



nami

Ventura County

National Alliance on Mental Illness

Newsletter

September/October 2011

GENERAL MEETINGS

NAMI GENERAL MEETING

Tuesday September 13, 2011

Camarillo Center for Spiritual Living
340 Mobil Avenue, Camarillo, CA 93010

CHOICES IN RECOVERY

Achieving Wellness & Recovery

with

Leland Stephan, MA, LCSW
Community Health Network, Indianapolis

The Choices In Recovery program is designed to help consumers, family members and caregivers better understand mental illness and treatment.

Recovery is an ongoing personal process of working to achieve goals.

Understanding, and being prepared for relapse, is key to recovery. The program offers useful tips to help prevent or minimize relapse and provides strategies to help individuals get through difficult periods and stay on course with their recovery.

Lee Stephan has degrees in Psychology from Purdue University and Ball State University and a License in Clinical Social Work. He is currently the Director of services for Adults with Serious Mental Illness for Community Health Network in Indianapolis.

Please bring your questions and join us for this educational dinner meeting. As with all NAMI events and classes, the meeting and dinner are free. However, seating is limited and reservations are required.

Unfortunately we will not be able to accommodate walk-ins.

To reserve your seat, call or email with:

Name of each attendee, and a contact telephone number
NAMI Ventura County
(805) 641-2426 namiventura@gmail.com

The Camarillo Family Support Group will meet at 5:30 pm, prior to the General Meeting, at the Center.

Event Sponsor: Janssen

★★ OUR MEETING LOCATION IS CHANGING ★★

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

Because the audience continues to grow, we will be moving our monthly meetings to a new location, effective October 2011:

Vineyard Community Church, 1320 Flynn Road, Camarillo, CA 93012

Save The Date! October General Meeting!

October 11th, 6:45 pm

VENTURA COUNTY'S MENTAL HEALTH SYSTEM

Pam Fisher, Psy.D.

Adult Services Division Manager
and

Mary Stahlhuth, LMFT
Oxnard Region Manager

Tapping the Power of Mindfulness

July General Meeting

by Carol Bungert

Vincent Caimano, Ph.D. is an organizational psychologist and the founder and CEO of Depression Recovery Groups. He has been instrumental in setting up a DBSA support group (Depression and Bipolar Support Alliance) in Ventura County, and has an Internet based service running seventeen groups a week with live streaming coordinated by certified peer specialists.



Years ago it was believed that repeated episodes of depression caused permanent changes in the brain. The prefrontal cortex gets smaller, the amygdala gets more active, and new neurons in the hippocampus are curtailed. To Dr. Caimano, the theory that the brain is fully formed at age twenty and an individual is just destined to stay that way seemed like a hopeless life sentence. Having suffered with bouts of depression for many years, he found this theory to be very depressing!

About ten years ago he decided to take responsibility for his own recovery and began to explore other ideas about recovery and rehabilitation. He was inspired by Jeffrey Schwartz, M.D., author of "Neuroplasticity and the Power of Mental Force". It was discovered that the brain can be very adaptable when certain areas are damaged. The parts that are most used can often be rewired with focused therapy to retrain the neuropathways. Although he acknowledges the benefits of antidepressants to help with symptoms, Dr. Caimano believes that cognitive behavioral therapy is more effective to eliminate relapse. It has been found to reduce relapse rates by 50% for those who have had three or more major depressive episodes.

In developing "Tapping the Power of Mindfulness", Dr. Caimano referenced other authors: David Burns, M.D., "Feeling Good: The New Mood Therapy", and Jon Kabot-Zinn, Ph.D., "Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness".

Mindfulness is a practice of purposely, non-judgmentally, paying attention to what is happening in the moment. He had the group do an exercise eating one raisin, being very

(contd on page 2)

Mindfulness (Contd)

focused in taking in every nuance. Staying with mindfulness, he guided us to do a "brain dump" to sort of what bothers or challenges us, using these tools:

1. Non-judging: be an impartial witness to your own experience;
2. Patience and Non-Striving: not trying too hard to achieve, your experience is your experience;
3. Acceptance: becoming comfortable with both the negative and the positive of the experience, and;
4. Letting Go: relaxing into awareness. We also did a yoga stretch, a three-minute breathing exercise, and a body scan meditation to develop our awareness.

