



nami

Ventura County

National Alliance on Mental Illness

Newsletter

September/October 2013

GENERAL MEETINGS

NAMI Ventura County holds monthly educational General Meetings, which 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 10, 2013
Vineyard Community Church
1320 Flynn Road, Camarillo, CA 93012

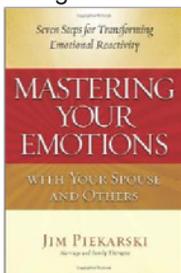
MASTERING YOUR EMOTIONS

with
Jim Piekarski, MFT

Emotional reactivity is one of the most serious and destructive problems that occur in relationships, and it short-circuits our ability to compassionately respond to our loved ones.

When an individual has a mental illness, the entire family is affected and often goes into crisis. Supporting our ill family member in their recovery can be challenging and extremely stressful within the family. Have you ever argued with someone over an insignificant issue or found yourself reacting defensively? Have you ever felt emotionally manipulated? Welcome to the club! Emotional reactivity is a universal phenomenon.

To continue being supportive, it is crucial that we remain balanced and healthy. Join us as Jim Piekarski talks about the seven steps that help you transform emotional reactivity, and empower yourself with the skills to transform your most difficult relationships into healthy caring ones.



Jim Piekarski is a licensed marriage and family therapist and has 30 years experience in the counseling field, and is the Clinical Director of Phoenix of Santa Barbara, a non-profit that serves adults with mental disorders. He has served as adjunct professor at various colleges in the Santa Barbara area. He is the author of the book "Mastering Your Emotions With Your Spouse and Others".

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

Tuesday October 8, 2013

**Medi-Cal, Medicare & Covered California
How does it all work together?**

See page 2 for more information

July General Meeting

MENTAL HEALTH CONSERVATORSHIPS

by Renee Foote

The General Meeting on July 9, 2013 featured an overview of mental health conservatorships, which allow for involuntary treatment and estate management. The speakers were Mitchell B. Davis and Jean Farley. Mr. Davis is a Senior Assistant County Counsel who represents the Ventura County Public Guardian. Ms. Farley is Chief Deputy Public Defender for Ventura County who represents potential conservatees.



Mental health conservatorships are set forth in the Lanterman-Petris-Short (LPS) Act of the California Welfare and Institutions Code, in which a person is deemed to be "gravely disabled" and unwilling or unable to voluntarily accept psychiatric treatment. It was co-authored by California State Assemblyman Frank Lanterman and State Senators Nicholas C. Petris and Alan Short. The act was signed into law in 1967 and went into full effect on July 1, 1972. The Act set the precedent for modern mental health commitment procedures in the United States by increasing rights for patients.

An LPS Conservatorship gives one adult (conservator) the responsibility for overseeing the comprehensive medical treatment for an adult (conservatee) who has a serious mental illness. A conservator can be a Public Guardian (paid for by the state), a private conservator, or a relative of the conservatee. An LPS Conservatorship is granted for one year but can be renewed for annually.

An individual is considered to be "gravely disabled" when they are unable to provide food, clothing, or shelter for themselves due to a mental disorder as defined in Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). An individual who can survive with the assistance of family or friends is not considered to be gravely disabled. Basic

survival is at issue, not quality of life.

(contd on page 2)

Conservatorships (contd from page 1)

The person who exhibits harm to self or others is placed on a 72-hour hold (aka 5150 hold) by a qualified police officer or mental health professional. In the hospital, the psychiatrist who evaluates the person may initiate a 14-day hold (aka 5250 hold) to continue the treatment for stabilization. A 14-day hold has a mandatory “probable cause” hearing within four working days. This usually takes place in the hospital. To hold the person for an additional 30 days of observation, a writ hearing must be held at the court.

The court may grant a 30-day hold so the psychiatrist can proceed with the LPS Conservatorship hearing. The psychiatrist initiates the LPS Conservatorship request with the Public Guardian, who will visit and evaluate the patient and make a recommendation to the court to either proceed or dismiss the LPS Conservatorship case. An estate conservatorship is initiated through the Public Guardian’s office and not by the psychiatrist.

