal of hope and faith that the battle against mental illness will be won. With NAMI's help, it will happen!

I am the team captain for Love Stories which is sponsored by Calvary Community Church in Westlake Village. Last year we raised over \$6,000. The reason I am walking is because I believe very strongly in NAMI and the work they do. I am a Family-to-Family teacher and former vice president of the NAMI Ventura County Board. I see first hand how the information that we teach gives such help and hope to families that have loved ones who are ill with a brain disorder. I also see the relief families experience when they realize that they are no longer alone in their struggles!

To make fundraising and my job as Team Captain easier, I set up a team page and a personal fundraising page on the NAMI website. Once registered, the website provided a letter which I customized with my own story and emailed to friends and family inviting them to join my team or donate to my effort. It automatically includes a direct link back to my team page and walker page making it quick and easy for people to respond. For those without email, I used regular mail, telephone and face to face contact to invite them to participate.

This walk is so important. Get involved. The stronger NAMI gets, the louder our voice becomes. ❖

THANK YOU

To Our NAMIWalk 2013 Sponsors

Bonita Kraft

Amgen

Aurora Vista Del Mar, LLC

John & Denise Nielsen

Ventura County Behavioral Health

Craig & Linda Nielsen ★ Dr. Jeff & Karen Sycamore

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Ventura County Psychological Association



Win An iPad mini

NAMI Ventura County is giving away a brand new iPad Mini! 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 be held on Friday May 3rd at 5:00 pm. Register online today and move your fundraising into high gear!



Here's how you can get 10 chances to win an iPad mini, 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.

And each time you reach out to someone - you are raising awareness as well as funds to help NAMI Ventura County continue to provide its programs of support, education, advocacy, hope and encouragement! ❖

MONTHLY GENERAL MEETINGS

All General Meetings are Free and Open to the Public

NAMI General Meetings are open to anyone interested in learning about issues relating to mental illness. Speakers address a wide range of topics such as: research on schizophrenia and bipolar disorder, new medications, proven rehabilitation approaches, financial planning for families with a disabled member, early diagnosis and intervention, community mental health services, disability benefits, etc.

MAY GENERAL MEETING

Tuesday May 14th, 6:45 pm

Vineyard Community Church

1320 Flynn Road, Camarillo, CA 93012

MOTIVATIONAL INTERVIEWING

Preparing People For Change

with

Cecil Argue

Program Manager, Inmate Services, Ventura County Sheriff's Office

Motivational interviewing (MI) refers to a powerful counseling method for facilitating change. An evidence-based approach, MI helps people to make positive changes in their lives. Though often used in clinical settings, it has a broader application in health care, social care, criminal justice and even family settings.

NAMI's classes on mental illness offer a basic communication workshop. Improve upon that education by learning more about Motivational Interviewing, and how it can help you or your loved one in your move toward recovery.

Cecil Argue has a degree in Sociology and a graduate degree in Education. He has over 23 years of experience working in the Criminal Justice field in the areas of Corrections, Probation, and Substance Abuse. He currently oversees education, vocation, treatment and ReEntry Planning programs available to incarcerated individuals in the Ventura County Jail.

JUNE GENERAL MEETING

Tuesday June 11th, 2013, 6:45 pm

OF TWO MINDS

A feature documentary by Doug Blush and Lisa Klein

Winner of the Audience Award and the Grand Jury Prize at the 2012 Los Angeles Film Festival

Take your best day...and your darkest moment...and multiply by a million. OF TWO MINDS explores the extraordinary lives, struggles and successes of a few of the over five million Americans living with bipolar disorder. Personal stories of harrowing events, medical mazes, discrimination and the effects of social stigma blend together to create a compelling look at a generation coming out of the "bipolar closet". OF TWO MINDS puts an authentic human face on bipolar disorder, providing an intimate, sometimes painful, sometimes painfully funny look at those who live in its shadows...our parents and children, our friends and lovers...and ourselves.

Lisa Klein, Director, OF TWO MINDS, will present the film, and will hold a discussion immediately after, to help us continue the dialogue about bipolar disorder and mental illness. ❖

ASK THE DOCTOR

March General Meeting
by Renee Foote



The General Meeting on March 12th was an extremely educational and lively evening that featured an "Ask the Doctor" session and a short "Meet the Mental Health Board" session. Due to the nature of these interactive sessions, there was a great deal of audience participation.