Dr. Caimano teaches self-awareness to help us notice triggers for an episode, going from normal emotions or uncomfortable to an episode, and recognizing when we may be misinterpreting what we are experiencing. He recommends developing mindfulness skills by taking a class, reading a book or listening to a CD on this subject. Work up to practicing 30 to 45 minutes a day, and apply mindfulness to everyday situations. By incorporating mindfulness as a daily practice, we take control of our destinies. ❖

Friends In The Lobby Call for volunteers!

This successful NAMI program is in need of additional volunteers. In partnership with the Hillmont Psychiatric Center (HPC), NAMI runs a program called "Friends In The Lobby". During the hospital's visiting hours, two trained NAMI volunteers greet family members and friends, who are often in crisis and unfamiliar with mental illness and with HPC and its policies.

Families are already under extreme stress, and desperately in need of answers, compassion, and hope that things can get better. Essentially, they need "Friends In The Lobby."

The NAMI table is open in the HPC lobby on Mondays and Thursdays from 5:15 to 7:45 pm and on Saturdays from 12:15 to 2:45 pm.

If you are a graduate of a NAMI Family-to-Family class and are interested in being a part of this meaningful program, here are the details:

- A NAMI volunteer training for this program will be held in late September.
- Volunteers will receive a small stipend for their time.
- Completion of NAMI's Family-to-Family course and a completed NAMI Volunteer Application are required.
- We also ask that volunteers be able to commit to at least one 2.5 hour shift every other week.

YOU CAN HELP! These families need us to show them that there is hope, and an alliance of people to support them and educate them. Send an email, call us or come in to our office and ask for an application form. For any additional information, please contact Program Assistant Joan Wiggins at NAMI. ❖

NAMI Ventura County Aims for One Hundred Percent CIT Training

The 27th Academy for the Crisis Intervention Team (CIT) Program was held in July in Ventura County, with 32 police officers attending. CIT training provides law enforcement personnel with training on mental illness, and is proven to help officers de-escalate situations involving people in serious mental health crisis. When they are asked to assist with a problem involving mental illness, the training results in a more professional and humane response by police officers.

This 40-hour training is offered by the Ventura County Sheriff's Department, which also provides contracted police services to five cities in the County. Under an extraordinary partnership, the CIT training is open to all other Police Departments in Ventura County, and occasionally to out-of-county agencies as well.

In mid-2010, when the number of CIT trained officers dropped below 50%, NAMI Ventura County expressed concerns to both candidates running for Sheriff's office. Both assured us that CIT was an important program and that funding would be strengthened. When Sheriff Geoff Dean was elected and took office in January 2011, he agreed to be the Honorary Walk Chair for our NAMI Walk. At this year's Walk Kickoff Luncheon and at the NAMI Walk, Sheriff Dean pledged to have all Sheriff's Department officers undergo CIT training, and stated that the police academy for new recruits would be followed by the full 40-hour CIT program. We ask NAMI members to encourage the other six city Police Departments in the County to follow the Sheriff's lead.

Guest speakers from Ventura County Behavioral Health and other departments teach the various modules over the five day training. NAMI Ventura County provides a training team for a segment of the third day's training. Scott Walker, Program Assistant, states, "The NAMI Panel allows officers to open their minds & hearts as they begin to empathize with the same struggles we all have with the mental health system."

Consumer speakers are invited to participate in several sessions, most notably during the last day's role-playing module. Walker emphasizes, "Consumer participation is essential to quality learning at the CIT Academy. Our officers can see first-hand the 'faces' of mental illness, interact with candid dialogue, and understand that there is no longer an 'us versus them' perspective. People with mental illness have the same aspirations and good natured qualities as we do."

He continues, "We pride ourselves on having realistic role-playing scenarios that are based on real life incidents. Likewise, our consumer actors bring the realism and true emotions we expect to encounter. Realistic training further challenges officers in a safe learning environment."

Role play sessions allow officers to test their newly gained knowledge and skills in five simulated well-scripted situations:

DTS, Danger to self. Actor on an imaginary freeway overpass must be talked down from jumping off.

DTO, Danger to others. Actor is a Board & Care resident who is psychotic and manic.

GD, Gravely Disabled. Actor is almost non-communicative and is lost in a park at nighttime.

Cats. Police take an imaginary woman on a 5150 hold as Animal Control takes custody of several cats belonging to her. The husband then comes out of the home with a knife in a hostile manner.

No-Win. Police respond to a well being call with no further information, and find a person who threatens to ingest a poisonous drink; tests an officer's ability to problem solve and strategize.

