



nami

Ventura County

National Alliance on Mental Illness

Newsletter

May/June 2014

GENERAL MEETING

NAMI Ventura County holds monthly educational General Meetings, which are free and open to the public, and are held from 6:45 to 9:00 pm, on the second Tuesday of each month.

Tuesday June 10, 2014

6:45 pm to 9:00 pm

Vineyard Community Church
1320 Flynn Road, Camarillo, CA 93012

ASK THE DOCTOR

with

Jantje Groot, M.D.

Dr. Groot will review and bring us up to date on psychotropic medications and the treatment of serious mental illness. Bring your questions on any topic relating to mental illness, and Dr. Groot will be happy to answer them. This informal session promises to be a lively and educational evening – be sure to join us as we welcome this very knowledgeable and dynamic speaker.

Jantje Groot is a Staff Psychiatrist at Ventura County Behavioral Health. He graduated from UC Irvine's School of Medicine, completed his Residency at UC San Francisco, and is ABPN Board Certified in Psychiatry.

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

Training Scheduled for Helpline Friday, June 6, 2014, 10 am to 2 pm

Our Helpline, designed to be a place to call and find local resources and information for people struggling to navigate the mental health system, will have another training seminar on Friday, June 6th from 10am to 2pm, in our Camarillo office.

The Helpline is not an emergency line, but rather a means to offer support and information to family members of people living with mental illness.

The shifts for the Helpline are 4 hours each, from 9 am to 1 pm and 1 pm to 5 pm each weekday. Volunteers 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 NAMI Ventura County program, please contact Joan Wiggins at (805) 641-2426 or joan.wiggins@namiventura.org ❖



NAMIWalk 2014!

by Joan Wiggins

NAMIWalks Ventura County 2014 was an enormous success! The largest Mental Health event in the county, the festivities took place on Saturday, May 3rd at the Ventura Beach Promenade. NAMIWalk Ventura County held its biggest and best walk to date, a fitting celebration for the 10th Annual NAMIWalk in Ventura County.

Dozens of volunteers and hundreds of hours of preparation went into planning this terrific event. Board member Roberta Rodriguez took on the daunting position of Walk Manager, and effectively rallied the NAMI Ventura County staff and volunteers to create a great event.

Each year the number of participants has increased. To account for the record number of walkers the planners were expecting, the start line was moved just a hundred yards down the promenade, to the parking lot next to the Ventura Pier. This was an exciting change, allowing much more room for people to gather to hear inspiring speakers and entertainment, and dance to the beats of DJ Vince Franco.

(contd on page 2)

NAMIWalk (contd)

Arriving at 7 am, volunteers sprang into action, setting up tables and chairs, canopies and booths. When the crowds began pouring in at 9 am, the staging area was ready. Record numbers, an estimated 1300 walkers, came to show their loyal support for NAMI Ventura County and to stomp out the stigma too commonly attached to mental illness. In the hour or so leading up to the walk, teams gathered, visited the many resource tables, and had their team photos taken. Gerry Wilson, who has volunteered as the Team Photographer for all ten years at NAMIWalk Ventura County said of his commitment to volunteer year after year, "I give my time and support to NAMI because I care for our loved ones and they can't help themselves without our support. Our loved ones need to be on medication, and that is my mission."

The program prior to the Walk featured several inspiring speakers, including the Chief Deputy Director of the Ventura County Health Care Agency, Meloney Roy, and Ventura County Supervisor Linda Parks, who both spoke of the importance of NAMI programs and the Walk's role in eliminating stigma. Speaking also was the Family Team Chair, Dan Eggertsen, who spoke eloquently about losing his brother to mental illness. The speakers were followed by the New Direction Veterans Choir, who sang "Stand by Me", and "Under the Boardwalk". The singers were all veterans who experienced homelessness at some point in their lives, some of whom also live with a mental illness. Zumba Instructor Amber Rice followed the Veterans Choir with a great warm-up routine, and then the walkers were off!

Over a thousand people, dressed in their team t-shirts, enjoyed the walk along the Ventura Beach Promenade, arguably the most beautiful NAMIWalk location in the country! The weather was beautiful, and the walkers were in great spirits. When the walkers reached the turn-around station, they were greeted with a cold bottle of water, cheerfully distributed by the Kiwanis sponsored Aktion Club, who also had a team registered.

Returning from the two and a half mile walk, the participants were treated to more music and fun. Many walkers danced to the music, and everyone was excited to check their raffle tickets to see if they won one of the sensational door prizes. An iPad Mini was awarded to one lucky winner, whose name was drawn from the people who raised money online, prior to the Walk. Linda Heckendorf, from Team Recovery Rocks, raised over \$1,300 online in the days and weeks leading up to the Walk.