Jantje Groot, M.D., answered many questions on a variety of topics relating to mental illness. Dr. Groot is a Staff Psychiatrist at Ventura County Behavioral Health and Chief Elect of

Psychiatry at Ventura County Medical Center. He graduated from UC Irvine's School of Medicine, completed his Residency at UC San Francisco, and is ABPN Board Certified in Psychiatry.

Dr. Groot stressed that medications help functioning, symptoms, and balance, but they do not change personality, relationships, or life events. He also emphasized the importance of taking medication every day in order for it to be the most effective.

Often people diagnosed with mental illness are deterred from taking medication due to side effects. It is important for doctors and patients to have open communication. If doctors know which side effects are particularly bothersome to their patients, they can then work with their patients to monitor their symptoms and to find appropriate medications and dosages. Dr. Groot prefers to treat his patients with the fewest amount of medications needed.

Many of the older antipsychotics (such as Haldol, Thorazine, etc.) can cause abnormal movements, ticks, stiffness/rigidity, and symptoms similar to Parkinson's Disease. Newer medications (such as Abilify, Zyprexa, Geodon, etc.) do not have the same side effects, but they can cause weight gain and metabolic issues. Overall, the newer medications have fewer side effects than older medications, but are just as effective in treating the illness.

Psychiatrists used to prescribe medication and provide therapy for their patients. However, behavioral therapy can only be beneficial if the patient is ready for it. Often people with serious mental illness need to be stabilized on medication before therapy can be helpful.

Consumers should have an active role in their treatment plan. It is also important for consumers to have support from family and friends. If family members have not been given permission to speak with the patient's doctor, Dr. Groot recommends sharing helpful information by writing letters or calling to leave messages for the doctor.

At the conclusion of his short presentation, Dr. Groot accepted one-on-one questions and generously spent his time answering each question thoroughly. It is clear that Dr. Groot is passionate about psychiatry and dedicated to his work. His family attended the meeting to show their support.

Ventura County Mental Health Board. Before the session with Dr. Groot, David Holmboe, Chair of the Ventura County Mental Health Board (MHB), spoke about the role of the MHB, which serves as a liaison between the community, the Ventura County Behavioral Health Department, and the Board of Supervisors. The MHB also reviews programs, monitors progress, and evaluates needs for mental health services. Several NAMI members expressed the need for more housing facilities and an emergency outpatient walk-in clinic. Holmboe mentioned that funding and plans have been approved to build a 15-bed Mental Health Rehabilitation Center (MHRC) on the campus of the Camarillo Airport. This will be the only locked facility in Ventura County, allowing clients who need a little extra treatment time to remain in the community and continue to receive family supports. Holmboe encouraged audience members to attend the monthly MHB meetings, held at 1:00 pm on the third Monday of each month and to join one of the MHB committees. For more information, please call (805) 981-1115. ❖

My Schizophrenia Treatment and a Secondary Chemical Imbalance

by Jerry Weaver

I am a 71 year old with a diagnosis of paranoid schizophrenia, and I have dealt with the medical treatment of this disorder for the past 29 years. Treating me with the recommended dosage and higher of first and second generation antipsychotic medications have caused me severe side effects. Even though I have been told that I would be on an antipsychotic for the rest of my life, I am only able to function on a very low dose of these medications due to them blocking dopamine which cause me a variety of muscular problems in addition to the associated weight gain. At present, I am on a low dose of Abilify (see reference #1) which is way below that recommended for my condition. This medication does have some nice design features. Its ability to modulate dopamine and serotonin at specific receptor sites makes it a remarkable improvement from other second generation anti-psychotics, and also, makes it a multi-purpose medication for other mental disorders.

From an article published in 2000 (see first paragraph of reference #2: "There is a growing body of evidence suggesting that alterations in neurotransmitter systems, possibly reflecting defects in early neurodevelopmental processes, may play an important role in the etiology of schizophrenia (36, 78). A current focus of research is on two major brain neurotransmitters, dopamine (DA) and glutamate, both of which may be altered in schizophrenia. Briefly, the dopamine hypothesis attributes hyperdopaminergic function as a possible cause of schizophrenia, whereas the glutamate hypothesis proposes a hypofunctional glutamate system.") There is a clear indication from postmortem studies that there is an excessive dopamine function (primary chemical imbalance) as a possible cause of schizophrenic brains as well as an inadequate functioning of the glutamate system (secondary chemical imbalance). Also, this reference indicates that the essential amino acid, glycine is needed for the amino acid, glutamate, to function properly in the brain. An internet search on the list of atypical antipsychotics found a hit (reference #3) which indicates a glutamate version (see reference #4) and a glycine version (reference #5) will eventually hit the market. For the present there may be a medication available to compensate for glutamate and glycine malfunctioning in the brain. It is beyond my scope to explain how gamma-aminobutyric acid (GABA) and glycine work together (see first paragraph of reference #6: *GABAA RECEPTORS: MOLECULAR HETEROGENEITY UNDERLIES DIVERSITY OF FUNCTION*), but GABA somehow includes both glutamate and glycine components. There are already GABA based medications available called benzodiazepines that may aid in the treatment of schizophrenia.

