



**nami**

**Ventura County**

National Alliance on Mental Illness

Newsletter

November/December 2011

**GENERAL MEETING**

**November 8th, 2011  
6:45 pm to 9:00 pm**

Vineyard Community Church  
1320 Flynn Road, Camarillo, CA 93012

**WHEN MEDICINE GOT IT WRONG  
ADVOCACY - THEN AND NOW**

with  
Dr. Celia Woods, Medical Director, VCBH  
Dr. Jantje Groot, Staff Psychiatrist, VCBH

Join the discussion following a screening of the documentary film  
**WHEN MEDICINE GOT IT WRONG**

In the 1970s, a small group of middle-class parents got sick and tired of being blamed for causing their children's schizophrenia. They built a grassroots movement and launched a multi-pronged rebellion. This family movement helped shape dramatic advances in brain research and an explosion of neuroscientific discoveries.

What about now? What are we doing to improve mental health services and empower consumers and family members to move toward recovery?

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

**Choices In Recovery**

**September General Meeting**

*by Renee Foote*

The topic for September's General Meeting was Choices in Recovery: Relapse Awareness and Reduction Strategies. The purpose of the educational seminar, sponsored by Janssen and NAMI Ventura County, was to help people living with mental illness, their family members and caregivers understand their condition in order to avoid relapse.



The presenter was Leland Stephan, MA. Leland has degrees in Psychology from Purdue University and Ball State University and an Indiana License in Clinical Social Work. He is currently the Director of Services for Adults with Serious Mental Illness for Community Health Network in Indianapolis, Indiana. In 2003, he was recognized as "Provider of the Year" by NAMI Indiana.

According to Stephan, recovery is not a cure, but an ongoing, personal process of working to achieve goals and live fulfilling lives despite having an illness. It is a process that people engage in to make life more like they want it to be. Individuals with schizophrenia go through good periods and bad periods (relapses), which can interfere with recovery. Understanding and being prepared for relapse is extremely important.

Relapse is a significant worsening or reappearance of symptoms, which disrupt a person's current level of functioning and his/her progress toward recovery. If the relapse is severe, it can interfere with a person's relationships and lead to hospitalization.

There are various factors that may be associated with relapse including termination of medication, using drugs or alcohol, holidays and/or anniversaries, stress at home or work and relationship issues.

Early signs of relapse include changes in sleep patterns, eating more or less, feeling depressed, difficulty concentrating/irritability and changes in normal social behavior. Usually, small changes in thinking or behavior happen before experiencing symptoms like voices, delusions, hallucinations, etc.

(contd on page 2)

**COMING IN DECEMBER**

(No General Meeting in December)



**NAMI Holiday Party 2011**

**Tuesday December 13th  
5:00 PM to 8:30 PM**

**Elks Lodge, 801 South A Street, Oxnard**

**For all clients, families, staff from residential care facilities, board and care homes, clinics, VCBH and other agencies**

*See page 2 for more information*

## Choices In Recovery (Contd)

Stephan recommends that people living with schizophrenia or other diagnoses have a treatment team made up of the individual, his/her doctor, case manager/social worker and family/friends. It is important that the individual communicates openly with his/her treatment team. Knowing the stresses that have caused previous setbacks and being aware of the earliest signs and symptoms of relapse can help to reduce the possibility of future relapses. This information can also be used to develop a relapse prevention plan, which can help an individual handle difficult times.

People can also help maintain wellness by making healthy lifestyle choices such as eating nutritious foods, exercising, seeing their doctor/treatment team regularly, taking medication as prescribed and reducing or managing stress.

