



# NAMI Ventura County

Ventura County's Voice on Mental Illness

Newsletter

November 2007



## **SPEAKER'S MEETING**

**7:00 P.M., Tuesday, November 9, 2007**

**"IN OUR OWN VOICE"**

**AND**

**NAMIWALKS FOR THE MIND  
OF AMERICA – 2008!!**



**WALK RALLY!**

St. Columba's Episcopal Church Parish Hall  
1251 Las Posas Road  
Camarillo

## **VCMA AND NAMI PARTNER FOR CASINO NIGHT Ventura County Medical Association Installs New President Ron Thurston, M.D.**

November 9th at the Marriott River Ridge in Oxnard, the Ventura County Medical Association and NAMI will host a casino night, silent auction and installation banquet to honor incoming President, Ron Thurston, M.D. Dr. Thurston chose NAMI as this year's co-recipient of proceeds, along with the VCMA Alliance Health Career Scholarship Fund and NAMI Ventura County.

Festivities will begin at 5:30 p.m. with casino night and a silent auction, capped by the gala installation banquet at 7:30. Dr. Thurston, a VCMA member since 1982, has practiced with the Ventura Psychiatric Medical Group since 1975 and currently sits on the Ventura County Mental Health Board. For ticket information please call the NAMI office at 805-641-2426.

## **"CHOICES IN RECOVERY" SCORES AGAIN WITH DR. MANOJ WAIKAR**

Over 75 NAMI members and friends attended October 9th's "Choices in Recovery" dinner and speaker meeting, sponsored by Janssen Pharmaceuticals. For the second year in a row, Dr. Manoj Waikar again elicited excellent reviews from those in attendance. Dr. Waikar devoted most of the two-hour presentation to questions from the audience. A well-informed NAMI Ventura crowd questioned the doctor about a variety of topics including the value of brain imaging, the pros and cons of long-acting injectable drugs versus oral medications, recovery as a process, the advisability of combining two atypical antipsychotic medications.

Prior to Dr. Waikar's presentation, the five-person PEP (Provider Education Program) team of Sally Narkevic, Kathy Kumme, Kimo Watanabe, Duane Bentzen and Candace Jackson were honored for having completed teaching their their first 10-week course. Guests at the dinner meeting enjoyed a catered meal from Ottavio's in Camarillo, which included a buffet of salad, lasagna, pasta, rolls and sodas. ❖

### INSIDE THIS ISSUE

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## MEET THE BOARD: DEBBIE HURT “Getting Involved”



### *Family to Family*

On a Saturday afternoon in early January 2001, I received a call from John. His wife Nancy was at a NAMI Family to Family teacher training and heard that a new series of these classes was scheduled to begin in Simi Valley the very next day. Nancy knew my

family was struggling and asked John to relay this information to me.

I felt *obligated* to give it a try, but I was definitely not thrilled at the prospect of adding, to my already chaotic life, an additional 4 hour commitment (including the 1.5 hour commute) to each of the next 12 Sunday evenings. Not knowing what to expect, and with some trepidation, I went. There I was warmly greeted by co-teachers Kathleen Payne and Sonna Gray.

The discussions in class were the first opportunity many of us had to speak openly about our experiences without the fear of being judged. We could relate to each others feelings of loss, anger, and grief. Strangely enough we would sometimes even laugh while recounting the worst days of our lives, probably triggered by “utter disbelief in the situation.” The knowledge I gained here strengthened my belief that people, who live with mental illness 24 hours a day, 7 days a week, should be given understanding and support, as well as admiration from their families, friends and the community at large.

I never missed a class during that 12 weeks and hated when it was over. Even after the wonderful experience NAMI provided, *I expertly avoided turning in my Volunteer Information Form on the last night of class. I simply felt that I did not have any time.* My participation in NAMI consisted of attending a few monthly education meetings.

**Then in 2002 I ran into Sonna, my Family to Family teacher.** She asked me to come to the next NAMI board meeting which I did. When I left that 1<sup>st</sup> meeting, I was the new NAMI newsletter editor. All I could think was, “What the heck happened?” I had never used a desktop publishing program and couldn’t imagine what I would even put into a newsletter. Lou Matthews was there to help and encourage me and the newsletter did get done.

