



GENERAL MEETINGS

NAMI Ventura County holds monthly educational General Meetings dealing with a wide range of issues relating to mental illness.

NAMI General Meetings are educational and free and open to the public; they are held from 6:45 to 9:00 pm on the second Tuesday of each month.

Next Meeting
Tuesday, November 13th, 2012
 Vineyard Community Church
 1320 Flynn Road, Camarillo, CA 93012

A Revolving Door

This short film is an Oscar-nominated documentary that describes a local family's struggle with mental illness. The film focuses on 33-year old Tommy Lennon, struggling to deal with the dual diagnosis of mental illness and drug addiction, and shows his family's frustration, helplessness, courage and resilience.



After the film, the star of the movie, Tommy Lennon, and his family will join us to answer questions from the audience.

Don't miss this special event!

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

COMING IN DECEMBER

(No General Meeting in December)



NAMI Holiday Party 2012

Tuesday December 11th
5:00 PM to 8:00 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

September General Meeting

Is it Mental Illness, Substance Abuse or Both?

by Leina Ball

Our guest speaker was Dr. Barry Boatman, Program Director for Telecare Corporation's Early Intervention Program in Ventura County. Dr. Boatman specializes in co-occurring disorders and he provided much valuable information and hope. He began the evening by helping us better understand the biology of our command center "a three pound organ with 100 billion neurons where parts can work together like an orchestra." We learned how drug use and mental illness affect areas of the brain and brain functioning. He reminded us that, "We are what we do, not what we say we do," and also explained that, "Trouble arises when we hear what we want to hear." Dr. Boatman defined mental illness as a medical condition that disrupts a person's thinking, feeling, mood and ability to relate to others, as well as daily functioning, which often results in a diminished capacity for coping with the ordinary demands of life. He encouraged us, however, that recovery is not only possible, but probable with an individualized and integrated treatment plan. He emphasized the importance of early treatment in slowing or stopping the development of mental illness and dual-diagnosis.



Dr. Boatman told us that he is concerned with a disconnect in treatment between theory and reality, and emphasized that mental illness is a family illness and treatment must involve the entire family over an extended period. Dr. Boatman asks his clients if they think about what they think about. He recognizes this skill is not taught in our culture and that to often we are just experiencing emotions and they are driving behavior.

He also explained that information is stored differently when the brain is in an altered state and that drugs affect the brain's reward system. He clarified that different use patterns present different issues: alcohol and marijuana suppress brain repair and withdrawal leads to increased irritability; marijuana and heroine fool receptors causing neurons to send abnormal messages; and amphetamine/cocaine upset balance of neuro-transmitting

(contd on page 2)

Mental Illness or Substance Abuse? (Contd)

and prevent normal recycling of brain chemicals.

Dr. Boatman feels that people change when the way they are living their life is causing more pain than their fear of change. He described the art of being a therapist as being able to say something to someone in a way they can hear. In treatment, he advises people to look at what is, rather than worrying about the origins of their illness, etc. He also advises people not to be afraid to ask health care providers about their years of experience treating people with similar symptoms.

Dr. Boatman stated that co-occurring treatment is best approached by a single team, with a consistent philosophy and style, treating both brain disorders simultaneously. This, he refers to as, Integrated Dual Diagnosis Treatment (IDDT) and much research supports the effectiveness of this approach. He explained "recovery" means that the individual with the dual diagnosis learns to manage both illnesses so that he or she can pursue meaningful life goals. In cases of substance use and psychiatric diagnoses we can think of both illnesses as primary and that they "interact". Finally Dr. Boatman advised more can be learned about mental illness and the challenges of Dual Diagnosis at: <http://Learn.genetics.utah.edu> ❖

MEMORIAL DONATIONS

In Memory of Kevan Hickey

Larson-Juhl

In Memory of Harriet Stevenson

Donald Stevenson

In Memory of Joey Boone

Martha J. Sink	Bliss Comjroe
Rina F. Castro	Robin Sherman
Patricia Murray	Kristine Marcey
Alan & Kim Mittelman	Trudy Acosta
Genevieve A. Bergez	John Rauvola
Carla Daruty	Kendra Ward
Corie Prestegiacomo	Redford Dupass
Colleen & Dennis Peacock	

In Memory of Gregory Maulhardt

Patti Channer	Roberta Cordell
Mary Karrh	Hedrick Properties Inc.
Gary & Vicki Nichols	Elise O. Kearney
Nancy Worthington	Janice Barnes

NAMI HOLIDAY PARTY

Tuesday, December 11th, 2012, 5:00 pm to 8:00 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 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. The event is free to all.