It is important for family members to contact the Public Guardian and submit a mental health history of their relative and a description of their relative’s symptoms. Family members should also document how their relative’s mental disorder impairs their ability to care for themselves.

Ms. Farley wore an orange hat during her presentation. She encouraged the audience to look beyond the “orange hat” or slightly odd behavior, and which might distract family members from the real symptoms of their loved one’s mental illness. Family members need to recognize the symptoms that can help get their loved one conserved.

For more information, see the document “LPS Guidelines in Ventura County” on the Resources web page at www.namiventura.org. The Ventura County Public Guardian can be reached at 805-654-3141 and the Ventura County Chief Public Defender at 805-654-2201. ❖

General Meeting - October 8th, 2013

Medi-Cal, Medicare & Covered California How does it all work together?

Katharine Raley, HICAP Program Manager
County of Ventura Area Agency on Aging

Starting in January 2014, the Affordable Care Act requires all Californians to have health insurance. This is a great opportunity for people not currently insured through Medi-Cal, Medicare or the private sector to obtain coverage.

This will allow them to get mental health and substance use disorder services not previously available. Covered California is our state’s Health Benefits Exchange or Marketplace. The start date for Open Enrollment is October 1, 2013.

Who qualifies for no-cost coverage through Covered California?

How do you qualify for Medi-Cal or Medicare on disability?

Does this include SSI income for people on disability?

Which is the right insurance for someone on a mental health disability?

Join us as we learn about these government programs, and be sure your family member is getting the medical coverage and social security benefits they are entitled to receive. ❖

NAMI California Recognizes Jean Farley Outstanding Criminal Justice Professional

Ventura County Chief Deputy Public Defender Jean Farley was presented with the Outstanding Criminal Justice Professional Award by NAMI California. The award was given during the dinner banquet at the NAMI Statewide Conference held in San Francisco on August 16th and 17th.

This award is given each year to a criminal justice professional who has advocated for and has been an integral part in implementing accepted best practices that has resulted in decriminalization of persons with serious mental illness.

NAMI California Board Member Ratan Bhavnani introduced Jean Farley to the audience of 600 with the following statement:

Having been raised by a single mother who struggled with mental illness, Jean Farley brings her own personal awareness and compassion to her job as Chief Deputy Public Defender in the County of Ventura. She is a career public defender since 1978, representing people with mental illness in criminal and LPS Courts. She goes into court every day to make sure that the most vulnerable folks have the best representation that money “cannot buy”!

Jean manages the Public Defender’s mental health unit, and is a recognized expert on mental health in the Criminal Justice system all over the state. She is an attorney who always considers her client’s long-term, clinical interests alongside of their legal rights, and is a proponent of mental health treatment, even if it involves transporting the client herself. On the drive up to the Conference yesterday, she stopped to check in on a few of her incarcerated clients along the way.

Her persistence and patience have helped to improve the quality of lives for thousands of people. When she makes decisions in court on behalf of her clients, she does so with a long term plan in mind, rather than just getting that client out of jail. She makes sure that the person gets out with medications, with treatment and with some faith in the system - a system that too often fails the mentally ill.

Jean is a dedicated NAMI member and has volunteered many hours to our organization. She joins in the NAMI Walk each year and gets the Public Defender’s office to form a Walk team. Jean goes above and beyond, working nights and weekends, whatever is necessary for her mentally ill clients. Though she may not get extra money in her paycheck for the thousands of overtime hours she puts put in, she gets paid in the gratification of helping out this population. Jean is widely respected and feared. She is truly a NAMI warrior!





Important New Project Improving the Lives of Board & Care Residents

by Joan Wiggins

NAMI Ventura County is excited to take part in Turning Point Foundations new Quality of Life Program. Turning Point Foundation (TPF) was awarded a 3 year grant aimed at serving serious and persistently mentally ill residents living in specified licensed Board and Care facilities in Ventura County.

Life in a Board and Care can be boring and monotonous. Often, with no appropriate activities for the resident to participate in, he or she becomes socially isolated, and cannot take suitable steps toward recovery.