NAMI Ventura County is proud to partner with our law enforcement agencies and make sure the safety and well-being of clients and officers is maintained. ❖

California Department of Mental Health (DMH) Reorganization

Policy Statement from NAMI California

Background

AB 100, that defines the role of the Mental Health Services Act Oversight and Accountability Commission (MHSOAC), and AB 102 and AB 106, that moves all mental health and drug & alcohol Medi-Cal services to the Department of Health Care Services (DHCS), have already been signed into law.

The Governor's budget suggests further assignment of **non-Medi-Cal** mental health services. These include a full array of services and supports that are currently available, accessible, and culturally and linguistically appropriate such as:

- Housing with supportive services
- Employment and education supports
- Transportation services
- Reduction in engagement with the criminal justice system
- Wrap Around Services
- Integrated mental health and substance use treatment
- Prevention and outreach services
- Case management and care coordination
- Community skill building
- Operation of State Hospitals

No analysis or law makes clear what that assignment should or will be, but officials have offered several suggestions that are all based on dissolving the Department of Mental Health as we know it today:

- Create a new Department of Mental Health
- Create a division of mental health within DHCS,
- Disperse services among other departments including perhaps moving State Mental Health Hospitals to the Department of Corrections and Rehabilitation.

Policy Statements

- NAMI California supports the creation of a new Department of Mental Health and Drug and Alcohol Services for all related **non-Medi-Cal** services and programs.
- NAMI California believes that any reorganization of the California Department of Mental Health (DMH) should provide individuals living with mental illness with services and supports that increase health and recovery outcomes across the life span, are culturally competent, and are coordinated to provide linkage to needed treatment and services regardless of the source of funding.
- NAMI California sees the reorganization as an opportunity to truly integrate our Medi-Cal, **non-Medi-Cal**, and MHSOAC services to prioritize assistance to all Californians based on their severity of need.
- NAMI California recognizes the value of assigning the management of all Medi-Cal services, physical, mental health, and drug use, to the Department of Health Care Services to better serve the whole person and to align with the Affordable Care Act.
- NAMI California opposes the incorporation of all **non-Medi-Cal** mental health services into the Department of

Health Care Services because it would place the entire complexity of mental health treatment within an immense department that has no experience with mental health treatment or our community.

- NAMI California does not support the transfer of state hospital responsibility for forensic patients to the Department of Corrections and Rehabilitation.

Senior Policy Advisor

- NAMI California believes any reorganization of California's mental health system can only be successful if it facilitates the coordination and linkage between Medi-Cal and **non-Medi-Cal** services and programs. This integration must be accomplished in order to achieve positive outcomes for all persons living with serious mental illnesses.
- Effective coordination and development of policy can only be accomplished at the highest level of California's health care system.
- NAMI California supports the concept of a senior policy advisor at the highest level of the Health and Human Services Agency. ❖

Stakeholder Meetings

The California Department of Mental Health (DMH) continues to hold stakeholder meetings and educational sessions to get your feedback on this re-organization.

Review the Policy Statements from NAMI California and express your opinions. We will keep you informed of additional stakeholder meetings.

Friday, August 26, 2011

1:00 PM – 1:45 PM (Pre-Meeting Education)

2:00 PM – 5:00 PM (Stakeholder Meeting)

Regional Stakeholder Meeting

Dept. of Behavioral Health Central Valley Region

850 E. Foothill Blvd Rialto, CA 92376

(Auditorium Entrance on the West side of the building)

Thursday, September 1, 2011

1:00 PM – 1:45 PM (Pre-Meeting Education)

2:00 PM – 5:00 PM (Stakeholder Meeting)

Regional Stakeholder Meeting

Courtyard by Marriott

1605 Calle Joaquin San Luis Obispo, CA 93405

Wednesday, September 7, 2011, 3:30PM – 5:30PM

CHHS/DMH/DHCS/ADP Stakeholder and

Interest Groups Check-in

California Institute for Mental Health

2125 19th Street 2nd Floor Sacramento, CA 95818

Friday, September 16, 2011, Sacramento

Statewide Webinar to share stakeholder input

from all sessions

October 2011- July 2012

DMH will sponsor monthly stakeholder community services education and update meetings. ❖

Did You Miss It? NAMI California Conference 2011

The annual conference was held on August 19th and 20th at the Sacramento Doubletree Hotel. With over 600 people attending and about 20 provider/exhibitors, the knowledge gained in just these two days was equivalent to a whole year of attending local speaker events and NAMI general meetings!