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 have few opportunities to connect on such a large scale during the year. Five hundred guests are expected.



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

1. We need a few great door prizes. New gifts valued from \$25 to \$50 are needed (no alcohol); examples include apparel and electronics. If you are able to donate a gift, please drop it off at the NAMI office in Camarillo by Wed December 6th.
2. Contribute. To purchase a gift for each client and to offset other costs, we need an additional \$5,000 in contributions. 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*

October General Meeting Dual Diagnosis Treatment Ask The Doctor

by Basil Augustine

It was a dynamic duo presentation at the NAMI General meeting on Tuesday October 9th, 2012 with speakers Dr. Celia Woods and Dr. Jane Li from Ventura County Behavioral Health. Dr. Woods presented in the first half of the evening about the challenges in recovery of individuals afflicted with serious and persistent mental illness and substance abuse disorders. By the way, one of the reasons to consistently attend these monthly general meetings is because they frequently dovetail with one another. Last month we heard a presentation on substance abuse and the complex and myriad ways it affects mental illnesses. This month's presentation by Dr. Woods covered some of the challenges faced in the recovery for those with dual diagnoses.

Some of her presented facts were startling...for instance 50% of those with a Serious and Persistent Mental Illness (SPMI) have a co-occurring Substance Use Disorder (SUD). The lifetime prevalence of alcohol abuse/dependence in the general population is around 13% while those with SPMI are higher (Major Depression = 16%, OCD = 24%, Panic Disorder = 29%, Schizophrenia = 47% and Bipolar Disorder =46%).

Nationally marijuana continues to be the most commonly used illicit drug among U.S. residents with about 29.7 million residents using in 2011 -- an increase from 2008 in which 25.9 million used marijuana. A statement from the floor was made that today's marijuana, due to constant cross breeding and development, is 15 to 18 times more potent than 30 years ago. Dr. Woods concurred, stating that marijuana is not benign and has 200 other chemicals in it other than THC.

The second most commonly abused illicit substance is prescription drugs -- with the third most commonly abused illicit drug being cocaine. An audience member commented that methamphetamine use is on the rise and specifically "Crystal Meth". Dr. Woods stated that locally, methamphetamines edge out cocaine in popular use. A question was asked concerning some recent research indicating that methamphetamine users frequently displayed the same symptoms as acute schizophrenics. Dr. Woods agreed, and spoke about the complexity of diagnoses and treatment when working with clients with persistent mental illnesses who also have substance abuse disorders. She also noted that those with mental illnesses may not have a "bottom" (reaching the limit of tolerance) as 12-step recovery programs see as essential to recovery, and that traditional 12-step programs usually do not work in those afflicted with SPMI and SUD.

Dr. Woods explained that cognitive behavioral approaches have been found superior to 12-step approaches alone, in achieving sobriety in those with serious and persistent mental illnesses. Dr. Woods spoke of the effectiveness of "Integrated Dual Diagnosis Treatment" or IDDT programs that

incorporate: 1. engagement (in a trusting treatment team - client relationship) 2. persuasion (developing motivation to become involved in recovery oriented interventions), 3. active treatment (helping clients acquire skills and supports) and, 4. relapse prevention (helping clients in stable remission develop and use strategies for maintaining recovery).

Dr. Woods emphasized that traditional models held that mental illness could not be addressed until sobriety was achieved; however, the problem is that sobriety can rarely be achieved if the underlying mental illness is not addressed. She stated that drug and alcohol counselors, therapists and psychiatrists are essential in the treatment of SPMI in the face of SUD, and concluded that the Ventura County's Drug and Alcohol Division's "A New Start for Moms" (ANSFM) program is now DMH certified.

Dr. Jane Li took the podium for the second hour of the meeting, with a spirited Question and Answer session. Dr Li is a fairly recent transplant to Ventura, and works part time as a Staff Psychiatrist at the Ventura Adult Outpatient clinic of the Behavioral Health Department.