About a year and a half later, I saw Sonna at a NAMI meeting and didn’t duck fast enough (just a little joke Sonna). She asked if I would co-teach Family to Family with her. The classes had been such a gift to me that I could not say no even though I was doubtful that I would be a good teacher. I never

felt comfortable speaking in front of a group and I didn’t think I knew enough.

I attended a NAMI teacher training weekend in Oceanside. I met some really kind and generous people and the entire experience was very pleasant and uplifting! The 1<sup>st</sup> classes I taught with Sonna were in Thousand Oaks. Each week I found myself driving to class feeling tired after a day’s work. But to my amazement on the drive home 3+ hours later, I felt energized. My mind would race trying to think of what might help in various situations that had come up during class.

### *NAMI Walk*

In 2003 our then vice president, Susan Vinson, put together a fabulous plan for NAMI Ventura County to hold a Concert & Walk. With no outside prodding, I knew immediately that I wanted to be involved in this event. For years, I had watched people and communities hold walks in highly visible places and raise awareness of and support for many worthy causes. I knew that our cause was just as worthy, so why not us? Unfortunately we were not quite ready to take on a project of this magnitude.

In the meantime NAMI began the “NAMI Walks for the Mind of America” program. It was a pilot program for 2003 and 2004 with 12 walks the first year and 28 walks the second year. With the success of the two year pilot, NAMI went to work on expanding the program to 50 walk sites for 2005. NAMI Ventura County was included in that original expansion and with that we were given a Walk model that had already been tested and found to be successful. Along with the model we also received constant support and consultation from the National Walk Team.

One of the things in my life, of which I am most proud, is serving as the 2005 Walk Manager that 1<sup>st</sup> year. My pride comes from the fact that although the position was far outside of my comfort zone, I did it anyway. I made a decision to do the best that I could and to not worry about anything after that. I had this very strong belief from the start that, given the opportunity, people from this organization and from this community would do whatever it took to make the walk a success. They did and I was very happy!

### *Get Involved*

Getting involved with NAMI is one of the best things I have ever done for myself. It is rewarding and often very exciting. There is so much that can be done to improve the lives of people and families affected by mental illness. Thankfully we are a diverse group and community and we have been blessed with a variety of talents, strengths and passions. We can make a difference.

I am personally inspired by the huge difference that EDUCATION can make in an ill person's quality of life. Education of families, school personnel, criminal justice personnel, church congregations, medical care providers, children, military veterans, mental health consumers, legislative bodies at all levels of government and the entire community will eventually eradicate the stigma which makes this world an even more difficult place for those who are living with mental illness. Acceptance, understanding and support help growth and recovery (the level of which varies widely among people), while criticism and judgment can be extremely demoralizing to people (who are actually trying their best) and lead to relapse and poor recovery prospects.

I would like to encourage you to think about your own priorities. About which issues do you feel most passionate? Get involved. Working on issues that matter deeply to us can bring much fulfillment and doesn't end up feeling so much like work. Change is possible when people get involved.

Sonna Gray and Lou Matthews and many others encouraged me to become more active when I was determined to stay **uninvolved**. I am grateful to them. If you need somebody to encourage you to get started, I volunteer. One fun way to start and to also meet people with similar priorities as your own is to get involved in this year's walk.

Our goals for the May 2008 walk are to have a minimum of 1000 participants on walk day and raise \$100,000. If we work TOGETHER those should be very attainable goals. ❖

### **GETTING INVOLVED – WALK 2008 NAMI VENTURA CELEBRATES 25 YEARS!**

Now that you've been inspired by Debbie's story of how she became involved in Family to Family and the NAMI Walk, why not follow her example. Contact Debbie if you'd like to be a part of this year's walk planning committee. Let her know if there is something specific that you would like to do. Do you have special skills or talents? Do you have access to certain materials or services (i.e. for printing materials)? Is there a person or persons that you would like to work with as a group? Is there a specific date or time that you would be available to do whatever tasks need to be done? There will be a list of volunteer jobs and "in kind contributions needed" available in the coming weeks. How about contacting Debbie now? E-mail [vtanami@aol.com](mailto:vtanami@aol.com) or call 805-660-1755.