During the last ten years (1992-2002) of my working career as an aerospace software engineer, I was not taking any antipsychotic medication. I was only taking Klonopin, a benzodiazepine to deal with my condition (see reference #7: "Clonazepam's primary mechanism of action is the modulation of GABA function in the brain, by the benzodiazepine receptor, located on GABA_A receptors, which, in turn, leads to enhanced GABAergic inhibition of neuronal firing. Benzodiazepines do not replace GABA but rather enhance the effect of GABA at the GABA_A receptor by increasing the opening frequency of chloride ion channels which leads to increased inhibitory effects with resultant central nervous system depression."). This medication essentially modulates GABA, and therefore, should consequently modulate glutamate and glycine as well. I am presently on a low dose of Klonopin in conjunction with the Abilify and I believe there is some value using this medication or another benzodiazepine in conjunction with an antipsychotic to create more stability for schizophrenics until the next generation of anti-psychotics become available.

On the internet, I found there has been some research the last decade for using Sarcosine, a glycine product in treating schizophrenia (see reference #8). Although Sarcosine can be obtained through the internet, consult your doctor before attempting to self medicate with this product as the article states.

References:

- 1) <http://en.wikipedia.org/wiki/Aripiprazole#Pharmacology> (Abilify)
- 2) <http://www.acnp.org/g4/GN401000116/Default.htm> (Schizophrenia, Glutamate)
- 3) http://en.wikipedia.org/wiki/Atypical_antipsychotic#List_of_atypical_antipsychotics
- 4) <http://en.wikipedia.org/wiki/Vabicaserin> (Antipsychotic with Glutamate)
- 5) <http://en.wikipedia.org/wiki/Bitopertin> (Antipsychotic with Glycine)
- 6) <http://www.acnp.org/g4/gn401000008/default.htm> (GABA & Glycine)
- 7) <http://en.wikipedia.org/wiki/Clonazepam#Pharmacology> (Klonopin)
- 8) <http://www.livestrong.com/article/486531-sarcosine-schizophrenia/> (Glycine)



April General Meeting

The keynote at April's General Meeting was a presentation of the NAMI program, "In Our Own Voice." IOOV is a powerful tool in NAMI Ventura County's efforts to eliminate harmful stigma that surrounds mental illness. By shattering the stereotypes about people with severe mental illnesses, IOOV gets more people into recovery and treatment earlier and to carry the message to those with undiagnosed or untreated mental illness that they are not alone.

During the meeting we heard from three individuals who have struggles with disorders such as schizophrenia, bipolar disorder, major depression, and other severe mental illnesses. The presenters, Connie Garcia, McKian Nielsen, and Alison Balter, vividly described to the audience their experiences with mental illnesses including schizoaffective disorder, bipolar, and severe depression. They gave the audience an intimate view of how it is to live with these illnesses and of their struggles with addiction, anorexia, self-mutilation, homelessness, and suicide attempts.

In Our Own Voice is presented to various organizations and groups throughout the county, including consumers (who can share, learn, and find hope for successful living), family and friends (who may need further reassurance of the possibility of recovery for their loved ones), health care providers (who desire strengthened communication with their clients and improved outcomes), law enforcement officials (to increase awareness of and sensitivity to behaviors triggered by mental illness), faith communities (to increase responsiveness to people with mental illnesses who may first turn to their spiritual community for guidance, students (of various age levels, who wish to expand their knowledge of living with mental illness, or any community or civic organization who may be interested in learning more about mental illnesses and recovery.

IOOV is presented in five parts or chapters entitled, Dark Days; Acceptance; Treatment; Coping Skills; and Successes, Hopes, and Dreams. During each part a short video is played featuring clients talking about their experiences, after which the presenters share their own experiences and field questions from the audience. The meeting was well attended and the audience was engaged, asking pertinent and thoughtful questions.

During the Dark Days chapter, each presenter shared his or her history of symptoms, diagnoses, and how mental illness affected their lives. Through their stories the audience became more aware of the isolation, despair, and loneliness they have felt as a result of their illnesses. One of the presenters eloquently and

succinctly illustrated how mental illness can be as painful and debilitating as any physical illness when she said she would, "rather have broken bones than depression."