Morning plenary sessions included addresses by:
Darrell Steinberg (California Senate President pro Tem)
Dr. Cameron Carter (University of Davis, California)
Frederick Frese, Ph.D. (Northeast Ohio Medical University)
Dr. Curley Bonds (Medical Dir, Didi Hirsh Mental Health)

A session on Criminal Justice presented the recommendations by the Task Force for Criminal Justice Collaboration on Mental Health Issues. The presenting panel included Judge Stephen Manley, Belmont Police Chief Don Mattei, CMHDA Dy. Dir. Dr. Don Kingdon, Court Administrator Karen Moen, and Mark Gale of NAMI California.

Fred Zullo, a member of NAMI Ventura County, received the Outstanding Criminal Justice Advocate Award for his many contributions, including setting up a video conferencing link between the Ventura Courts and the State Hospitals.

With multiple "Ask the Doctor" sessions and many other presentations and workshops, there was little time to visit the exhibitor booths! All were educational and informative.

Jan Jones, a member of NAMI Ventura County and a Family-to-Family teacher, who attended the Conference with her husband Ron, said, "The Ask The Doctor workshops were the most incredible sessions. I was able to participate in two, Schizophrenia and Children of Mental Illness, and one of the doctors stayed behind to answer everyone's questions. I will never miss another NAMI Conference in my life!"

SAVE THE DATE for next year's Conference:
NAMI California Conference 2012
August 16-18, 2012
Irvine, California ❖

Ratan Bhavnani Joins NAMI California Board

At the NAMI California Conference, three new candidates and one incumbent were elected to be on the Board of Directors of our state organization, NAMI California.

Ratan Bhavnani, Executive Director of NAMI Ventura County, was one of those appointed to the Board. Shannon Jaccard of NAMI San Diego was appointed to her second term on the Board. Other incoming members were Navah Statman of NAMI Santa Clara County and Dr. Sergio Aguilar-Gaxiola of UC Davis.

NAMI California has 72 local affiliates and represents 19,000 people to the California Legislature and Governor on mental illness issues. NAMI California provides support and education resources to local affiliates such as NAMI Ventura County. ❖

More Lessons from Kelly Thomas's Beating Death

by The Treatment Advocacy Center, August 19, 2011

In the weeks since the unconscionable beating death of Kelly Thomas by six Fullerton, California, police officers, personal accounts from Kelly's parents and news reports based on official court records have detailed a personal and family odyssey that is heartbreaking and devastatingly familiar.

Kelly Thomas was ill enough that over the past decade he was deemed "gravely disabled," and conservatorship was assumed at various times by the court and by his father. His own mother once felt compelled to obtain a restraining order – hoping it would lead to treatment for her son.

That Thomas didn't get the treatment he so obviously needed and died as a result is now the stuff of grief, headlines, recriminations and – more constructively – Orange County's belated decision to at least look into implementing Laura's Law, which would authorize court-ordered treatment for mental illness in California's second most-populated county.

Among the lessons of this tragedy is its reminder that victims of violent episodes stemming from untreated severe mental illness are very often the victims of illness themselves. Our Preventable Tragedies Database only scratches the surface of violent deaths that shouldn't have occurred, but it currently contains nearly 900 reports of individuals with mental illness being killed or injured by police officers. Those reports don't count the Tuesday (Aug. 16) police shooting in Oklahoma of Charles W. Hundley, 59, a man who suffered bipolar disorder and was off his medication and manic, according to his sister ("Sister: Lack of mental health resources to blame," Muskogee Phoenix, Aug. 17). With the criminal justice system increasingly being treated as a mental health agency, we can only expect more stories like these.

Also too often lost in the sensationalism of reporting violent acts by the mentally ill is the high incidence of self-violence they commit. Suicide is the number one cause of premature death among people with schizophrenia; an estimated 10 percent to 13 percent of those with the disease eventually kill themselves. Suicide is even more pervasive in individuals with bipolar disorder, with 15 percent to 17 percent taking their own lives. Partly as a result, the life expectancy of those with severe mental illness is 25 years less than the general population's in this country.

Events like the mass murders at Virginia Tech and the January shootings in Tucson rightfully raise awareness that anyone can become a victim of with untreated mental illness. Our hope is that Kelly Thomas's death also raises awareness that people with untreated severe mental illness are dying far too young everywhere, every day - and they will continue doing so unless they get the treatment they need. Orange County - and the rest of the country - needs better mental health laws and policies if this is ever to change. ❖

Mental Health Center Opens in Sylmar

by Susan Abram, LA Daily News, August 10, 2011

SYLMAR - Hoping to alleviate the growing number of unnecessary emergency department visits, county officials will open a \$10 million mental health urgent care center in Sylmar on Thursday.