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**FACT:** In this country, walkathons, triathlons & bike rides, raise \$1.2 billion. Of this amount \$400-\$450 million is raised by cancer organizations. The NAMIWalks began the 1<sup>st</sup> year in 2003 by raising \$1 million and that increased to \$7 million in 2007. Over the next decade the goal is to increase NAMI's share of that pie to \$100 million.

**FACT:** NAMIWalks is not a fundraising event for the National organization. There objective is to build the NAMI organization up from the grassroots. Over 90% of all funds raised at our local walk stays with our local affiliate. The money that goes to the National organization is all invested back into the program including the materials, services, and insurance provided to each walk site. ❖

### **JUDGE TARA REILLY CAPS CONVENTION WITH JAIL ALTERNATIVE AND DEMAND FOR HOUSING**

Judge Tara Reilly of the Superior Court of California, San Bernardino County and San Bernardino Mental Health Court talked tough at the NAMI California Convention, demanding more housing for those with mental illness processed through the Mental Health Court.

In San Bernardino County there are three drug courts, one homeless court, one mental health court, and one juvenile mental health court. Currently Judge Reilly has 9,500 on her caseload. The Mental Health Court, originally staffed by Judge Pat Morris (current mayor of San Bernardino) has existed since 1998. Those assigned to the treatment court have no other assignments. The referral to the Mental Health Court can originate from a variety of those involved including the judge, district attorney, public defender or probation agency, with all in agreement that for those suffering from mental illness and eligible for the program, "state prison is not appropriate". Not eligible for the Court are commissions of felony sex crimes, and those with a history of serious and violent crimes. In most cases, those involved look at the facts of the case, not the charges.

Participants in the Mental Health Court are required to have a psychological assessment and must have a severe and persistent mental illness. Participants must be open to taking medications and have medical clearance (a TB test and base physical). San Bernardino offers a residential housing program called STAR or Supervised Treatment After Release. This is a transitional housing program in which residents can stay from 18 to 24 months. For the first year of the program residents must participate in four hours a day, five days a week combination of 12-step programs, therapy and groups. Judge Reilly lamented that the program is severely limited both by the lack of transitional housing, and the lack of permanent housing once residents graduate from the transitional housing program. ❖

## **BEA THOMPSON FOUNDATION AWARDS NAMI FOR 'IN OUR OWN VOICE'**

On October 5, 2007, at the OneSpirit Harvest of Abundance banquet held in the ballroom of the Grande Vista Hotel in Simi Valley, Dr. Dennis Merritt Jones presented NAMI Ventura County a check for \$4,600, honoring NAMI Ventura County as the recipient of the 2007 Bea Thompson Foundation grant. The funds will be used to start up NAMI's national program - In Our Own Voice – in Ventura County.



"Lisa Marie Cameron, Margaret Yun, Sonna Gray and Kathy Kumme after NAMI is presented \$4,600 check from Dr. Dennis Merritt Jones on behalf of the Bea Thompson Foundation."

In his presentation speech, Dr. Jones listed several past recipients of the award, including the Samaritan Center and Interface Children and Family Services. Lisa Marie Cameron, who nominated NAMI Ventura County for this year's award, was acknowledged, along with NAMI Honorary Board Member and Provider Education Program teacher Sonna Gray, and Provider Education Program teacher Kathy Kumme.

The award honors a generous benefactor to the OneSpirit Center for Conscious Living, Bea Thompson, and can be awarded for any activity from any field of endeavor that serves the betterment of humankind, whether in the area of education, health, social programs or any other program. NAMI plans to initiate training for the In Our Own Voice program as soon as possible. In Our Own Voice (IOOV) is a unique public education program in which two trained peer speakers share compelling personal stories about living with mental illness and achieving recovery. Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. The goals of IOOV are to meet the need for consumer-run initiatives, to set a standard of quality education about mental illness from those who have been there, to offer genuine work opportunities and to focus on recovery and the message of hope.

