



NAMI

Ventura County

National Alliance on Mental Illness

Newsletter

September/October 2012

GENERAL MEETINGS

NAMI Ventura County holds monthly educational General Meetings. Speakers are invited to address a wide range of issues relating to mental illness, such as treatment programs, medication side effects, disability benefits, job-training programs and more.

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

Tuesday September 11, 2012

Vineyard Community Church
1320 Flynn Road, Camarillo, CA 93012

Is It Mental Illness, Substance Abuse or Both?

with
Barry Boatman, PsyD, LMFT

The terms "dual diagnosis" or "co-occurring disorders" are used to describe the condition of a person considered to be suffering from a mental illness and a drug or alcohol problem.

How do these substances affect the brain?

How do these substances interact with mental illnesses and how does this affect treatment?

What are the principles of successful treatment?

What treatments are available in Ventura County for such "interactive disorders"?

Join us for this educational seminar with Dr. Boatman.

Barry Boatman, Psy.D., LMFT, is the Program Director for Telecare Corporation's Early Intervention Program in Ventura County. He has operated residential treatment facilities for troubled teens and has specialized in co-occurring disorders.

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

October General Meeting

Tuesday October 9, 2012, 6:30 pm
Camarillo Center for Spiritual Living
340 Mobil Avenue, Camarillo, CA 93010

Choices In Recovery

Achieving Wellness & Recovery

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.

Reaching Recovery

by Renee Foote

Reaching recovery through peer support, education, and employment was the subject of the NAMI General Meeting on July 10, 2012. The speaker was Mary McQuown, Recovery Services Administrator and head of the Ventura County division of Recovery Innovations – California (RICA). RICA provides recovery education classes, peer support, and peer employment training to adults with mental health challenges at all Ventura County Behavioral Health Outpatient Clinics. Classes are free of charge and no referral is needed. Classes include Wellness Recovery Action Plan (WRAP), Wellness and Empowerment in Life and Living (WELL), and Medication for Success.

At the beginning of her presentation, McQuown shared an insightful quote about recovery by Abraham Maslow: "One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again."

Recovery Innovations' definition of recovery is "remembering who you are and using your strengths to become all you were meant to be." During the process of recovery, it is important to focus on the whole person, instead of only focusing on the illness. Employment/meaningful activities, leisure activities, family and friends are all essential parts of the recovery process.

Recovery Innovations' Mission Statement is to create opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect with themselves, others, and meaning and purpose in life.

Focusing on the five pathways to recovery – hope, choice, empowerment, recovery environment, and spirituality – peer support helps people develop their strengths so they can discover their own solutions to life situations. (1) Hope is the beginning and creates a turning point. It is a vision of a better future and learning to focus on the positive. (2) Recovery is a choice. Making choices can be risky, but it is how individuals learn and discover who they are. (3) Recovery is the person's job, so they should have the power to do it. They have the lead role in their recovery. (4) It is important to have a positive and supportive environment where healing can occur. Value and nurture relationships based on kindness and mutual respect. (5) Spirituality is finding meaning and purpose in one's life and discovering the essence of who we are. It is connecting within and beyond the self.

Denise Kriskchke, Connie Garcia and Mark O'Toole are Peer Recovery Specialists at RICA. They shared their personal journeys and how much peer support has helped in their own recoveries. For them it is very rewarding to be able to help others.

The use of Peer Support Specialists has been a significant factor in moving recovery forward in individual lives. Peer support includes sharing personal experiences of recovery in a way that inspires hope. It is a way of teaching, learning, and growing together. Peers can offer help and support as equals.

In closing, McQuown emphasized the power of peer support by quoting Helen Keller: "Alone we can do so little; together we can do so much."

For more information, please contact RICA at (805) 981-5439 or go to www.recoveryinnovations.org. ❖

The Devil In Silver

as heard on Fresh Air, NPR, August 29, 2012

In Victor LaValle's new novel, *The Devil in Silver*, a man is mistakenly committed to a mental hospital where a buffalo-headed monster stalks patients at night.

The plausibility of a monster roaming the hospital's halls made sense, says LaValle, who has a personal connection to the mentally ill.

"The times that I've been in those hospitals — even as someone who was not even institutionalized at the time — I felt so much like I was in a haunted house," LaValle tells Fresh Air's Terry Gross. "And if I had looked down that hallway, for a week, for a month, for a year, at some point, it would not have been that impossible to believe that I would see something rounding that corner, something strange, something impossible, because my mind could no longer register the reality I was living in. And [it] started creating a horror that in some way symbolized the experience I was going through."