NAMIWalk Ventura County 2014 was a rip-roaring success! Gathering over 1,300 people to reduce stigma

and show support makes a great impact, and the funds raised will ensure that NAMI Ventura County can continue to offer Support, Education, and Advocacy programs at no cost to the people who need them. ❖



NAMIWalk Ventura County 2014

Walk Manager

Roberta Rodriguez

Sponsorship Chair

John Nielsen

Honorary Chair

Supervisor Linda Parks

Business Chair

Robert Mehrabian

Team Captain Chair

Kebra Stewart

Family Team Chair

Dan Eggertsen

Number of walkers

1,312

Amount raised

\$181,486*

Top Fundraising Team

Top O' The Morning, \$9,360*

Top Individual Fundraiser

McKian Nielsen, \$10,150*

Largest Team

Aurora Vista del Mar, 88 walkers

**Subject to change! Donations toward the Walk will be accepted until July 3rd, 2014.*

March General Meeting

Double Jeopardy

by Mark Neal

The topic of the March General Meeting was entitled, "Double Jeopardy: The Co-Occurring Relationship Between Mental Illness and Substance Abuse," presented by Nancy Swanson, LMFT. In Ms. Swanson's practice she frequently treats dual diagnosis patients and shared that she herself is in recovery from both bipolar disorder and alcoholism.



She is driven to bring understanding of co-occurring disorders and is committed to talking about this important and frequently misunderstood subject until the stigma surrounding them is banished.

The meeting was well attended, which is not surprising in that co-occurring disorders affect so many who face mental illness. Four million adults have both mental illness and substance abuse disorders. Over half of those dealing with substance abuse disorders – 52% of alcoholics and 59% of addicts – also have mental illness. Clearly the treatment of dual diagnosis patients is of major importance to mental health patients and caregivers.

A common question surrounding this issue regards whether in some patients mental illness is caused or aggravated by drug abuse or conversely if drug abuse is a symptom of mental illness. There is no universal and definitive answer to that question though it gives some insight into the challenging task of effectively diagnosing and treating co-occurring disorders. In many ways substance abuse can both mimic and mask mental illness. For example, methamphetamine use can mimic psychosis and mask depression. Substance abuse can also exacerbate symptoms of mental illness, making it very hard for caregivers to adjust medications in appropriate ways. Therefore current theory of treatment of co-occurring substance abuse disorders and mental illness holds that they should not be separated but must be treated together simultaneously.

Ms. Swanson presented a thorough, clear, and easily understood primer covering characteristics of the most common mental illnesses co-occurring with substance abuse.

These fall under the categories of mood, anxiety, and personality disorders. Mood disorders include depression and bipolar. Depression comes in many forms. Major Depressive Disorder is characterized by a combination of symptoms that interferes with a person's ability to work, sleep, eat, study, and enjoy activities that were once pleasurable. Dysthymic Disorder is similar to major depression except that it tends to be longer-term (2+ years) and may not be disabling but can prevent one from functioning normally or feeling well. Clients with Bipolar Disorder experience drastic mood changes from extreme highs to extreme lows. Other forms of depression include Psychotic Depression (accompanied by psychosis), Postpartum Depression (affects new mothers within one month after delivery), and Seasonal Affective Disorder (onset during winter months).

Anxiety disorders also come in many forms. Panic Disorder is characterized by recurring panic attacks and those with Obsessive Compulsive Disorder have anxious thoughts and perform rituals that they can't seem to stop or control. Post Traumatic Stress Disorder is associated with experiencing or witnessing a traumatic or terrible event that is on a much larger scale or more intense than anything that might be part of the normal range of human experience. Generalized Anxiety Disorder is recognized by constant or exaggerated worry and tension about everyday things and Social Anxiety Disorder is marked by disabling or irrational fears of being humiliated or embarrassed in social situations.

Forms of Personality Disorders are numerous and are demonstrated by unusual or eccentric behavior that is dramatic, emotional, erratic, fearful, or anxious. Common Personality Disorders include Paranoid Personality Disorder (suspicious or distrustful of others), Schizotypal (difficulty developing relationships and may experience magical thinking), Antisocial (history of fighting, conning, breaking the law, makes decisions without thinking), Borderline (unable to feel happy with life or others for very long, makes harmful or self-destructive choices), and Obsessive Compulsive (strives to be "perfect to the point of getting lost in the details), and many others

The audience was given an introduction into the neurological aspects of mental illness and the effects of substance abuse on brain chemistry. Mood stability, pleasure, energy, a sense of calmness, and perhaps even feelings of love are all dramatically affected and controlled by brain chemistry, specifically by the transfer of chemicals such as serotonin, dopamine, adrenalin, and oxytocin between special transmitters and receptors in the brain. The degree to which this controls our emotions is so profound that some researchers believe that the primary cause of mental illness is an imbalance in those neurotransmitters. This reinforces the widely held truth that mental illness is a physiological, organic disease, not unlike other physical ailments.

