



# nami

# Ventura County

## National Alliance on Mental Illness

Newsletter

September/October 2010

### **GENERAL MEETING**

**Tuesday September 14, 2010, 7:00 pm**

Open to the Public ■ All are Invited

**NEW PERSPECTIVES ON BIPOLAR AND DEPRESSION**

with

**TOM WOOTTON**

author of

**BIPOLAR IN ORDER**

*Looking at Depression, Mania, Hallucination, and Delusion  
From the Other Side*

Tom Wootton is the author of three books and a well known speaker at mental health conferences nationwide.

His mission is to help people with mental conditions shift their thinking and behavior so that they can lead extraordinary lives. Tom helps people turn their 'condition' into one that becomes an advantage instead of an 'illness' or a 'disorder.' Drawing on his extensive life experience, Tom educates friends and family members, and delivers a message of hope. His approach to dealing with mental conditions, and his engaging speaking style make this talk a 'must' for consumers, family, friends, mental health workers and therapists

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

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

### **Dr. Alex enthalls NAMI audience**

**"Ask The Doctor" -- July General Meeting**

*by Michael Baclacian and Kimmie Jordan*

About 90 family members, friends, and other community members joined July's General meeting to ask the questions that dramatically impact their lives. Questions covered the gamut of mental health diagnoses, medications, treatment, and research.



The intended scope for this event was to educate families and clients on the medications and therapies in use today, as well as the new technological advances made towards treating serious mental illness. The doctor graciously accepted numerous questions from the audience, and said that the extensive knowledge that the families and clients brought to the meeting had made an impression on him.

Alejandro (Alex) Kopelowicz, M.D. is Professor and Vice-Chair in the Department of Psychiatry and Behavioral Sciences, David Geffen School of Medicine at UCLA, Medical Director of the San Fernando Mental Health Center, a community mental health center operated by the Department of Mental Health of Los Angeles County and Chief of Psychiatry at Olive View-UCLA Medical Center.

Recovery from serious mental illness is definitely possible, according to the doctor, and the best way to manage a patient in recovery is when talk therapy is used in conjunction with medications. There are many things talk therapy addresses that medications alone do not, because recovery includes such things like gainful and rewarding work, the meeting of personal goals, and novel ways of approaching the daily challenges of life. Various approaches including psycho-social intervention, cognitive-behavioral therapy, family education & support, and supported employment all assist the client to see their own potential as they are meeting their personal goals.

Recovery comes gradually, and the importance of taking medications consistently and without interruption was something the doctor greatly emphasized. However, objections to taking the medications often arise due to the inherent side-effects in taking them, like weight gain and increased cholesterol in the blood. Dr. Alex gave the example of the antipsychotic Zyprexa, which has considerable side

(contd on page 2)



### **COMING IN OCTOBER NAMI GENERAL MEETING**

**Tuesday October 12, 2010**

**CHOICES IN RECOVERY**

#### **Relapse Awareness & Reduction Strategies**

- What is relapse?
- Identifying early signs/relapse triggers
- Developing a relapse reduction plan
- The importance of family/treatment team involvement

**Guest Speaker: Mary Susan Hansen, M.D.**

Clinical Professor of Psychiatry  
University of California, San Francisco

*Event Sponsor: Janssen*

## Dr. Alex (Contd)

effects when the concentrations of the medication are over their therapeutic dosage, and this is seen in the period right after the medication has been taken. Side effects include such things as weight gain, raised cholesterol, lipids, and glucose levels. On the other hand, when the medication drops below its therapeutic dosage, seen in the period long after the medication has been taken, its efficacy is reduced. Zyprexa has recently come out in an injectable form, which makes it possible to deliver the medication to the muscle cells in the shoulder, which maintains the therapeutic dosage at a more steady state in the blood. This in turn reduces side effects, and therefore increases adherence to the medication. For these reasons, doctors increasingly favor delivering the medication in this way.

In response to questions about what types of treatments are suggested in the treatment of Major Depressive Disorder, Dr. Alex again emphasized the two major directions of treatment - psychosocial and pharmacological.

He described biologically based brain disorders in detail and discussed the interaction of genetic predisposition and environmental factors contributing to the symptoms affecting individuals with mental illnesses.

