



nami

Ventura County

National Alliance on Mental Illness

Newsletter

November/December 2010

GENERAL MEETING

Tuesday November 9, 2010, 7:00 pm

Open to the Public ■ All are Invited

INTEGRATED DUAL DIAGNOSIS TREATMENT

with

Linda Gertson, Ph.D.

The terms "dual diagnosis" and "co-occurring disorders" are used to describe the condition of a person diagnosed with a mental illness and a substance abuse problem.

How does substance abuse affect the brain?

How do drugs and alcohol interact with mental illnesses and how does this affect treatment?

Does addiction meet the criteria of a "disease"?

What are the principles of successful treatment?

What is the current evolution of evidence based programs?

What treatments are available in Ventura County for such "interactive disorders"?

Dr. Linda Gertson is a Clinical Psychologist and is currently VCBH Behavioral Health Manager over the Integrated Dual Diagnosis Treatment Program (IDDT), the Older Adult program and implementation of evidence-based treatment tracks.

**St. Columba's Episcopal Church
1251 Las Posas Road, Camarillo**

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

Author Challenges Everything We Believe About Mental Conditions

Tom Wootton: Bipolar In order

by Renee Foote

The General Meeting in September featured Tom Wootton, author of *Bipolar In Order* and President of Bipolar Advantage, a consumer run organization of mental health professionals and others in support of those with mental conditions and their family and friends. The Mission of Bipolar Advantage is to help people with mental conditions shift their thinking and behavior so that they can lead extraordinary lives.



A large crowd of 150 people attended this NAMI meeting in Camarillo. Wootton told the audience how he used his own bipolar experience and knowledge of accelerative learning systems to develop new concepts in helping people with bipolar, depression and other conditions. The goal, he said, is to get "from Bipolar Disorder to Bipolar In Order."

Traditionally, there are three phases of Bipolar Disorder: Crisis Phase, Managed Phase and Recovery Phase. In the Crisis Phase, the brain gets overwhelmed by information and stimuli, and is outside of its comfort zone, which leads to a diagnosis. In the Managed Phase, the brain isn't as overloaded due to medication, but it is still outside of its comfort zone. In the Recovery Phase, the person is never too high or low because the brain is comfortable and medicated. However, Wootton believes that complete remission is unrealistic and equals boredom.

In *Bipolar In Order*, the three phases are Freedom, Stability and Self Mastery. In the Freedom Phase, the person steps out of his/her comfort zone and brings himself or herself back into the zone. Then comes Stability, where the person learns to not overreact to outside stimuli. Wootton believes in an integrated approach to Self Mastery (physical, mental, emotional and spiritual). In order to succeed in Self Mastery, the assessment process needs to be changed; and the person needs to develop a life plan, which will help determine the treatment. Treatment should be individualized and integrated (therapy, medication, exercise, etc.).

Wootton stressed the importance of separating one's feelings and reactions in order to change one's harmful response into a

(contd on page 2)

COMING IN DECEMBER

(No General Meeting in December)



NAMI

Holiday Party 2010

Tuesday December 14th

5:00 PM to 9:00 PM

Elks Lodge, 801 South A Street, Oxnard

For all clients, families, staff from residential care facilities, board and care homes, VCBH

See page 4 for more information

Wootton (Contd)

positive or helpful response. For example, a typical bipolar person experiences racing thoughts and reacts by being unusually irritable. In the *Bipolar In Order* technique, the reaction to racing thoughts is brainstorming. Another example is when a person has grandiose notions; instead of using poor judgment; the person can get feedback from others.

Wootton has been able to manage/overcome his bipolar disorder by using his tools differently and turning his condition into *Bipolar In Order*. ❖

NAMI Presents Tom Wootton at VCBH

The staff at Ventura County Behavioral Health were invited to a NAMI "Brown Bag Seminar" on Thursday September 9th. Tom Wootton presented a slightly shortened version of his "Bipolar In Order" talk, which was much appreciated. Clinicians who registered were awarded a certificate for one hour of continuing education.