IOOV presentations are given to students, educators, providers, faith community members, professionals, inmates and interested civic groups. All presentations are offered free of charge. Groups or organizations interested in seeing a presentation may contact NAMI Ventura County at (805) 641-2426. ❖

## **GERALD (NOT JERRY!) MCGUIRE, M.D. EXPLAINS VAGAL NERVE STIMULATION THERAPY**

In a presentation titled "Advancement in the Treatment of Schizophrenia and Resistant Depression", Dr. McGuire cited statistics that 18 million people in the United States suffer from a major depressive disorder, with 340 million suffering world-wide. Two-thirds of those who suffer are female. Of disabling illnesses such as chronic obstructive pulmonary disorder (emphysema) and heart disease, depression is the fourth most disabling illness world-wide. 25-40% of those who experience depression will experience a recurrence within two years of the initial episode; 60% will experience a recurrence after five years.

The process of vagal nerve stimulation therapy is similar to the insertion of a pacemaker – both are implanted and rely on electronic impulses. As is the case with many pharmaceuticals that are used for both epilepsy and bipolar disorder and depression, vagal nerve stimulation therapy may be used for both illnesses and is an adjunct to medication. The device is the size of a quarter and is implanted in the chest wall with a wire attached to the nerve in the neck which stimulates a certain region of the brain. After eight weeks of treatment, there was a 17-20% response in severely depressed individuals who for whom ECT had been ineffectual. Of the 20% who responded, 15% remained in remission. ❖

## **LORI ASHCRAFT – "Dream If You Dare" Plenary Speaker at NAMI California Convention**

Lori Ashcraft, Executive Director of the Recovery Opportunity Center, and co-founder of Recovery Innovations (formerly META Services) in Phoenix, Arizona, addressed a crowded ballroom at the NAMI California Convention on Saturday, September 29, as she told first her personal story of self-awareness and recovery, and then how she used her experiences to begin helping others through the WRAP (Wellness Recovery Action Plan) program and Recovery Innovations.

For Ashcraft, life was about living with discomfort, pretending everything was okay, learning how to "fit in" until her mid-30's when she was given five different diagnoses before a correct diagnosis and medications were prescribed. At the time she was working with a group of clients with mental health issues and, she

stated, "They were pretending to be completely disabled and I was pretending to be completely well – and there was a cognitive dissonance there with all of us." She continued "They couldn't bring their strengths to the table and I was being placed where I was, and the real part of me (all of us) wasn't coming forward." Dr. Ashcraft talked about working on recovery "feeling I am a big person with a little illness, not a big illness that's overwhelmed me and made me this little person....anybody can get it – anybody can recover." She advocated for professionals to speak out about recovery and against the status quo. Her power point presentation lingered on a slide, "Recovery Practices for Transforming Organizations". She explained, "We are the heartbeat of the organization – each of us is where transformation happens. Change is based on the past. Transformation is based on what we want and going for it. It's who we are becoming."

The Recovery Education Center is, as its name states, education-based. The goal is to offer classes where peers can shift their identities, and say of themselves, "I'm not a patient – I'm a student" or "I'm not a patient – I'm employed." The Center has a crisis alternative called "The Living Room" where someone in crisis can choose to be a guest in the Living Room which is staffed by an R.N. and Peer Specialists. The Living Room is staffed 24 hours a day, 7 days a week. Peer Specialist training is a 70-hour training that focuses on recovery, conflict resolution, telling stories, community action and parent partnering. ❖

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CORRECTION: The article in the October newsletter about Kathleen Payne should show that she completed her teacher training course in 1996 and taught Family to Family classes from that time to the time that she moved in 2001.

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### **"FROM DREAM TO REALITY" AN OVERVIEW OF CONVENTION 2007**

The NAMI California convention was brimming with anticipation, as the seeds of transformation are being planted across the state. With the realization of Proposition 63 funds, Community Services and Supports are becoming a reality in many counties. With MHSA funds NAMI California has representation on the Oversight and Accountability Commission in the person of staff member Dede Ranahan, who also coordinates NAMI California member MHSA projects. NAMI California is bringing two new programs into California in 2008, Hand to Hand and Young Families Educational program.

The convention began for some NAMI members with the affiliate leaders meeting on Thursday. This 10 a.m. to 6 p.m. meeting was loaded with information ranging

from the Mental Health Services Act, to the Three Tiers of NAMI (National, State and local), to an update of the PLAN status. One of the most exciting presentations was on the emerging necessity of Family Advocates. Three dynamic family advocates described the organizational structure of their family advocacy programs, their roles as advocate/spokesperson for families and their participation in MHSA programs.