One percent of the population suffers from Schizophrenia, this is approximately 3 million individuals in the United States. If a person has a first degree relative with this disorder, they have a 10 percent chance of developing Schizophrenia. He discussed fraternal twins as a first degree relative also having a 10 percent chance of developing the disorder. However, identical twins have a 50 percent chance of developing Schizophrenia. Dr. Alex reports that this difference shows that there is a genetic component, as well as outside factors determining if an individual will develop symptoms or not.

Dr. Alex Kopelowicz concluded the evening by indicating how much it means to him to come to these events, because he really encourages and promotes family education in his practice. Family education can relieve the tensions felt by everyone living in the home through creating the confidence to deal with the situations at home in a constructive way. Additionally, through family education, a great sign of support is felt by the client, who sees that they are not in it alone. ❖

### Spanish Speaking NAMI Family Support Group

Beginning Tuesday, September 7th, 2010, this new group will meet twice a month, on the first and third Tuesday, from 6:00 pm. to 8:00 pm, at Turning Point Clubhouse, 426 West 5th Street, Oxnard.

NAMI Family Support Groups provide support, education, advocacy and information to family members and friends of people with severe mental illness. Family Support Groups are facilitated by trained NAMI volunteers and each person has an opportunity, if they wish, to share their current situation. Other group members are able to offer ideas, suggestions and resources to help their loved ones. ❖

## THE POWER OF WORDS

Our language is powerful and communicates who we are, how we think and how we feel. It is important to use language:

- that does not discriminate or stigmatize
- that does not make assumptions
- that does not limit people
- THAT DOES focus on WHAT'S STRONG, not what's wrong.

"Words are important. If you want to care for something, you call it a 'flower'; if you want to kill something, you call it a 'weed'." - Dan Coyhis

Natural, human language that is specific to people's experience seems to work best. Person-first language is a good idea and is the start to moving from non-recovery language to recovery oriented language. The following are some of the words we often hear, along with some suggestions for different words that might be less stigmatizing or demeaning.

### NON-RECOVERY WORDS

### RECOVERY WORDS

A bipolar	Use person-first language: A person who has been given a diagnosis of bipolar
A schizophrenic	A person who has been given a diagnosis of schizophrenia
Manic	Experiencing increased energy
Paranoid	Experiencing a lot of fear
Relapse	A bump in the road A challenge she can bounce back from
Chronic	In recovery
Crises	Intensity
Symptoms	Experiences Big feelings
Acting out	Being frustrated
High functioning	Talented, intelligent, capable
Low functioning	He hasn't found a path that inspires his strengths yet She is not in an environment that invites growth He is early in the recovery journey
Case, Client, Patient	Person with lived experience of ....., Person seeking wellness, Person diagnosed with mental illness
Decompensating	Experiencing.... (describe) Having a difficult couple of days/weeks Things are not working
Non-compliant	Wanting other options, independent, autonomous, taking personal responsibility
Unmotivated	Not in an environment that inspires her

(Adapted from work done by META Services and Sherry Mead) ❖

## Help NAMI's fundraising efforts

### eScrip and Ralph's

If you would like to continue making an impact by generating contributions for NAMI Ventura County, you **must** renew your commitment with the store of your choice.

#### You must renew ASAP for uninterrupted contributions

**ESCRIP** Visit [www.escrip.com](http://www.escrip.com) and click "YES Renew"

To register a new card, go to [www.escrip.com](http://www.escrip.com) enter the NAMI group number: **5564290** and follow the simple steps to register your Vons, credit/debit, and store purchase cards.

Or we can register your Vons card for you. All we need is:

1. Your Vons, Pavilions or Safeway Grocery Club Card number
2. Name and address of the card holder
3. Optional - Phone # and email address

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

1. Just go to [www.ralphs.com](http://www.ralphs.com) and click on Services - "Community Contribution".
2. Enroll as a Participant and follow the simple instructions to register your Ralph's Club Card.
3. The Organization No. for NAMI Ventura County is **81209**

**Thank you for supporting NAMI Ventura County!**

### NAMI Fundraiser Boutique

A Fundraising Boutique will be held at the Camarillo NAMI Office on Friday, October 15<sup>th</sup>, from 3 to 7pm. Profits & donations will be used for the Annual NAMI Holiday Party for clients affected by mental illness in Ventura County.

The Boutique will feature five wonderful product lines. **Silpada Designs jewelry** is handcrafted from the finest .925 sterling silver complemented by semi-precious stones, beads, & natural materials. Its timeless & unique designs suit every taste & budget & each piece carries a lifetime warranty. **Kika Paprika** is an eco-chic women's clothing line designed to fit ladies from size 0 to 18. The comfy & stylish fashions are made with fabrics like organic cotton, eucalyptus pulp, & water bottles! You choose the pieces you want in one of their 11 different fall color choices.