LaValle has a history of schizophrenia and bipolar disease across three generations on both sides of his family.

"I have a very intimate knowledge of the world of the mentally ill and of life inside of especially public hospitals, and the way people are treated in there and the way that they try to survive in there," he says.

He says he wanted to write about the patients in a mental institution in a way that would allow readers who have no knowledge at all of it — and even have some fear of the patients — to understand the main character, Pepper's, journey.

Pepper is not mentally ill, "but he enters this place unaware and slowly becomes aware of the complexity of the people he meets," LaValle says.

LaValle is the author of the short story collection *Slapboxing with Jesus*, the novel *Big Machine* and the e-book novella *Lucretia and the Kroons*. He's the recipient of a Guggenheim Fellowship and teaches writing at Columbia University. ❖

Donate Your Used Car

If you have a used car, truck, boat, RV, or motorcycle that you no longer need, then consider making a vehicle donation. Help NAMI Ventura County raise money for our programs and get an IRS tax deduction for yourself!

Call Cars 4 Causes at 1-800-766-CARE or 1-800-766-2273, or go to our web site, www.namiventura.org, select "Donate" from the left menu and click on the Cars4Causes logo.

Be sure to designate NAMI Ventura County as the charity of your choice by providing the information below.

Charity Name: NAMI Ventura County

Address: P.O. Box 1613, Camarillo, CA 93011

Telephone: (805) 641-2426

Thank you for your support. ❖

NAMI Provider Education Program

What is NAMI Provider Education?

The NAMI Provider Education Program is a 5-week course that presents a penetrating, subjective view of family and consumer experiences with serious mental illness to line staff at public agencies who work directly with people experiencing severe and persistent mental illnesses.

The course helps providers realize the hardships that families and consumers face and appreciate the courage and persistence it takes to live with and recover from mental illness.

How is the Provider Education course unique?

The Provider Course emphasizes the involvement of consumers and family members as faculty in provider-staff training. The teaching team consists of five people:

- Two family members trained as Family-to-Family Education Program teachers;
- Two consumers who are knowledgeable about their own mental illness, have a supportive relationship with their families, and are dedicated to the process of recovery; and
- A mental health professional who is also a family member or consumer.

Few teaching programs employ consumers in this kind of sustained training effort in which they are paid to participate on a teaching team as they present a 5-week course.

The course reflects a new knowledge base -- the "lived experiences" of people coping with a mental illness or caring for someone who lives with a mental illness. Including this deeply personal perspective creates an appreciable difference in the program's content. It adds a means of teaching the emotional aspects and practical consequences of these illnesses to the academic medical information in the course.

"An extraordinary experience! The approach of having providers learn from family members and those living with mental illness is really eye-opening. I will tell my colleagues that until they attend this course, they don't have a clear and true picture of what those living with mental illness, their families, and their friends endure while they are battling their illness. But after the course, they will."

"This course has given me a much greater appreciation for the heroism of people living with mental illness and for the families who love and support them."

15 CEUs given to licensed clinicians.

There is no charge for this class or for CE credits; however pre-registration is required.

Enrollment is restricted to paid staff or professionals who provide services to clients.

Classes Start Soon! Call 805-641-2426 to register!

September 19, 2012

5 Wednesdays, 3:30 pm to 6:30 pm

Aliso Escrow, Meeting Room

4522 Market Street, Ventura

September 24, 2012

5 Mondays, 3:00 pm to 6:00 pm

United Methodist Church

1049 Westlake Blvd, Westlake Village

Become a Mental Health Advocate

by Michael Baclacian

Week 11 of the NAMI Family-to-Family class focuses on the topic of Advocacy. On August 30th, the class in Camarillo was treated to two guest speakers, Dr. Jantje Groot and Ratan Bhavnani. Dr. Groot is a staff psychiatrist at Ventura County Behavioral Health. He has been an "Ask the Doctor" speaker at a previous NAMI General Meeting.

Dr. Groot started by saying the best way to start advocacy is by breaking the stigma. Mentioning to someone that you have diabetes or rheumatoid arthritis is very easy; whereas telling them you recovered from schizophrenia is extremely difficult. What advocacy can do is make acceptance the same for people with diabetes or a mental illness.

"Family members might feel prejudged by people from who they are asking for advice", says Dr. Groot. Advocacy can mobilize people to continue asking those questions and according to Dr. Groot, "Asking the physician taking care of the client is a good way to start advocacy." The information will help guide them to take better care of their loved one. Example of good questions to ask include: "are there socialization programs or peer support programs that my son or daughter can attend?" or "How can my family member get individual therapy?"