From 7 to 9 p.m. a variety of special interest groups met including a Family to Family forum, a California Education Interest Group, and a NAMI California Criminal Justice Interest group.

Friday's activities began with a welcome by NAMI California President Ralph Nelson, Jr., M.D. He welcomed Dr. Anand Pandya, President of NAMI National. Dr. Pandya has joined the staff at Cedars-Sinai and has recently re-located to Los Angeles. The keynote address was presented by Brian Wetzel whose topic was "That Voice in the Wilderness is Laughing". Wetzel's one-man show has been featured at Cal State Channel Islands, and seen by several NAMI Ventura County members. The day progressed with Dr. James Knowles speaking on "Genetic Factors that Predispose individuals to Psychiatric Illness" and Dr. Vivien Burt speaking on "Mood Disorders in Women: Focus on Reproductive Life Transitions".

Ask the Doctor Workshops were given by Dr. Jody Rawles (Bipolar), Dr. Charles Nguyen (Schizophrenia), Dr. Vivien K. Burt (Mood Disorders in Women), Dr. Rimal Bera (Optimizing Outcomes in Mental Disorders), and Dr. James Knowles (Genetics).

Afternoon workshops focused on a variety of topics including Ventura County's Dr. Linda Gertson who spoke on "Implementation of Integrated Dual Diagnosis Treatment". Dr. Gertson spoke to a rapt audience about the award-winning program that she spearheads in our County. Dr. Gertson credited Behavioral Health Department administration and her team for much of the program's success.

Saturday's plenary speakers were Dr. Lori Ashcraft (see newsletter article) and Dr. Gerald McGuire (see newsletter article). The Awards Luncheon featured the Don and Peggy Richardson Memorial Award to Donna Pollard, the Consumer of the Year Award to Nancy Carter, and the Outstanding Clergy Award to Rev. Margaret England. Saturday's afternoon workshops were diverse and engaging. NAMI Ventura County had offered a \$100 rebate to those registered for the entire convention. Attendees from Ventura County included Candace Jackson (NAMI State Board), Gail and Calvin Beeker, Margaret Yun, Dorothy Brock (winner of the NAMI-sponsored essay contest), and Lynn and Lou Gates.

**MEMBER ALERT!! MEMBER ALERT!! MEMBER ALERT!!**

The annual renewal time for memberships is almost here. Memberships are renewed annually in December, so remember to renew on-line or send your membership to: NAMI Ventura County, Post Office Box 25510, Ventura, California 93002. Your membership helps support our Care and Share Programs, Family to Family classes, Provider Education Program classes, Court Education Program, and In Our Own Voice. Please note on your check whether the membership is new or renewed.

**MEMORIAL DONATIONS**

*In Memory of  
Kenneth Daniel Maher*

Judith Brown  
Lorin and Barbara Blewett  
Karen Moran

**VENTURA COUNTY RECOGNIZES  
MENTAL ILLNESS AWARENESS WEEK  
BIPOLAR DISORDER AWARENESS DAY**

A crowd of NAMI representatives were on-hand to receive a proclamation from Ventura County Board of Supervisors Chair Linda Parks at the Board of Supervisors meeting on October 9, 2007. Recognizing NAMI Ventura County's efforts on behalf of those affected by serious mental illnesses, Supervisor Parks presented a resolution proclaiming October 7-13, 2007 as Mental Illness Awareness Week. The resolution was signed by supervisors representing the five districts in Ventura County, Supervisor Kathy Long, Supervisor John Flynn, Supervisor Peter Foy and Supervisor Steve Bennett. Joining NAMI members at the proclamation ceremony was Acting Director of the Behavioral Health Department, Meloney Roy.

Established in 1990 by Congress, the first week of

October is designated as "Mental Illness Awareness Week" (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. "Bipolar Disorder Awareness Day" (BDAD) is held each year on the Thursday of MIAW to encourage further understanding and promote early intervention and treatment for this mental illness.

MIAW and BDAD are NAMI's premiere public awareness and public education campaigns that link the organization nationally to the organizations' over 1100 local affiliate across the country.