**Beijo Bags** is a line of fashionable & functional handbags & accessories designed to complement every woman, every lifestyle & every occasion. **Mary Kay Cosmetics'** products include skin care, makeup & fragrances. **Scentsy Wickless Candles** is a unique warmer system that is heated by low-watt bulbs to melt specially formulated wax slowly, maximizing its fragrance time. There are more than 80 fragrances for use in the decorative warmers that complement any decor. With no flame, soot, or wick, Scentsy is safe for homes with pets & kids.

Get a start on your holiday shopping & treat yourself to the incredible products that will be displayed at this event. Be sure to bring your friends!

For more information contact Regina Poynter at 805-469-0625 or [bloomingflowergal@yahoo.com](mailto:bloomingflowergal@yahoo.com) ❖

## Crisis Residential Center Update

The planned Crisis Residential Treatment Program (or "Short-Term Social Rehabilitation" facility) is still on target to open in January 2011, and will be located at 300 N. Hillmont Avenue in Ventura, next to the Hillmont Psychiatric Center.

The provider for this Center will be chosen by Ventura County Behavioral Health, and is expected to be one of the organizations currently providing mental health services in the County.

To make way for this 15-bed facility, the Mental Health Rehabilitation Center (MHRC) known as Hillmont House will be re-located from this location to the campus of Casa De Esperanza in early December.

Within the Casa De Esperanza program, run by Telecare Corporation, Casa A (Serenity House) will be closed by the end of October, and its residents will be placed in other Casas. This building will house the Hillmont House MHRC, which will continue to be operated by Anka Behavioral Health. ❖

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## UNLISTED: A Story Of Schizophrenia

*Watch this new documentary film on PBS TV in October*

Richard Ruston was afflicted with paranoid schizophrenia before his daughter, Delaney Ruston's birth. After many years of shame, frustration and fear she decided to hide from her father and keep her phone number and address unlisted. But now, 10 years later, Richard is more stable on a newer medicine and Delaney, given her experiences as a doctor and a mother, decides to reconnect with her father. What understanding and acceptance of her dad and his illness can she now find? What obstacles to getting her dad treatment will she now face? Knowing that her earlier failed attempts to get needed treatment to her dad is a common occurrence in today's starved mental health system, Delaney decides to bring her camera with her during this journey of reconciliation.

As the story unfolds Delaney finds that the wall she has created between her and her dad starts to slowly crumble as she applies her medical understanding of her dad's illness to their tormented past. By meeting with people involved in her father's life, past and present, and by referring to her father's autobiographically based novel that he wrote during the onset of his schizophrenia, Delaney begins to better understand her father's world and how she can now be a part of it.

But this journey is not without strain as Delaney faces the conflicts around caring for her father that have existed since her youth. Delaney must confront family members who each hold strong opinions about her responsibility to her dad and she must face the constant tension of her dad wanting to go off treatment. When he finally does, Delaney finds herself on a race against time that is a matter of life and death.

Sharing touching and at times painful detail about the personal toll of mental illness, *Unlisted: A Story of Schizophrenia* is a soul-searching examination into the nature of responsibility -of parents and children, of physicians and patients, of society and citizens towards those afflicted with severe mental illness. ❖

## **You Missed It!**

### **NAMI California Conference 2010**

The annual conference was held on August 27th and 28th at the San Francisco Airport Marriott Hotel. With over 500 people attending and about 20 provider/exhibitors, the knowledge gained in just these days was equivalent to a whole year of attending local speaker events and NAMI general meetings!

Gerry Christie, member of NAMI Ventura County said: "All those people there - I felt like I was with the movers and shakers of mental health! The state of the art doctors and experts were amazing. And everyone was so warm and understanding. Consumers felt they were part of this big inclusive community."

Morning plenary sessions included addresses by:  
Dr. Stephen Mayberg (Dir, California Dept of Mental Health)  
Marianne Hartley (award winning actress and author of "Breaking the Silence")

Clark Kelso and Dr. Sharon Aungst  
(California Dept of Corrections & Rehabilitation)  
Dr. Mark Ragins (Medical Dir, MHA Village, Long Beach)  
Dr. Manoj Waikar (Stanford University School of Medicine)  
and our very own Dr. Robert Liberman (UCLA)

There were 24 afternoon workshops - and time to only attend four! All were educational and informative.