NAMI Ventura County Executive Director Ratan Bhavnani then explained the different levels of advocacy. He showed how joining NAMI Ventura County and becoming active with NAMI programs can help families ease their own stresses while helping others. Examples included teaching Family-to-Family, joining a committee, volunteering for the Helpline and working in the NAMI office. At the Community Advocacy level, Ratan exhorted the class to become more active in areas including county mental health services, housing, criminal justice and legislation.

The Family-to-Family class teaches about the *Stages of Emotional Response* when families have to deal with a mental illness. When asked what they thought of the class, one of the attendees answered, "I started at Stage 1 (crisis, chaos, denial) at the beginning of this class, and now I am at Stage 3, understanding, accepting and advocating". ❖

Training Scheduled for Helpline

Friday, September 21st, 2012
10:00 am to 2:00 pm

The NAMI Ventura County Helpline is designed to be a place to call to find local resources and information for people struggling to navigate the mental health system. We will have another training seminar on Friday, September 21st from 10:00 am to 2:00 pm, in our Camarillo office.

The Helpline is not an emergency line, but rather a means to offer support and information to family members of people living with mental illness.

The shifts for the Helpline are 4 hours each, running from 9:00 am to 1:00 pm and from 1:00 pm to 5:00 pm each weekday. Volunteers commit to one shift each week. Calls will be forwarded to your home or cell phone, so you can take these calls wherever it is convenient.

The training will equip you with the information necessary to offer support and resources to callers.

If you are a graduate of the NAMI Family to Family class and are interested in volunteering for this important NAMI Ventura County program, please contact Joan Wiggins at 805-641-2426 or email volunteer4nami@gmail.com. ❖

Leptin: The Hormonal Mediator of Hunger and Satiety

by Michael Baclacian

Second Generation Antipsychotics (SGAs) are widely used in the treatment of mental illness and are highly effective in reducing symptoms. However, SGAs may cause altered appetite and increased susceptibility to hunger in people taking these drugs. The use of SGAs is therefore also associated with significant weight gain.

An article titled "Leptin - the hunger mediator" taken from the website Examiner.com tells us that Leptin is a hormone (protein) that affects receptors in the brain and works as a hunger-mediator or "appetite controller", maintaining hunger/satiety equilibrium. Leptin sends a signal to the brain regarding your body's energy storage [i.e. fat]. The Examiner article continues, "Dr. Michael Rosenbaum is one of the first researchers, whose attention stayed focused mainly on the paradigm "Leptin and Leptin resistance" and weight loss. Its discovery helped scientists to start *in vivo* clinical trials with Leptin that caused mice to eat less and lose weight."

Elizabeth Walling, in an article in NaturalNews.com titled, "Exercise improves Leptin sensitivity" writes "Our diet and lifestyle has a direct effect on our endocrine system. Our hormone regulation can change based on what we choose to eat and how we choose to live." She continues saying that, "Exercise appears to have a powerful influence on our neurotransmitter and hormone levels, and what exercise you choose can determine how your body responds."

Walling adds, "Simply starting with a walking program ... should kick-start one's Leptin and insulin switches into their proper mode. As these hormones begin operating more efficiently, energy and appetite are better regulated, making good health easier than ever to achieve."

The Livestrong website writes a way of increasing your leptin includes, "Eat more fiber to boost leptin. Fiber expands in your stomach... [and] When you are full, your intestinal hormones signal the brain to produce more leptin."

An article titled "Leptin's Legacy" taken from the Howard Hughes Medical Center website writes, "When Amgen sponsored a large clinical trial of Leptin, however, few participants lost weight, dashing hopes that the hormone could curb obesity."

Although Leptin was not a magic bullet for obesity, many researchers say the discovery of the hormone has changed forever the study of obesity, diabetes and metabolism.

Still, Leptin has renewed hope that it, or a compound discovered through it, may help treat obesity, diabetes and other devastating metabolic disorders. Leptin offers a window of opportunity that we didn't have before. ❖

How Can I Increase my “Good Cholesterol”, HDL?

Are omega-3-fatty acids helpful?

by a NAMI volunteer

A research study involving about 109,000 Medicaid patients taking "second generation" antipsychotic drugs, shows the medications can cause increases in blood sugar, cholesterol and significant weight gain. Controlling a patient who is taking an antipsychotic medication with an elevated cholesterol level then becomes essential.