This was the second brown bag seminar that NAMI Ventura County has presented at VCBH. Once again the room was filled to capacity and there was standing room only in the new Training Room. ❖

Getting Comfortable With Bipolar

by Tom Wootton

One of my earliest memories is of learning to ride a bike. I remember the fear, exhilaration, and hyper-awareness, along with the tension in my body and how my breath became both more rapid and shorter. I was outside of my comfort zone and challenging myself to grow. It was also a blast!

My father had a wisdom common with most dads. He didn't push me down a steep hill and hope I survived; he ran along next to me making sure I was not too far outside of my comfort zone as to be incapable of handling it. He taught me one of the most important lessons that day about what it is to be human. We need to challenge ourselves to grow, while at the same time making sure we don't go too far outside of our comfort zone.

The thrill of learning something new and challenging myself to grow has been a constant companion ever since my first bike ride. On too many occasions, I took on challenges far outside of my comfort zone and was either debilitated by the fear and lack of skills, or took risks that caused more harm than the potential reward from succeeding.

I learned an even more important lesson when I was 28 years old. I ran

a retirement home and learned that the ones who stopped challenging themselves were the ones who died the earliest. Those who continued to step outside their comfort zone were the ones who thrived. I was fortunate to see first hand that growth is what keeps us alive.

Humanity is defined by our need to learn and grow and our wisdom to make the right decisions about how far to go in challenging our limits. It is also defined by continuing to face challenges until our last breath. To succeed at being human, we need to balance our need to step outside of our comfort zone with staying close enough to survive.

Most of us have had a similar experience in learning to ride a bike or in learning something new for the first time. We had someone who cared about us helping us to be safe while encouraging us to take a risk. We were outside of our comfort zone and experiencing fear, exhilaration, tension, and the other feelings that come with facing a challenge.

Our fathers could not imagine us riding our bikes on a cyclocross course on the same day as our first ride. They hope that we will develop skills and practice them on safer ground before embarking on such foolish ventures. But, our judgment is not well developed and we don't yet understand the risks involved when making decisions.

Most of us have gone too far and found ourselves at a point beyond our ability, many of us more times than we can count. We have taken risks that were too dangerous for our current skills and have pushed the limits of safety. While we often get away with such behaviors, we sometimes pay the price for getting too far outside of our comfort zone.

Sometimes, when we get way outside of our comfort zone, we need intervention to heal the injuries that we cause. Depending on how dangerous the behavior and the extent of the injuries, that intervention can be major. We can end up in the hospital or worse. Some behaviors can even end in our death and injury or death for those around us.

One way to understand the power of the idea is to break it into four zones: way outside, not so far out, a little out, and finally, inside of our comfort zone. This model helps us to see the relationship between how far outside the comfort zone we can go and what the risk of intervention is at each level. We can use this model to help us to understand the importance of managing the distance we go from the comfort zone before choosing an intervention.

We are in great danger when we find ourselves way outside of the comfort zone. The likelihood of needing major intervention is very high. For our safety, and for the safety of others, we should avoid this danger zone at all costs.

If we learn to become more aware of our comfort zone and our relation to it, we can begin to catch ourselves before we get so far outside of it. While still in need of intervention, we can avoid the greatest risks and the consequent major intervention necessary to repair our injuries. While definitely preferable to being way outside of our comfort zone, this "not so far out" zone is still in the danger zone and should be avoided.

The sweet spot is when we are just a little outside of our comfort zone. When we become keenly aware of the line that separates our comfort zone from the growth zone, we can learn to go a little out and then back in again. As we practice crossing the line in both directions, we grow in both understanding and skills. We may not want to live on the edge all of the time, but need to cross the line at least some of the time to grow. Finding the sweet spot is finding our humanity.