The Friday Banquet was followed by a screening of the new documentary "Unlisted" (see page 3). Watch for this film on PBS TV in October.

SAVE THE DATE for next year's Conference:  
NAMI California Conference 2011  
August 17-21, 2011  
Sacramento, California ❖

## **Annual Address To The Membership**

**NAMI California Conference 2010**  
by Dr. Trula M. LaCalle, Ph.D.  
Executive Director, NAMI California  
August 28, 2010

As school children, we seldom appreciate the value of history. The older we get the more we realize how important it is to learn from the past. Looking back on our struggles and successes at NAMI, we strengthen our resolve to continue our fight. At the NAMI California 2010 annual conference, we will be paid tribute to one of the California founders of the organization that became the National Alliance on Mental Illness. She was Eve Oliphant, of whom many of you had the privilege of knowing. It's important to remember Eve because her tireless commitment reminds us that while these times may feel difficult, we have always found the strength to rise to the challenge.

Eve lived to see many remarkable changes across the nation as a result of founding and building NAMI. But before she died, she knew that much work was still to be done. Through NAMI, we have overcome the mistaken label of "schizophrenogenic mothering" and made it clear that serious mental illness is a

brain disease. But we have yet to surmount the ignorance that blames parents for mental illnesses that are biological in nature and sidelines families from appropriately assisting in the recoveries of their relatives.

We have helped prove that family, peer, and community support and proper medication management work toward recovery. But we still struggle to convince government and health plans that one medication is not just as good as another or that we need multiple avenues of assistance to treat individual differences.

We have created types of community-based services that foster recovery and prevent long-term hospitalizations—but the public won't fund them. Instead, our jails and prisons are still acceptable containment for people who need and deserve quality care.

In Eve's time, the state emptied its hospitals and put many consumers on the streets. Since that era, we have created innovative, supportive housing. But we have yet to touch the thousands of our family members who sleep in parks or alleyways due to lack of workable living arrangements.

We have advocated for a variety of social, housing and jobs programs. But have yet to dispel the myth that a 15-minute psychiatry appointment every two months is an acceptable standard of care for most people with serious mental illness.

We have de-stigmatized mental illness to the point that the general public is more accepting than it was thirty years ago. But we have not overcome misinformation, fear, satire, sarcasm, social distancing, and civil discrimination.

Just when we think we are getting somewhere, we are again reminded of Eve's foresight that we have a long way to go. We are still making history. The next generations will judge us by how we face today's challenges.

The good news is that thanks to Eve and other determined leaders, we have not been silenced. NAMI will come to an end the day we become silent – or complacently comfortable with limited progress.

The impact of our efforts is most clearly felt in the one-to-one relationships we have built among ourselves. People come through our doors seeking understanding and to be understood. We hear their stories and we are reminded of our own. So we reach out to the newcomers. They are helped and learn to help others in return.

Think back for a moment about when you first heard about NAMI. Consider what caused you to make that first phone call and what drew you to your first NAMI Affiliate meeting, class, or support group. What was happening in your life at the time? How did you feel? What did you need? As you recall those moments, consider what would have happened to you had NAMI members not been there for you. How long would it have taken you to find the answers and support you needed?

We know how good it feels when we give and receive the help that we need. That's what NAMI is really all about. Ask any active member of NAMI why they are involved in the organization and they will tell you a story about a specific member or members who helped them when they needed it most. So they decided to give back to NAMI and to give to those who came in our doors after themselves. Newcomers emerge as teachers and mentors and advocates. NAMI members know that when we are wrapped up in ourselves, we make a very small package. But there is greatness inside us when we're in service. After 30 years we have grown to national and even international recognition for our

accomplishments—all because we give back.

NAMI members go forward with passion, caring, and determination. Today there are still medical, social, economic, and political obstacles to overcome. But consider this: If you can find a path without obstacles, it probably doesn't lead anywhere.

In spite of these economic hard times, we have been successful in helping others through developing our NAMI programs, performing outreach, and partnering with other organizations. We have not let what we cannot do interfere with that which we can do. NAMI is strong and will be even stronger in the future as a result of meeting this challenge. We have always faced an uphill struggle against fear, lack of money and understanding, -- and we have always kept moving upward and onward.