Lee Stephan concluded with the hopeful thought that more treatment options are available today than ever before. Clients and their loved ones need to learn as much as they can and ask questions. Recovery is possible if clients stick to the plan that the treatment team agrees upon. Through the support of friends, family, treatment team, self-help groups, and advocacy and support groups, people with mental illness can move toward wellness and recovery. ❖

## NAMI Survey

### College Mental Health Services and Supports

NAMI needs your help in promoting our College Mental Health Services and Supports Survey. We are gathering information on valued college services and supports for students living with mental health conditions and the experiences of college students living with mental health conditions. NAMI intends to use this information to develop guidelines and resources for colleges so they can support students living with mental health conditions and their families. There is a survey for recent and current college students living with mental health conditions and a separate survey for parents.

Complete the survey by Wednesday November 30th, at the following link:

Student Survey: [tinyurl.com/3zjg7xu](http://tinyurl.com/3zjg7xu)

Parent/Guardian Survey: [tinyurl.com/4xdlqon](http://tinyurl.com/4xdlqon)

You can also help by posting to your Facebook page, sending to your email list or tweeting the following:

**Facebook/Email:** *NAMI needs your help with a survey of parents and college students/recent students living with a mental health condition. The confidential responses on services and supports on campus will help inform their advocacy and education efforts. The survey closes Wednesday, November 30th, 2011. Pass it on. Student Survey at <http://tinyurl.com/3zjg7xu> and Parent/Guardian Survey at <http://tinyurl.com/4xdlqon>*

**Twitter:** *Pls RT. NAMI survey on college campus #mentalhealth services & supports- students <http://tinyurl.com/3zjg7xu> or parents <http://tinyurl.com/4xdlqon> ❖*

## NAMI HOLIDAY PARTY

Tuesday December 13th, 5:00 pm to 8:30 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 three 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.



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 9th.

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 \$5,000 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](http://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*

## NAMI Survey Results Released

### First Episodes of Psychosis

NAMI has just released the results of an online survey of individuals who had experienced psychosis themselves or witnessed it in a family member or friend. With this survey, NAMI has sought to identify needs expressed directly by the people who have the most at stake.

A first episode of psychosis is terrifying for everyone involved. Aside from its symptoms, few of us are prepared to respond swiftly and effectively. As the NAMI survey found, “People don’t know where to turn. They may go looking in wrong places. People who want to help may not know what to do.

#### What Is Psychosis?

Psychosis (psyche = mind, osis = illness) is defined as the experience of loss of contact with reality, and is not part of the person’s cultural group belief system or experience. Psychosis typically involves one of two major experiences:

A. **Hallucinations** can take the form of auditory experiences (such as hearing voices); less commonly, visual experiences; or, more rarely, smelling things that others cannot perceive.. While the experience of hearing voices is very real to the person experiencing it, it may be very confusing for a loved one to witness. The voices can often be critical (i.e. “you are fat and stupid”) or even threatening. Voices also may be neutral (i.e. “the radio is on”) and may involve people that are known or unknown to the person hearing the voices. The cultural context is also important. For example, in some Native American cultures, hearing the voice of a deceased relative is part of a healthy grieving process.

B. **Delusions** are fixed false beliefs. Delusions could take the shape of paranoia (“I am being chased by the FBI”) or of mistaken identity (a young woman may say to her mother, “You are an imposter - not my mother”). What makes these beliefs delusional is that these beliefs do not change or modify when the person is presented with new ideas or facts. Thus, the beliefs remain fixed even when presented with contradicting information (the young woman continues to believe her mother is an imposter, even when presented with her mother’s birth certificate and pictures of her mother holding her as a baby). These experiences can be short lived (e.g. after surgery or after sleep deprivation) or periodic (as when associated with a psychiatric condition or persistent like bipolar disorder or major depression).

Some typical and early warning signs of psychosis include:

- Worrisome drop in grades or job performance;
- New trouble thinking clearly or concentrating;
- Suspiciousness/uneasiness with others;
- Decline in self-care or personal hygiene;
- Spending a lot more time alone than usual;
- Increased sensitivity to sights or sounds;
- Mistaking noises for voices;
- Unusual or overly intense new ideas; and
- Strange new feelings or having no feelings at all.