The current mainstream belief about depression, mania, hallucinations, and delusion is that the more intense it is, the further outside of our comfort zone it takes us. This makes perfect sense and is proven by

(contd on p.5)

Save Proposition 63 Danger! Be Alert! Your Help Will Be Needed After Election

by Lou Matthews

With the state facing a \$26.3 billion shortfall, it's a sure bet that the newly elected Governor will be scrutinizing mental health funds with an eye for making cuts. Proposition 63 Funds* have been a target in the past and will surely become another target in the immediate future. Realignment Funds** have been reduced by the bad economy, but the county has been able to save core programs by redesigning them to qualify for Proposition 63 funding. This has been a "God Send", and without Prop. 63 funding, draconian cuts to main programs would have been inevitable.

It is imperative that we fight to keep Proposition 63 funding. To do this we must counter the critics who claim Proposition 63 has not worked to change the system of care as the Act and many of its advocates had hoped. There may be some truth to this, but the claim must not be used to revoke Proposition 63 funding. Such a move will inevitably increase human suffering and shift costs to greater acute hospitalization, the courts and jails.

Much of the criticism is due to major impediments to implementing the Act. The State DMH has encumbered the Act with so many program requirements, rules and regulations that it has produced a bureaucratic nightmare for counties. The rules have sometimes been changed, often in the midst of implementation, creating confusion, start-up delays and extra costs. And the program requirements have not accounted for the differences in counties, and gaps in services which differ from county-to-county and which are critical to providing a continuum of care.

The need to save Proposition 63 cannot be over-emphasized, along with the need to free it from so much bureaucracy. Be alert and ready to act. **We Will Keep You Posted!**

* *Proposition 63, Mental Health Services Act (MHSA): An extra 1% California state income tax on individuals earning above one million dollars.*

***Realignment Funds: This is the major source of mental health funding and comes mainly from sales taxes. The weak economy has significantly reduced these funds.* ❖

Suzanne Zimmerman leaving VCBH

The manager for Adult Residential Services and several other programs at Ventura County Behavioral Health is moving away from Ventura County in early November. NAMI wishes Suzanne all the best in her endeavors. Following is a message from Ms. Zimmerman:

I want to thank the members of NAMI for all of their assistance, compassion, and fortitude in helping bring quality services to our loved ones that have a mental illness. I have enjoyed our partnership over the past 29 years that I have worked for Ventura County Behavioral Health. I know you will continue to excel in this journey. I wish all of you the very best. May our paths cross again.

- Suzanne Zimmerman ❖

Hillmont Psychiatric Center Invites NAMI volunteers!

In partnership with the Hillmont Psychiatric Center (HPC), we are excited to launch a new program called "Friends In The Lobby" that we anticipate will be a great benefit to clients, their families, and staff at the hospital. The primary purpose of this MHSA-funded program is to provide assistance, support, and resources to family members during their time of crisis. Beginning in November, NAMI volunteers will be present at HPC during visiting hours three days a week at a table inside the lobby, which will remain accessible during that time.

Visitors are often families in crisis, not familiar with HPC and its policies, and the experience can be confusing. They must wait outside a locked door after business hours, and use a special phone to dial the nursing station for assistance. If the visiting room is at capacity, friends and family must wait outside for what may be (or seem like) an extended period. For those who are unfamiliar with the hospital or mental illness in general, a visit to HPC can be daunting. They are already under extreme stress, and desperately in need of answers, compassion, and hope that things can get better. Essentially, they need "Friends In The Lobby." This is why NAMI needs quick action on the part of volunteers who have completed the Family to Family course.

If you are interested in being a part of this meaningful program, here are the particulars:

- The volunteers will be greeting visitors and staffing a resource table inside HPC's lobby on Mondays and Thursdays from 5:15 to 7:45 pm and on Saturdays from 12:15 to 2:45 pm.
- There is a NAMI training for this program, currently scheduled for November 11th, and an orientation at HPC that will follow on another date to be determined.
- Volunteers will receive a small stipend for their time.
- Completion of NAMI's Family to Family course and a completed NAMI Volunteer Application are required.
- We also ask that volunteers be able to commit to at least one 2.5 hour shift every other week.

