



NAMI

Ventura County

National Alliance on Mental Illness

Newsletter

November/December 2013

NAMI Holiday Party 2013

(No General Meeting in December)



Tuesday December 10th

5:00 PM to 8:00 PM

Elks Lodge, 801 South A Street, Oxnard

Free for all Clients residing in Board & Cares, Room & Boards, Residential care facilities, Independent Living, families, Staff from facilities, clinics, VCBH and other agencies

NAMI HOLIDAY PARTY

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. The NAMI Holiday Party is held at the Elks' Lodge in Oxnard.

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.

For many 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.



There is no cost to attend the Holiday Party, and each Client will receive a holiday gift. A turkey dinner will be served to everyone. Music, dancing, DJ, door prizes and more entertainment!

Your help is needed to make this event a success!

We need cash donations to offset the cost of gifts, food and other expenses. Business sponsorships are welcome.

A donation of \$25.00 pays for all costs for 2 Clients to attend.
\$100.00 will sponsor 8 Clients.

We expect almost 500 Clients will join us this year.

Your donation, small or large, is much appreciated!

Donate online right now on our website at

www.namiventura.org

Or please write "Holiday Party" and mail donation checks to:

NAMI Ventura County

P.O. Box 1613, Camarillo, CA 93011-1613

All monetary donations to NAMI are tax deductible.

Join us at the next

GENERAL MEETING

Tuesday January 14, 2014

Vineyard Community Church

1320 Flynn Road, Camarillo, CA 93012

INTEGRATED DUAL DIAGNOSIS TREATMENT

with

Geoff Henderson

Dual diagnosis is a term used to describe people with mental illness who also have problems with drugs and/or alcohol. The relationship between the two is complex, creating special problems for families. The treatment of people with co-occurring substance abuse and mental illness is more complicated than the treatment of either condition alone.

How does substance abuse affect the brain?
How do these substances 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?

Geoff Henderson is the Regional Administrator at Telecare Corporation, overseeing all programs in Ventura County. He has over 20 years of experience in the substance abuse and mental health services field.

For more information, call our office at 805-641-2426. ❖

September General Meeting
Mastering Your Emotions
by Leina Ball



Our guest speaker, Jim Piekarski, MFT, Director of Phoenix of Santa Barbara, and adjunct professor, engaged the audience with the vitally relevant topic of his book: *Mastering Your Emotions*. He explained how emotional reactivity is a learned behavior passed down in families, and offered tangible alternatives. Emotional reactivity, he emphasized, is one of the most destructive problems that occur in relationships and it can short-circuit our ability to compassionately respond to our loved ones. Through his work as a therapist, he noticed his patients often lost perspective when they got emotional; emotional regulation thus became the crux of how he helps his patients. His clients needed rules of engagement like talking one at a time.

Research shows that people with high emotional expression, including people with mental disorders, do better in families that do not have emotional reactivity. He explained that our brains are wired to respond to each other emotionally, and reactivity in families tends to trigger relapse. Emotions are communicated through tone of voice and emotional reactivity is contagious. Emotions can be triggered quickly and can overtake our thinking. During his talk, he detailed some of the typical emotions that families dealing with mental illness often encounter. These may include guilt, fear, confusion, anger, shame, hopelessness or deep fatigue, and grief over the loss of some hopes and dreams. The cyclic effect of mental disabilities is traumatic—a repeated trauma takes a toll.

He then provided a set of principles and rules to help navigate our emotions:

1. Don't do something for someone who can do it themselves.
2. Don't blame another person for our own emotions. Acceptance of guilt trips and emotional reactivity is the responsibility of one's self. Boundary issues are often about communication.
3. If a certain way of communicating is not working, take responsibility for fixing the communication. Clear boundaries help us see what is ours and what is not ours.
4. Develop strong intentions and find a way to react differently; change requires solid intention to overcome emotional patterns.
5. Keep in mind, if you change your dance steps, the other

person has to change theirs too.

6. Avoid things that trigger emotional reactivity. These include discounting another's feelings, put downs, name calling, labeling, sarcasm, silence as punishment, bringing up past history, needing to be right, not being able to say you're sorry, making assumptions, arguing over the facts while ignoring underlying feelings, and using the words "always" or "never".
7. Embrace feelings and be mindful of feelings, pay attention to what is going on in your body, put a container around a feeling and be an observer.
8. Change your thinking to "I don't have to take this personally."
9. Respond compassionately.

He reminded us that when you start to look at your emotional reactivity you may have to train hard to master it. If what you've been doing isn't working, change it up and be open to new possibilities!

Many thanks to Jim Piekarski for helping us to think about the destructive force of being emotionally reactive and for helping us understand ways to be less reactive, more productive and more connected! ❖



Employee Volunteer Programs

Does your employer have an Employee Volunteer Program? Many employers offer incentives to encourage their employees to volunteer for community organizations.