The 10,800-square-foot facility, built on the Olive View Medical Center's sprawling campus, will offer care for walk-in patients suffering from anxiety, depression, schizophrenia and a range of other issues.

The center will be open seven days a week, said James Coomes, program director for the Olive View Mental Health Urgent Care Center.

Any resident, from the nearby equestrian neighborhoods to those as far as Santa Clarita and the Antelope Valley, is welcome, Coomes said.

"At 8 a.m. Thursday morning, anybody who comes will be seen," Coomes said. "It doesn't matter how they get here, even if they're on horseback, we'll see them."

Local mental health experts say the opening of the new urgent care center comes at a time when such services have increased, a result of the increased anxiety and depression among workers amid a downturn in the economy.

Funding for the new building came from Proposition 63, passed in 2004, which imposes a 1 percent tax on personal income over \$1 million to fund mental health services.

The Spanish-style building includes modernized waiting and screening rooms for outpatient services, space for acute care, an outside courtyard, soothing artwork and more space for workers to better assess each person.

In 2008, the Sayre fire destroyed 48 structures at the Olive View campus, including some buildings on the proposed site for the new facility. Ironically the fire saved the county some time and money with demolition, said Katrin Aslanian-Vartan, capital project coordinator for the Department of Mental Health.

The goal is to be able to screen and triage each person faster, prescribe medication, and connect them to ongoing services in the community.

A ribbon-cutting ceremony is set for this morning at 11 a.m. at 14659 Olive View Drive.

After years of working out of the San Fernando Mental Health Center, Coomes said he and his staff were serving 3,000 adults per year in their borrowed office.

Now they expect to see up to 5,000 adults and children.

"We have other urgent care centers, but this is going to be the

most high-tech urgent care center," said Phillip Chen, health deputy for county Supervisor Michael D. Antonovich.

Those who seek services at the new Olive View UCC will be better linked to other agencies, said Kita Curry, CEO of Didi Hirsch Mental Health Services, which will get referrals from the new center.

Didi Hirsch will hold a grand opening of its own new facility at the former Verdugo Mental Health Center in Glendale on August 25.

"What the (Olive View) urgent care center will hopefully do is save money because of instead of going to the ER and experiencing long hospital stays, (clients) can go to the urgent care, and get connected to resources in the community," she said.

County Supervisor Zev Yaroslavsky said the new facility provides a more compassionate setting, designed to address those with short-term or long-term needs.

"The San Fernando Valley has its share of mental illness, and episodes arise in the Valley as in everywhere else," Yaroslavsky said. "This is going to help address the problem."

Eat Right, Exercise, and...Volunteer!

by Joan Wiggins

You've all heard the message. If you want to stay fit, and feel good you need to eat right and exercise regularly. Now you can add one more important component to your good health regime. Volunteering! A 2007 compilation of studies by the Corporation for National and Community Service reveals that not only does volunteering help others who are in need, it also helps the volunteer!

This collection of scientific research reveals that volunteering can reduce the rates of depression in people over the age of 65, as well as increase longevity. Volunteering can also lower the incidence of heart disease! The body of research encompasses over 30 rigorous studies looking at the link between volunteering and the health of the volunteer. The study reveals that a mere 2 hours of volunteering a week, (or approximately 100 hours per year), will give the volunteer these important health benefits.

NAMI Ventura County has many opportunities for volunteers. Call (805) 641-2426 or email volunteer4nami@gmail.com to find out how you can help NAMI and yourself!

Want to live a happy, healthy life? Eat right, exercise and Volunteer!

Study cited:

http://www.nationalservice.gov/pdf/07_0506_hbr_brief.pdf ❖

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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	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**

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Executive Director: Ratan Bhavnani
Program Coordinator: Chris Novak
Friends In The Lobby: Jen Bungert

2011 Board of Directors

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**NAMI Ventura County
Membership Application**

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

Check One: _____ New Member _____ Renewal Date _____

Name(s) _____

Address: _____ City _____ Zip _____

Phone _____ E-mail _____

Membership Level, one year (check one):

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

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

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

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

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

- | | | | |
|---|--|---|--------------------------------------|
| <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 NEEDS YOUR DONATIONS

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

Our signature Family to Family Education course teaches families to cope successfully with this major challenge in their lives. The Provider Education Program presents a penetrating, subjective view of family and consumer experiences with serious mental illness to mental health providers who work with severe and persistent brain disorders. Our new programs include Spanish speaking classes and support groups, In Our Own Voice, Parents & Teachers As Allies, and Friends In The Lobby.