This program has seen great success in Santa Clara as well as in San Diego, where NAMI has partnered with three community psychiatric facilities, and we are extremely proud to progress it in Ventura County. There are families in crisis who need our assistance so that they can find resources and get support, and develop the courage to move through their own personal crisis with mental illness.

YOU CAN HELP! These families need us to show them that there is hope, and an alliance of people to support them and educate them. If you are a Family-to-Family graduate and this sounds like a good fit for you, please do not delay. Send an email, call us or come in to our office and ask for an application form. For any additional information, please contact Program Assistant Jen Bungert at NAMI. ❖

NAMI Ventura County
1339 Del Norte Road, Camarillo, CA 93010
Tel: 805.641.2426 • Email: namiventura@gmail.com

NAMI HOLIDAY PARTY

Save The Date!

Tuesday December 14th, 5:00 pm to 9:00 pm
Elks Lodge, 801 South A Street, Oxnard

NAMI Ventura County invites all clients to get together for a Holiday Party to celebrate the season and to have a good time with one another. This year's party will take place at the same great location where it was held the last two years.

Now a NAMI tradition, we extend this invitation to families of clients to join us, in order to be with their loved ones as they celebrate. This is the perfect opportunity to meet other families and County staff. Though the Holiday Party is not suitable for younger children, parents and other family members are encouraged to attend.

Dinner will be served and gifts presented to all Clients. Drawings galore for Door Prizes! Music, dancing, DJ, and more surprise entertainment!

For some clients, this is a rare and special event because they get few such opportunities for coming together on such a large scale during the year.



Dinner, dancing, gifts and fun!

Your support is needed to make this event successful. Here's how you can help:

1. We need lots of door prizes. If you have a gift or two that you would like to donate (unused gifts valued at \$10 or more, no candles or alcohol please), please drop them off at the NAMI office in Camarillo by Friday December 10th.

2. Contribute. There is no cost to attend the Holiday Party, but NAMI welcomes donations from families of clients to offset the cost of gifts, door prizes and other expenses. We need an additional \$3,000 in contributions, and all donations, small or large, are appreciated. Business sponsorships are welcome. Please write "Holiday Party" and mail donation checks to: NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011 You can also make a secure online donation right now on our web site at www.namiventura.org. ❖

*NAMI Ventura County is an IRS recognized 501(c)(3) Non-Profit Organization and all monetary donations are tax deductible.
Federal Tax ID #77-0037450*

Insurance Reforms Now In Place

Starting September 23rd, 2010, the first wave of insurance reforms went into effect. The protections include insurance for children under age 19 who have a pre-existing condition, prohibiting lifetime dollar limits on mental health benefits, and extending dependent coverage for adult children up to age 26 in all individual and group health insurance policies.

For more, visit www.healthcare.gov and www.nami.org/healthcare ❖

 **NAMI Walks**  **Ventura County 2011**

COME TO THE WALK RALLY

You are invited to a Wine and Appetizer Appreciation Mixer and Walk RALLY. What is the Walk R.A.L.L.Y.?

Recognition Awards for 2010

Appreciation Party

Launching the 2011 Walk effort

Let's inspire each other to go out and knock stigma on its ?#!

Your opportunity to shape Ventura County's NAMIWalks to be "THE BEST"!

Please join us on:

Monday, November 15, 2010, 6:30 to 8:00 pm

Camarillo Center for Spiritual Living
340 Mobil Avenue, Camarillo

RSVP by November 11th to: NAMI Ventura County
(805) 641-2426 or namiventura@gmail.com

The Walk helps change how our community views mental illness and recovery, and highlights our programs to help clients and families. The funds we raise help us continue and grow NAMI's programs.

We are in the process of recruiting Walk Chairs and key sponsors now, to publicize the Walk. If you know of business leaders with whom you can help us connect, please call NAMI at 641-2426.