The innovative project seeks to improve the lives of people living in Board and Care homes in Ventura County by enriching their environment and integrating them into the community. The Quality of Life Program will engage residents in meaningful activities designed to increase their engagement within the facility and the community, as well as enhancing personal satisfaction and recovery. Beginning with two large Board and Cares in the first year, this exciting program will add two more in the second year, and a fifth in the third year. It will provide engaging activities and facility beautification projects. Art and gardening programs, fitness classes such as Pilates and Yoga, meditation and other spiritual activities, pet therapy, book and movie clubs, and field trips are just some of the many activities planned.

This important program is modeled after the evidence based practice developed by Mary Ellen Copeland, the author of the Wellness Recovery Action Plan (WRAP), a self-help mental health recovery program which encourages people to develop an individualized WRAP to assist them through the recovery process.

NAMI Ventura County considers it a privilege to collaborate with TPF on this important project. Many NAMI families are all too familiar with the deplorable conditions of the Board and Care facilities available to their loved ones. This project will involve NAMI Ventura County volunteers using their many strengths and skills to provide a variety of activities for the residents to participate in.

If you would like more information about how to get involved in the Quality of Life Program please call the NAMI Ventura County office at 805-641-2426, or email Joan at joan.wiggins@namiventura.org. ❖

New Helpline Training Scheduled

Can you remember when you just began your journey into the world of Mental Illness? Do you recall how hungry you were for information, and support? Just to know there was help and hope, and you weren't alone?

The NAMI Ventura County Helpline offers just that kind of assistance to people in need of resources, support and information. The Helpline is not an emergency line. Targeted to offer Family support, we may refer calls to the Client Network to offer peer support where needed.

Please consider joining the group of dedicated volunteers who answer Helpline calls! In order to volunteer you need to have graduated from the Family to Family class, complete our training in the office, and be comfortable talking with people. The shifts are 4 hours each, running from 9:00 am to 1:00 pm and 1:00 pm to 5:00 pm each weekday. Calls will be forwarded to your home or cell phone, so that you may take the calls wherever it is convenient for you - there is no need to come into the office.

Points to consider:

- You can take these calls on your own home or cell phone.
- Each shift is 4 hours long, but may consist of only one or two 10-15 minute calls (this can vary).
- We ask that you commit to one shift per week.
- NAMI Ventura County will provide you with training, a resource directory and phone and email support as needed.

The next Helpline Training will be held on:
Friday, September 13th
10:00 am to 2:00 pm
in NAMI Ventura County's office in Camarillo.

Please call the NAMI office at 805-641-2426 or email joan.wiggins@namiventura.org to reserve your space.

SAVE THE DATE 30th Anniversary Celebration

NAMI Ventura County is now officially 30 years old! Though first founded in 1981, we received our 501(c)(3) certification in August 1983. Join us at our 30 year celebration and fundraiser!



CASINO NIGHT Saturday November 2, 2013 Las Posas Country Club Camarillo

Dinner • Cocktails
Live Casino Action
Silent Auction
and more
Watch for details!



Ventura County Dignitaries Present at NAMI State Conference

by Joan Wiggins

The NAMI California Conference took place in San Francisco in mid-August. One of the highlights for many NAMI affiliates was the workshop entitled “Encouraging Mental Health Courts”. This informative workshop was presented by Ventura County’s own Judge Colleen Toy White and Chief Deputy Public Defender, Jean Farley. Judge White and Ms. Farley presented information about Ventura County’s Mental Health Court (MHC) with candor and humor, explaining both the strengths and weakness of the system, and what is needed for a county to implement this critical service to people with mental illness who find themselves in legal trouble due to manifestations of their illness.



The goal of a mental health court is to provide an accused who is diagnosed with a mental illness with fair and just treatment and representation. This often means trying cases somewhat differently than a normal criminal offense. In order to make a mental health court work there needs to be a unique partnership between law enforcement, the district attorney, the defense attorney, the probation department and treatment providers. This can often be tedious and difficult to coordinate. Requiring inter-agency cooperation, convincing all the necessary parties is an on-going challenge. Funding the program is also tricky. Ventura County’s program originally started with a grant, but after the grant funding ended the involved agencies took on the financial obligation. This has demonstrated that a robust MHC can exist without special grant-funding; however, it takes multi agency commitment to start and continue a MHC.