You can still have an elevated LDL result ("bad cholesterol") even if you have a total cholesterol and triglyceride that are within healthy ranges, because HDL is used to calculate your LDL concentration by the formula $LDL_c = \text{Total Cholesterol} - HDL - \text{Triglycerides}/5$.

I visited my doctor to get my annual check-up, but more importantly to get a lipid panel ordered so as to monitor my total cholesterol, triglycerides, LDL, and HDL, all of which are elevated as a side-effect of taking antipsychotic medications. I only made healthy lifestyle changes like eating more fruits for snacks to control my appetite, exercising almost every day of the week, eating more salads, and eating less lipid laden red meat. All but 1 of my lipid test results were good; my HDL was below range, creating my calculated LDL to come out a little elevated.

Questions immediately entered my mind, do these medications I am taking also lower the concentrations of the “good cholesterol” circulating in your body? What are the things you can do to increase your HDL?

HDL cholesterol is often referred to as the “good cholesterol” because it is the principal transporter of cholesterol away from your bodies’ cells to liver cells where it gets processed and cleared from your system. In complete contradiction, LDL cholesterol is the principal transporter of cholesterol to your bodies’ cells and then is referred to as the “bad cholesterol”. Cholesterol has many uses in the body, for example, it is an important constituent of the plasma membranes surrounding our cells, its chemical backbone structure is used for the synthesis of many hormones and also bile that serves to digest the fats we eat. However excess cholesterol that is not used by the body can form deposits called plaques as cholesterol gets carried away by LDL to our cells lining our circulatory system. Over a period of time, the plaque can get enlarged so as to obstruct the natural flow of blood within the smallest vessels in our body. This increases the chance of someone experiencing a heart attack or stroke. Markers of cardiovascular health then include having total cholesterol, triglycerides, LDL, and HDL within healthy ranges.

Your action plan for a healthy body is to maintain your lipids that fall within clinical ranges. Your total cholesterol should be lower

than 200 units, triglycerides lower than 150 units, and LDL less than 100 units. Additionally, you want to counteract the harmful effects of cholesterol with raised levels of HDL since HDL eliminates cholesterol circulating in the body. This is where the ratio of cholesterol to HDL comes into play. Levels of 40-60 units are desirable for HDL, so that when you take the ratio of total cholesterol to HDL, you get less than 5. HDL levels over 60 units reduce the risk of cardiovascular disease, because this indicates that you have high amounts of HDL to clear cholesterol from your body. In fact, it is considered a negative indicator of cardiovascular disease to have HDL levels above 60.

Based on your lipid panel test results, you can fall within healthy ranges or within Categories I-III of hyperlipidemia. People who fall in Categories II-III are more than likely to be prescribed statins in addition to a plan to lower their lipids through exercise and dietary changes. People that fall in Category I can opt to not take statins and to control their lipids on their own. Unfortunately, many people on anti-psychotic medications are also prescribed statins that are very costly.

To ascertain certain ways I can increase my HDL, I consulted medical journals and other relevant resources. What I found might interest you. Out of all the myriad of methods, including exercise, smoking cessation, etc., we are going to focus on dietary methods, namely omega-3-fatty acid dietary supplements.

Inuit Eskimos, who get high amounts of omega-3 fatty acids from eating fatty fish, also tend to have increased HDL cholesterol and decreased triglycerides -- see University of Maryland Medical Center webpage on alternate medicine, <http://www.umm.edu/altmed/articles/omega-3-000316.htm/>.

Several studies have shown the effect that omega-3 fatty acids have on lowering triglyceride levels. The main use then of this dietary supplement is to lower triglyceride levels in your body. Doctor Maggie B. Covington from the University of Maryland Medical school writes that this result is because of the result omega-3 fatty acids have on inhibiting the synthesis of very-low-density lipoprotein and triglycerides in the liver. In this same article, a human study showed that fatty acids increased (good) HDL levels by 1 to 3 percent, however they increased (bad) LDL levels by 5 to 10 percent. The results are inconclusive then as to whether someone should start using omega-3 fatty acids to raise their HDL levels.

In conclusion, omega-3 fatty acids are extremely beneficial in lowering triglyceride levels, and have a slight effect in raising your HDL or "good cholesterol" levels by 1 to 3 percent. One must also take into account, that to a greater extent, LDL or "bad cholesterol" is raised by 5 to 10 percent. ❖



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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 number of classes we offer in English and Spanish continues to increase each year to meet the need. Our *Provider Education Program* presents a view of family and consumer experiences to mental health providers. *Friends In The Lobby* help families in crisis while they visit loved ones at local acute care psychiatric hospitals. Our new programs include *In Our Own Voice*, *Ending the Silence*, and *Parents & Teachers As Allies*.