Donations are greatly appreciated and will be used to expand these programs as well as new ones, and to continue our advocacy efforts within our community.

A donation may also be designated as an Honorary Donation (in Honor of the special people, relationships and events in your life) or as a Memorial Donation (to remember the life of a loved one through a Memorial gift to NAMI Ventura County.) An acknowledgment will be sent to the family if you request us to do so.

You can make a secure donation online at our web site. Go to www.namiventura.org and select Donate from the left menu. You may also mail in a donation check to our P.O. Box address.

Workplace Giving

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

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

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

"NAMI Ventura County (805) 641-2426"

P.O. Box 1613

Camarillo, CA 93011-1613

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

SUPPORT GROUPS FOR CONSUMERS/CLIENTS

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

Depression/Bipolar Support Groups

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

See www.DBSAlliance.org/Ventura

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

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

See www.dbsalliance.org/conejovalley ❖

NAMI FAMILY SUPPORT GROUPS

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

To check the date of the next meeting, go to 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 Vineyard Community Church, 1320 Flynn Road, Camarillo. Effective October 11, 2011.

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

Camarillo – Spouse Support Group, for spouses and partners. Meets at 6:30 p.m., the first and third Mondays at NAMI, 1355 Del Norte Rd, Camarillo. ❖

ACTIVITIES FOR CONSUMERS/CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

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

AWRC, 1065 E. Main St., Ventura, CA 93001 Tel: (805) 653-5045

Open Thursdays, 3:00 pm to 6:00 pm, Saturdays 10 am to 5 pm

The AWRC will move to Oxnard in Fall 2011.

TAY TUNNEL

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

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

Open Monday through Friday, 10 am to 6 pm

WRAP CLASSES

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

Note that

- the program is open to all clients.

- clients may join the WRAP program at any time, and go at their own pace.

Eight sessions are required.

- Graduates may enter the Peer Employment Training; starts every few months.

72 hours, over 2-3 weeks.

- RICA recruits and employs Peer Counselors on behalf of the County.

SOCIAL REHAB PROGRAMS (Open only to VCBH clients)

West County residents:

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

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

Open Monday through Friday, 9 am to 2 pm

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

East County residents:

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

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

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



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

ADDRESS SERVICE REQUESTED

<p>Non-Profit Org US Postage PAID Oxnard, CA Permit No. 00280</p>
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Ride with NAMI
Saturday December 3, 2011
Hemet, California
www.nami.org/namibikes

NEW CLASSES STARTING

No charge ▪ Registration required ▪ Sign up now ▪ Call or email
 (805) 641-2426 namiventura@gmail.com

FAMILY TO FAMILY PROGRAM

The NAMI Family-to-Family Education Program is a series of twelve weekly classes for family caregivers of people living with mental illness.

For family members, partners and friends of individuals with: Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia, Schizoaffective Disorder, Borderline Personality Disorder, Panic Disorder and Obsessive Compulsive Disorder, Co-occurring Brain Disorders and Addictive Disorders, Post Traumatic Stress Disorder

Enrollment restricted to attendees who have a family member or friend with a mental illness.

ARC Ventura County, 295 S. Arcade Drive, Ventura
 Class begins: September 8, 2011, 12 Thursdays, 6:30 pm to 9:00 pm

PROVIDER EDUCATION PROGRAM

The NAMI Provider Program is directed to the learning needs of line staff who work directly with individuals having severe and persistent brain disorders. The course is free for all, including professionals such as psychiatrists, psychologists, nurses, case managers, therapists, social workers, psychiatric technicians, drug and alcohol counselors, residential care givers, job counselors, and others who work with people living with mental illness.

15 CEUs offered at no charge to licensed clinicians

SIMI VALLEY
Class Begins: October 10, 2011
 5 Mondays, 3:30 pm to 6:30 pm
 Simi EV Free Church, 77 Tierra Rejada Road

VENTURA
Class Begins: October 17, 2011
 5 Mondays, 3:30 pm to 6:30 pm
 Aliso Escrow, Inc., 4522 Market Street