But we must not rest. As Bill Gates has warned, "Success is a busy teacher. It seduces smart people into thinking they can't lose." How can we lose? We can claim that our Affiliates are doing enough. We can assume that someone else is or should be filling gaps that are rightfully ours to address. We can believe that we don't each have to donate from our personal pocketbooks, from our knowledge bank, or from our individual talents. And if we've been strong leaders in the past, we can let NAMI down by believing we are no longer needed or have too little to offer.

The truth be known, every NAMI member and future member is needed right now regardless of age, economic status, health, or other seeming impediment. Every voice is needed to unite us in strength and lead us along the path of change. Our unity makes us a powerful, undeniable force in advocacy for what we know must be improved, what we know will bring hope, what we know could be a more complete life for people who suffer from mental illness, and for the mothers, father, sisters, brothers, sons and daughters—for all family members who care about them.

Unity among us isn't always easy, but we can proudly say that we ultimately reach unity because we have work to do. In NAMI you will find people who have lost a family member to suicide and people who have put the risk of suicide behind them through our support and education. You will find those who have experienced recovery, and those families that are still waiting after 30 years. Sitting side by side are people who can and do speak openly about their personal episodes of serious mental illness and those who have been unable to speak about it in their own voices. Among us are those who seek to rescue people with mental illness from self-destruction and those who disdain parental systems that curtail personal freedom and choice. We include those who are convinced that medication must be the fundamental basis for recovery and those who think medication is overly prescribed. Some of us believe that people with mental illness should not be called

"consumers" because it brings to mind the idea of consumption only, of taking in, and omits the reality that people with serious mental illness can and do give back in resourceful ways and become mentors and positive leaders for their peers and community.

So where do we go from here? Standing in unity, embracing our differing perspectives, upholding our mission, and speaking with one clear voice so that we can make NAMI a household name, we can be a guiding force that is recognized by the community and respected by those government officials and mental health professionals. Our new Standards of Excellence from our national organization will help bring unity and recognition through a stronger organizational structure and branding. As a grassroots and mostly volunteer organization we will show that we are informed, prepared, and capable---and that we are at the table and ready to do business! In the next two years, continued California regional meetings and statewide conference calls will enable Affiliates to work together to strengthen their local presence and develop their organizations.

By being inclusive of our differing life experiences and perspectives, we stand united in one mission, the mission of NAMI California. After all the years of struggle, NAMI California still works to provide help, hope and healing for those affected by serious mental illness. The NAMI California board of directors has put together a 6-point vision that describes how we see ourselves going forward so that we can build our 2011-2014 strategic plan with that inspiring image in mind.

Our membership growth will come from emphasizing the main benefit of being a NAMI member -- the privilege of being part of an active, vibrant movement for social justice, scientific research, strong families, supportive communities, and dignity, compassion, and respect for all people with mental illness.

In these tough economic times, advocacy for mental health system funding must be our absolute top priority at the county and state level. NAMI California has already stepped up its work with legislative advocacy and has built a more noticeable presence at the Capitol. During the coming months, we will provide specific advocacy training and informational tools at regional meetings to help our members work toward our united goal. Our annual conference next year will be held in Sacramento and will include a day for legislative visits and a rally at the Capitol.

Eve Oliphant and other parents who are no longer with us put their lives and reputations on the line. If they were alive and could hear us today, they would be cheering us on. Now it's our turn. It's time for us to build on our history and renew our zeal for change. It is time to honor their legacy by building a better future for people with mental illness and their families, a future that we know is possible. ❖

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

Main Number, STAR Program: **(866) 998-2243**  
(Screening, Triage, Assessment & Referral)  
Behavioral Health Crisis Team: **(877) 327-4747**

<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  
Office: 1339 Del Norte Road, Camarillo, CA 93010  
Phone: (805) 641-2426  
Fax: (805) 275-2188  
e-mail: namiventura@gmail.com  
Website: www.namiventura.org

Executive Director: Ratan Bhavnani  
Program Coordinator: Chris Novak

**2010 Board of Directors**

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**NAMI Ventura County  
Membership Application**

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

**Check One:** \_\_\_\_\_ New Member \_\_\_\_\_ Renewal Date \_\_\_\_\_

Name(s) \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Membership Level, one year (check one):**

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

Membership Dues \$ \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

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

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

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

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

## BE A NAMI VOLUNTEER

**Get Involved!** Volunteers are essential to the work that NAMI Ventura County does. Become an active participant in NAMI's mission to educate, support and advocate for individuals with mental illness and their families. Use your skills and talents; share your experiences and knowledge.