She started with an introduction to anxiety disorders, which many people have in varying degrees, and that led to dozens of questions that followed from the audience on a variety of subjects. Dr Li was able to very ably and succinctly answer all the psychiatric questions that followed. ❖

MENTAL ILLNESS AWARENESS WEEK

October 7 - October 13, 2012

A group of mental health advocates came to receive a proclamation from the Ventura County Board of Supervisors on October 9, 2012. The proclamation was presented by Supervisor Linda Parks to NAMI Ventura County Executive Director Ratan Bhavnani.



Pictured above are (from left) HCA Director Robert Gonzalez, Supervisor Linda Parks, Mary Stahlhuth, Ratan Bhavnani, Mental Health Board Chair David Holmboe, VCBH Director Meloney Roy, John Nielsen, Chris Novak and Joan Wiggins. ❖

The Adventures of Tintin

by Joan Wiggins

As Tintin goes through the doors at a residential treatment center in Ventura County it's hard to tell who is happier—Tintin, or the residents he came to visit. Waiting impatiently, as his owner/handler Sandy Rose signs the guest register, the residents at this facility, designed to be a bridge between acute care at a hospital and outpatient care, are also eagerly waiting to visit with Tintin.



Sandy and Therapy Dog Tintin

A beautiful four year old Golden Retriever/Keeshound mix, Tintin was a rescue dog, adopted by Sandy at the age of seven months. He fit right into her home, because he loves to help people as much as she does. Sandy has been an ardent supporter of NAMI since 2006, volunteering faithfully at Friends in the Lobby, in various speaking engagements, and other NAMI events as needed. Tintin shows his enthusiasm for NAMI Ventura County with his very own NAMIWalk Team! Appropriately named "Tintin's Team" the dog and his teammates raised nearly \$1,000!

Working together, Sandy and Tintin trained hard to enable

him to become a Therapy Dog. It took about 6 months of consistent preparation, and then the testing began to certify him. It is a rigorous testing process that demonstrates the dog can stay calm, is comfortable with strangers, is clean and well groomed, and obeys commands, among other things. Once he was a Certified Therapy Dog, Sandy worked with the staff at the facility to get him approved for regular visits. Seeming to understand the need of each of the residents, he adjusts his conduct to match that of the person he is visiting. Greeting those who are enthusiastic with his own brand of excitement, he intuitively stays calm and quiet for the residents who seem to want a quieter experience with him. He was greeted with hugs and kisses as soon as he went into the common area of the center, and slowly made his way around the room, adjusting his approach to the needs of each resident. Sandy walks with him, chatting amiably with each person. The residents enjoy her company as much as the dog's! One resident even delayed her discharge so she could visit with Tintin and Sandy one more time.

The facility is a voluntary program for people who have a mental illness and need care less intense than the acute care in the psychiatric hospital, but more concentrated than that which outpatient treatment can provide. People stay there up to 30 days. Because of the length of stay, many get to see Tintin a couple of times during their stay. While some of the residents waited for Tintin to approach them, others got right down on the floor with him. At one point the happy dog jumped up onto the couch right next to someone who was quietly waiting her turn. Everyone on the staff was happy to see him as well. Each staff member stopped to greet him as they came through, and it was clear that everyone was cheerful when Tintin was there! A staff psychologist observed "Clients and staff thoroughly enjoy Tintin's presence. Both he and Sandy are an asset to the program, as many clients find Tintin's happy and calming demeanor to be very therapeutic."

This local residential mental health treatment center is a spacious, clean facility. The residents sat together in the common area, reading quietly, or talking to one another. The presence of the dog cheered everyone up, and changed the mood of the whole room. Sandy's calm demeanor and easy going outlook were assets as well. Sandy gently encouraged each resident as she and the dog moved seamlessly from one person to another. The handsome dog's affection and unconditional love and acceptance lifted the spirits of all who came in contact with him. ❖

NAMI CONNECTION -- New Support Group Starts January 2013

NAMI Ventura County is pleased to announce the launch of a NAMI Connection group in early 2013.

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

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group meets weekly for 90 minutes, is offered free of charge and follows a flexible structure without an educational format.