Addiction is also a brain disease in that it affects brain chemistry and, among other effects, depletes the neurotransmitter Dopamine. A challenging aspect of drug addiction is the general perception that taking drugs is a choice and therefore addiction is a consequence of poor

Double Jeopardy (contd)

Whereas initially the action of taking drugs may be a choice, it then becomes a need. People use drugs for multiple reasons, but primarily to feel better, to not feel, or to normalize their feelings. An unintended consequence of drug use is that regular use can damage the brain and imbalance brain chemistry, changing the very way the drug user experiences pleasure. It can be generally stated that all recreational drugs, including marijuana, damage the brain, however brains are resilient and with abstinence a brain can repair itself.

The tendency for a particular individual to become addicted to drugs or alcohol is strongly influenced by many predetermined factors. It is thought that genetics contribute 60% of the reason for drug addiction. Swanson described the relationship in an analogy where the individual's inherited genetic makeup loads the gun of addiction and environment and experience pulls the trigger. Other factors that have been identified to contribute to addiction include early childhood trauma, the age a person is when he or she first uses drugs (the brain is not fully developed until about the age of 25), and a history of mental illness in the addict or their family.

Recovery from addiction is likened to a three-legged stool in that it stands on positive peer support, professional help, and family. What can families do to help? First and foremost, by acknowledging the problem then by seeking information and resources. Know the signs and symptoms of substance abuse, which can include the onset or worsening of money problems, the appearance of new friends, valuables disappearing from the house, drug paraphernalia, long periods of time in the bathroom, and needle marks or dilated or pinpoint pupils.

If you discover that your loved one is using substance, it is a fallacy that we can control the addict or their behaviors. Don't be afraid to set boundaries and get professional help. Don't be afraid to involve other family members in the recovery process and develop realistic expectations. Acknowledge successes but at the same time develop a plan for dealing with psychiatric emergencies and relapse. You're your own enabling behavior and realize that it can be challenging to see which behaviors are enabling. You can differentiate helping from enabling by defining helping as doing for someone what they are truly incapable of doing and enabling is doing anything for someone that they could or should be doing for themselves. Enabling undermines the process of recovery by allowing the addict to avoid the consequences of their behaviors.

Be conscious of the warning signs of relapse which can include stopping medication, isolating, changes in eating and sleeping patterns, sudden changes in psychiatric symptoms, failing to follow-through on treatment plans, and ignoring signs and symptoms of relapse. Manage those setbacks as they come along, get professional help, and try to maintain hope. Recovery from addiction and mental illness may not be easy but it is possible.

The evening's presentation was remarkably engaging and information-packed. It was enthusiastically received and the audience showed their appreciation with a standing ovation. ❖

April General Meeting

Social Skills Training--How to Enhance Communication With Your Loved One

By Leina Ball



Our guest presenter this month was Dr. Lisa Hayden, a psychologist for Veterans Affairs and the Program Director of the Brain Injury Center of Ventura County. She shared her work training VA clinicians in the social skills training (SST) model. Humans are social creatures who thrive on interactions with others and when this is compromised social skills training can be taught! SST is an evidence-based therapy. It examines *what* is said and *how* it is said including *non-verbal communication*. Social competence involves three interrelated functions: receiving skills, processing skills and sending skills. To build these skills an individual must be motivated by personally relevant goals and then have group sessions to learn and practice the skills. Dr. Hayden emphasized the fact that we are all goal directed and must start with what is important to the individual, for example making friends, getting or keeping a job, conflict resolution, etc.

The core basic skills include: listening to others, making requests, expressing positive feelings and expressing unpleasant feelings. Dr. Hayden demonstrated how to use SST to make requests: look at the person, say exactly what you would like the person to do and tell the person how it would make you feel if they did what you requested. For example, "I would really appreciate it if you would...;" or "I would like you to...." As part of this program, Dr. Hayden provides homework to her clients in order to practice the SST skills, then has them report back on how it worked as an essential follow up step supporting growth in this area.

She reminded us that we are all on a continuum of social skills and to find the positive and have fun with practice. She explained that constructive feedback might sound like: Is there *one* thing that would make it *even* better next time? Dr. Hayden explained that SST is not traditional group psychotherapy and learning skills takes time and repetition. The evening concluded with a group display of role-play by brave volunteers! ❖



Don't Miss It!

NAMI California Annual Conference

Friday, August 1st and Saturday August 2nd

Newport Beach Marriott Hotel and Spa

NAMI members, consumers, families, friends, and experts come to Newport Beach for two exciting days of educational workshops, support, and networking.