These signs are particularly important when they are new or have worsened in the last year and if the individual has a close relative that has experienced psychosis. Learn more about psychosis risks

by visiting the Center for Early Detection, Assessment and Response to Risk, at [www.cedarclinic.org](http://www.cedarclinic.org).

Behavior and thought processes are often impacted by delusions or hallucinatory experiences. People experiencing new onset psychosis may report trouble organizing their thoughts, feeling as if they are dreaming while awake or wondering if their minds are playing tricks on them. Hallucinations can distract a person’s attention and executive functioning (the ability to prioritize tasks and make decisions) may also be impacted. Agitation or withdrawal often accompanies these experiences, which can be experienced in a variety of ways but are often anxiety-provoking or terrifying. At times, people experience these altered perceptions of reality with indifference or resignation, or they simply “fall into” the psychosis and lose interest in external reality. Shame and humiliation of being different often complicate the experience and make getting help more difficult.

#### Is Psychosis a Diagnosis?

No. Psychosis is like fever - a very important symptom. When a person has a fever, it could be from a virus in the respiratory system or a bacterial infection of the urinary tract. These are two very different causes of fever and each cause requires different treatments. The reduction of fever is one way to know the condition has been addressed properly.

While we understand less about the three-pound “universe” that is the human brain than we do about infectious disease, the same broad principles apply. The goal of a comprehensive evaluation is to determine if there is an underlying, reversible medical cause of the condition and - if there is none - to determine the psychiatric diagnosis. After the symptoms, the associated history and relevant workup have been put into a diagnostic framework, the next step is to develop a collaborative and comprehensive plan with the person to address the symptoms in the context of this diagnosis. A comprehensive plan attends to the person interests and strengths and looks to school, work and relationships as the person’s goals dictate.

#### What Is a First Episode of Psychosis?

A first episode of psychosis is the first time a person experiences a psychotic episode. The first such episode often is very frightening, confusing and distressing, particularly because it is an unfamiliar experience. Unfortunately, there are also many negative stereotypes and misconceptions associated with psychosis that can further add to this distress. You are not alone if you are having this experience (estimates place the risk of psychosis at about three in 100). Help is out there both for the individual and the family, and this help comes in many forms. By reading this article, you are already looking at the issue and seeing how your resilience and coping strategies can be employed to best deal with psychosis.

Psychosis is treatable. Many people recover from a first episode of psychosis and never experience another psychotic episode. Finding support and resources is essential to managing the experience, whether it is short-lived or lasts a good deal longer. NAMI has more than 1,000 locations across the country, made up of individuals and their families who help each other successfully live with serious psychiatric illnesses. We are here to help you and the people who love you.

To learn more about psychosis and to download the NAMI Survey Results, go to: [www.nami.org/psychosis](http://www.nami.org/psychosis) ❖

**October General Meeting**  
**Ventura County's Mental Health System**

*by Renee Foote*

The October General Meeting was an informative overview of Ventura County Behavioral Health Department's mental health services. Pam Fisher, PsyD, Adult Division Manager, and Mary Stahlhuth, MFT, Oxnard Regional Manager, spoke about Ventura County Behavioral Health (VCBH) and its continuum of care.

The Mental Health Services Act (MHSA), approved in November 2004, has had an extremely positive impact on VCBH. MHSA established a 1% tax on personal income in excess of \$1 million. Funding is accessed when a plan is developed, submitted and approved by the California Department of Mental Health. MHSA has led to transformation and growth of the VCBH system. It is important to note that VCBH provides "specialty mental health services" to adults with serious mental illness (thought disorders including schizophrenia, bipolar/major depression, anxiety, PTSD, etc.).