The programs vary from place to place. Some of the Employee Volunteer Programs (EVP's) have a "dollars-for-doers" grant in which the company gives grants to the nonprofit organization where the employee volunteered a minimum number of hours. Others may have a policy which offers paid time off to you for your volunteer hours.

Still other EVP's may offer an incentive for you to gather a team of your co-workers for a group project for NAMI Ventura County. A team of your co-workers could volunteer to take on a big project (for example, setting up the NAMIWalk), so you get the great feeling of helping a fabulous cause, and NAMI Ventura County gets additional funds for your effort!

Employers offer a variety of different ways to encourage and reward volunteerism.

Check with your employer's HR department to discover what rewards your employer offers in addition to the great feeling you get volunteering for NAMI Ventura County!

Ready to start volunteering for NAMI Ventura County? Call Joan Wiggins at the NAMI Ventura County office at



**NAMI Ventura County Celebrates 30 Years
Casino Night**

by Joan Wiggins

Saturday, November 2nd was a stellar night for NAMI Ventura County. Though the organization was founded in 1981, this event was a celebration of the 30th year since acquiring nonprofit status, and presented an opportunity to look at where we had come from and where we were going. Founding members Lou and Jim Matthews were on hand to be honored, with their children and grandchildren joining in the festivities. Lou spoke to the group and passionately urged us to continue advocating for housing and other problems facing the seriously mentally ill. Other honored guests who took part in the early beginnings of NAMI Ventura County were Ed Nani, Sonna Gray, Fred Robinson and Carol Luppino.

Board member Roberta Rodriguez shared a brief history of the last 30 years, stating that NAMI Ventura County started as a tiny group of parents who knew the treatment and care of their mentally ill loved ones must change. A few people met to discuss the issues they faced, and a few months later they hosted the State Conference of the organization then known as Alliance for the Mentally Ill or "AMI". That small but courageous group of parents has since grown to an organization over 600 members strong, which has impacted thousands of lives in the county over the years. NAMI Ventura County Board of Directors President Duane Bentzen thanked the founders and reiterated that were it not for them, we would not be where we are today.

The theme of the event, co-chaired by Chris Novak and Roberta Rodriguez, and held at the Los Posas Country Club in Camarillo, was Casino Night. The evening included a delicious dinner, a silent and live auction, and of course casino gaming with "Fun Money" at the tables. Crowding around the tables, people tried their hand at Craps, Roulette, and other casino games. With their winnings they were able to "buy" terrific NAMI Ventura County gear, such as polo shirts, aprons, blankets and mugs. Fabulous NAMI Ventura County volunteers manned the check in table and the auctions, making the evening go smoothly.

Along with 120 NAMI Ventura County members and friends, the Chief Executive Officer of Ventura County, Michael Powers, as well as Ventura County Supervisor Steve Bennett joined in the fun, and lauded NAMI Ventura County for the work that we do.

The evening was a remarkable success. Honoring our founders, raising awareness and funds, and celebrating our 30th anniversary, a good time was had by all! ❖

**Volunteer Spotlight
President's Volunteer Service Award**
by Joan Wiggins



NAMI Ventura County is proud of our exceptional volunteer base. Working diligently to meet the needs of the community by teaching Family to Family classes, leading support groups, making the NAMI Walk happen, and much, much more, NAMI Ventura County Volunteers gave over 2,000 hours of their valuable time over the previous 12 months.

In recognition of these outstanding achievements, NAMI Ventura County is proud to announce the winners of the 2013 PRESIDENT'S VOLUNTEER SERVICE AWARD, a prestigious national honor offered in recognition of volunteer commitment. Established in 2003, this award is given by the President of the United States and honors individuals, families and groups who have demonstrated a sustained commitment to volunteer service over the course of 12 months.

In order to qualify for this esteemed award the recipient must have volunteered for a certified organization at least 100 hours in a 12 month period. NAMI Ventura County's volunteer hours are tracked from July 1st through June 30th each year.

The following NAMI Ventura County Volunteers were presented with the President's Volunteer Service Award at the NAMI Ventura County *Bodacious Brain Bash*, an elegant evening of appreciation for all NAMI volunteers, Walk Team Captains and Walk Sponsors.