NAMI Ventura County will be opening a new office this month, at the Ventura County Behavioral Health building in Oxnard. Office volunteers are needed at both the Camarillo office and the new Oxnard office. Come in and help for just 4 hours a week - or more! Some volunteer opportunities can be completed at home.

Call to find out when the next scheduled volunteer training will be held. The meeting will provide an orientation and will allow you to learn more about how you can help NAMI.

NAMI Ventura County appreciates the hard work and commitment from everybody who donates their time to help us continue our effort in helping everybody affected by mental illnesses. ❖

### Regina Poynter - Our Star Volunteer!



Maybe you've met her at a General Meeting. Maybe you've talked with her at a Family-to-Family class. Or perhaps you've called the office and have been helped by this cheery person at the other end! Regina is everywhere.

Always willing to help and at the ready, Regina is a great example of a dedicated NAMI volunteer. Whether it's copying and preparing class materials, making phone calls, or emptying the trash, she does whatever we need, whenever it's needed, and has even been known to come in at 6 am to meet a deadline!

We at NAMI Ventura County are proud and privileged to recognize Regina Poynter for the important role she plays to keep NAMI moving forward in helping families and clients move toward recovery! ❖

## 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.DBSAAlliance.org/Ventura](http://www.DBSAAlliance.org/Ventura)

**Ventura:** DBSA Support Group meets 1st and 3rd Saturdays, 1:00 p.m. to 3:00 p.m. at the Adult Wellness and Recovery Center, 56 E. Main Street, Suite 103 (at Ventura Avenue). For more information, call (805) 671-5038.

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

**Friendship Line:** Telephone support is available to clients on weekend nights. The Friendship Line offers a friendly voice when you are lonely or having a hard time. Open Fridays, Saturdays, Sundays and Mondays, 7 pm to 10 pm.

Toll Free: 1-877-672-AWRC (1-877-672-2972)

This Confidential Friendship Line is staffed by Peer Support Specialists from the Adult Wellness & Recovery Center. ❖

## NAMI FAMILY SUPPORT GROUPS

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

To check the date of the next meeting, see our website at [www.namiventura.org](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 of each month at St. Columba's Episcopal Church, 1251 Las Posas Rd., Camarillo. This meeting is prior to the General Meeting.

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

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

## ACTIVITIES FOR CONSUMERS/CLIENTS

### ADULT WELLNESS & RECOVERY CENTER (AWRC)

This drop-in center is open to all clients, whether or not they are enrolled with Ventura County Behavioral Health (VCBH). Many activities and classes scheduled daily. Some clients are "Peer Counselors", and they engage new members and help them navigate the mental health system. The Center is run by Pacific Clinics; open to all clients.

AWRC, 56 E. Main St, Suite 103, Ventura, Tel: (805) 653-5045  
Open Tuesday through Saturday, 9 am to 5 pm

### TAY TUNNEL

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

TAY Tunnel, 141 W. 5th Street, Suite D, Oxnard, Tel: (805) 240-2538  
Open Monday through Friday, 10 am to 6 pm

### WRAP PROGRAM

VCBH contracts with Recovery Innovations of California, Inc. (RICA) to run a WRAP program for clients – "Wellness Recovery Action Plan". Contact RICA at (805) 981-5439.

Note that

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

### SOCIAL REHAB PROGRAMS (Open only to VCBH clients)

West County residents:

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

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

Open Monday through Friday, 9 am to 2 pm

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

East County residents:

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

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

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



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

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## **NEW CLASS STARTING**

**No charge ▪ Registration required ▪ Sign up now ▪ Call or email for information**

(805) 641-2426 namiventura@gmail.com

## **NAMI PROVIDER EDUCATION PROGRAM**

Free 10-week course

For all mental health professionals including psychiatrists, psychologists, nurses, case managers, therapists, social workers, psychiatric technicians, drug and alcohol counselors, residential care givers, job counselors, and all those who serve individuals with mental illness.

30 CEUs available at no charge for:

RNs, LVNs, LMFTs, LCSWs, CAADAC, CAADE, Psychologists, MDs

Class Begins: September 29, 2010

10 Wednesdays, 4:30 pm to 7:30 pm

Location: Ventura County Behavioral Health

1911 Williams Drive, Oxnard, CA 93036