The California Welfare and Institutions Code defines the target population for VCBH as follows:

MUST have a DSM diagnosis "AND Functional Impairments that are severe in degree and persistent in duration which may cause behavioral functioning that interferes with the primary activities of daily living and which without support, client would be at imminent risk of decomposition and likely to become so disabled as to require public assistance, services or entitlements".

VCBH has revised its intake program and has developed STAR (Screening, Triage Assessment and Referral). This is a coordinated access program and provides consistent and thorough assessments/linkage. VCBH receives about 400 to 500 requests for services per month through the STAR team. The telephone number for all types of service requests is (866) 998-2243.

The Adult Mobile Crisis Response Team provides 24/7 mobile crisis response. There are two teams (East County and West County) who respond to more than 1,000 calls per month. Clinicians have been added for immediate triage and to provide clinical work in the field. VCBH Crisis Teams are part of the STAR program's staff and are dispatched when necessary.

VCBH provides many outpatient services including Regional Mental Health Outpatient Clinics, Older Adult Full Service Partnership (age 60+), Adult Intensive Wraparound services, Forensics Full Service Partnership with Telecare, Wellness and Recovery Centers, Transitions Program, and Peer Support and Recovery Coaches.

Decent and affordable housing is critical to the process of recovery from illness. VCBH is currently actively collaborating with Cabrillo Economic Development Corporation, Many Mansions, People's Self-Help Housing and Partners in Housing. Current housing programs include

permanent supported housing, transitional housing, emergency shelter, mental health rehabilitation, crisis residential treatment and adult residential facilities.

Crisis Intervention Training (CIT) is a highly-regarded 40-hour training program for law enforcement. The goal of the program is to train officers in awareness of mental issues and effective non-violent responses to mental health crises. VCBH staff teach segments of the CIT training, together with other experts, NAMI representatives and clients.

Maria Hernandez and Pamela Roach, who both have experience navigating the mental health system, run the Transformational Liaisons Program. They spoke about the services provided, which include support, advocacy, program recommendations and acting as liaisons between VCBH, consumers and family members. They developed a Family Member Information Input Form and a Homeless Services Card and recently published a Directory of Resources & Support Groups.

Additional information on VCBH can be found at [www.vchca.org/bh](http://www.vchca.org/bh) ❖

**MENTAL ILLNESS AWARENESS WEEK**

*October 2 - October 8, 2011*

A large group of NAMI friends came to receive a proclamation from Ventura County Board of Supervisors Chair Linda Parks at the Board of Supervisors meeting on October 4, 2011.

Recognizing NAMI Ventura County's efforts on behalf of those affected by serious mental illnesses, Supervisor Parks presented a proclamation to Ratan Bhavnani (NAMI Ventura County), Meloney Roy (Ventura County Behavioral Health) and David Holmboe (Mental Health Advisory Board). ❖

**MEMORIAL DONATIONS**

*In Memory of Kevan Hickey*

Cheryl & John Hickey  
Frances Coletti  
Gail Bowen  
Liza Millman  
Marty & Roy Thomas  
Nirmala & Ratan Bhavnani  
Saj Olson & Sharon Pacheco  
Sharon & Terry Pond

*In Memory of Harriet Stevenson*

Donald Stevenson  
Paula J. Griffith

*In Memory of Regina FitzGerald*

Michael & Vera Murphy

*In Memory of Walter Carl Hale*

Carla Lee Hale

## VOLUNTEERING

### What NAMI is all about!

by Alison Balter

On September 30th, NAMI Ventura County conducted a volunteer orientation for thirteen people who had signed up to attend. The interests of these volunteers were quite diverse.

The volunteers first got an overview of the local state and national NAMI organization and committee structures for Ventura County. They then learned about NAMI's programs, services, and activities. Family Support Groups, Speaker Meetings, the Family-to-Family program, the Provider Education program, and Parents and Teachers as Allies were all introduced and discussed. Activities such as the Help Line, NAMI Walks, and the Holiday Party were also explained to the attendees. The attendees learned what advocacy is, and about the numerous ways that NAMI promotes advocacy. The training then introduced the Friends in the Lobby and In Our Own Voice programs.