"NAMI members and friends join Supervisor Linda Parks at the Board of Supervisors meeting to proclaim Mental Illness Awareness Week."

Over the past 18 years MIAW has become a tradition in NAMI. It presents an opportunity for all three levels of NAMI- national, state and local – to work together in communities across the country in meeting the NAMI's mission through a variety of outreach, educational and advocacy efforts. ❖

**ATTENTION RALPHS SHOPPERS!  
RE-REGISTER YOUR RALPH'S CARD  
FOR YOUR HOLIDAY SHOPPING**

All Ralph's cards registered before August 2007 must be re-registered. For those new to this program, just by registering your Ralph's Club Card, NAMI can earn up to 4% of your purchase each month.

Just go online at [www.ralphs.com](http://www.ralphs.com), click on community programs, then click on participant and follow the simple instructions to register your Ralph's Club Card. The NAMI NPO # is 81209. Be sure to have your Ralph's Club Card handy so you can enter its number into the online system.

For each card's monthly purchase up to \$200, NAMI receives 1%; \$200.01 to \$350, we receive 2%, \$350.01 to \$500, we receive 3% and over \$500 NAMI receives 4%. ❖



# HOLIDAY PARTY!!

FOR ALL PEERS, BOARD AND CARE STAFF, VCBH STAFF  
WITH A SPECIAL INVITATION TO FAMILIES OF PEERS

**YOU ARE INVITED!!**

**PLEASE JOIN US FOR THE 2007 HOLIDAY PARTY**

DATE: TO BE ANNOUNCED (EARLY DECEMBER)

LOCATION: ARC, 2700 BUCKAROO AVENUE, OXNARD

LOOK FOR A "HOLIDAY PARTY" FLYER  
IN THE MAIL IN NOVEMBER  
WITH ALL THE DETAILS

SPONSORED BY NAMI VENTURA COUNTY AND  
VENTURA COUNTY BEHAVIORAL HEALTH DEPARTMENT

FOR YOUR CONVENIENCE AN ENVELOPE IS INCLUDED  
IN THIS NEWSLETTER FOR CONTRIBUTIONS  
TO THE HOLIDAY PARTY

## JUST IN TIME FOR THE HOLIDAYS!!

Register your Von's, Pavilion's, Macy's, American Express and Visa card with E-Scrip and NAMI-Ventura County will benefit.

Just go to [www.escrip.com](http://www.escrip.com), enter the N.A.M.I. group number: **5564290** and follow the simple steps to register your grocery cards, credit/debit cards, and store purchase cards.

Here's how it works:

1. You register any one or all of your existing grocery, debit and credit cards for use in the program.
2. Participating merchants will make contributions to your chosen group, based on purchases made by you, just by using the cards you have registered.
3. Your purchases are tracked and available to you online, allowing you to see just how much you are earning on our behalf.



Brian Wetzel presents the keynote address, "That Voice in the Wilderness is Laughing," based on his one-man show "Side by Side: A Journey with Depression – a funny look at survival."



A crowd gathers around the NARSAD exhibit table outside the grand ballroom of the Irvine Marriott.



The Rev. Dr. James Stout member of NAMI, DBSA, et al presents a workshop entitled "Moving through Losses to Find Your Meaningful Purpose." Dr. Stout suggests techniques and strategies from the standpoint of "a successful,

# NAMI CALIFORNIA ANNUAL CONFERENCE 2007

"From Dream to Reality"



A workshop participant in the Drawing Out the Vision: An Expressive Drawing Workshop describes her drawings.



Judy Adams, artist and member of NAMI Orange County and DBSA, co-taught the Drawing Out the Vision workshop, where participants were encouraged to get in touch with their creativity.



Jonee Shady, NAMI California Family to Family Program Assistant, is also President of NAMI Glendale and co-taught the Care and Share facilitator training sponsored by NAMI Ventura County in July.

## NAMI CALIFORNIA ANNUAL CONFERENCE 2007 ATTENDEES



Lynn Cathy, NAMI California Family to Family Program Director, at the NAMI California exhibit table. Many of the Ventura County Convention attendees met Lynn at the Care and Share facilitator trainin in July.