Difficulties notwithstanding, the outcomes are worth the effort. A 2009 study of outcomes in the Ventura County MHC demonstrated that the average number of arrests for a person who took part in a substantial portion of the program were reduced by nearly half, as were the number of days they spent in jail. This is a benefit not only to the client, but also to the financial bottom line.

In spite of the success that Ventura County has had so far, there is work to be done. The enrollment capacity of Ventura County’s MHC is 50, but at this time there are only 16 clients enrolled. Yet at any given time 20 percent of Ventura County’s jail population has a serious mental illness. This is a grave disparity that must somehow be corrected. The 50

spaces allotted should be filled, and work done to create enough spaces for any qualifying defendant to be enrolled.



All of the information Judge White and Ms. Farley presented was frank and honest. Their dedication to Ventura County’s MHC was inspiring. They openly, and with great wit and humor, stated the strengths and difficulties involved in starting and maintaining a Mental Health Court. Fifty attendees, representing nearly as many affiliates, were spurred on to action. With NAMI Members all over the state fighting for the rights of the seriously mentally ill, our loved ones can look forward to a system that treats them with the care and respect they are due. ❖

New NAMI Board Member Appointed Roberta Rodriguez

The Board of Directors of NAMI Ventura County has just nominated its newest member, Roberta Rodriguez.

Roberta Rodriguez retired from the County of Ventura on March 30, 2013, after over 39 years of dedicated service. Roberta was Chief Deputy Clerk of the Board of Supervisors. If you have attended a meeting of the Ventura County Board of Supervisors, you have probably seen Roberta as she managed their agendas, minutes, and records.



Roberta also served 15 years on the Ventura County Management Council Board of Directors, including the last nine years as Vice President. She is a member of the California Clerk of the Board of Supervisors Associations and served on various committees, and held the office of President in 2009.

Roberta obtained her Associate Arts Degree in Business Administration from Ventura College in 1975. She enjoys traveling, and one of her pastimes includes wrestling with those one-armed bandits in her favorite casino, cooking, family functions, attending and watching professional baseball and football games, and volunteering her time and service with NAMI Ventura County. Roberta lives in Ventura with her significant other, Ernie.

The 2014 NAMI Walk will be held on May 3rd next year, and Roberta has been named as the Walk Manager. We are fortunate and excited to have Roberta join the NAMI family!



Presenters Wanted

This is one in a series of Stigma & Discrimination Reduction programs, funded by California's Mental Health Services Act (Prop 63), to raise awareness, foster hope, and combat stigma around mental illness.

Parents and Teachers as Allies (PTAA) was created as a two hour teacher in-service to help school professionals identify the key warning signs of early-onset mental illnesses in children and adolescents. It focuses on specific, age-related symptoms of mental illness in young people. The program is intended to provide an educational tool for advancing mutual understanding and communication between families and school professionals.

In-service topics include:

1. Recognizing early-onset mental illness in children and adolescents
2. Understanding family reactions to mental illness and guidelines for helping families
3. Learning about available community resources
4. Strengthening the alliance between parents and school professionals.

Join the one-day training and become a PTAA Presenter!

To be trained as a PTAA Presenter, a person must fit into one of the following criteria:

- Educator - an education professional who is the parent of a child with early on-set mental illness
- Presenter - a NAMI Family-to-Family Teacher
- Parent - a parent of a child who experienced symptoms of a mental illness while in school
- Young Adult - a young adult who experienced a mental illness as a child and is doing well in recovery

Call or email today for a PTAA Training Application.

NAMI Ventura County, 805-641-2426, info@namiventura.org ❖



The NAMI Provider Education Program on Mental Illness is a 5-week course that is specially designed for staff at public agencies, or for private practitioners, who work directly with people living with severe and persistent mental illnesses.

There is no cost to participate in the Provider Education Program. Pre-registration is required.