Walk with NAMI April 30, 2011 and
Change Minds....One Step at a Time! ❖

HOLIDAY BOUTIQUE



A Holiday Boutique was held at the NAMI office on October 15th.

The event was coordinated by NAMI volunteer Regina Poynter,

and the office was transformed into an elegant store for the evening.



On behalf of NAMI Ventura County, I would like to thank the vendors and guests for their support of our 1st annual Holiday Boutique. It was a wonderful evening of shopping for Jewelry, Candles, Purses and Clothing. It was exciting to see NAMI Ventura County gals visiting and shopping with one another. A percentage of the proceeds were raised for the Holiday Party to be held on Tuesday, December 14th. Hope to see more of you next year!
- Regina Poynter ❖

Bipolar (contd from p.2)

our experience. The higher our mania or deeper our depression, the greater intervention is needed to bring us back into our comfort zone.

High mania, deep depression, intense hallucinations, and strong delusions are a great danger. It takes major intervention to suppress the experience and bring us back to "normal." This major intervention often includes hospitalization with massive medications in an effort to stop the symptoms.

If we can learn to recognize our condition earlier, we might be able to get back to "normal" without such a major intervention. We might just need to talk with our therapist, adjust medication, or some other treatment that keeps us in control. While still in danger, we can take steps that bring us back to "normal" that are less intrusive. This has the benefit of creating less trauma as well as having less negative side effects.

It is also believed, and with good reason, that even elevated or low energy states are a danger and in need of intervention. Too often, such lesser states have spiraled out of control and rapidly escalated into high mania or deep depression. Although the intervention may be more subtle, we nonetheless need to rein in the state before it gets out of control.

Suicide is obviously in need of major intervention. To get so far outside of our comfort zone as to think that the only way back is to kill oneself is incredibly dangerous. Some say that 40% of all people with bipolar or depression attempt suicide at some point. Yet, there are many other behaviors that are just as dangerous with the added risk that other people are also at risk. Out of control mania can include behaviors that put everyone at risk. While forcing someone into treatment can be seriously abused, there is no doubt that some behaviors need to be stopped at all cost.

If we can catch ourselves or others earlier, there is a chance that such extreme measures are not necessary. While it is true that many people rapidly go from "normal" behaviors to out of control, most escalate slowly enough that a lesser intervention may be all that is needed.

If we can learn to be more aware of our behaviors, we can use more subtle tools to bring ourselves back to "normal." It may only take a couple of days off or a change in sleep to bring us back. Catching ourselves earlier is the key to getting bipolar in control.

A more productive way to consider our comfort zone is to look at the relationship between our state, the behaviors associated with it, and the intervention needed to return to "normal." By doing so, we can more clearly see the assumptions that color our beliefs. Seeing how the state is separate from the behavior and how the intervention is based on behavior helps us to put mania, depression, hallucinations, and delusions in a context that can lead to growth.

Nonetheless, even with the inclusion of behavior, there is still a flaw in the way that the mainstream sees it. Any state outside of the comfort zone is seen as in need of intervention. As compared to the earlier chart

about comfort zones for "normal" people, there is something critical missing: growth.

As stated earlier, the mainstream assumption is that elevated or low energy states are the precursor to high mania and depression. Allowing them at all is thought to risk rapid escalation to extreme states. It is considered dangerous to allow any states outside of the comfort zone no matter how narrowly defined that zone becomes.

Many, if not most, people have learned that they can function in the slightly elevated or low energy states once they develop the skills and use the tools that help them to keep the condition from escalating out of control. It takes hard work and tremendous insight to make sure that we are not deluding ourselves into thinking everything is fine when it is not, but with the help of others we can learn to recognize that we have gone just over the line to the part outside of our comfort zone where growth takes place.