The attendees also learned what resources are available for mentally ill individuals and their families. The training focused on the Ventura County Behavioral Health (VCBH) department, housing placement, MHSA (Prop 63), consumer programs, and hospitals.

After learning quite a bit about the NAMI organization, and what it has to offer, the training provided prospective volunteers with information about the various volunteer positions available. The first category of volunteers is an Advocacy volunteer. The Advocacy volunteer can contribute in many ways including joining MHSA workgroups,

attending Mental Health Board meetings, and lobbying for legislative issues. Other categories of volunteers include office, hospitality, publicity, outreach, telephone "warm line", and Friends in the Lobby. If none of those pique your interest, you can help write articles, provide graphic design assistance, facilitate support groups, help in the office, or choose from a large variety of other necessary tasks.

One topic of particular interest was the need for support for Spanish-speaking consumers and their families. Fortunately there was a bilingual volunteer in attendance who was specifically interested in helping Spanish speaking consumers. Everyone agreed that this is a welcome addition to the NAMI family.

The entire morning was filled with important material. Everyone left the training with a much better understanding of what NAMI is and what it has to offer. After the training all of the volunteers were treated to a delicious lunch. Although the 13 volunteers present will make a big difference in the success of NAMI, more volunteers are still needed, specially for the Friends In The Lobby program. If you would like to give back and contribute some of your time to NAMI, the next volunteer training will take place in late January. Please watch the NAMI newsletter and eNews emails for more information. ❖

### NAMI Ventura County launches a new Help Line

**(805) 500-NAMI**

The NAMI Ventura County Help Line is a telephone service for families affected by serious mental illness. Volunteers and staff provide information about a variety of resources, including mental health services, housing, legal assistance, support groups, classes for families and clients and more.

Trained volunteers are in a unique position to offer support and empathy from people who know what it's like and who have "been there."

The Help Line is open from Monday to Friday 9:00 am to 5:00 pm, and is available to members and non-members alike. Call 805-500-6264.

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. ❖

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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**

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

**Acute Care Psychiatric Hospitals**

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

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

**NAMI Ventura County  
Contact Information**

**Mailing Address: P.O. Box 1613, Camarillo, CA 93011**  
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Phone: (805) 641-2426  
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e-mail: namiventura@gmail.com  
Website: www.namiventura.org

**Staff**

Executive Director: Ratan Bhavnani  
Program Coordinator: Chris Novak  
Friends In The Lobby: Joan Wiggins  
In Our Own Voice: Jen Bungert

**2011 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:

- |                      |                     |                      |                 |
|----------------------|---------------------|----------------------|-----------------|
| ( ) NAMI Office Work | ( ) Support Groups  | ( ) Family-to-Family | ( ) Fundraising |
| ( ) Outreach         | ( ) Legislation     | ( ) Membership       | ( ) Hospitality |
| ( ) Publicity        | ( ) Speakers Bureau | ( ) Newsletter       | ( ) Other       |

## NAMI FAMILY SUPPORT GROUPS

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

Support group attendees and more experienced family members are urged to come back so as to help others!

To check the date of the next meeting, go to [www.namiventura.org](http://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 at Vineyard Community Church, 1320 Flynn Rd, Camarillo.

**Thousand Oaks** – Meets at 7:00 p.m. the third Monday of each month at 72 Moody Court, Thousand Oaks (Behavioral Health, Conejo Clinic; use entrance from top of parking lot).

**Ventura** – Meets at 6:30 pm, the first and third Wednesdays at Bible Fellowship Church, 6950 Ralston St (use entrance from Johnson Drive), Building 300, Room 301, Ventura.