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

For more information, or to Register, visit www.namiventura.org and select "Provider Education". Or call or email NAMI, 805-641-2426, info@namiventura.org.

Who Should Enroll: Mental health professionals, case managers, residential care givers, front office staff, R.N.'s, psychologists, homeless outreach workers, vocational rehabilitation and job counselors, club house programmers, psychiatrists, therapists, and all those who serve individuals with serious mental illness.

15 CEUs are offered at no charge to many licensed clinicians. Register today for one of these classes.

Class Begins: September 23, 2013

5 Mondays, 3:30 pm to 6:30 pm
United Methodist Church of Thousand Oaks
1000 E. Janss Rd., Thousand Oaks, CA 91360

Class Begins: September 30, 2013

5 Mondays, 3:30 pm to 6:30 pm
Aliso Escrow Inc.
4522 Market St., Ventura, CA 93003

New Dual Diagnosis Program Opens In Ventura County

La Ventana Treatment Programs has opened a structured housing facility in Santa Paula and offers an Intensive Outpatient Program (IOP) in Ventura. The two facilities together form part of their Co-Occurring Disorders Program, for people with mental health and substance issues.

In Thousand Oaks, their programs include a medically managed detox, eating disorder, and co-occurring disorder for eating disorder and substance abuse.

For information, call La Ventana at (805) 644-5745 or see <http://www.laventanaprograms.com>

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

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

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

Acute Care Psychiatric Hospitals

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

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

**NAMI Ventura County
Contact Information**

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

Office: 1355 Del Norte Road, Camarillo, CA 93010

Helpline: (805) 500-NAMI

Phone: (805) 641-2426

Fax: (805) 275-2188

e-mail: info@namiventura.org

Website: www.namiventura.org

Staff

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

2013 Board of Directors

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**NAMI Ventura County
Membership Application**

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

Check One: _____ New Member _____ Renewal Date _____

Name(s) _____

Address: _____ City _____ Zip _____

Phone _____ E-mail _____

Membership Level, one year (check one):

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

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

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

*** An open door membership is available to anyone who is unable to pay full membership.*

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

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

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

NAMI FAMILY SUPPORT GROUPS

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

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

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

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

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

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

GRUPO DE APOYO

For Spanish-speaking family members

Oxnard – Meets at 6:30 pm, the 1st and 3rd Tuesdays at the 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 Monday to Friday 9:00 am to 5:00 pm.

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

NAMI CONNECTION

Peer Support Group Meets Twice Monthly

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

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

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

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

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

SUPPORT GROUPS FOR CONSUMERS/CLIENTS

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

Depression/Bipolar Support Groups

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

See www.DBSAlliance.org/Ventura

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

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

See www.dbsalliance.org/conejovalley ❖

OTHER ACTIVITIES FOR CLIENTS

THE WELLNESS CENTER (TWC)

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

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

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

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

For more information, call (805) 653-5045

TAY TUNNEL

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

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

WRAP CLASSES & more

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

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

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

RI offers other class for clients, including:

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

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



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

ADDRESS SERVICE REQUESTED

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

NEW CLASSES STARTING

No charge ▪ Registration required ▪ Call or email for information

(805) 641-2426 info@namiventura.org

PROVIDER EDUCATION PROGRAM

For all professionals serving individuals with mental illness.

Classes offered in Thousand Oaks and Ventura. See page 5 for more information.

FAMILY TO FAMILY PROGRAM

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.

Class Begins: September 18, 2013

12 Wednesdays, 6:30 pm to 9:00 pm

Arc of Ventura County, 280 Skyway Drive, **Camarillo**, CA 93010

DE FAMILIA A FAMILIA

(for Spanish-speaking family members)

Class Begins: September 12, 2013

12 Thursdays, 6:30 pm to 9:00 pm

Turning Point Adult Wellness & Recovery Center
2697 Saviers Rd., **Oxnard**, CA 93033

Class Begins: September 12, 2013

12 Thursdays, 6:00 pm to 8:30 pm

St. Francis of Assisi Church
1048 W. Ventura St., **Fillmore**, CA 93015