- Jetta Zellner-250 hours**
- Diane Bustillos-198 hours**
- Jackie Bradford-154 hours**
- Michael Baclacian-142 hours**
- Basil Augustine-141 hours**
- Janna Fabris-119 hours**
- Kiene Landry-117 hours**
- Susan Gramme-116 hours**
- Valerie Flores-114 hours**
- Susan Cooper-113 hours**

The volunteers received the official President's Volunteer Service Award pin, a certificate of achievement, a congratulatory letter from President Obama, and the

NAMI Ventura County Volunteer Opportunities

Job Title	Description	Skills, experience, training
Advocacy	Advocate for persons living with Mental Illness. Training and information provided.	Good verbal communication skills
Friends in the Lobby	Offer information, education, and support for visitors to psychiatric hospitals	Family-to-Family class
Helpline	Training provided, phone support for callers	Family-to-Family class
Hospitality, Events	Variety of jobs for Holiday Party, Casino Night, Walk, etc.	
Newsletter A	Write articles for newsletter	Good written communication skills.
Newsletter B	Format newsletter for printing	Good Microsoft Office skills
Office Volunteer	Answer phones, update membership, send donation receipts, etc.	Good Microsoft Office skills
Outreach	Deliver NAMI brochures and flyers to community. NAMI will provide brochures and addresses.	Current Drivers license and car.
Prepare Mailings	Fold newsletters and prep for mailing	
Publicity & Media A	Make the casual reader aware of NAMI Events and Programs. Keep local media informed of upcoming NAMI classes and programs.	Good written communication skills.
Publicity & Media B	Make NAMI Ventura County more prominent in the media. Write articles suitable for release to the press, Op Ed pieces, letters to the editor, etc.	Good written communication skills.
Quality of Life Program	Lead activities in Board & Care homes. Training provided by Turning Point Foundation	Passion and skills related to activities to be led in Board & Cares residences.
Speaker	Speak to various community organizations about NAMI programs, and/or the subjective lived experience mental illness as a Family member	Good verbal communication skills
Support Group Facilitator	Training provided, facilitate 1-2 times per month, occasional meetings	Family-to-Family class
Teacher (Family-to-Family, Provider Education, other)	Training provided. Teach 1-2 12 week F2F classes/year	Must have taken F2F or PEP class
Technology Support	Help with website and office computers	Working knowledge of Information Technology
Walk Planning Committee	Meets once a month to plan the NAMI Walk	
Walk Volunteer	Multiple jobs and time commitments. Promote, assist at the walk, captain a team, etc.	
To volunteer, please contact Joan Wiggins at joan.wiggins@namiventura.org or 805-641-2426.		

MIAW 2013

NAMI Ventura County received Proclamations in recognition of Mental Illness Awareness Week, which was the first full week in October. Resolutions were passed by the following:

- County of Ventura - Board of Supervisors
- City of Thousand Oaks - City Council
- City of Ojai - City Council
- City of Port Hueneme - City Council
- City of Oxnard - City Council
- City of Santa Paula - City Council
- City of Ventura - City Council

At each venue, NAMI members received a Proclamation and addressed the Council or Board members. As an example, following is the statement made by Leina Ball on October 7th at the City Council meeting in Port Hueneme:

My name is Leina Ball and I am a member of NAMI Ventura County, the National Alliance on Mental Illness. Thank you for this proclamation, which I am pleased to accept on behalf of NAMI Ventura County. The first week of October has been designated as "Mental Illness Awareness Week" for the purpose of raising awareness desperately needed for individual and societal well-being.

Mental illness does not discriminate between race, religion, social or economic status. It affects children and adults, and in fact each year one in four adults is affected by mental illness. It can strike anyone at any time. Sadly, two-thirds of people who live with mental illnesses do not receive treatment. Treatment works, but only if a person can get it.

The U.S. Surgeon General has reported that stigma is a major barrier to people seeking help when they need it.

I was grateful to find NAMI when the chaos in my family turned into a mental illness diagnosis for my son. I received much needed support and information, which held my own sanity together while learning how to help my son.

I'd like to read you a poem I wrote about my experience:

A Case for Connections

Leina Ball

He stands before me
 An illusion of perfection
 Taunting me
 The ghost of one you desperately miss
 He was always intense with many interests
 When he picked up the guitar and began to write
 He sang out: expect the unexpected
 My Support group advises,

See the person first

My early pleas to teachers, counselors and doctors
 Dismissed away
 My later, more desperate pleas in ER,
Just take him home miss
 See the person first

He feverishly writes songs to save the world
 He is a sensitive soul, a vulnerable soul
 Hospital staff warn me
 He's the thinnest I've ever seen him
 They folded him into a pretzel
 Sedated his dancing mania with a tranquilizer
 I rock him in my arms for hours
 See the person first

Societal stigmas single out this illness
 Point a blaming finger, the victim's fault
 Heart attack, stroke, cancer...
 For these illnesses there are sympathy cards and understanding
 Mental illness stands alone in silence and shame
 A misfiring brain, impedes reason and insight
 Devours dignity and promises pain
 Eclipses hopes and dreams, and normalcy
 See the person first

My beautiful boy cycling through countless psych wards and rehabs
 College, jobs, and a driver's license fade into the past
 I hold on tight
 Sometimes there is an undertow,
 Sometimes I catch a lifeline,
 Sometimes salt gets in my eyes and runs down my face
 See the person first

Brene Brown said
Connection is why we're here
 I must help connect my son to this world
 Meaningful connections
 I recall Parker Palmer's words:
the human spirit does not wish to be fixed, rather it wishes to be seen and heard.
 See the person first

I wrote this poem a couple of years ago around the time our family crisis warranted getting the help that was needed long before. I'm thrilled to say my son Brandon is doing very well now on the path toward recovery!