The Acceptance chapter deals with the turning point where the presenters accepted their illnesses and entered treatment. Though the presenters each had very different pasts and shared different stories, they all agreed that, "as a person with mental illness I am a person first." This part of their journeys toward healing had in common an acceptance that their challenges were truly illnesses and therefore not their faults nor the faults of their parents or loved ones. Some shared the effect of how difficult stigma made it to accept their illnesses. One presenter asked herself how she could turn her illness into a strength and told the audience, "the more I accept myself the more others accept me."

The Treatment chapter was the time when the presenters shared their experiences and what they had learned about therapies, medications, and support systems. They touched on the importance of finding the right psychiatrists and therapists, keeping track of and reporting their symptoms, and taking a holistic approach to treatment. They all agreed that, "taking an active role in their own treatment is critical" and how important family support is to their recovery.

During the Coping Skills part they each shared their strategies for meeting life's daily challenges and supporting their recovery. Some of the many helpful activities that were shared included having pets, exercise, getting enough regular sleep, healthy eating, support groups, journaling, meditation, deep breathing, and spending time with positive people.

The last chapter, Successes, Hopes, and Dreams, they shared what they each have accomplished in their lives and how they hoped to grow in the future. Despite the stigma that sometimes surrounds mental illness, they seemed to want from life things that we all want: to have a place of their own, to go to school and earn degrees, and to get married and have families of their own. Even with the challenges they each faced as a result of their illnesses, they shared many successes. One is a successful wife and mother, is the head of a successful computer consulting firm, and the author of 15 books. Another is working, has authored several articles, and is currently studying for her Addictive Studies and Counseling certification. The third presenter is active in NAMI, is a peer counselor, and is also a student.

After the presentation, the audience is invited to take a short survey that is intended to record how their attitudes were changed by the program. The presenters' message was well received by an appreciative audience who left with a greater understanding of the challenges faced by those with mental illness and a renewed sense of hope for recovery. ❖

To schedule a free IN OUR OWN VOICE presentation at your place of work, community group, college, clinic or other organization, call Gerald White at NAMI Ventura County, 805-641-2426.

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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	125 W. Thousand Oaks Bl. 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**

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Program Coordinator: Chris Novak
Program Coordinator: Joan Wiggins
Programs Intern: Gerald White

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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):

_____ 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 is unable 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 other family members are urged to come back so as to help others! Drop in – no need to call ahead!

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

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

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

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

SPOUSE SUPPORT GROUP

For spouses and partners of people living with a mental illness

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

(NOTE - Will not meet on May 4 because of the NAMI Walk)

GRUPO DE APOYO

For Spanish-speaking family members

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

NAMI Ventura County Help Line (805) 500-NAMI

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

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

NAMI CONNECTION

Peer Support Group Meets Twice Monthly

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

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

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

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

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

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

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

See www.dbsalliance.org/conejovalley ❖

OTHER ACTIVITIES FOR CLIENTS

THE WELLNESS CENTER (TWC)

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

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

Oxnard TWC, 2697 Saviers Rd., Oxnard CA 93033

Open Tuesday, Wednesday, Friday, Saturday, 10:00 am to 3:00 pm and Thursday 2:30 pm to 5:30 pm

Ventura TWC, 1065 E. Main St., Ventura, CA 93001

Open Thursday, 3:00 pm to 5:30 pm, Saturday 10:00 am to 4:45 pm

For more information, call (805) 653-5045

TAY TUNNEL

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

TAY Tunnel, 141 W. 5th Street, Suite D, Oxnard, Tel: (805) 240-2538

Open Monday through Friday, 9:00 am to 5:30 pm

WRAP CLASSES & more

VCBH contracts with Recovery Innovations (RI) 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.

The mission of Recovery Innovations 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.

RI offers other class for clients, including:

Wellness and Empowerment in Life and Living (WELL)

Medication for Success . . . and more.

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



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

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National Alliance on Mental Illness

*Saturday May 4, 2013
Ventura, California*

www.namiwalks.org/VenturaCounty

Join us for the Ninth Annual



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

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

REGISTER ONLINE!!!

www.namiwalks.org/VenturaCounty

NEW CLASS STARTING

No charge ▪ Registration required ▪ Call or email for information
(805) 641-2426 info@namiventura.org

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: May 22, 2013
12 Wednesdays, 7:00 pm to 9:30 pm