Ventura County Convention attendees gather for a group photo, from left: Gail Beeker, Candace Jackson, Dorothy Brock (seated), Calvin Beeker, Lou Gates, Lynn Gates, Margaret Yun.

## SUPPORT GROUPS FOR PEERS

*Please note – These groups are for peers. Family member support groups are listed separately.*

### Depression/Bipolar Support Groups:

**Ventura:** DBSA Support Group meets every Tuesday, 6:30 p.m. to 8:00 p.m., Bible Fellowship Church, 6950 Ralston Street (& Johnson Drive), Building 300, Room 301, Ventura. For more information, call (805) 201-0619. See: <http://health.groups.yahoo.com/group/DBSAVentura/>.

**Ventura:** DBSA Support Group meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday, 2 p.m.- 4 p.m. At the Adult Wellness and Recovery Center, 56 E. Main Street (at Ventura Avenue in Ventura). For directions and information, call (805) 671-5038

**Oak Park:** The Conejo Valley DBSA Depression Support Groups meets every Monday from 6:30 to 8:00 p.m. at Church of the Epiphany, 5450 Churchwood Drive (Churchwood & Kanan), Oak Park. Watch for sign “CVDSG”. Info: Vincent F. Caimano, Ph.D., (818) 707-9799 home, (818) 292-8551 office.

**Adult Wellness and Recovery Center:** Open 10 a.m. – 6 p.m., Tuesday through Saturday, 56 E. Main Street, call (805) 653-5308

**MORE SUPPORT GROUPS ARE FORMING.  
WATCH HERE FOR LISTINGS.**

## SUPPORT GROUPS FOR FAMILY MEMBERS

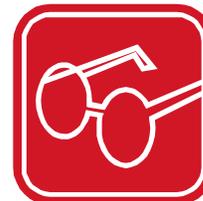
*Please note –These groups are for family members. Consumer/client support groups are listed separately.*

**NAMI in Camarillo** – Meets at 5:30 p.m. the second Tuesday of each month at St. Columba’s Episcopal Church, 1251 Las Posas Rd., Camarillo. The meeting is prior to the General Meeting. Info: (805)641-2426.

**NAMI in Thousand Oaks** – Meets at 7:00 p.m. the 3<sup>rd</sup> Monday of each month at 72 Moody Court in Thousand Oaks (Mental Health Adult Services Center). Info: (805)641-2426.

**NAMI in Ventura** – Meets at 6:30 p.m., the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month at College United Methodist Church, 4300 Telegraph Road, Ventura. Info: (805)641-2426.

**MORE SUPPORT GROUPS ARE FORMING.  
WATCH HERE FOR LISTINGS.**



## Ventura County Behavioral Health Outpatient Service Sites

If you live in: Ojai or Ventura (excluding Zip code 93004)	Contact: Ventura Outpatient Clinic 300 Hillmont Avenue Ventura, CA 93003	The Officer of the Day 652-6768
If you live in: Santa Paula, Fillmore, Piru or Ventura 93004 only	Contact: Santa Paula Outpatient Clinic 333 W. Harvard Blvd. Santa Paula, CA 93060	The Officer of the Day 933-4868
If you live in: Oxnard, Port Hueneme Or El Rio	Contact: Oxnard Outpatient Clinic 1911 Williams Dr., Ste 110 Oxnard, CA 93036	The Officer of the Day 981-4200
If you live in: Camarillo, Thousand Oaks, And Ventura County areas Of Agoura, Westlake, Bell Canyon	Contact: Conejo Outpatient Clinic 72 Moody Court Thousand Oaks, CA 91360	The Officer of the Day 777-3500
If you live in: Simi Valley or Moorpark	Contact Simi Valley Outpatient Clinic 3150 Los Angeles Avenue Simi Valley, CA 93065	The Officer of the Day 577-0830





SAVE THE DATE!!



NOVEMBER 9, 2007

5:30 - 9:00 P.M

NAMI VENTURA COUNTY

&

VENTURA COUNTY MEDICAL ASSOCIATION  
INSTALLATION DINNER, CASINO NIGHT AND SILENT  
AUCTION



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

ADDRESS SERVICE REQUESTED

NAMI Ventura County  
P.O. Box 25510  
Ventura, CA 93002-5510