As growth is a necessary requirement to be alive, it is advantageous to make the effort to occasionally take ourselves into the growth area outside of our comfort zone. The process, as will be described in detail later, is to take ourselves slightly into the growth area and back into the comfort zone. Repeated practice helps us to become comfortable and leads to much greater awareness of exactly where the line is that we cross. By making sure that we do not go too far over the line, we develop the skills and awareness to do it safely.

We also become more functional in the growth zone over time. That ability to function, along with the feedback from our friends, family, and professional supporters, helps us to lesson the danger of going too far and finding ourselves in the danger zone. As we experience such growth, we feel more human and find reason to live in contrast to the boredom associated with trying to diminish our lives out of fear that we cannot handle it.

Eventually, we find that elevated and low energy states have become part of our comfort zone. The part that may take you too far outside of your comfort zone for now is that it then becomes possible to start functioning in the hypo manic or slightly depressed states that once had us acting in extravagant ways. I will be covering that in detail later, so for now just understand that as we step slightly outside of our comfort zone, we have the opportunity to grow and our range expands as we do.

This might end up being the first chapter of my new book. It is tentatively titled *From Bipolar Disorder To Bipolar In Order* and is based on my current talks. Your feedback will help a lot to refine the message so it makes the most sense. Please let me know what you think it means and how you think it could better make the points. I am open to changing the graphics, changing the text on the graphics, changing the text everywhere, etc. If this goes well I will post all chapters as they are written and give direct access to them for those who take the time to comment.

Thank you, Tom ❖

(The above article is taken from a blog posted on blogs.psychcentral.com)

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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: **(877) 327-4747**

If You Live In:	Your Outpatient Clinic:
Ojai or Ventura (excluding 93004)	4258 Telegraph Rd Ventura, CA 93003
Fillmore, Piru or Ventura 93004	333 W. Harvard Blvd. Santa Paula, CA 93060
Oxnard, Port Hueneme or El Rio	1911 Williams Dr., Ste 110 Oxnard, CA 93036
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	72 Moody Court Thousand Oaks, CA 91360
Simi Valley or Moorpark	1227 E. Los Angeles Ave Simi Valley, CA 93065

Acute Care Psychiatric Hospitals

Hillmont Psychiatric Center
(805) 652-6729
200 N. Hillmont Avenue, Ventura, CA 93003

Aurora Vista del Mar Hospital
(805) 653-6434
801 Seneca Street., Ventura, CA 93001

**NAMI Ventura County
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Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak

2010 Board of Directors

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**NAMI Ventura County
Membership Application**

Please fill out the form completely, and mail with check payable to:
NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011-1613

Check One: _____ New Member _____ Renewal Date _____

Name(s) _____

Address: _____ City _____ Zip _____

Phone _____ E-mail _____

Membership Level, one year (check one):

_____ Single (\$30)* _____ Family (\$40)* _____ Silver (\$50)* _____ Gold (\$100)* _____ Open Door** (\$5)

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

**A portion of your membership dues (\$20) is sent to NAMI National and NAMI California.*

*** An open door membership is available to anyone who cannot afford to pay full membership.
Dues and donations to NAMI Ventura County are tax deductible to the extent permitted by law.*

NAMI Ventura County needs your help. Please mark the activities in which you can volunteer:

- | | | | |
|---|--|---|--------------------------------------|
| <input type="checkbox"/> NAMI Office Work | <input type="checkbox"/> Support Groups | <input type="checkbox"/> Family-to-Family | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Outreach | <input type="checkbox"/> Legislation | <input type="checkbox"/> Membership | <input type="checkbox"/> Hospitality |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Speakers Bureau | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Other |

MEMORIAL DONATIONS

In Memory of Harriet Stevenson

Aiko King ▪ Arlene & Lawrence Hall
Arthur & Audrey Matula ▪ Barbara Doshier
California Lutheran University ▪ Donald Stevenson
Dr. Krys & Patrick Miller ▪ Ellen Crockett ▪ Floyd Martin
Gloria Bach ▪ Greg Egertson ▪ Gregg & Janet Bleeker
Jane Cowgill ▪ Maria & Larry Parker
Marvin & Gayle Johnson ▪ Mary Kazmark-Bruskotter
Rex & Mary Liz Crockett ▪ Richard & Marilyn Gardner
Shirley Brandon ▪ Tomas & Ann Clutinger