NAMI Ventura County offers Support, Education and Advocacy to families affected by mental illness. Services are free and the telephone number at NAMI Ventura County is 641-2426; the website is namiventura.org

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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

Helpline: (805) 500-NAMI

Phone: (805) 641-2426

Fax: (805) 275-2188

e-mail: info@namiventura.org

Website: www.namiventura.org

Staff

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

2013 Board of Directors

Duane Bentzen	President
Diana Skocypiec	Vice President Governance
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	Sharon Robinson

Advisory Board

David Gudeman, M.D.	Psychiatry
Kent Kellegrew	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 is unable to pay full membership.*

Dues and donations to NAMI Ventura County are tax deductible to the extent permitted by law.

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

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

NAMI FAMILY SUPPORT GROUPS

Please note – These NAMI groups are restricted to family members or friends supporting a person with a mental illness. Consumer/client support groups are listed separately.

Support group attendees and other family members are urged to come back so as to help others! Drop in – no need to call ahead!

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

Camarillo – Meets at 11:00 a.m., the first Saturday of each month at the NAMI office, 1355 Del Norte Rd, Camarillo.

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

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

Ventura – Meets at 6:30 pm, the first and third Tuesdays at Bible Fellowship Church, 6950 Ralston St (use entrance from Johnson Drive), Building 300, Room 302, Ventura.

GRUPO DE APOYO

For Spanish-speaking family members

Oxnard – Meets at 6:30 pm, the 1st and 3rd Tuesdays at The Wellness Center, 2697 Saviers Road, Oxnard. For information in Spanish, call: Lisa (805) 984-2839 or Pablo (805) 794-6316 ❖

NAMI Ventura County Help Line (805) 500-NAMI

Volunteers and staff can provide information about a variety of resources, including mental health services, housing, legal assistance, support groups, classes for families and clients and more. Open Monday to Friday 9:00 am to 5:00 pm.

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

NAMI CONNECTION

Peer Support Group Meets Twice Monthly

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

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group meets weekly for 90 minutes, is offered free of charge and follows a flexible structure without an educational format.

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

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

SUPPORT GROUPS FOR CONSUMERS/CLIENTS

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

Depression/Bipolar Support Groups

Ventura: DBSA Support Group meets every Tuesday, 6:30 pm to 8:00 pm, Bible Fellowship Church, 6950 Ralston Street (& Johnson Drive), Building 300, Room 301, Ventura. For more information, call (805) 201-0619.

See www.DBSAlliance.org/Ventura

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

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

See www.dbsalliance.org/conejovalley ❖

OTHER ACTIVITIES FOR CLIENTS

THE WELLNESS CENTER (TWC)

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

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

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

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

For more information, call (805) 653-5045

TAY TUNNEL

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

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

WRAP CLASSES & more

VCBH contracts with Recovery Innovations (RI) to run a WRAP program for clients – "Wellness Recovery Action Plan".

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

The mission of Recovery Innovations is to create opportunities and environments that empower people to recover, to succeed in accomplishing their goals and to reconnect to themselves, others, and to meaning and purpose in life.

RI offers other class for clients, including:

Wellness and Empowerment in Life and Living (WELL)
Medication for Success . . . and more.

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



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

ADDRESS SERVICE REQUESTED

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

NEW CLASSES STARTING IN 2014

No charge ▪ Registration required ▪ Call or email for information

(805) 641-2426 info@namiventura.org

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.

WESTLAKE VILLAGE

Class begins: January 9, 2014
12 Thursdays, 6:00 pm to 8:30 pm
Calvary Community Church
5495 Via Rocas, Westlake Village

VENTURA

Class begins: January 23, 2014
12 Thursdays, 6:30 pm to 9:00 pm
Arc of Ventura County
295 S. Arcade Drive, Ventura

CAMARILLO

Class begins: March 26, 2014
12 Wednesdays, 6:30 pm to 9:00 pm
Arc of Ventura County
280 Skyway Drive, Camarillo

FAMILIA A FAMILIA

(for Spanish-speaking attendees)

Class begins: February 2014
12 Weekdays, 6:00 pm to 8:30 pm
Oxnard