### SPOUSE SUPPORT GROUP

For spouses and partners of people living with a mental illness

**Camarillo** – Meets at 6:30 p.m., the first and third Mondays at NAMI, 1355 Del Norte Rd, Camarillo.

### GRUPO DE APOYO

For Spanish-speaking family members

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

## URGENT REQUEST!

NAMI Ventura County relies on its membership and your generous contributions to continue providing support and services to people with mental illness and their families.

Our new community education program, "In Our Own Voice", is in urgent need of funding, and your gift to NAMI will help keep this important stigma-busting program going. Started with a small grant from the Meadowlark Service League, we have trained several consumer presenters, but funding for the program will last only through the end of this year.

A donation may also be designated as an Honorary Donation in Honor of the special people, relationships and events in your life. Or as a Memorial Donation to remember the life of a loved one through a Memorial gift to NAMI.

Make a secure donation online at our web site. Go to [www.namiventura.org](http://www.namiventura.org) and select Donate from the left menu. You may also mail in a donation check to our P.O. Box address.

### Workplace Giving

If your company has a Corporate Campaign, it may offer to match your contribution dollar for dollar. Examples of companies that support NAMI Ventura County include Amgen, Bank of America and Verizon.

In many other companies, this match is done through payroll deduction with a pledge to United Way. Did you know that your contribution to United Way can be directed to NAMI Ventura County? You can easily double the value of your gift to NAMI by choosing this method.

To ask that your United Way gift go to our organization, please indicate on your Pledge Form that you would like 100% of your contribution to be given to:

"NAMI Ventura County (805) 641-2426"  
P.O. Box 1613  
Camarillo, CA 93011-1613

**NAMI Ventura County is a 501(c)3 non-profit organization, and all donations are tax-deductible. Federal Tax ID #77-0037450 ❖**

## 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](http://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. Info: Vincent F. Caimano, Ph.D., (818) 292-8551 or email [dbsaconejovalley@gmail.com](mailto:dbsaconejovalley@gmail.com)

See [www.dbsalliance.org/conejovalley](http://www.dbsalliance.org/conejovalley) ❖

## OTHER ACTIVITIES FOR CLIENTS

### ADULT WELLNESS & RECOVERY CENTER (AWRC)

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

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

Oxnard AWRC, 2653 Saviers Rd., Oxnard CA 93033

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

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

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

For more information, call (805) 653-5045

### TAY TUNNEL

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

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

Open Monday through Friday, 10 am to 6 pm

### WRAP CLASSES & more

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

This is a 16-hour mental health wellness and recovery course that will help one regain control of their life. This course focuses on: one's strengths, identifying triggers, warning signs, when things are breaking down, and the development of a crisis plan.

RICA's mission is to create opportunities and environments that empower people to recover, to succeed in accomplishing their goals and to reconnect to themselves, others, and to meaning and purpose in life.

RICA offers other class for clients, including:

Wellness and Empowerment in Life and Living (WELL)

Medication for Success

and more.

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



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

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PAID  
Oxnard, CA  
Permit No. 00280



*Ride with NAMI*  
*Saturday December 3, 2011*  
*Hemet, California*  
[www.nami.org/namibikes](http://www.nami.org/namibikes)

### **NEW CLASSES STARTING**

**No charge ▪ Registration required ▪ Pre-register now ▪ Call or email for information**

(805) 641-2426 [namiventura@gmail.com](mailto:namiventura@gmail.com)

### **NAMI FAMILY-TO-FAMILY PROGRAM**

The NAMI Family-to-Family Education Program is a series of twelve weekly classes for family caregivers of individuals with mental illness. The trained co-teachers are family members themselves and know what it's like to have a loved one struggling with one of these brain disorders.

For family members, partners and friends of individuals with: Major Depression, Bipolar Disorder (Manic Depression), 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.*

### TENTATIVE CLASS START DATES

Westlake Village: January 2012

Ventura: January 2012

Oxnard: February 2012  
(*Spanish speaking attendees*)

Simi Valley: March 2012