WHEN: First and third Wednesday of each month, beginning January 2, 2013, 7:00 pm to 8:30 pm

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

Diane Bustillos
NAMI member receives Recognition Award from
Mental Health Board

If there is one shortcoming that Diane has, it is that she does not know how to say "No"! And NAMI Ventura County loves her for it! As a regular NAMI Family-to-Family teacher in Ventura, Diane helps many families through their travails, but she volunteers with NAMI in so many other ways, that the Mental Health Board decided to recognize Diane's community service.



Following is the text of the commendation that Diane received on August 20th:

Certificate of Commendation
from the
Ventura County Mental Health Board

As a community volunteer, Diane Bustillos has dedicated countless hours over the last eight years staffing a variety of programs for the National Alliance on Mental Illness (NAMI). Through her actions, Diane has offered hope, understanding, support and education to families coping with serious mental health conditions. Diane has taught "Family to Family" classes, greeted visitors as a "Friend in the Lobby" at Hillmont Psychiatric Center, taught the NAMI Provider Education Program to mental health providers, and answered calls on the NAMI Ventura County Helpline. In addition to her volunteer efforts, Diane has provided material support to NAMI through her participation as a team captain for the NAMI Walk; and through her service as the Family Team Chair for the 2012 Walk; faithfully raising funds so that NAMI Ventura County programs can continue to grow. With her energy, compassion and enthusiasm, Diane exemplifies NAMI's mission of outreach, education and advocacy.

It is with our deepest gratitude and heartfelt thanks that the Mental Health Board of Ventura County honors Diane Bustillos for her service on behalf of all mentally ill individuals and their families. ❖



President Obama congratulates volunteers at
NAMI Ventura County

NAMI Ventura County is proud to announce we have awarded 5 volunteers with the President's Volunteer Service Award, a national honor offered in recognition of volunteer service.

The award is given on an annual basis to individuals who have met or exceeded requirements for volunteer service and have demonstrated exemplary citizenship through volunteering.

NAMI Ventura County has a long history of volunteer service, and more than 100 volunteers give their time and energy to us every year—doing things like teaching Family to Family classes, working as a Friend in the Lobby, answering the Helpline, and much, much more. Each hour contributed makes a difference in fulfilling NAMI Ventura County's mission!

To be eligible for the award, NAMI Ventura County submits a record of the volunteer's service hours to the certifying agency. Five NAMI volunteers qualified, each donating more than 100 hours to NAMI Ventura County.

This year, the President's Volunteer Service Award was given to:

Janna Fabris	180 hours
Diane Bustillos	176 hours
Jackie Bradford	142 hours
Basil Augustine	132 hours
Sandy Rose	125 hours

The awards were handed out by NAMI Ventura County's Volunteer Coordinator Joan Wiggins at a Recognition Picnic on October 20th. Executive Director Ratan Bhavnani thanked the volunteers and pointed out that none of NAMI's programs would be possible without volunteers. Examples of these programs include Family Support Groups, Family-to-Family classes, In Our Own Voice, Ending The Silence, the NAMI Provider Education Program, and even the NAMIWalk.

Become a volunteer; opportunities are always available. Call Joan Wiggins at NAMI Ventura County, (805) 641-2426. ❖

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**Ventura County Behavioral Health
Adult Outpatient Service Sites**

Main Number, STAR Program: **(866) 998-2243**
(Screening, Triage, Assessment & Referral)
Behavioral Health Crisis Team: **(866) 998-2243**

If You Live In:	Your Outpatient Clinic:
Ojai or Ventura (excluding 93004)	4258 Telegraph Rd Ventura, CA 93003
Fillmore, Piru or Ventura 93004	333 W. Harvard Blvd. Santa Paula, CA 93060
Oxnard, Port Hueneme or El Rio	1911 Williams Dr., Ste 110 Oxnard, CA 93036
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	125 W. Thousand Oaks Bl. Thousand Oaks, CA 91360
Simi Valley or Moorpark	1227 E. Los Angeles Ave Simi Valley, CA 93065

Acute Care Psychiatric Hospitals

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

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

**NAMI Ventura County
Contact Information**

Mailing Address: P.O. Box 1613, Camarillo, CA 93011
Office: 1355 Del Norte Road, Camarillo, CA 93010
Phone: (805) 641-2426
Helpline: (805) 500-6264
Fax: (805) 275-2188
e-mail: namiventura@gmail.com
Website: www.namiventura.org