In Memory of Anne Marie Vieira-Jago

Irene King

New NAMI Office

We are days away from opening this office, which is located within the Ventura County Behavioral Health building at 1911 Williams Drive in Oxnard. We thank everyone who donated to purchase equipment and supplies for our second office.

Barry & Bobbi Yablow ★ Carolyn Hill ★ James Loree
Aldona Galdikas-Franz ★ Margaret Diehl ★ Shirley Wang
Mary Ginoza ★ Pamela Weinman ★ Mary Westheimer
Flor Cookmeyer ★ Penny Singer ★ Yvonne Beers ★ Jan Jones
Anthony & Diane Bustillos ★ John & Candace Jackson
Karen Abrahams ★ Lester & Claire Schumann
Marion Abelson ★ Martin & Carole Brownstein
Russ & Susan Johnson ★ Sandra Lee ★ Lou & Lynn Gates
Dr. Robert Liberman ★ Juan & Teresa Galan

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 p.m. to 3:00 p.m. at the Adult Wellness and Recovery Center, 56 E. Main Street, Suite 103 (at Ventura Avenue). For more information, call (805) 671-5038.

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

Friendship Line: Telephone support for clients on weekend nights. The Friendship Line is now closed till further notice. We will keep you informed of further developments. ❖

NAMI FAMILY SUPPORT GROUPS

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

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

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

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

Ventura – Meets at 6:30 p.m., the first and third Wednesdays at College United Methodist Church, 4300 Telegraph Road, Ventura. ❖

ACTIVITIES FOR CONSUMERS/CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

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

AWRC, 56 E. Main St, Suite 103, Ventura, Tel: (805) 653-5045

Open Tuesday through Saturday, 9 am to 5 pm

NOTE THIS FACILITY WILL CLOSE ON NOVEMBER 23rd, and will re-open in early 2011 under new management

TAY TUNNEL

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

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

Open Monday through Friday, 10 am to 6 pm

WRAP PROGRAM

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

Contact RICA at (805) 981-5439.

Note that

- the program is open to all clients.
- clients may join the WRAP program at any time, and go at their own pace. Eight sessions are required.
- Graduates may enter the Peer Employment Training; starts every few months. 72 hours, over 2-3 weeks.
- RICA recruits and employs Peer Counselors on behalf of the County.

SOCIAL REHAB PROGRAMS (Open only to VCBH clients)

West County residents:

Turning Point Foundation has two community rehabilitation centers which offer unique socialization activities and rehabilitation services.

Oxnard Clubhouse, 426 W. Fifth Street, Oxnard, Tel: 247-0750

Open Monday through Friday, 9 am to 2 pm

New Visions Clubhouse, 1065 E. Main Street, Ventura, Tel: 652-0029

East County residents:

Pathpoint's Life Skills Center offers rehabilitation for adults through groups and activities designed to increase social interaction and self esteem, improve coping skills, improve independent living skills, and build employment skills.

Open Monday through Friday, 9:00 am to 2:30 pm

72 Moody Court, Thousand Oaks, Tel: 777-3523 ❖



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

ADDRESS SERVICE REQUESTED

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Permit No. 00280

NEW CLASSES ARE BEING SCHEDULED

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

Dates and locations are not finalized, subject to change - watch our web site for updates

NAMI FAMILY-TO-FAMILY CLASSES

Westlake Village: January 2011

Ventura: January 2011

Oxnard: February 2011 (*Spanish speaking*)

Simi Valley: March 2011

NAMI PROVIDER EDUCATION PROGRAM

Thousand Oaks: February 2011

Ventura: March 2011