Donations are greatly appreciated and will be used to continue and 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 it.

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 help 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 ❖

What is Depression?

Major depression is a mood state that goes well beyond temporarily feeling sad or blue. It is a serious medical illness that affects one's thoughts, feelings, behavior, mood and physical health. Depression is a life-long condition in which periods of wellness alternate with recurrences of illness.

Each year depression affects 5-8 percent of adults in the United States. This means that about 25 million Americans will have an episode of major depression this year alone. Depression occurs 70 percent more frequently in women than in men for reasons that are not fully understood. Without treatment, the frequency and severity of these symptoms tend to increase over time.

For more information on depression in women, visit NAMI's Women and Depression section.

Major depression is also known as clinical depression, major depressive illness, major affective disorder and unipolar mood disorder. It involves some combination of the following symptoms: depressed mood (sadness), poor concentration, insomnia, fatigue, appetite disturbances, excessive guilt and thoughts of suicide. Left untreated, depression can lead to serious impairment in daily functioning and even suicide, which is the 10th leading cause of death in the U.S. Researchers believe that more than one-half of people who die by suicide are experiencing depression. Devastating as this disease may be, it is treatable in most people. The availability of effective treatments and a better understanding of the biological basis for depression may lessen the barriers that can prevent early detection, accurate diagnosis and the decision to seek medical treatment.

Getting an accurate diagnosis is important. First, rule out other possible medical conditions that mimic depression, such as hypothyroidism (underactive thyroid), complications from substance abuse or dependence, infectious diseases, anemia and certain neurological disorders. Understanding the psychiatric context-including the risk of bipolar disorder and the assessment of safety risk-is also an essential aspect of an evaluation.

NAMI has updated its web section on depression. See the latest content online - including symptoms, causes, treatment and latest research - at www.nami.org/depression. ❖

Identification Statement

Publication's title and number:	NAMI VENTURA COUNTY NEWSLETTER
Issue date:	SEPTEMBER 5, 2012
Statement of frequency	BIMONTHLY
Authorized organization's name and address:	NAMI VENTURA COUNTY 1355 DEL NORTE ROAD, CAMARILLO, CA 93010
Issue number:	ISSUE NO. 38
Subscription price:	NONE

NAMI FAMILY SUPPORT GROUPS

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

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

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

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

Thousand Oaks – Meets at 7:00 p.m. the third Monday of each month at Many Mansions. Call us at 805-500-NAMI to confirm the location and get directions.

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

SPOUSE SUPPORT GROUP

For spouses and partners of people living with a mental illness

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

GRUPO DE APOYO

For Spanish-speaking family members

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

NAMI Ventura County Help Line (805) 500-NAMI

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

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

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- Your purchases are tracked and available to you online, allowing you to see just how much you are earning on NAMI's behalf!

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

RALPHS

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

Go to www.ralphps.com and click on Services - "Community Contribution".

Enroll as a Participant and follow the simple instructions to register your Ralph's Club Card.

The Organization No. for NAMI Ventura County is 81209

Thank you for supporting NAMI Ventura County! ❖

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: 818-601-7767 or email dbsaconejovalley@gmail.com

See www.dbsalliance.org/conejovalley ❖

OTHER ACTIVITIES FOR CLIENTS

ADULT WELLNESS & RECOVERY CENTER (AWRC)

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

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

Oxnard AWRC, 2697 Saviers Rd., Oxnard CA 93033
Open Tuesday, Wednesday, Friday, Saturday, 10:00 am to 4:00 pm
and Thursday 2:30 pm to 5:30 pm

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

For more information, call (805) 653-5045

TAY TUNNEL

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

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

WRAP CLASSES & more

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

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

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

RICA offers other class for clients, including:

Wellness and Empowerment in Life and Living (WELL)

Medication for Success

and more.

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



NAMI Ventura County
P.O. Box 1613
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NEW CLASSES STARTING

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NAMI PROVIDER EDUCATION PROGRAM

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15 CEUs available at no charge for:

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

VENTURA

Class begins: September 19, 2012

5 Wednesdays, 3:30 pm to 6:30 pm

Aliso Escrow, Meeting Room

4522 Market Street, Ventura

WESTLAKE VILLAGE

Class begins: September 24, 2012

5 Mondays, 3:00 pm to 6:00 pm

United Methodist Church

1049 Westlake Blvd, Westlake Village