Staff

Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak
Friends In The Lobby: Joan Wiggins
SDR Programs: Jen Bungert

2012 Board of Directors

Duane Bentzen	President
Diana Skocypec	Vice President Governance
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Michael Ford	Legal
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**NAMI Ventura County
Membership Application**

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

Check One: _____ New Member _____ Renewal Date _____

Name(s) _____

Address: _____ City _____ Zip _____

Phone _____ E-mail _____

Membership Level, one year (check one):

_____ General (\$35)* _____ Silver (\$50)* _____ Gold (\$100)* _____ Open Door** (\$3)

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

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

*** An open door membership is available to anyone who 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 |

NAMI FAMILY SUPPORT GROUPS

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

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

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

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

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

Ventura – Meets at 6:30 pm, the first and third 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 ❖

NAMI Ventura County Help Line (805) 500-NAMI

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

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

Help NAMI's Fundraising with eScrip & Ralph's

eSCRIP

Groceries | Department Stores | Restaurants | Online Shopping

How it Works:

- You register any one or all of your existing grocery loyalty, debit and credit cards for use in the program.
- Participating merchants will make contributions to NAMI Ventura County, based on purchases made by you, just by using the cards you have registered.
- Your purchases are tracked and available to you online, allowing you to see just how much you are earning on NAMI's behalf!

Just go to www.escrip.com and "Sign Up", enter the NAMI group number: 5564290. Then follow the simple steps to register your grocery cards, credit/debit cards, and store purchase cards.

RALPHS

Register your Ralph's Rewards Card, and NAMI Ventura County can earn up to 4% of your purchase each month.

Just go to www.ralphs.com and click on Services - "Community Contribution". Enroll as a Participant and follow the simple instructions to register your Ralph's Club Card.

The Organization No. for NAMI Ventura County is 81209

Thank you for supporting NAMI Ventura County! ❖

PEER SUPPORT GROUPS

Please note – These groups are for consumers/clients. Family member support groups are listed separately.

Depression & Bipolar Support Alliance

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. Park in the lot off Johnson Drive. No registration required. For more information, call (805) 253-3289.

See www.DBSAlliance.org or www.facebook.com/DBSA.Ventura

Ventura: DBSA Support Group meets 1st and 3rd Saturdays, 1:00 pm to 3:00 pm at the Adult Wellness and Recovery Center, Turning Point Foundation, 1065 E. Main Street, Ventura. For more information, call (805) 671-5038

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

OTHER ACTIVITIES FOR CLIENTS

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, 2697 Saviers Rd., Oxnard CA 93033
Open Tuesday, Wednesday, Friday, Saturday, 10:00 am to 3:00 pm
and Thursday 2:30 pm to 5:30 pm

Ventura AWRC, 1065 E. Main St., Ventura, CA 93001
Open Thursday, 3:00 pm to 5:30 pm, Saturday 10:00 am to 4:45 pm

For more information, call (805) 653-5045

TAY TUNNEL

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

TAY Tunnel, 141 W. 5th Street, Suite D, Oxnard, Tel: (805) 240-2538
Open Monday through Friday, 9:00 am to 5:30 pm

WRAP CLASSES & more

VCBH contracts with Recovery Innovations 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

ADDRESS SERVICE REQUESTED

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

NEW CLASSES STARTING IN 2013

No charge ▪ Registration required ▪ Call or email for information

(805) 641-2426 namiventura@gmail.com

NAMI FAMILY-TO-FAMILY EDUCATION 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, 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.

VENTURA

Class begins: January 17, 2013
12 Thursdays, 6:30 pm to 9:00 pm
ARC Ventura County
295 S. Arcade Drive, Ventura

WESTLAKE VILLAGE

Class begins: January 10, 2013
12 Thursdays, 6:00 pm to 8:30 pm
Calvary Community Church
5495 Via Rocas, Westlake Village

MOORPARK

Class begins: March 2013
12 Mondays, 6:00 pm to 8:30 pm
Clinicas del Camino Real
4279 Tierra Rejada Rd., Moorpark

FAMILIA A FAMILIA

(for Spanish-speaking attendees)
Class begins: February 7, 2013
12 Thursdays, 6:00 pm to 8:30 pm
Clinicas del Camino Real
200 South Wells Rd., Ventura