Keynote Speaker: Mariel Hemingway

In 2003 Mariel wrote a powerful best-selling memoir, *Finding My Balance*, an honest and inspiring story of her life's journey through the lens of her personal yoga and meditation practices. In 2013, the rich and evocative documentary, *Running From Crazy*, premiered at the Sundance Film Festival. Produced by Oprah Winfrey, the film is an examination of the Hemingway family's history of mental illness and suicide, and focuses on Mariel's boundless advocacy for mental health awareness.

Register online at namicalifornia.org/conference



2014 NAMI Convention - Washington DC

Make your plans to attend this life-changing event: September 3-6 at the Marriott Wardman Park Hotel, Washington, DC.

Register today; get a member discount! Special member rates and consumer rates available.

**For more information, see:
www.nami.org/convention**



Taught by trained volunteers, NAMI Ventura County provides an intensive twelve-week program for families to teach them the knowledge and required skills to cope with their loved ones affected by mental illness, facilitate the treatment process, and contribute to the return to health. This program is free for families who have relatives with serious mental illnesses. This program is also taught in Spanish.

The NAMI Family-To-Family Education Program is appropriate for parents, siblings, and significant others of people with severe and persistent mental illness, including schizophrenia, depression, bipolar disorder, post-traumatic stress disorder (PTSD), panic disorder, and obsessive compulsive disorder.

"Nothing has helped me more over a five year period spent searching for information... I have already recommended it to others and have shared what I have learned."

"I have learned multiple strategies and techniques when dealing with my family member and their illness. I have learned how to take care of myself while becoming a better advocate for my son."



The NAMI Provider Education Program on Mental Illness is a 5-week course that is specially designed for staff at public agencies, or for private practitioners, who work directly with people living with severe and persistent mental illnesses. Enrollment is restricted to paid staff or professionals who provide services to clients.

Who Should Enroll: Mental health professionals, case managers, residential care givers, front office staff, R.N.'s, psychologists, homeless outreach workers, vocational rehabilitation and job counselors, club house programmers, psychiatrists, therapists, and all those who serve individuals with serious mental illness.

15 CEUs are offered at no charge to licensed clinicians. Two classes are scheduled for fall, in Ventura and Camarillo.

There is no cost to participate in either program, but pre-registration is required. See page 8 for class schedules. Email info@namiventura.org or call (805) 641-2426 for more information or to register.

Identification Statement

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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) 652-6729
801 Seneca Street, Ventura, CA 93001

**NAMI Ventura County
Contact Information**

Mailing Address: P.O. Box 1613, Camarillo, CA 93011
Office: 5251 Verdugo Way, Suite K, Camarillo, CA 93012

Helpline: (805) 500-NAMI
Phone: (805) 641-2426
Fax: (805) 275-2188
email: info@namiventura.org
website: www.namiventura.org

Staff

Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak
Program Coordinator: Joan Wiggins
Program Coordinator: Diane Bustillos

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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):

_____ Gold (\$100)* _____ Silver (\$50)* _____ General (\$35)* _____ 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 restricted to family members or friends supporting a person with a mental illness. 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 11:00 a.m., the first Saturday of each month at the NAMI office, 5251 Verdugo Way, Suite K, Camarillo, CA 93012.

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.

GRUPO DE APOYO

For Spanish-speaking family members

Oxnard – Meets at 6:30 pm, the 1st and 3rd Tuesdays at The Wellness Center, 2697 Saviers Road, 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 Monday to Friday 9:00 am to 5:00 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
5251 Verdugo Way, Suite K, Camarillo, CA 93012

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 RI at (805) 981-5439. ❖



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

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Check the mailing label for your membership expiration date.
 No date? Please consider signing up to become a member.
 See page 6 for a membership or renewal form.



NEW CLASSES STARTING

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

NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

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

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

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|---|---|--|--|
| <p>MOORPARK From: July 14, 2014 12 Thu, 6:00 pm to 8:30 pm Clinicas del Camino Real 4279 Tierra Rejada Road</p> | <p>VENTURA From: August 28, 2014 12 Thu, 6:30 pm to 9:00 pm Arc of Ventura County 295 S. Arcade Drive</p> | <p>WESTLAKE VILLAGE From: September 4, 2014 12 Thu, 6:00 pm to 8:30 pm Calvary Community Church 5495 Via Rocas</p> | <p>CAMARILLO From: September 17, 2014 12 Wed, 6:30 pm to 9:00 pm NAMI Ventura County 5251 Verdugo Way, Ste K</p> |
|---|---|--|--|

PROVIDER EDUCATION PROGRAM

For all professionals serving individuals with mental illness.
 More information on page 5

Class Begins: September 8, 2014
 5 Mondays, 3:30 pm to 6:30 pm
 Aliso Escrow Inc.
 4522 Market St., **Ventura**, CA 93003

Class Begins: October 9, 2014
 5 Thursdays, 6:30 pm to 6:30 pm
 NAMI Ventura County
 5251 Verdugo Way, Ste. K, Camarillo, CA 93012